

# Duu Lhlan Wee-ya'

Duu Lhlan Wee-ya', "not many words" or "in so many words," is mailed to Lincoln and Tillamook County Tribal members each month. Information includes youth activities, events, meetings, program updates and more.



## Public Information Department

P.O. Box 549  
Siletz, OR 97380-0549  
Phone: 541-444-8291  
Fax: 541-444-2307  
E-mail: [pias@ctsi.nsn.us](mailto:pias@ctsi.nsn.us)

**December 2018**

### Have You Received Your Flu Vaccine?

At the Siletz Community Health Clinic, it's as easy as walking in for your flu shot! Don't wait until you get sick to take action.

Stay healthy and call or walk into your local pharmacy or clinic today and get your flu vaccine.

### Notice:

Please keep the December calendar for Tribal office closings, holidays and monthly activities.

### Welcome new CTSI Employees

#### November

Anthony Famer – Maintenance Worker/Water Operator  
Monica Strait – Pharmacy Technician III  
Rebecca Downey – Portland Area Office Administrative Supervisor  
Scott McIntosh – Biological Programs – Biologist  
Feather George – Portland Head Start Classroom Aide

#### October

Billie Gesik – Head Start Classroom Aide for Lincoln City

**Thank you for joining our team!**

CTSI jobs and other employment information is available at [ctsi.nsn.us](http://ctsi.nsn.us).

## It's Flu Season - Protect Yourself!

American Indians and Alaska Natives (AI/ANs) are at high risk for flu complications

A yearly flu vaccine protects yourself and others around you

Flu is a leading cause of pneumonia

Flu and pneumonia rank among the top 10 causes of death for AI/ANs.<sup>1</sup>

AI/ANs are more likely to die from pneumonia and flu than other races.<sup>1</sup>

Across the U.S., the flu causes more than **200,000** HOSPITALIZATIONS EACH YEAR.

AI/ANs are at higher risk than others for:

- Pneumonia and bronchitis
- Hospitalization
- Death

The flu poses a greater risk to:

- Young children and elders
- Pregnant women
- People with diabetes, extreme obesity, heart disease, or asthma and other lung problems

### Take 3 Steps to Fight the Flu:

1. Get a flu vaccine each year for everyone 6 months of age and older.
2. Take everyday preventive actions to stop the spread of germs: Wash your hands often, Cover your coughs and sneezes.
3. Take antiviral medicine if prescribed.

Get a Flu vaccine at:

Indian Health Service, tribal, or urban health clinics and doctor's offices

Pharmacies or grocery stores

Community health fairs

Ask your Community Health Representative or Community Health Aide for more information!

Protect yourself. Protect your community.

Get vaccinated. Protect the circle of life.

Flu symptoms can include:

**FATIGUE**  
(FEELING VERY TIRED)  
**BODY ACHES OR HEADACHES**  
**FEVER**  
Runny or stuffy nose  
**CHILLS**  
**COUGH** SORE THROAT

\*You can still have the flu and be contagious without a fever



<sup>1</sup>Groom, A, et al. Pneumonia and Influenza Mortality among American Indian and Alaska Native People, 1999-2009. Am J Public Health. 2014 June; 104, Supplement 3: S460-S469. Published online April 2014. Accessed 12/15/15. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4028802/>

<sup>2</sup>Accessed 12/07/2015. [www.cdc.gov/flu/about/disease/2014-15.htm](http://www.cdc.gov/flu/about/disease/2014-15.htm)

JOM AND/OR Tribal Housing Resident Youth

# December 2018

## Youth Activities Calendar



### #I am the Change 3v3 Basketball Tournament

\*Open To All Community Members

#### Wednesday, December 26

- **Event:** Girls 8th-9th and 10th-12th
- **Location:** CTSI Rec Center
- **Time:** 10 a.m. – Finished

#### Thursday, December 27

- **Event:** Boys 8th-9th and 10th-12th
- **Location:** CTSI Rec Center
- **Time:** 10 a.m. – Finished

#### Friday, December 28

- **Event:** Girls 4th-5th and 6th-7th
- **Location:** CTSI Rec Center
- **Time:** 10 a.m. – Finished

#### Saturday, December 29

- **Event:** Boys 4th-5th and 6th-7th
- **Location:** CTSI Rec Center
- **Time:** 10 a.m. – Finished

#### Monday, December 31

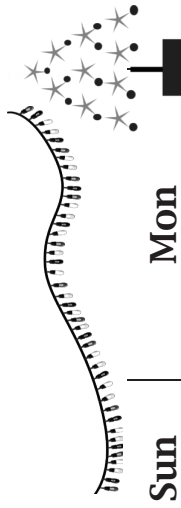
- **Event:** Rec Games
- **Location:** CTSI Rec Center
- **Time:** 11 a.m. – 2 p.m.

\*Snacks And Prizes At Each Event!

Sponsored By: CTSI Youth Services, Education, Housing , Diabetes and SSP




Alissa Lane-Keene: 541-444-8373

Jeff Sweet: 541-444-8207



# December 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>For more information contact:</b></p> <ul style="list-style-type: none"> <li>• CARE Program 541-444-9680</li> <li>• Elders Program 541-444-1212</li> <li>* Language Program 541-444-8320</li> </ul> <p>□ Clinic: 541-444-1030            ⇒ USDA Program 541-444-8393            -Admin. Building 541-444-2532            +Behavioral Health 541-444-8286</p>					1
2	<p>3 *Language Class            *Feather Dance Class            ⇒ USDA</p>	<p>4 □Dental walk-in day            ⇒ USDA</p>	<p>5 •Trauma Support Group            +CEDARR            ⇒USDA</p>	<p>6 •Girls Group            +Boys Group            +Native STAND            ⇒USDA</p>	<p>7 ⇒ USDA</p>	8
9	10	11	<p>12 •Trauma Support Group            •“Letting Go” at Dance House  <b>Community Christmas Program</b>  </p>	<p>13 □Diabetes Luncheon</p>	<p>14  <b>All Tribal Offices Closed for Winter All-Staff Meeting</b></p>	15
16	17	18 □Dental walk-in day	19 •Trauma Support Group	20 •Girls Group +Boys Group +Native STAND	21 - Regular Tribal Council	22 <b>Christmas break begins for students!</b>
23	<p>24 <b>CLOSED CHRISTMAS EVE</b>  </p>	<p>25 <b>Tribal Offices Closed</b>              Merry Christmas!</p>	26 •Trauma Support Group	27 □Optometry walk-in day	28	29
	<p>31  <b>New Years Eve</b></p>					

**2019 Standing Committee  
Applications Due by Feb. 6, 2019**

Any Tribal member interested for consideration in serving on a committee for a two-year term are encouraged to fill out this form and return it to the address below prior to Feb. 6, 2019. Please **mail or fax** your application to Confederated Tribes of Siletz Indians, Attn: Executive Secretary to Tribal Council, P.O. Box 549, Siletz, OR 97380-0549; fax 541-444-8325.

Name: \_\_\_\_\_ Roll No.: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Telephone: Day ( ) \_\_\_\_\_ Evening ( ) \_\_\_\_\_

**If you only want to be considered for one committee, please indicate by inserting the number 1 next to the committee of interest** If you have interest in more than one committee, please indicate by numbering your preference 1 (first choice), 2 (second choice) and 3 (third choice).

- |  |   |
|--|---|
| <input type="checkbox"/> Education Committee (3)         | <input type="checkbox"/> Housing Committee (3)    |
| <input type="checkbox"/> Natural Resources Committee (3) | <input type="checkbox"/> Pow-Wow Committee (4)    |
| <input type="checkbox"/> Health Committee (3)            | <input type="checkbox"/> Budget Committee (1)     |
| <input type="checkbox"/> Cultural Heritage Committee (3) | <input type="checkbox"/> Enrollment Committee (2) |

Committee appointments will be made at the Regular Tribal Council meeting in February 2019. If you have any questions, please call Tami Miner, executive secretary to Tribal Council, at 800-922-1399, ext. 1203, or 541-444-8203.

**Please Remember...**

**All Tribal offices  
will be closed on the  
following dates:**

**Dec. 14, 2018, for Annual Winter All-Staff meeting.**

**Dec. 24-25, 2018, for the Christmas holidays.**

**Jan. 1, 2019, Happy New Years to all!**

**Try and make an extra effort to get everything you need from both the administration staff and the clinic staff before these days of closure.**

If you have any questions or to make arrangements with staff, please call 541-444-2532.

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P.O. Box 549  
Siletz, OR 97380-0549

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