

# DRUMBEAT NEWSLETTER - **May** 2021

3160 Blossom Drive NE, Suite 105  
Salem, Oregon, 97305



Phone: 503-390-9494  
Fax: 503-390-8099



## *Announcements News and Highlights*

### IMPORTANT DATES TO REMEMBER:

May 9— *Mother's Day*

Office Closure: May 31— **MEMORIAL DAY**



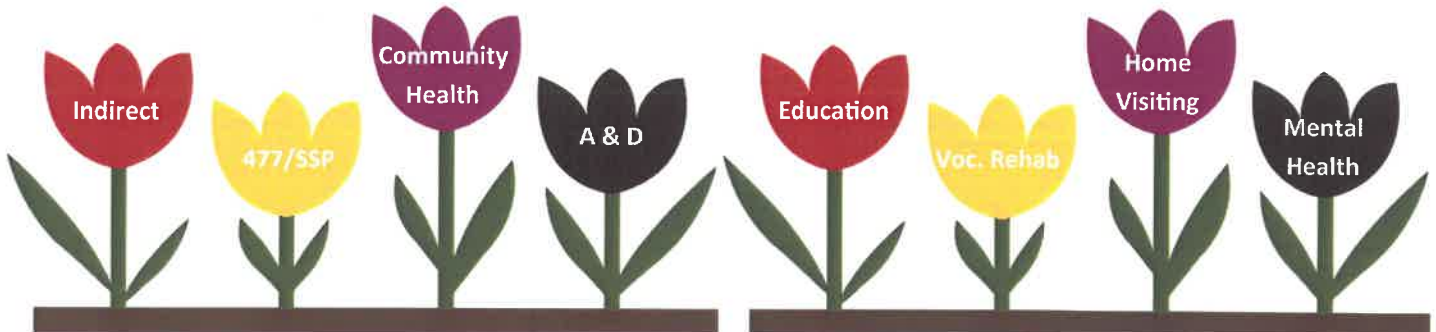
### Freezer Jam

Are you looking for something fun to do with your family? The Salem Area Office would like to help. If you are interested in making freezer jam this summer let us know. **Call by May 10th!** Space is limited.

### Tribal Non-Emergency Medical Transportation

Do you have an appointment and are in need of a non-emergency medical transportation? We provide transportation to and from medically related appointments as a last resort for Siletz Tribal Members lacking transportation. In order to determine eligibility for transport services, a tribal member must call the transport hub and leave a detailed message at least 48 hours in advance.

Transport Hub Line: 541-444-9633 Or 541-444-1030, Option 9  
Jeff Green, Transportation Coordinator



See inside for more information on some of these services

## 477 – SELF SUFFICIENCY PROGRAM

The 477-Self Sufficiency Program (SSP) is open and providing essential services to eligible families and individuals residing in the CTSI 11-County Service Area. Due to Covid-19, all tribal offices are closed to the public. We are still accepting applications and conducting appointments over the phone and through email.

If you recently lost your employment due to Covid-19 and need assistance to meet your basic needs, please contact your local CTSI Tribal Office for an application. Additional eligibility criteria apply. SSP staff will reach out to you by phone or email. You can also email [477SSP@ctsi.nsn.us](mailto:477SSP@ctsi.nsn.us) for more information. Please include your name, phone number and the city/county you reside in.

### For Siletz tribal members we offer:

Pre-Temporary Assistance for Needy Families (Pre-TANF), Temporary Assistance for Needy Families (TANF), General Assistance for Single Adults (GASA), Emergency Assistance, and Diverted Services.

We also offer the following programs to any Native American (enrolled in a federally recognized tribe or descendant of a federally recognized tribe):

Classroom Training, Direct Placement, and On the Job Training. Other services such as Work Experience and On-the-Job Training may be available on a limited basis.

*Participants in 477 - Self Sufficiency Programs must meet the eligibility requirements.*

### Core Services

Need assistance with finding a JOB???  
Core Services is what you need.

### Services:

Job Referrals, Resumes, Cover Letter,  
Employment Counseling/Coaching,  
Job Search Assistance, Mock Interviews

### Support Services:

Interview Clothing, Transportation  
Directly tied to a job opportunity



**Emergency Assistance:** Siletz families or single adults may be eligible for support services to prevent eviction or utility shut off. Income guidelines apply.

**Direct Placement:** Support services (work clothing, tools, transportation assistance etc.) for eligible Native Americans that recently gained employment. Must apply within 7-days of hire.

**Classroom Training:** Financial assistance (tuition, stipends and support services) to eligible Native Americans attending GED, Higher Education or Vocational/Occupational Training.

**Diverted Services:** This service is available to Siletz tribal members who have been employed for a minimum of 45 calendar days, are below 185% of the federal poverty level, and are at risk of losing their employment.

### Important 477-SSP Dates to Remember:

**May 5<sup>th</sup>:** Monthly Report Forms, Self Sufficiency Activities, Timesheets, and Job Search Forms are due

**May 18<sup>th</sup>:** Mandatory ONLINE Monthly Training 10:00 am—12:00 pm

**May 25<sup>th</sup>:** Online Purpose 3 & 4 Activity 11:00 am via Zoom

### For More Information Contact:

Tribal Service Specialist:

Angelica Espino

Phone: 503-390-9494 ext. 1853

Email: [Angelicae@ctsi.nsn.us](mailto:Angelicae@ctsi.nsn.us)

# 477-Self Sufficiency Program

## Non-Needy Caretaker Relative (NNCR)

Assistance for caretaker relatives of a Siletz Tribal child/children

### The program may assist with:

Financial assistance and support services to meet the needs of the Siletz child/children.

### Who is a caretaker relative?

A caretaker relative is not the parent of a Siletz enrolled dependent child and is responsible for the care, control, and supervision of the child.

Caretaker relatives can be related to the child in the following ways: blood relatives or culturally established family members.

### Income guidelines:

Non-needy caretaker relatives do **NOT** have to meet income requirements to qualify.

However, if the caretaker is receiving ongoing financial assistance from the State or Tribe, the family will not be eligible for NNCR.

### Example of an NNCR:

A Grandparent (or other relative) that is responsible for the care, control and supervision of a Siletz enrolled child that would like assistance to help meet the needs of the child.

**Must meet eligibility criteria and services are available on a budgetary basis.**



### For more information contact:

**Tribal Service Specialist:**

Angelica Espino

**Phone:**

503-390-9494 ext.1853



## HAPPY MOTHER'S DAY FROM HOME VISITING!

To the mom who's breastfeeding: Way to go! It really is an amazing gift to give your baby, for any amount of time that you can manage! You're a good mom.

To the mom who's formula feeding: Isn't science amazing? To think there was a time when a baby with a mother who couldn't produce enough would suffer...but now? Better living through chemistry! You're a good mom.

To the cloth diapering mom: Fluffy bums are the cutest, and so friendly on the bank account. You're a good mom.

To the disposable diapering mom: Wow, those things hold a lot, and it's excellent to not worry about leakage and laundry! You're a good mom.

To the mom who stays home: I can imagine it isn't easy doing what you do, but to spend those precious years with your babies must be amazing. You're a good mom.

To the mom who works: It's wonderful that you're sticking to your career...you're a positive role model for your children in so many ways...it's fantastic. You're a good mom.

To the mom who had to feed her kids from the drive thru all week because you're too worn out to cook or go grocery shopping: You're feeding your kid! And hey, I bet they aren't complaining! Sometimes sanity can indeed be found in a red box with a big yellow M and a cheap plastic toy in it. You're a good mom.

To the mom who gave her kids a home-cooked breakfast, lunch, and dinner for the past week: Excellent! Good nutrition is important, and they're learning to enjoy healthy foods at an early age, a boon for the rest of their lives. You're a good mom.

To the mom with the kids who are sitting quietly and using their manners in the fancy restaurant: Kudos! It takes a lot to maintain order with children in a place where they can't run around. You're a good mom.

To the mom with the toddler having a meltdown in the cereal aisle: They always seem to pick the most embarrassing places to lose their minds, don't they? We've all been through it. You're a good mom.

To the mom who gave birth "naturally," sans drugs: Holy cow, woman...you are a rock star! I'm positive that giving birth to your sweet baby was an experience you will never forget. Good for you. You're a good mom.

To the mom who begged until she got her epidural: Isn't it grand drugs are an option? I'm positive that giving birth to your sweet baby was an experience you will never forget. Good for you. You're a good mom.

To the mom who had a C-Section: Ouch! Those stitches are no joke, Mama! I'm positive that giving birth to your sweet baby was an experience you will never forget. Good for you. You're a good mom.

To the mom whose babies were born in your heart, but came from another woman's womb: The journey of fostering and/or adoption is arduous, nerve wracking and sometimes heartbreaking, so thank you for CHOOSING to follow this twisty path into motherhood. How lucky are your kids to have you?! You're a good mom.

To every mom: Being a Mom is the most difficult and most important role you will ever have. Don't be surprised if you are constantly questioning whether or not you're "doing it right." You're not alone, most moms question. It's a lot of work and a lot of pressure, so give your self permission to make mistakes, to learn and grow and extend grace to others and accept grace for yourself. You're a good mom.

Home Visiting is for Siletz families in the 11 county service area expecting a baby or with a baby under one year of age. For information about Home Visiting contact Lori Christy, Home Visitor at 503-390-9494.



**Siletz Tribal  
Youth  
Council!  
May 16th  
11:00am  
Via Zoom**



**Area Office Contact Info**

Portland: Katy Holland  
(503) 238-1512, Katyh@ctsi.nsn.us

Salem: Sonya Moody-Jurado  
(503) 390-  
9494, Sonyamj@ctsi.nsn.us

Eugene: Nora Williams  
(541) 484-4234, NoraW@ctsi.nsn.us

Siletz: Elizabeth Madden



Youth Council is for ages 12 to 24.  
Middle School, High School, &  
Higher-Ed students welcome!

Experience  
Leadership  
Community

**CTSI Youth Is Providing  
Activity Boxes To Promote  
Mental & Emotional Wellness**

Register by 05/20/2021



Contact the Prevention Coordinator or Youth  
Development Program Coordinator for  
Registration

- Fidget Spinner Kits
- Calming Bottles
- Mindfulness Rocks

Elizabeth Madden | elizabethm@ctsi.nsn.us  
Jacob Reid | jacobr@ctsi.nsn.us

**This event is intended for CTSI households for  
youth 18 and under**



**We're Back!**  
Calling all Gamers, k-12  
CTSI Spring Break  
Minecraft Gathering!  
**May 22nd, 11am**

Contact:  
jacobr@ctsi.nsn.us for  
registration

# 477 – SELF SUFFICIENCY PROGRAM

## Summer Youth Program Announcement

Due to on-going concerns regarding COVID-19, the 477-Self Sufficiency Program (477-SSP) is suspending the Summer Youth Employment Program – Work Experience (WEX) component. We will offer Summer Youth Classroom Training services (CRT) if your local school district is providing summer classes. Basic eligibility requirements include but are not limited to the following:

- Youth between 14 to 24;
- 477-SSP Application for Services with supporting documentation;
- Meet income eligibility;
- Lacking education credits or below 2.0 GPA;
- Summer school registration;
- We serve Siletz Tribal youth along with members of other Federally recognized tribes and descendants;
- Reside within the CTSI 11-county service area.

If found eligible, the 477-SSP may provide assistance with tuition, fees, books, stipends and support services. Services are constantly being evaluated. Please check the CTSI website and Facebook for any updates. For more information regarding Summer Youth Classroom Training, please contact your local CTSI area office or email [477ssp@ctsi.nsn.us](mailto:477ssp@ctsi.nsn.us)

### LIHEAP

The **Low-Income Home Energy Assistance Program** is a Federally-funded program that helps low-income households with their home energy bills once a year.

To be eligible, the applicant, or a child residing in the household, must be an enrolled Siletz tribal member, reside within the 11 county service area, and must meet annual income guidelines established in the LIHEAP Benefit Matrix.



**LIHEAP Assistance: 541-444-8311**

# Apply Now!

The Siletz Tribal Head Start program is accepting applications now for the 2021 -2022 school year. We have classrooms in Siletz, Lincoln City, Salem and Portland and offer services to promote children's school readiness skills and to assist families with supporting their child's lifelong learning. Classrooms offer 3 ½ hours of service per day, Monday –Thursday, roundtrip transportation, and developmentally appropriate activities to promote each child's success. To qualify children must be age 3 or 4 years of age by the local school districts age cut-off date, and income limits may apply. Head Start applications can be found on the CTSI website, or can be requested by calling 541-444-2450 or 1-800-922-1399 and asking for Head Start.

## CTSI Childcare Assistance Program expands eligibility for Tribal Families

The CTSI Childcare Assistance Program has received an increase in funding from the CCDF Coronavirus Relief and Response Supplemental Act. With this increase in funding we requested approval from the Office of Child Care to temporarily waive the income eligibility requirement for all tribal families living in the 11 county service area, and to increase the payment rates for Family Home Providers.

The approval to waive the income eligibility will be in affect while the State and/or Tribe is in a declared emergency, and can continue for 3 months following the suspension of the declared emergency, as long as funding is sufficient. Families will be eligible for up to 12 months for childcare assistance, as long as funding is sufficient.

Families must meet other eligibility requirements which include: living in the 11 county service area, parents must be working or engaged in education or job training activities, children must be enrolled CTSI tribal members or eligible to enroll in CTSI, or be the descendant or dependent of an enrolled CTSI tribal member.

To request an application, please contact DeAnn Brown by email at [deannb@ctsi.nsn.us](mailto:deannb@ctsi.nsn.us), or by telephone at 541-444-2450.



**CTSI Youth Cultural Sharing Night**  
MONTHLY/VIRTUAL  
5/20, 6/17  
6-8pm

TO REGISTER EMAIL: [JACDB@CTSI.NSN.US](mailto:JACDB@CTSI.NSN.US) OR USE QR CODE:

Storytelling  
Art  
Poetry  
Music  
Modern  
Traditional  
Non-WW-20

**Most Often Requested Numbers**

Confederated Tribes of Siletz Indians – 800-922-1399	Siletz Community Health Clinic – 800-648-0449
Salem Area Office – 503-390-9494	Siletz Behavioral Health – 800-600-5599
Portland Area Office – 503-238-1512	Chinook Winds Casino Resort – 888-244-6665
Eugene Area Office – 541-484-4234	Chemawa Health Clinic – 800-452-7823
Purchased Referred Care (PRC) – 800-628-5720	Bureau of Indian Affairs – 800-323-8517
Tribal Veterans Rep – 541-444-8330 or 541-270-0569	Website – <a href="http://www.ctsi.nsn.us">www.ctsi.nsn.us</a>



**"Hi, I can help with OHP!"**

**Do you need help with OHP?**

You don't have to leave your home to apply!  
Applications can now be done online or over the phone.

The Health Care Marketplace is open now through May 15, 2021.

Shop for health plans at <https://or.checkbookhealth.org/> or call direct at 855-268-9767.

**541-444-9611**

## COVID-19 Emergency Rental Assistance (ERA) Program

The COVID-19 pandemic poses an immediate and imminent threat to the health, safety, and well-being of the Tribe. The purpose of the ERA Program is to provide emergency rental assistance for the payment of rents and utilities, and arrearages for the same, for low-income Tribal households who have disproportionately suffered from the impacts of the COVID-19 pandemic. To participate in the ERA Program, an Applicant must first submit a complete, written Application on the forms provided by STHD. **Applications for the ERA Program must be submitted to the Siletz Tribal Housing Department (STHD) by mail, email, fax, or dropping off the application at the address provided below.**

**Drop off:** 555 Tolowa Court, Siletz, OR 97380

**Mail:** PO Box 549, Siletz, OR 97365

**Fax:** (541)444- 8313

**Email:** [covam@ctsi.nsn.us](mailto:covam@ctsi.nsn.us) (541)444-1331 - OR- [jeanettea@ctsi.nsn.us](mailto:jeanettea@ctsi.nsn.us) (541)444-1316

Applications will be received until December 1, 2021.

~ There are many ways you and your family can get healthy together. ~  
**CHOOSE YOUR FAMILY'S HEALTHY ADVENTURE!**

**1 in 3** children in America is overweight or obese.

Fill half of your family's plates with fruits and vegetables.

Limit kids' screen time to no more than 2 hours a day.

When your family is active, be sure it's for at least 10 minutes at a stretch.

Replace sugar-sweetened drinks with water or fat-free milk.

Ask your kids what physical activities would tempt them away from the TV or other forms of media.

Make a list before grocery shopping.

Try a new fruit or vegetable with dinner each week.

Eat together as a family as often as possible.

Help your kids be physically active for at least 60 minutes each day.









**SMALL STEPS CAN MAKE A BIG DIFFERENCE!**  
 Go to [www.NIH.gov/WeCan](http://www.NIH.gov/WeCan) for more tips!



## Combining Food Groups

Foods we eat are usually a mixture of ingredients from the different food groups. A food can turn from a "Go" into a "Whoa" based on the ingredients used. The examples below contain ingredients from the milk products, grains, vegetables and meat groups – some "Go," some "Slow," and some "Whoa." Foods served in restaurants often use "Whoa" ingredients.

Combined Foods	GO	SLOW	WHOA
<b>Pizza</b>	 English muffin pizza with low-fat cheese (using 1/2 English muffin)	 Regular or classic veggie pizza: 1 slice from a medium pizza	 Deep dish pepperoni pizza: 1 slice from a medium pizza
<b>Pasta</b>	 Pasta with tomato sauce and vegetables – 1 cup	 Macaroni and cheese – 1 cup	 Pasta with sausage – 1 cup

## Move More

To keep at a healthy weight, energy in (foods you eat) must balance with energy out (how much you move). Try to get 60 minutes of physical activity every day. Move more, take the stairs, play ball, bike, swim, walk, and find active games you enjoy. Have fun!

For more information, visit the We Can!™ Web site at <http://wecan.nhlbi.nih.gov>. We Can! is a national education program promoting healthy weight for children from the National Institutes of Health.

The GO, SLOW, WHOA concept adapted from CARO™: Coordinated Approach to Child Health, 4th Grade Curriculum, copyright © 2002 by the Regents of the University of California and FlagHouse, Inc. CARO is a registered trademark of the Regents of the University of California, and licensed by FlagHouse, Inc.

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## BEHAVIORAL HEALTH - RACHEL ADAMS, MENTAL HEALTH SPECIALIST

### Spring has arrived:

The saying is, April showers bring May flowers. We experienced snow late into March, but more mild weather in April, including some beautiful sunshine. As Oregonians, we know we're in for more rain, but there's hope that the flowers will be spectacular. Now is the time to tackle projects that were set aside for the thaw, like doing the bathroom remodel or making that quilt for your loved one you've been meaning to make.

### Activities for personal mental growth:

- 1) Start writing in a journal about your daily struggles and accomplishments. It is a useful tool to see where you are in life, and where you want to go next.
- 2) Do five minutes of mindfulness each day, focusing on living in the present moment.
- 3) Stand in front of a mirror, posed like a superhero, for three minutes. Great thing to do before an interview to build confidence. (It really works!)

### Activities to help with emotions during trying times:

- 1) Do at least five minutes of mindfulness each day, focusing on living in the present moment. An app that can be helpful is Smiling Mind, it has many different brief, medium and long meditations on it.
- 2) Try square breathing: Breathe in for four seconds, hold it for four seconds, breathe out for four seconds, and hold it for four seconds, then repeat. Doing five to ten rounds of square

breathing can really soothe the nerves. (Please don't strain your lungs, it doesn't have to be four seconds, just an equal amount of time for each breathe in and out).

### A spring haiku by the MHS:

Warm sunshine causes  
smiles, pauses to smell flowers,  
and a springy step.

**Email Mental Health Specialist Rachel your own haiku and she'll put it in her newsletter, first-come first-served.**

[rachela@ctsi.nsn.us](mailto:rachela@ctsi.nsn.us)

### Traditional Growing

For the people of the Siletz tribe, spring is a time of regrowth. Social distancing makes it harder to garden, harder to stay connected, but it is possible! Keep hope. Social gatherings still have restrictions, but there will be a time when we all come together again. And for now, we can meet virtually, which is still good connection. Prayer and smudging remain ways to be spiritual and find peace and healing during these times. And as always, do not forget to call and check in on our Elders.

**Portland Area Office**  
Virtual Appts, M-F  
8:00 am - 4:30 pm  
1 - (503) 238-1512  
X1417

**Salem Area Office**  
Virtual Appts, M-F  
8:00 am - 4:30 pm  
(503) 390-9494  
x1864

# A & D - ANDULIA WHITE ELK, ADDICTIONS COUNSELOR

## Addiction is a Family Issue

Addiction is a family issue; families need support not only for their loved one who is addicted but for themselves. We often forget about how we are impacted in a loved one's addiction and how it impacts us in our daily lives. Sometimes we don't even think that it has any effect on us or that the addiction is "their" problem. Reality is that we all are impacted some way or another from a loved one's addiction whether we want to recognize it or not. Some of the family characteristics of a family affected by alcohol are.

- We have an overdeveloped sense of responsibility and it is easier for us to be concerned with others rather than ourselves; this enables us to not look too closely at our own faults, ect.
- We get guilt feelings when we stand up for ourselves instead of giving in to others.
- We confuse love and pity and tend to "love" people we can "pity" and rescue.
- We frighten people with our anger and threat of belittling criticism.
- We dominate others and abandon them before they can abandon us or we avoid relationships with dependent people altogether. To avoid being hurt, we isolate and dissociate and thereby abandon ourselves.
- We become addicted to excitement or chaos.

Understanding the effects of addiction on the whole family is vital in a healthy relationship with someone who is working on their recovery. If families received healing from the trauma that addiction has placed on them then the family unit will become whole and healthy again. Here are some resources to gain support for family members and friends. Oregon-anon.org, 888-4AL-ANON, www.al-anon.alateen.org. Remember everyone deserves to heal from addiction even when you're not the one addicted.

AnduliaW@ctsi.nsn.us

Salem Area Office  
(503) 390-9494  
x1855

Portland Area Office  
1 - (503) 238-1512  
X1414

### Temporary Tribal Student Assistance Program

The Siletz Tribal Housing Department's Temporary Tribal Student Assistance Program (TTSAP) will accept applications for the 2021-2022 academic year beginning May 1, 2021.

#### Program Information

- ◆ TTSAP assists Tribal students who will be attending a college, university, vocational or trade school.
- ◆ TTSAP is a time-limited program. Funding is for one academic year.
- ◆ TTSAP assists students with rent or room and board in a dormitory.

◆ The student's share of the rent is 30% of their adjusted annual income. Important Note: The student might be required to remit a portion of the rent. For example, if a student is working the wages will affect the student's share of the rent.

- ◆ Assistance is not transferable.

**The Siletz Tribal Housing Department will accept applications from May 1-31, 2021. If applications are received after May 31, they will not be accepted by STHD.**

To obtain an application, please stop by the STHD office at 555 Tolowa Court, Siletz OR, 97380 or call 800-922-1399, ext. 1315, or 541-444-8315.

Applications can also be downloaded from the Tribal website at [ctsi.nsn.us](http://ctsi.nsn.us).

Cecelia De Anda  
[ceceliad@ctsi.nsn.us](mailto:ceceliad@ctsi.nsn.us)  
Rental Assistance Program Coordinator/Resident Services Advocate

ONLINE LANGUAGE CLASSES AND SPEAKING GROUPS ARE CONTINUING INTO MAY 2021

LEARN NUU-WEE-YA'

MONDAYS AT 5:00 PM  
DROP-IN  
SPEAKING GROUP

THURSDAYS AT 5:00 PM  
BEGINNING  
CONVERSATION

Please contact Nick Viles ([nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us)) with questions and to sign up

# USDA DISTRIBUTION DATES FOR MAY

## Siletz

Monday	May 3	9:00 am – 3:00 pm
Tuesday	May 4	9:00 am – 3:00 pm
Wednesday	May 5	9:00 am – 3:00 pm
Thursday	May 6	9:00 am – 3:00 pm
Friday	May 7	9:00 am – 3:00 pm



## Salem

Monday	May 17	1:30 pm – 6:30 pm
Tuesday	May 18	9:00 am – 6:30 pm
Wednesday	May 19	9:00 am – 6:30 pm
Thursday	May 20	By appointment only

Salem Warehouse: 503-391-5760  
Call the Salem Warehouse only on Salem distribution days/times specified.

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



Fax

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

Siletz: 541-444-8306 -OR- Salem: 503-391-4296

## CHOCOLATE CHERRY BALLS

I have been looking for a recipe to use the dried cherries and here is what I have adapted to fit our food package. The original recipe called for almonds, but I didn't want to pick through the fruit and nut mix so I went with our unsalted peanuts.

### INGREDIENTS

¾ CUP DRIED CHERRIES*	¾ CUP UNSALTED PEANUTS*
1 CUP CHOCOLATE CHIPS	

### DIRECTIONS

- Put the cherries and peanuts in a blender or food processor. Make sure it is plenty powerful because the mixture will get pasty.
- Blend until the oils from the peanuts start to be released and the dough sticks together. You may need to scrape down the sides depending on your appliance.
- Melt 3/4 of the chocolate in a double boiler.
- Shape the dough into about 18 balls and put them in the freezer until the chocolate is ready.
- Remove the chocolate from the double boiler and add the remainder of the chips. Stir until smooth.
- Dip the balls into the chocolate and allow to set for about an hour.

\*INDICATES FOOD AVAILABLE IN FOOD PACKAGE

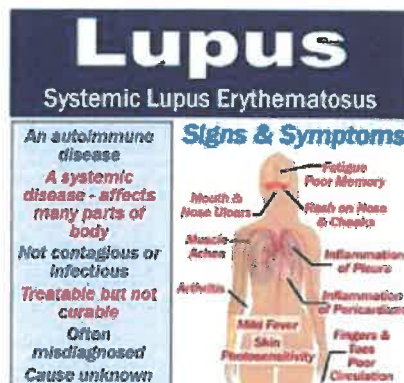


at "Siletz Tribal FDPIR" and share your recipes on our page.

## LUPUS - May Disability Awareness



(picture of Systemic Lupus Erythematosus 1)



**Systemic Lupus Erythematosus (SLE)** is an autoimmune condition that affects mostly women in their 20s or 30s (Mayo Clinic). Children can develop Lupus too (see Native Americans and Lupus: <https://www.lupus.org/s3fs-public/Doc%20-%20PDF/Ohio/Copy%20of%20Native%20Americans%20and%20Lupus.pdf>).

According to some studies, Native Americans develop Lupus at a younger age and may experience severe and acute symptoms more often than people from other ethnic groups. The reasons for this are unclear at this time (see Native Americans Lupus link). “Lupus may affect almost every organ and system in the body including the skin, heart, **lungs**, blood vessels, **nervous system**, joints, and kidneys. Genetic and environmental factors may contribute to triggering **Lupus**. The disease may be progressive. Potential triggers include **viruses**, sunlight, and **allergies** to medications.” People may have “flares” (disease gets worse) and then have periods of remission (disease gets better).

People with **Lupus** may exhibit a “**butterfly rash**” across the bridge of the nose and cheeks (see above). “Symptoms and signs of the condition may include pain, **arthritis**, **fatigue**, **fever**, pleuritis, **Raynaud's phenomenon**, loss of appetite, photosensitivity, **pericarditis**, oral ulcers, and other symptoms.”

“**Lupus** cannot be cured, but treatment is available to relieve symptoms and prevent tissue destruction.” Medications can be prescribed to strengthen immune function and decrease inflammation in the body. Prevention matters!

Lupus is diagnosed when four of the following 11 criteria are present in a patient:

Malar “butterfly” **rash** across the nose and cheeks

- Rash consisting of raised red patches (discoid rash)
- Rash resulting from sensitivity to the sun (photosensitivity)
- Ulcers in the nose or mouth

Two or more joints affected by **arthritis** with swelling, tenderness, or effusion

Inflammation of the heart (**pericarditis**) or lungs (pleuritis)

Neurological symptoms like **seizures** or psychosis

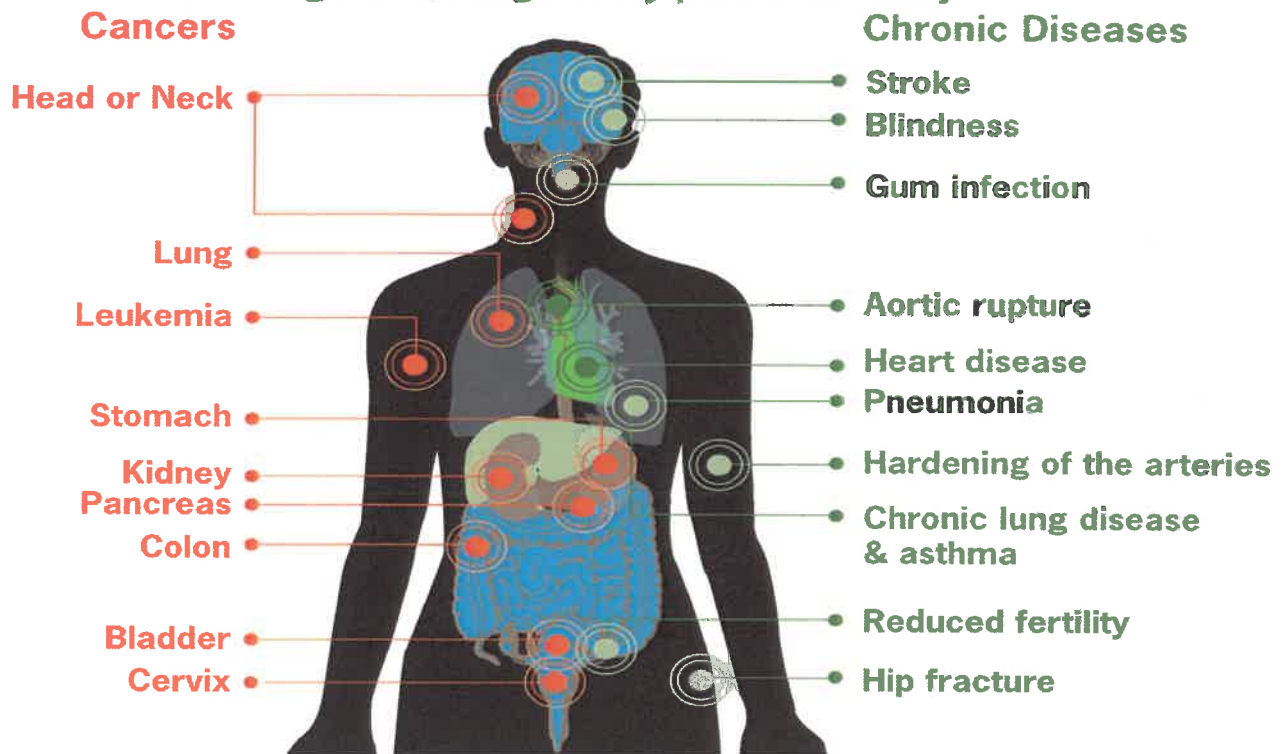
- Kidney problems including excess protein in the urine or reduced kidney function
- Positive antinuclear antibody (ANA) test
- Presence of antibodies such as antiphospholipid antibodies, anti-double-strand DNA, or anti-Smith antibodies.
- Presence of abnormalities in blood counts (low white blood cells, low platelets, or **anemia**).

Text Reference: American College of Rheumatology: “Lupus”

**For information on the Siletz Tribal Vocational Rehabilitation Program (STVRP), contact the counselor for your area.**

# Risks from Smoking

Smoking can damage every part of the body



## Tobacco Related Cancers for the Month of May

**Melanoma and Skin Cancers:** Melanoma is a cancer that develops in melanocytes, the pigment cells present in the skin. It can be more serious than the other forms of skin cancer because of a tendency to spread to other parts of the body and cause serious illness and death. Because most melanomas occur on the skin where they can be seen, patients or their spouses are often the first to detect suspicious tumors. Caught early, most melanomas can be cured with relatively minor surgery.

Early signs of melanoma are changes to the shape or color of existing moles or, in the case of nodular melanoma, the appearance of a new lump anywhere on the skin. At later stages, the mole may itch, ulcerate or bleed

**Bladder Cancer:** Bladder cancer is any of several types of cancer arising from the tissues of the urinary bladder. It is a disease in which cells grow abnormally and have the potential to spread to other parts of the body. Symptoms include blood in the urine, pain with urination, and low back pain.

Risk factors for bladder cancer include smoking, family history, prior radiation therapy, frequent bladder infections, and exposure to certain chemicals. The most common type is transitional cell carcinoma. Other types include squamous cell carcinoma and adenocarcinoma

Corey Strong, NCTTP, CRM  
TPEP Coordinator  
Siletz Community Health Clinic

Commercial Tobacco Quitline 1-800-QUIT-NOW  
AI/AN Line now available (option 7) 1-800-784-8663

Confederated Tribes of Siletz Indians  
 Salem Area Office  
 3160 Blossom Drive NE, Suite 105  
 Salem, OR 97305

**REMEMBERING  
 OUR HEROES ON  
 MEMORIAL DAY!**



**Your Salem Area Office Staff:**

<b>Andulia White Elk</b>	<b>Addictions Counselor</b>	<b>X 1855</b>
<b>Angelica Espino</b>	<b>Tribal Services Specialist</b>	<b>X 1853</b>
<b>Antonia Leija</b>	<b>Voc Rehab Counselor/Job Developer</b>	<b>X 1861</b>
<b>Beverly Owen</b>	<b>Salem Area Office Supervisor</b>	<b>X 1851</b>
<b>Cecilia Tolentino</b>	<b>Community Health Advocate</b>	<b>X1854</b>
<b>Dana Rodriguez</b>	<b>Salem Area Office Clerk</b>	<b>X 1850</b>
<b>Lori Christy</b>	<b>Home Visitor</b>	<b>X 1863</b>
<b>Lydia Kentta</b>	<b>Transporter</b>	
<b>Rachel Adams</b>	<b>Mental Health Counselor</b>	<b>X1864</b>
<b>Sonya Moody-Jurado</b>	<b>Education Specialist</b>	<b>X 1856</b>