

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: June 20 – **Happy Father's Day**

See Inside For More Details...

Alzheimer's Association Online Educational Webinars - Multiple dates starting June 1

Summer Youth Classroom Training, starts accepting applications - June 1

Virtual Nee-Dash Community Sharing Night - June 17

Siletz Tribal Youth Council - June 20

Family Board Game Night - June 25

Minecraft Gathering - June 26

Higher Education Application Deadline - June 30

Youth Antlerless Elk Hunt Applications Due - July 2

Limited Space - First Come, First Served...

Siletz VR Program - Advancing Disability Justice
Grant: Traditional Activities

Father's Day Word Search

Father's Day is Sunday.
Can you find these words that have to do with dad?

ATHLETIC	FUNNY
BRAVE	GOLF
DAD	KIND
DADDY	SPORTS
ESPN	TENNIS
FATHER	TIE
FISHING	TOOLS
FOOTBALL	

X R D F U I E L C F C R E
W B L A S T R O P S N D K
E O D S A Z F X C E B A M
G N M P O I U T C R E D T
R B R A V E H I O O M D E
S I D K Y J T B S S H Y L
H T I Q N E F A P L L Y L
S A R S L G R E R O O G A
G V S H C K E L S N P O B
F R T S F I S H I N G W T
U A C O S N S T E D E O O
N S T K O D A L A D U R O
N N R H W B E D U I M G F
Y O T I E T I N C T W N U
A F U S R R H W E S P N W
O T E N N I S T I U S E R

MARTY WEBB/MANIGET

Most Often Requested Numbers

Confederated Tribes of Siletz Indians 800-922-1399	Siletz Tribal Housing Department 541-444-8322
Portland Area Office 503-238-1512	Elders Program 541-444-8220
Eugene Area Office 541-484-4234	Enrollment 541-444-8258
Purchased Referred Care (PRC) 800-628-5720	Chinook Winds Casino Resort 888-244-6665
Siletz Community Health Clinic 800-648-0449	Chemawa Health Clinic 800-452-7823
Siletz Behavioral Health 800-600-5599	Website - www.ctsi.nsn.us

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



477 – SELF SUFFICIENCY PROGRAM - *Angelica Espino, TSS*

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 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 and Direct Placement. 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 Inter-
views

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:

June 5th: Monthly Report Forms, Self Sufficiency Activities, Timesheets, and Job Search Forms are due

June 16: Online Purpose 3 & 4 Activity, 1:30 - 3:00 pm

June 23: Mandatory ONLINE Training - Zoom Interviewing/Etiquette
10:00 - 11:30 am

For More Information Contact:

Tribal Service Specialist:

Angelica Espino

Phone: 503-390-9494 ext. 1853

Email: Angelicae@ctsi.nsn.us

Siletz Tribal TANF Program



TANF—Temporary Assistance for Needy Families

Cash Assistance can include but is not limited to:

- ◆ Cash Grants
- ◆ Support Services
- ◆ Childcare Assistance
- ◆ Address barriers to self-sufficiency / employment
- ◆ Culturally based Case Management
- ◆ Referrals
- ◆ Job readiness & Job skills Workshops
- ◆ GED & Higher Education guidance



Eligibility requirements:

1. Enrolled Siletz Tribal member in household
2. Live in 11-County Service Area
3. Meets income requirements
4. Completes application process to determine eligibility

Pre-TANF / Diverted Services:

This Program can provide non-recurrent short term Benefits:

- ◆ must not exceed 185% of Federal poverty Level for last 30 days
- ◆ Intent is to divert families from becoming TANF participants
- ◆ Expected to have gainful employment within 4 months
- ◆ Services will not exceed four months
- ◆ Eligible families can receive cash grants based on household size
- ◆ Family may be eligible for support services base on barriers identified on case plan

Examples of eligible families:

- ◆ On unpaid maternity leave
- ◆ Short term illness/injury



Contact:

Email: 477ssp@ctsi.nsn.us

Siletz Area Office:

201 SE Swan Ave.
Siletz, OR 97380
541-444-2532

Salem Area Office:

3160 Blossom Dr. NE #105
Salem, OR 97305
503-390-9494

Portland Area Office:

12790 SE Stark St. #102
Portland, OR 97233
503-238-1512

Eugene Area Office:

2468 W. 11th Ave.
Eugene, OR 97402
541-484-4234

HOME VISITING PROGRAM - *Lori Christy, Home Visitor*

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.



Calming Lavender Soap Foam Sensory Play

- ◆ 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 fragrance. 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

Mix all the ingredients (except the water) in a bowl. Add water slowly stirring until it is 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. 4



EDUCATION PROGRAM COMPONENTS

Hours are:
Monday - Thursday
8:00 AM - 4:30 PM

- Higher Education
- Adult Vocational Training (AVT)
- Adult Education
- Supplemental Education (JOM)
- Tribal Youth Employment & Education Program (TYEE)

HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM

The next term that we will be funding will be Fall Term 2021. The deadline for Fall Term is June 30, 2021. To be eligible to receive Tribal education funding you have to complete your FAFSA by June 30, 2021. For an education application, please call me at (503) 390-9494.

— APPLICATION DEADLINE —

The Tribe has a **one time per year** application process. If a student plans to start Winter or Spring term, a completed education application has to meet the June 30, 2021 deadline.

ADULT EDUCATION

The Adult Education program is for Siletz Tribal members, 16 years or older, who are not already enrolled in a formal education program. The Adult Education program can assist with the following: Obtaining GED, certificates, or otherwise raise levels of educational achievement through adult classes, improve employment status through education, training, and pursuit of special interest classes. There is no deadline to apply for classes. For an application, please call me at (503) 390-9494.

STUDENT INCENTIVE PROGRAM

The Siletz Tribal Council desires to reward students for their educational achievement, and encourage them to continue on into higher education by rewarding each milestone. This is a monetary incentive and is awarded by level of education.



If you are a Siletz Tribal member and have completed any of the following educational milestones, please call Sonya for an application: Head Start, Kindergarten, Elementary, Middle, High School, Bachelor Degree, Master's Degree, or Doctorate.

SILETZ TRIBAL YOUTH ACTIVITY

Helps to fund programs for Siletz tribal youth in many areas such as: sports, music, camp fees, lab fees, shop supplies, graduation, educational / scholastic materials, cultural supplies and materials, correspondence courses, and extra-curricular supplies. Siletz Tribal members from kindergarten to high school can access up to \$150.00.



We're Back!
Calling all Gamers, k-12
CTSI
Minecraft Gathering!
June 26th, 11am

Contact:
jacobr@ctsi.nsn.us for
registration



To Sign Up Email Jacob Reid (jacobr@ctsi.nsn.us) by June 19 and receive a board game for your family

FAMILY BOARD GAME NIGHT CONTINUES

Play at home and then join us on Zoom
Friday, June 25, 2021 @ 6 pm
for a virtual game night



Siletz Tribal Youth Council!

June 20th
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
(541) 272-9128, ElizabethM@ctsi.nsn.us



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

**Experience
Leadership
Community**

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).**

Sonya Moody-Jurado
Salem Area Office
3160 Blossom Drive NE,
Suite 105
Salem, OR 97305
(503) 390-9494
sonyamj@ctsi.nsn.us

Katy Holland
Portland Area Office
12790 SE Stark Street,
Suite 102
Portland, OR 97233
(503) 238-1512
katyh@ctsi.nsn.us

Jeff Sweet
Out of Area
PO BOX 549
Siletz, OR 97380
(541) 444-8207
jeffs@ctsi.nsn.us

Nick Viles
Eugene Area Office
2468 W. 11th
Eugene, OR 97402
(541) 484-4234
nickv@ctsi.nsn.us

Alissa Lane-Keene
Siletz Area
P.O. Box 549
Siletz, OR 97380
(541) 444-8373
alissal@ctsi.nsn.us

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.

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.



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



Youth Antlerless Elk Hunt
Applications Due
July 2, 2021
3 Tags

Hunt runs from August 1 to December 31

Applications available at kiosk at the back door of the Tribal Admin office in Siletz and on the Tribal website under Natural Resources beginning June 1

Open to Tribal youth age 12-17 who have a valid Hunter Safety Card

Call Natural Resources Manager Mike Kennedy at 541-444-8232 if you have questions

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 (541)444-1331 - OR- jeanettea@ctsi.nsn.us (541)444-1316

Behavioral Health - *Rachel Adams, Mental Health Specialist*

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 Rachel your own haiku and she'll put it in her newsletter, first-come first-served:

RachelA@ctsi.nsn.us

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 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

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.

ONLINE LANGUAGE CLASSES AND
SPEAKING GROUPS ARE
CONTINUING INTO JUNE 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)
with questions and to sign up

On June 17th, 2021 from 6:00 PM - 8:00 PM



Hosted by: CTSI Culture Department on Zoom

For more information and a link to register, contact:
Peter Hatch: peterh@ctsi.nsn.us

Virtual
Nee-dash
Community Sharing Night

Come and share experiences
& stories from Nee-Dash.

Listen and learn about the
history of our dances, dance
house and our language.

USDA DISTRIBUTION DATES FOR JUNE

Siletz

Tuesday	June 1	9:00 am – 3:00 pm
Wednesday	June 2	9:00 am – 3:00 pm
Thursday	June 3	9:00 am – 3:00 pm
Friday	June 4	9:00 am – 3:00 pm
Monday	June 7	9:00 am – 3:00 pm



Salem

Monday	June 21	1:30 pm – 6:30 pm
Tuesday	June 22	9:00 am – 6:30 pm
Wednesday	June 23	9:00 am – 6:30 pm
Thursday	June 24	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

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

If you think you might be eligible for food, call the office and we can go over deductions and get you certified to receive food from our program.

We need 1 tribal ID, from any federally recognized tribe, to make the household eligible. We can deduct for higher ed monies received (if they are tribal or BIA), we can do a standard deduction of \$400 for housing or utilities paid and other deductions for elderly and disabled.

We would like to see more people sharing their recipes on our Facebook page.

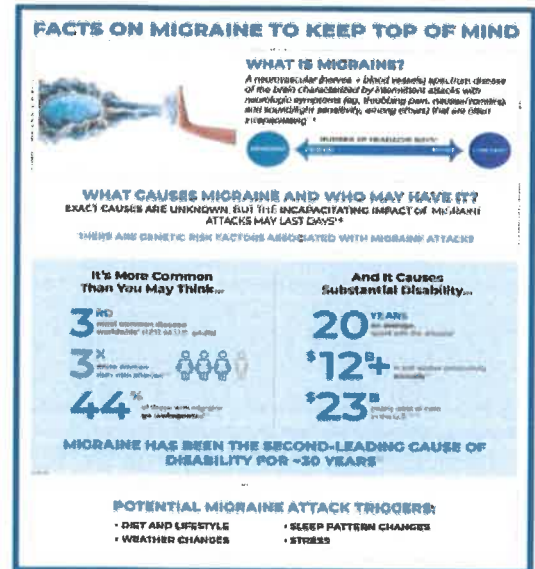


at "Siletz Tribal FDPIR" and share your recipes on our page.

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.



FACTS ON MIGRAINE TO KEEP TOP OF MIND

WHAT IS MIGRAINE?
A neurovascular disease - linked vascular spasm from disease of the brain characterized by 3-180 minute attacks with neurologic symptoms (eg, throbbing pain, nausea/vomiting, and sensitivity to light/sound), and/or attacks that are often incapacitating.

WHAT CAUSES MIGRAINE AND WHO MAY HAVE IT?
EXACT CAUSES ARE UNKNOWN BUT THE INCAPACITATING IMPACT OF MIGRAINE ATTACKS MAY LAST DAYS**
THERE ARE GENETIC RISK FACTORS ASSOCIATED WITH MIGRAINE ATTACKS

It's More Common Than You May Think...
3RD most common disease worldwide (12% of U.S. population)
3x more common than you think!
44% of those with migraines go undiagnosed!

And It Causes Substantial Disability...
20 YEARS of average lost work due to the disorder
\$12+ in lost wages per episode annually
\$23+ in total costs of care in the U.S.

MIGRAINE HAS BEEN THE SECOND-LEADING CAUSE OF DISABILITY FOR ~30 YEARS*

POTENTIAL MIGRAINE ATTACK TRIGGERS:
• DIET AND LIFESTYLE
• WEATHER CHANGES
• SLEEP PATTERN CHANGES
• STRESS

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
- Mood change
- Constipation or diarrhea
- severe thirst
- Food cravings or lack of appetite
- Bloating
- Fatigue

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:

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

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.

- 1) 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 Tribal Vocational Rehabilitation Program Services. For more information, please contact:

ADVANCING DISABILITY JUSTICE GRANT IS EXCITED TO PRESENT TRADITIONAL ACTIVITIES TO SHOW THAT NO MATTER YOUR DISABILITY, OR ROLE IN YOUR COMMUNITY, THERE IS ALWAYS SOMETHING THAT CAN BE LEARNED FROM ONE ANOTHER.

2 Federally Recognized Tribal Members in our communities are giving 100 community members the opportunity to learn how to make traditional items in their unique ways - giving them the chance to showcase their Art.

Basket Caps made from supplies that can be bought from the store.
For some, this is easier than gathering when their health makes it too difficult.



Beaded Earrings and Chokers made easier for people with disabilities..
Most beadwork is hard on your hands and eyes.



IF YOU'RE INTERESTED IN LEARNING HOW TO MAKE ONE OR BOTH OF THESE ACTIVITIES, PLEASE CONTACT THE SILETZ VR PROGRAM FOR A PACKAGE OF SUPPLIES TO BE MAILED TO YOU. WE ONLY HAVE 100 AVAILABLE FOR EACH ACTIVITY AND SUPPLIES WILL BE MAILED THE BEGINNING OF JUNE.

Please contact Rachele Endres at (541) 444-8213,
or 1-800-922-1399 Extension 1213

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 smoker. 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 non-smoker. (CDC)



Commercial Tobacco Quitline 1-800-QUIT-NOW
All/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.

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



alzheimers.org association

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

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



Your Salem Area Office Staff:

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