

PORTLAND POTLATCH

June 2021

Inside This Issue:

Natural Resources	2-3
477-SSP	4-5
CTSI Youth	5
Education	6-11
Behavioral Health	12-13
Childcare Assistance	13
Voc. Rehab.	14-15
Community Health	16-17
Siletz Clinic	18
Language TPEP	19-20
Home Visiting	21
Resources	22
Staff Directory	23

Portland Potlatch is published by the Confederated Tribes of Siletz Indians Portland Area Office

12790 SE Stark St.
Suite 102
Portland, OR 97233
Phone: (503) 238-1512
Fax: (503) 238-2436
www.ctsi.nsn.us



Siletz Tribal Head Start Program

Apply Now for your child to attend our Siletz Tribal Head Start program. We have classrooms in Siletz, Lincoln City, Salem, and Portland.

We give a preference for enrollment to children who are Native American, but you do not have to be Native American in order to attend our Head Start program.

Our program offers round-trip transportation, 2 meals each class day, structured learning activities to support children’s school readiness skills, health screenings, family events, parent training, and services to support family success.

To apply, call us at 1-800-922-1399 or 541-444-2450 and ask for Head Start.

This institution is an equal opportunity provider.



Portland Head Start Assistant Teacher/Bus Driver
\$16.13 an hour start/ \$16.94 after 6 months
30 hours per week/Full benefits

Portland Head Start Classroom Aide
\$13.52 an hour start/ \$14.20 after 6 months
30 hours per week/ Full benefits

For more information about the jobs listed above or to apply please go to the CTSI website and click the tab for Tribal employment .

Natural Resources

2021-2022 Hunting and Fishing Tags

Distribution Schedule

Tribal offices are closed to the public due to COVID-19 restrictions. Tribal members wanting a tag should call to have tags mailed to them beginning the first date of tag issuance 541-444-8227 or 541-444-8232

Type of Tag		Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
Deer	Early Archery***	50	8/28-9/26	8/2 at 8:00 AM at Natural Resources Office	First Come First Served*
	General Rifle	375	10/2-11/5**	8/16	First Come First Served*
	Antlerless – Adult	12	10/2-11/5	Lottery applications available 8/2; due 8/27 ; drawing 9/7; tags issued 9/8	Lottery – Open to Elders Only
	Antlerless – Youth	8	10/2-11/7	Lottery applications available 8/2; due 8/27 ; drawing 9/7; tags issued 9/8	Lottery – Open to Youth Ages 12-17 Only
	Late Archery	50 (minus # of early season tags filled)	11/20-12/12	<i>First Distribution:</i> 10/18 at 8:00 AM at NR Office <i>Second Distribution:</i> 11/1 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*

NOTE 1: A Tribal member may obtain only ONE elk tag in their name during the 2021-2022 hunting season (bow, bull and cow tags all count towards the one tag), except as noted below.

NOTE 2: *First Distribution:* For hunters who have not been issued an early season deer archery tag (for deer tags) or any elk tag (for elk tags).
Second Distribution: For any eligible hunter, regardless of what other tags they have received.

Natural Resources

Type of Tag		Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
Elk	Antlerless - Youth	3	8/1-12/31	Lottery applications available 6/1; due 7/2 ; drawing 7/6; tags issued 7/7	Lottery – Open to Youth Ages 12-17 Only
	Early Archery	25	8/28-9/26	8/2 at 8:00 AM at Natural Resources Office	First Come First Served*
	1 st Season Rifle	25	11/13-11/16	Lottery applications available 8/30; due 9/24 ; drawing 10/4; tags issued 10/5	Lottery
	2 nd Season Rifle	25	11/20-11/26		
	Antlerless	15	Various seasons beginning 1/1/22	Lottery applications available 8/30; due 9/24 ; drawing 10/4; tags issued 12/1	Lottery
	Late Archery Antlerless	56	11/27-12/12	<i>First Distribution:</i> 10/18 at 8:00 AM at NR Office <i>Second Distribution:</i> 11/1 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
Salmon	Salmon	200	11/1-12/30 (estimate)	8/16	First Come First Served

* No early calls to “save” a tag for someone. Must call to have a tag mailed no earlier than the first day of distribution.

** Season for Youth ages 12-17 is 10/2 - 11/7 (2 additional days at end of general season)

*** **Unfilled Deer Early Bow tags must be returned to Natural Resources by 10/8.**

477—Self-Sufficiency Program



477-SSP June Meeting
Information:

**Zoom Interviewing &
Zoom Etiquette
June 23rd at 10:00 AM**

**Zoom information will be
emailed to current 477 clients.**

The 477 SSP program will be hosting

monthly trainings. We will be sending out post cards with more info on how to access through zoom. This will be mandatory for all enrolled SSP clients, unless you have been excused by your case worker.

We look forward to seeing everyone again and assisting you during this continued pandemic.

If you have any questions please make sure to contact your Tribal Service Specialist (TSS).

Anna Renville annar@ctsi.nsn.us

(503) 238-1512 x 1412

Tamra Russell tamrar@ctsi.nsn.us

(503) 238-1512 x 1411

477 Self Sufficiency Mission Statement

To assist eligible clients in attaining self-sufficiency. The 477 Self-Sufficiency Program will serve the following groups as they work towards this goal:

- Siletz Families
- Native American
- Alaskan Native
- Native Hawaiian

The available components through the Program are cash grant services, emergency utility assistance, job training, job retention services and supportive services.

The Program Manual lists all available components in detail and the requirements of each. All components of the 477 SSP are available on a budgetary basis.

Contact a Tribal Services Specialist for more information about current components that are available.

Your Success is Important to Us!

Contact a Tribal Services Specialist for more information about current components that are available.

If you have questions or to apply, please call the Portland Area Office (503) 238-1512 and speak with Anna Renville, or Tamra Russell.

477—Self-Sufficiency Program

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

Suicide Prevention Training



QPR Gatekeeper Training (Question Persuade Refer)

June 16, 2021

1PM-2PM

QPR stands for question, persuade, and refer. This training is for suicide prevention. QPR is not a form of

counseling or treatment. Rather it is intended to offer hope through positive actions. QPR allows participants to recognize the warning sign, clues, and suicidal communication of people who are suicidal. This is offered to anyone to help prevent a death by suicide.

To register please go to the following link: <https://www.eventbrite.com/e/qpr-gatekeeper-training-tickets-154885020265>

Education & Youth Update



NAYA'S CPTED LEADERSHIP GROUP (Crime Prevention Through Environmental Design)

This program is an opportunity for youth ages 16-24 who are interested in developing both career and leadership skills. The

goal is to train participants in community building through mentorship while earning money with summer employment through Summer Works and NAYA's Camp Rise summer program.

For an application please contact SageH@nayapdx.org or call (503)307-3988.

Check out all of NAYAs opportunities for youth this upcoming summer.

NAYA'S CPTED LEADERSHIP GROUP

Crime Prevention Through Environmental Design (CPTED)




NAYA FAMILY CENTER

NAYA Family Center
5135 NE Columbia Blvd.
Sage Hatch - Career Skills Coach
Email: sageh@nayapdx.org
Phone: (503)307-3988

The **CPTED Leadership Group** is an opportunity for youth ages 16-24 who are interested in developing both career and leadership skills, with program goals being to identify needs within the community, identify creative solutions and work intergenerationally with youth and peers.

Our goal is to train participants in community building through mentorship, identifying projects within the CPTED framework while also earning money with summer employment through *SummerWorks* and NAYA's *Camp Rise* summer program!

For more information, or to submit an application, please contact Sage Hatch

**Applications are available via email:
SageH@nayapdx.org
or feel free to call or text (503)307-3988!**

Education & Youth Update



SILETZ TRIBAL INCENTIVE AWARD

The Siletz Tribe would like to recognize our graduates from Head Start, kindergarten, elementary school, middle school, high school, adult vocational training degree or certificate programs, Bachelors degree, Masters and Doctorate degrees with a financial incentive award. Please fill out the Tribal Incentive Application which you can find online at the Tribe's website under Services, Education/Youth. If you have questions please contact Katy at katyh@ctsi.nsn.us or call (503)238-1512.

CTSI YOUTH ORGANIZATION FACEBOOK PAGE



Remember to check out the Tribes CTSI Youth Facebook Page—so many fun, interesting activities and opportunities are posted for our Tribal youth and families such as; board games, gaming challenges, culture night and much more! Each week we add new items!



Check out the Siletz Tribal Scholarships at www.ctsi.nsn.us

- Arthur Bensell Scholarship
- Pepsi/Craig Whitehead Scholarship
- Siletz Scholarship

CULTURE CRAFT KITS FOR SUMMER

JOM Youth are eligible to sign up for a Culture Kit for late June.

Please call (503)238-1512 or email Katy at katyh@ctsi.nsn.us and let us know your age to receive a Culture Kit to work on for the summer.

**deadlines,
deadlines,
DEADLINES!**

Tribal Higher Education Application-June 30, 2021

Siletz Tribal Higher Education and Adult Vocational Training Applications for the 2021-2022 Academic school year are due by June 30, 2021. For more information please contact your local Education Specialist or email Katy at katyh@ctsi.nsn.us. Applications can be found online at the Tribe's website www.ctsi.nsn.us or contact Katy to be sent a hard copy.

- Morris K. Udall Foundation
 - Sharon Butler Scholarship
- Scholarship deadlines are June 30, 2021.**

Education & Youth Update



NATIVE YOUTH WELLNESS WARRIOR VIRTUAL CAMP

JUNE 29 - 30

FREE

WWW.ZOOM.US
MEETING ID: 815 8940 5935

A fun evening of cultural sharing, games, laughter and connection! It's been a long year and we look forward to celebrating with you by sharing songs, dances, stories and more! Please feel welcome to attend and share or attend to listen and enjoy. We hope to see you there!

CULTURAL SHARING!

SPEAKERS!

FUN & GAMES!

PRIZES!

4:00 PM - 6:00 PM
ALASKA TIME

5:00 PM - 7:00 PM
PACIFIC TIME

6:00 PM - 8:00 PM
MOUNTAIN TIME

7:00 PM - 9:00 PM
CENTRAL TIME

8:00 PM - 10:00 PM
EASTERN TIME

NATIVE WELLNESS
Institute

Summer school opportunities will be available at many of the Public Schools surrounding Portland—please check with your school for summer programming—or your Indian Education

Program Office—to help to continue to build your child's skills. Please let Katy know if you are in need of any supplies, or help to pay for summer camps, online programs or other enrichment programs through either our JOM or Siletz Tribal Youth Activity Program... We are here to support you.

Education & Youth Update



Are you between the ages of 16 -24? Live in Multnomah or Washington County? PDX Youth@SummerWorks may be right for you!

PDX Youth@SummerWorks is a public-private partnership that provides Portland Metro youth meaningful, paid summer work.

WHY PDX YOUTH@SUMMERWORKS?

- **GET PAID!** 160 hours of work paid @ \$14.00/hour
- Employers include Multnomah County, Washington County, City of Portland, City of Gresham, Portland Pickles, Habitat for Humanity, and many more!
- Transportation assistance and other job-related supports available
- Most employers offer flexible work schedules
- A job coach will help you be successful in your summer job

For more info or to apply online, visit:

www.summerworkspdx.org

PDX Youth@SummerWorks is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. To place a free relay call in Oregon dial 711. This program is funded in whole or in part with public funds provided through Worksystems, Inc. from the US Department of Labor.

Education & Youth Update

COVID-19
Education Kits

Summer Education Kits are designed to enhance learning while preventing learning loss during the summer months.

CTSI wants to support tribal students by providing monthly comprehensive summer Education kits, for those whose education has been affected as a result of COVID-19.

To qualify:

- Students must be an enrolled Siletz tribal member.
- Enrolled Tribal students must be between the ages of 3 years & 18 (and returning to a school or GED program in the Fall 2021)
- Complete an application, and return to Education Specialist in your area.

To get an application, contact the Education Specialist in your service area. **Deadlines for completed applications are the 15th of each month (June, July & August).**

<p>Sonya Moody-Jurado Salem Area Office 3160 Blossom Drive NE, Suite 105 Salem, OR 97305 (503) 390-9494 sonyamj@ctsi.nsn.us</p>	<p>Katy Holland Portland Area Office 12790 SE Stark Street, Suite 102 Portland, OR 97233 (503) 238-1512 katyh@ctsi.nsn.us</p>	
<p>Jeff Sweet Out of Area PO BOX 549 Siletz, OR 97380 (541) 444-8207 jeffs@ctsi.nsn.us</p>	<p>Nick Viles Eugene Area Office 2468 W. 11th Eugene, OR 97402 (541) 484-4234 nickv@ctsi.nsn.us</p>	<p>Alissa Lane-Keene Siletz Area P.O. Box 549 Siletz, OR 97380 (541) 444-8373 allisal@ctsi.nsn.us</p>

Education kits will be issued on a first come first served basis, as resources are available.

If you have questions please contact the Education staff in your service area at the listed phone numbers or email addresses.

COVID-19 EDUCATION KIT

The Confederated Tribes of Siletz Indians (CTSI) has CARES Act funding to assist tribal member households with expenses directly related to COVID-19. CTSI wants to support tribal students by providing monthly comprehensive summer Education kits, for those whose education has been affected as a result of COVID-19. Learning materials will be delivered directly to Tribal member homes.

To qualify:

- Students must be an enrolled Siletz tribal member.

- Enrolled Tribal students must be between the ages of 3 years & 18 (and returning to a school or GED program in the Fall 2021)

- Complete the Education Kit application, and return to the Education Specialist in your area.

Summer Education Kits are designed to enhance learning while preventing learning loss during the summer months. To ensure the health and safety of our Tribal families, kits will be delivered to your door, helping to prevent the further spread of COVID-19 in our communities.

Education & Youth Update

For Our Tribal Members Graduating This Year

You have accomplished so much- and we'd like to give you a special tribute.

Graduate Families, we will need:

- The name of your student and a picture of them;
- name of the school they're graduating from and degree(s) if from a college;
- a short statement about their future plans; and
- your mailing address (for high school and college graduates).

Email: PIAS@ctsi.nsn.us to submit your information.

Submissions will be published on Tribally owned platforms and publications. If you do not want this published in the newspaper and/or online, please let us know when turning in your graduate information.




Behavioral Health Program

Summer fun, summer challenges:

Summer is a time when the sun is out, and feelings can be at their highest, happiest point. For children and adults still in school, summer can also be a time of turmoil, brought on by the lack of a daily schedule. It may be a time that parents ease their kids off medications that are necessary during the school year. This summer continues to be complicated by COVID-19, with the state still in some form of closure throughout the summer.



Here are some things to keep in mind to help summer be enjoyable for all, and a time of mental health (remember to practice social distancing):

- 1) Exercise— Go out and do a fun physical activity; 30 minutes every day can do so much for our mental health.
- 2) Try and create a routine, and stick to it more days than not.

- 3) Sit your children down (or yourself) and ask how they're faring, and what they might need to help recharge.
- 4) Take some time each day to give yourself and your family a feelings check-in; this way you can catch depression and anxiety before they get out of hand.
- 5) Meditation, relaxation—take time each day to sit and reflect, and unwind from the day's stresses. Don't forget, if you aren't caring for yourself, it will be harder to care for others.

A summer haiku by the MHS:

Hot weather causes
sweat, seeking places of wet,
a desire for shade.

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

rachela@ctsi.nsn.us

(Continued on next page)

Behavioral Health Program

Traditional Coping

Traditionally, summer is the time of salmon fishing, clam gathering, and berry picking. There are many plants important to the tribe that get picked during the summer. If you're unfamiliar with such activities, reach out to an elder, for they truly have a wealth of knowledge. As always, smudging, traditional drumming

and traditional dancing are ways to reach to our Native ways, just remember to practice social distancing of course.

Portland Area Office
Virtual Appointments M-F
(503) 238-1512 x1417

Salem Area Office
Virtual Appointments M-F
(503) 390-9494 x1864

CTSI Childcare Assistance

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, or by telephone at 541-444-2450.

Vocational Rehabilitation Program

June Disability Awareness – MIGRAINES or SEVERE HEADACHES



Migraine headaches are the most common type of headache. Migraines are described as an “abnormal function of the brain’s blood vessels that causes pain.” **Among ethnic groups, American Indians and Alaskan natives had the highest prevalence of migraine (19.2%) and Asians had the lowest (11.3%) according to an article: “The Prevalence and Impact of Migraine and Severe Headache in the United States: Figures and Trends From Government Health Studies” by Rebecca Burch MD, Paul Rizzoli MD, and Elizabeth Loder MD, MPH: 12 March 2018.**

Migraines are different in everyone. They happen in stages:

1) **“Hours or days before a headache, about 60% of people who have migraines notice symptoms like:**

- Being sensitive to light, sound, or smell
- Food cravings or lack of appetite
- Bloating
- Fatigue
- Mood changes
- Constipation or diarrhea
- Severe thirst

2) **Aura: Symptoms of Aura often involve your vision. They usually start gradually, over a 5- to 20-minute period, and last less than an hour. You may:**

- See black dots, wavy lines, flashes of light, or things that aren’t there (hallucinations)
- Not be able to see at all
- Have tingling or numbness on one side of your body
- Not be able to speak clearly
- Have tunnel vision
- Have a heavy feeling in your arms and legs
- Have ringing in your ears
- Notice changes in smell, taste, or touch

What are the types of limitations that an employee may experience and how does it affect their job performance? An employee may need to demonstrate a disability based on a pattern of the severity of migraines through medical provider statements, test results, and medical documents.

- 1) **You are unable to work** and earn a livable income as the result of a migraine.
- 2) **You must provide evidence of the severity of your condition**, for instance, test results or medical documents, including statements from your medical providers.

It may be difficult to demonstrate proof of a migraine because symptoms determine its severity. Physical examinations or laboratory findings may not be sufficient, as they are based on a point in time and there is no established pattern of severity.

- 3) **Your level of impairment** is indicated by medical documentation re: the severity of the migraine.

If you feel this disorder is something you struggle with and it creates barriers to obtain or maintain employment, you may be eligible for Siletz Vocational Rehabilitation Services. For more information, please contact:

SILETZ/EUGENE – RACHELLE 541-444-8213 PORTLAND/SALEM-TONI 503-390-9494

Vocational Rehabilitation Program

REGISTER TODAY ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer’s Association*



10 Warning Signs of Alzheimer’s
June 2, 3-4:30 p.m. | [REGISTER](#)

Advancing the Science: The Latest in Alzheimer’s and Dementia Research
June 17, 10-11:30 a.m. | [REGISTER](#)

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning
June 18, 1-2:30 p.m. | [REGISTER*](#)

Effective Communication Strategies
June 23, 9:30-11 a.m. | [REGISTER*](#)
June 23, 3-4:30 p.m. | [REGISTER](#)

Legal and Financial Planning for Alzheimer’s Disease
Part 1: June 1, 10-11:30 a.m. | [REGISTER](#)
Part 2: June 8, 10-11:30 a.m. | [REGISTER](#)

Living with Alzheimer’s: For People with Alzheimer’s
Part 1: June 16, 1-1:45 p.m. | [REGISTER](#)
Part 2: June 23, 1-1:45 p.m. | [REGISTER](#)

Lo Básico: La Pérdida de Memoria, La Demencia, y La Enfermedad de Alzheimer
June 7, 4-5:30 p.m. | [REGISTER*](#)

Understanding Alzheimer’s and Dementia
June 14, 10-11:30 a.m. | [REGISTER*](#)
June 16, 3-4:30 p.m. | [REGISTER](#)

Understanding and Responding to Dementia-Related Behavior
June 8, 9-10:30 a.m. | [REGISTER*](#)
June 30, 3-4:30 p.m. | [REGISTER](#)

When Living at Home is No Longer an Option
June 9, 3-4:30 p.m. | [REGISTER](#)

All sessions here are listed in Pacific Time, online listings may be different; please note time zone.

TO LEARN MORE OR TO REGISTER,
PLEASE CALL 800.272.3900 OR VISIT
US ONLINE AT [ALZ.ORG/CRF](#).

*These webinars are sponsored by



alzheimer’s association

For course descriptions and a full list of available webinars and Association events, please visit us online at [alz.org/CRF](#).

Community Health

Planning Summer Travel?



Here's how: according to the CDC (May 2021)

For Fully Vaccinated Travelers

If you are fully vaccinated with an FDA-authorized vaccine or a vaccine authorized by emergency use by the World Health Organization:

During Travel

- Wear a mask over your nose and mouth when in public. **Masks are required** on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and in U.S. transportation hubs such as airports and stations.
- Avoid crowds and stay at least 6 feet/2 meters (about 2 arm lengths) from anyone who is not traveling with you.
- Wash your hands often or use hand sanitizer (with at least 60% alcohol).

After Travel

- Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.
- Follow all state and local recommendations or requirements.
- You do NOT need to get tested or self-quarantine if you are fully vaccinated or have recovered from COVID-19 in the past 3 months. You should still follow all other travel recommendation.

Travel Recommendations for Unvaccinated Travelers

If you are not fully vaccinated and must travel, take the following steps to protect yourself and others from COVID-19:

Before travel

Get tested with a viral test 1-3 days before.

While you are traveling:

- Wear a mask over your nose and mouth when in public settings. **Masks are required** on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and in U.S. transportation hubs such as airports and stations.
- Avoid crowds and stay at least 6 feet/2 meters (about 2 arm lengths)

Community Health

from anyone who did not travel with you. It's important to do this everywhere—both indoors and outdoors.

- Wash your hands often or use hand sanitizer (with at least 60% alcohol).

After you travel:

- Get tested with a viral test 3-5 days after travel **AND** stay home and self-quarantine for a full 7 days after travel.
- Even if you test negative, stay home and self-quarantine for the full 7 days.
- If your test is positive, isolate yourself to protect others from getting infected.

If you don't get tested, stay home and self-quarantine for 10 days after travel.

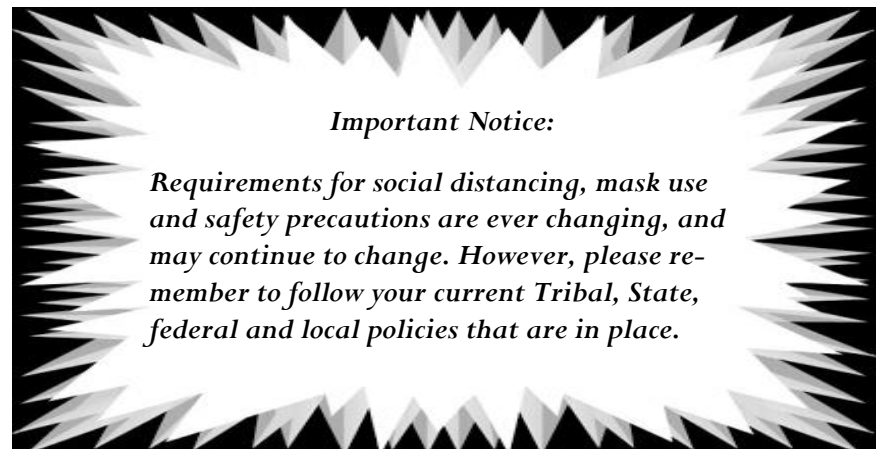
- Avoid being around people who are at increased risk for severe illness for

14 days, whether you get tested or not.

- Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.
- Follow all state and local recommendations or requirements.

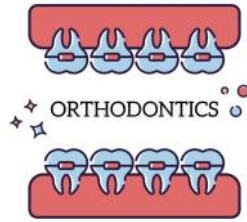
Visit your state, territorial, tribal, or local health department's website to look for the latest information on where to get tested.

Do NOT travel if you were exposed to COVID-19, you are sick, you test positive for COVID-19, or you are waiting for results of a COVID-19 test. Learn when it is safe for you to travel. Don't travel with someone who is sick.



Siletz Health Clinic

2021 Funded Orthodontic Treatment Screening

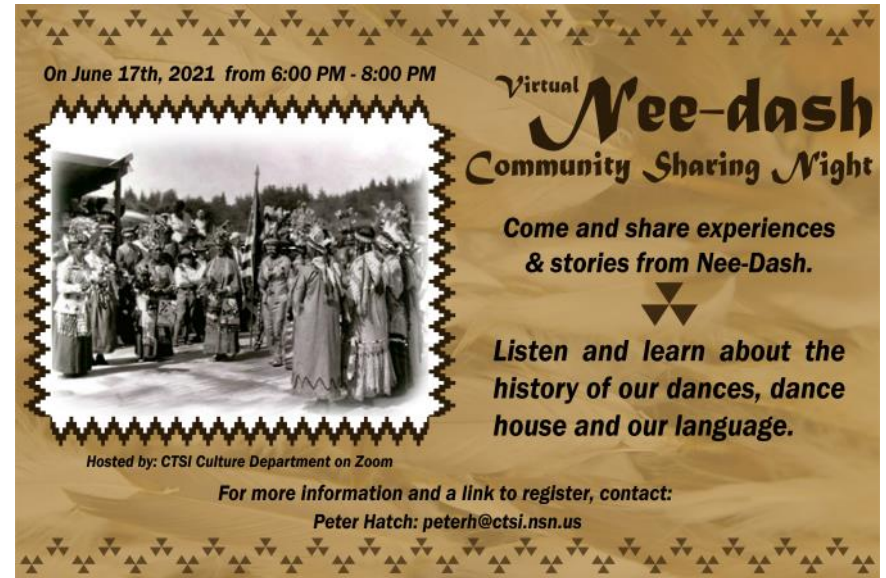


The 2021 Funded Orthodontic Treatment Program is fast approaching! All interested parties should contact the Dental Department to be placed on a list. The screening dates are Aug. 11 and Aug. 24, 2021. The program and amount of accepted applicants will be dependent on the funding for that year. Applicants are selected by case severity, motivation of the patient and guardian, reliable transportation, routine dental checkups and the oral hygiene history of the patient, to name a few. We want the best results possible for the patient and thus place emphasis on these items in order to achieve this. The unbiased selection process is performed under the guidance

of an orthodontic specialist and chosen through a committee. This program is open to all ages who are Purchased/Referred Care eligible only. Must have a scheduled screening appointment during on of the two screening days to be considered. Each year's selection process is independent from previous years and does not carry over. Selected and treated individuals can only be selected once for the duration of the program. All applicants will be notified by mail if they have been chosen. Please contact the Siletz Dental Clinic, 541-444-9681, to be put on the list.



Siletz Language Program



Log in on the CTSI website to get more information about classes and to get access to study materials.



Tobacco Prevention Education

Health Benefits of Quitting Smoking

- 20 Minutes after quitting—Your heart rate drops. (CDC)
- 12 hours after quitting—Carbon monoxide levels in your blood drops to normal. (CDC)
- A few months after quitting—Your sense of smell and taste may improve. (National Cancer Institute)
- 2 weeks to 3 months after quitting—Your heart attack risk begins to drop. Your lung function begins to improve. (CDC)
- 1 to 9 months after quitting—Your coughing and shortness of breath decreases. (CDC)
- 1 year after quitting—Your added risk of coronary heart disease is half that of a smoker. (CDC)
- 5 years after quitting—Your stroke risk is reduced to that of a nonsmoker, 5-15 years after quitting. (CDC)
- 10 years after quitting—Your lung cancer death rate is about half that of a smokers. Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases. (CDC)
- 15 years after quitting—Your risk of coronary heart disease is back to that of a nonsmoker. (CDC)

Commercial Tobacco Quitline
1-800-QUIT-NOW
AI/AN Line now available
(option 7) 1-800-784-8669

June is National Cancer Survivor Month

National Cancer Survivors Day was established to recognize those who have successfully fought or are in the process of fighting the disease. It would not be surprising to find out that each one of us knows a person who has either succumbed to cancer or is currently battling the disease. That is simply how prevalent the disease has become, alarmingly affecting the lives of millions of Americans. This month of June, we take time to celebrate National Cancer Survivor Month as these brave survivors have managed to prevent the disease from taking their lives and deserve all the praise and support they need to get on with their lives after cancer.



Who Exactly are These Survivors?

Experts from the American Cancer Society and the National Cancer Institute define a cancer survivor as any individual who has been diagnosed with cancer and remains alive and well. This includes patients who are currently undergoing treatment, as well as those who have finished treatment and are considered cancer-free.

The Good News Thanks to a number of treatment options in both conventional and holistic cancer treatment, people are living longer lives after a cancer diagnosis.

Home Visiting Program

Life can be stressful at times for all of us including our children. Lavender is known to help calm and soothe. Try these calming sensory activities with your children. These activities are best for children old enough not to try and eat the soap or playdough.

Lavender Soap Foam

- Liquid soap (dish soap or bubble bath)
- Water
- Lavender essential oil
- Food coloring or purple liquid watercolor
- Mixer



Place 2 tablespoons of soap and ¼ cup of water in a bowl. Add the food coloring or liquid watercolor if desired. The amount is up to you to achieve the desired color. Mix with a hand mixer at highest speed until foam is thick and frothy and forms stiff peaks (about 1-2 minutes). Add 4-5 drops of lavender essential oil and stir in. Scoop the soap foam into a plastic tub or container and repeat until you have the desired amount. Time to play!

Lavender Play Dough (version 1)

- 2 cups of lavender scented hair conditioner
- 5 cups of corn starch
- Lavender essential oil
- Food coloring
- Fine glitter



Pour all ingredients into a large bowl and mix. If it is too wet, just add a few more sprinkles of corn starch until it is the right consistency. Once it's mixed, knead it like dough and add the glitter. Add more essential oil if it needs more fra-

grance. This is quite a large batch and will take around 10-12 drops of the oil. The consistency you are looking for is velvety soft and creamy, that won't stick and your fingers can glide through it. Store in air tight container.

Lavender Play Dough (version 2)

- 2 cups flour
- ½ cup salt
- 2 tablespoons oil
- 2 tablespoons cream of tartar
- 1- 1 ½ cups boiling water
- Lavender



Mix all the ingredients (except the water) in a bowl. Add water slowly stirring till the right consistency. You may need to add more flour or water until it is the consistency you want. If desired you can add some food coloring. Store in air tight container.

The Home Visiting program is open to Siletz families in our 11 county service area. We serve families prenatally until the child turns 3 years old (must begin before child turns one year). Our Home Visiting program uses the Family Spirit model and curriculum developed by the John Hopkins Center for American Indian Health and is designed to increase parenting knowledge and skills, link families to resources and provide encouragement to help parents engage in positive parenting.

If you are interested in learning more about the program please contact Lori Christy, 503-390-9494 ext. 1863.

Resources



PAPERLESS??

Would you like to receive the newsletter in color and faster than by postal service?

Please email diannae@ctsi.nsn.us to sign up today.

CTSI Tribal Youth
Online Academic Support

***24/7 On-Demand Access to Online Professional Tutors**

***All Subjects and Grade Levels-Including College and University**

***Individualized Help**

***All Tribal Students Eligible to Apply, Regardless of Residence**

To sign up contact your local education specialist:
Siletz and Out of Area-[Alissa](mailto:alissa@ctsi.nsn.us); PDX- [Katy](mailto:Katy@ctsi.nsn.us)
Salem and Eugene-[Sonya](mailto:Sonya@ctsi.nsn.us)

PLEASE NOTE:
On-line tutoring access is funded with US CARES Act Funds. Students MUST register by October 31, 2021. Tutoring hours are available on a first come first serve basis as resources are available

CTSI Resource Line
541-444-9613



We are here to connect Tribal members and their families to local resources. This includes food, housing, and other essentials.

We have hard to find items available for general membership. This includes:

- Thermometers
- Hygiene and sanitation items
- Smudge kits
- and more!

Available while supplies last

If you need assistance, call us Monday through Friday between 9am-3pm.

DO YOU HAVE QUESTIONS ABOUT THE COVID VACCINE OR WANT TO BE PLACED ON OUR LIST?

CALL THE COVID LINE
541.444.9636

Please do not call our main clinic line. Thank you!



Siletz Tribal Veterans

For information and assistance from Tony Molina, Tribal Veteran Representative, call 541-270-0569 or email tonym@ctsi.nsn.us

Portland Area Office Staff

Name/Title	Contact Information
Tamra Russell Interim Area Office Supervisor	(503) 238-1512 x 1411 tamrar@ctsi.nsn.us
Katy Holland Education Specialist	(503) 238-1512 x 1418 katyh@ctsi.nsn.us
Andrew Johanson Community Health Advocate	(503) 238-1512 x 1413 andrewj@ctsi.nsn.us
Dianna Edenfield Area Office Clerk	(503) 238-1512 x 1400 diannae@ctsi.nsn.us
Anna Renville Tribal Service Specialist	(503) 238-1512 x 1412 annar@ctsi.nsn.us
Tamra Russell Tribal Service Specialist	(503) 238-1512 x 1411 tamrar@ctsi.nsn.us
Andrew Eddings Peer Recovery Mentor	Work Cell: (541) 270-9717 andrew@ctsi.nsn.us
Rachel Adams Mental Health Specialist	(503) 238-1512 x 1417 rachela@ctsi.nsn.us
Andulia WhiteElk A & D Counselor	(503) 238-1512 x 1414 anduliaw@ctsi.nsn.us

Portland Potlatch is published by the Confederated Tribes of Siletz Indians Portland Area Office

12790 SE Stark St., Suite 102, Portland, OR 97233

Phone: (503) 238-1512
Fax: (503) 238-2436
www.ctsi.nsn.us



Other Contact Numbers

Name/Program	Number	Name/Program	Number
Confederated Tribes of Siletz Indians	800-922-1399	Purchased Referred Care (PRC)	800-628-5720
Portland Area Office	(503) 238-1512	Angelina Artiago Portland Elders Rep.	(503) 760-3899
Salem Area Office	(503) 390-9494	Kay Steele Portland Elders Rep.	(503) 760-4746
Eugene Area Office	(541) 484-4234	NARA	(503) 224-1044
Siletz Community Health Clinic	(800) 648-0449	NAYA	(503) 288-8177