

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
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November 2020

FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS (FDPIR) FY 2021 NET MONTHLY INCOME STANDARDS (Effective October 1, 2020 to September 30, 2021)

HOUSEHOLD SIZE NET INCOME LIMIT

1	\$ 1,231
2	\$ 1,604
3	\$ 1,977
4	\$ 2,365
5	\$2,769
6	\$ 3,173
7	\$ 3,547
8	\$ 3,920
9	\$ 4,294
EACH ADDITIONAL MEMBER ADD	\$374

USDA Distribution Dates for October

Siletz

Nov. 2 9 a.m. – 3 p.m.
Nov. 3 9 a.m. – 3 p.m.
Nov. 4 9 a.m. – 3 p.m.
Nov. 5 9 a.m. – 3 p.m.
Nov. 6 9 a.m. – 3 p.m.

LIKE us on Facebook at Siletz Tribal FDPIR. We would like to see more people sharing their recipes on our FB page.

Joyce Retherford, FDP Director, 541-444-8393; joycer@ctsi.nsn.us

Sammy Hall, Warehouseman/ Clerk, 541-444-8279; sammyh@ctsi.nsn.us

Fax: 541-444-8306 or 503-391-4296

Siletz Community Health Clinic

Flu Shot Access – New This Year

In response to COVID-19, the clinic is unable to offer flu clinics in the area offices. We hope to return to providing flu clinics next year but for now want to do our part in keeping you safe.

There are TWO ways to get your flu shot:

- ❖ At the Siletz Community Health Clinic or YOUR primary care provider during regular business hours.
- ❖ Schedule an appointment with an RN
- ❖ Drive through flu clinics @ SCHC
 - ✓ Nov. 10, from 4-6 p.m.
 - ✓ Nov. 17, from 4-6 p.m.

❖ Your Pequot card at YOUR local pharmacy.

- ❖ Pequot is accepted at all CVS network pharmacies that currently accept your Pequot card;
- ❖ You or your Pharmacist may contact Pequot at 1-888-779-6638 if you have any questions
- ❖ Using your Pequot card will NOT reduce your annual Pequot benefit.

CTSI Tribal Youth Online Academic Support

Weekly Student Meet Ups

*Homework
Help with CTSI
Staff

*Connect with
other tribal
students

*Every Monday
4-5 pm via Zoom

On-Demand Tutoring

*Live Access
to Professional
Tutors 24/7

*All Subjects and
Grade Levels

*Individualized Help

PLEASE NOTE:

**On-line tutoring access is
funded with US CARES Act
Funds: Families MUST register
by December 1, 2020**

To get started with either program contact your local education specialist:

Siletz and Out of Area- Alissa allissal@ctsi.nsn.us; PDX- Katy Katyh@ctsi.nsn.us;

Salem and Out of Area- Sonya sonyamj@ctsi.nsn.us; Eugene-Nick nickv@ctsi.nsn.us

CTSI Virtual College Info Night

THURSDAY, 3
DECEMBER 3
6:00 PM

GET INFO ABOUT:

- Applying to College/University
- Tribal Grants and Scholarships
- Student Housing
- Financial Aid/FAFSA
- Important Deadlines
- Tribal Student-Support Programs
- Plus: Meet advisors from local colleges and universities**

All Students and Families Welcome

Contact katyh@ctsi.nsn.us to sign up and for
login information

COVID-19 Symptoms in Comparison to the Flu and the Common Cold

Symptoms	Coronavirus <small>Symptoms range from mild to severe</small>	Cold <small>Gradual onset of symptoms</small>	Flu <small>Abrupt onset of symptoms</small>
 Fever	Common	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Cough	Common (usually dry)	Mild	Common (usually dry)
 Sneezing	No	Common	No
 Aches and Pains	Sometimes	Common	Common
 Runny or Stuffy Nose	Rare	Common	Sometimes
 Sore Throat	Sometimes	Common	Sometimes
 Diarrhea	Rare	No	Sometimes for Children
 Headaches	Sometimes	Rare	Common
 Shortness of Breath	Sometimes	No	No
 Loss of Taste/Smell	Common	Sometimes	Sometimes

Source: Alberta Health, Health Canada, WHO

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Get yours before they're gone!

WOMEN ARE SACRED YARD SIGN

Contact the CORE Program to find out how you can get one these yard signs and show your community that you support survivors of domestic violence.

541-444-9680

or email Kira Woosley at kiraw@ctsi.nsn.us

Applications Station and Drop Off

Tribal members can pick up necessary paperwork and drop off applications at the back entrance to the Siletz Tribal administration building. This display includes education, JOM, enrollment and employment applications as well as COVID-19 assistance applications. This will change as programs end and others open, so please check the display as regularly as you need.

You can also drop off any applications or forms to Tribal programs through the gold drop-box. This box is emptied daily and items are distributed to their correct departments.

If you have any questions about the drop-box, applications or missing applications, please feel free to call the front desk receptionist at 541-444-2532.



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FIRST CLASS
U.S. POSTAGE PAID
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