

Confederated Tribes of Siletz Indians
PORTLAND POTLATCH
 January 2022



**HAPPY NEW YEAR AND MANY
 BLESSINGS TO YOU!**



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The Planning Department has tentatively scheduled the yearly planning meeting for March 3rd via ZOOM. More information coming soon!

2022 Virtual Tribal Council Candidates Fair

The 2022 Virtual Tribal Council Candidates Fair is scheduled for January 8th 2022 via Zoom. For access to the meeting link and code, email Elections@ctsi.nsn.us. For more information log in on the CTSI website and click on the Tribal Government tab.

PAO Announcements



Get your flu shot for FREE!

You can use your Pequot card at any CVS pharmacy and get your flu shot for free. If you have any questions please contact Pequot at 888-779-6638.



PRC CHALLENGES AND IMMEDIATE CHANGES

Due to current staffing shortages and to ensure that we are able to continue to process payments and to assist all of our tribal members in a timely fashion, all phone calls will be directed to a voicemail.

Starting Tuesday, December 7th

What to expect when you call for a PRC Authorization #:

1. You will be directed to a voicemail.
 - a. You will be asked to leave a detailed message.
2. If an authorized visit, you will receive an automated-call with your authorization # within 1-business day.

What to expect if you have a billing question:

1. You will be directed to a voicemail and will leave your question/issue.
2. You will receive a call back within 3-business days (sooner if possible).

We apologize for any inconvenience this may cause. We ask that during this time that if you need to contact PRC that you call only once; if you do not hear back from PRC within **3-business days**, please call back.

Legal Assistance Program

Expansion of the Legal Assistance Program Update

Ever use CTSI court or wonder how CTSI court works? Ever need help with a legal problem? Do you have opinions about what the Tribe can do to better support its members with legal concerns?

Council and facilitate a decision-making process to determine timelines, key staff actions, and a program budget. TWG will then finalize the plan and begin to assist the Tribe with its implementation.

CTSI has begun the process of assessing current legal assistance options and looking at options for how the Tribe might potentially expand legal assistance for tribal members and maybe others who appear in the Siletz Tribal Court. We have partnered with The Whitener Group (TWG), a tribal consulting firm owned by members of the Squaxin Island Tribe, to guide this process.

But as we get started, we would like to have YOUR input on this process. With that in mind we have put together a short survey to gather input.

Please either go to this URL or scan this QR code to take the survey by January 31, 2022! It is short, we promise.

<https://www.surveymonkey.com/r/siletz>

TWG is working with us to gather information through surveys, one-on-one meetings, and strategic planning sessions. Through these efforts TWG will identify the Tribe's core values and basic legal assistance needs which it will use as the foundation for the planning process. TWG, with key stakeholders, will then draft a program mission and an actionable implementation plan. There will be repeated opportunities for review and adjustment. Once those basic components of the implementation plan are determined, TWG will meet with Tribal



477—Self-Sufficiency Program

477-SSP January Meeting Information:

January 20th 10-11:30AM
Time Management

January 27th 10-11:30AM
TANF Purpose 3&4

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.

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 ext. 1412 or Tamra Russell ext. 1411.

Education & Youth Update

Happy New Year to everyone!

The Education program has some wonderful activities and opportunities coming up in this new year 2022. I hope you will take a look and mark your calendar. Please feel free to email or call me for if you need help signing up for these. Some highlighted events include:

- The School Supply/PPE Stipend Program.

- An excellent Online Tutoring Program for all ages through college.
- January JOM Craft Activity which we will send out through Amazon to you for the whole family.
- And upcoming events in February include a Zoom college workshop with representative from various colleges, and a Small Business Workshop. On Feb. 17th.

We hope this year brings you much happiness.
Katy Holland
Education Specialist, Portland office

MINECRAFT



We're Back!

Calling all Gamers, K-12

CTSI

Minecraft Gathering

JANUARY 22, 2022 @ 10:30 AM

Contact:

elizabethm@ctsi.nsn.us

for registration



SILETZ TRIBAL SMALL BUSINESS WORKSHOP

Join us on **Thursday, February 17th at 6pm via Zoom** to discuss how to start your own business, how to support a small business, and other business topics with guests from:

- The Oregon Native American Chamber (ONAC)
- Our Native American Business Network (ONABEN)
- Siletz Tribal Business Corporation (STBC)



CONTACT YOUR AREA EDUCATION SPECIALIST

TO SIGN UP AND GET A ZOOM LINK

Portland Area (503) 238-1512 kathy@ctsi.nsn.us	Siletz Area (541) 444-8373 alissal@ctsi.nsn.us	Salem Area (503) 390-9494 sonyamj@ctsi.nsn.us	Eugene Area (541) 484-4234 candacoh@ctsi.nsn.us
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Education & Youth Update

Siletz Tribal JOM Supplemental Education Program:

Helps to fund K-12 Native American students who are attending a public school in support of their intellectual growth, vocational goals and cultural enrichment. The program also advances the participant's physical, social and emotional growth.

Applications can be found on the CTSI web page at www.ctsi.nsn.us. Contact Katy by email at katyh@ctsi.nsn.us or by calling the Portland Area Office (503) 238-1512 ext. 1418.

Siletz Tribal Youth Activity Fund is available to enrolled Siletz Tribal Youth to fund a variety of

programs such as: sports, music, camp, science, cultural supplies/materials, shop, lab fees, extra curricular and more. Download the Youth Activity Fund Application online at www.ctsi.nsn.us.

Siletz Education Programs Serving Our Tribal Members

- ◆ **Higher Education:** Assists Tribal Members to attend college towards their Bachelors Degree—up to five years of educational support funding. Each year the deadline to apply is June 30th. Applications to apply for Federal student Aid (FAFSA—required) **opens October 1, 2021.**
- ◆ **Adult Vocational Training Program:** Supports Tribal Members for up to two years of specific vocational training. Download applications at <http://www.ctsi.nsn.us/uploads/downloads/Education/Grants/CTSI-AVT-Application.pdf>

- ◆ **Adult Education Program:** For Siletz Tribal Members 16 years or older who are not already enrolled in a formal education program. This program can assist with GED, certificate and licensing programs, classes and more. The programs primary purpose is to improve and maintain employment status of all of our Tribal Members. No deadline applies to this.

For more information please contact Katy at the Portland area office by calling or by email; katyh@ctsi.nsn.us .

Please visit our Tribal webpage at: <https://www.ctsi.nsn.us/tribal-services/education/>

Education & Youth Update

CTSI Virtual College Info Nights Session II

THURSDAY,
JAN. 20
6:00 PM

LEARN ABOUT:

- ◆ Types of Federal Financial Aid
- ◆ CTSI Education Department Programs
 - Higher Education
 - AVT
 - Adult Education
 - JOM/YAF
- ◆ Siletz Tribal Housing Department Student Housing
- ◆ 477 Self Sufficiency
- ◆ **Plus meet representatives from colleges and universities.**

All Students and Families Welcome

Contact your local education specialist to sign up and for login information

Please join us to meet representatives from Washington State University and Fort Lewis College.

Free admission for Native Students!



JOM Eligibility

Please Note: this opportunity is made possible through the BIA Cares funding which requires that student be enrolled in a public school and are either enrolled in a federally recognized Tribe or can show they are one quarter blood (1/4) quantum.

Enrolled JOM Student School Supply/PPE Stipend Program



Enrolled JOM Students are eligible to apply for a School Supply/PPE stipend for the remainder of the current academic year.

These funds are to ensure students can purchase traditional school supplies and the necessary PPE (masks, sanitizer, wipes, etc.) to continue being safe in schools, on buses and in after school programs.

Completed applications must be received by the following deadlines: **January 26, 2022** by 4:30 PM. Microsoft form must be completed by **January 28, 2022** @ 4:30 PM.

Contact the Education Specialist in your service area to request an application.

Candace Hill
Eugene Area Office
(541) 484-4234
CandaceH@ctsi.nsn.us

Katy Holland
Portland Area Office
(503) 238-1512
KatyH@ctsi.nsn.us

Sonya Moody-Jurado
Salem Area Office
(503) 390-9494
SonyaMJ@ctsi.nsn.us

Jeff Sweet
Siletz Area
(541) 444-8207
JeffS@ctsi.nsn.us



Keep up to date on Youth Activities by visiting the CTSI Youth Facebook page!

JOM WINTER ACTIVITIES

Open to all JOM registered youth in the 11-county service area

Register each month by the due dates below to receive a fun activity package!

Dates:

- January - Opens 1/3/22 and closes 1/13/22
- February - Opens 2/1/22 and closes 2/14/22

Contact your area Education Specialist to sign up

Portland Area
(503) 238-1512
katyh@ctsi.nsn.us

Salem Area
(503) 390-9494
sonyamj@ctsi.nsn.us

Siletz Area
(541) 444-8373
alissal@ctsi.nsn.us

Eugene Area
(541) 484-4234
candaceh@ctsi.nsn.us



Behavioral Health Program



Thinking about winter:

The longest day has passed, but the pandemic is still here which makes it easier to feel times are bleak. Many people have now been vaccinated, which should bring hope. Offices remain closed, but services are still available. Let's help each other safely get our needs met!

Methods of Mindfulness to try:

- 1) Try Progressive Muscle Relaxation: Get in a comfortable position, and flex major muscle groups, one group at a time, starting at your feet, moving to your calves, then thighs, continuing through your torso and arms, and ending with scrunching the facial muscles. With each group, flex on a deep breath in, and release on a deep breath out. Flex each group twice, and when you've finished

scrunching your face, scan your body for tension and if you find some, release that muscle group.

- 2) Try the five senses grounding technique: Breathe slowly in and out, and take a moment to decipher your surroundings. Find five things you can see, and define them in detail. Next, take a moment to close your eyes, and find four things you can hear. Now, reach out and touch your surroundings, defining specific details of three different textures you feel. Next, take a moment to pay attention to your breathing, and notice two things you can smell. Lastly, find one thing you can taste, and tell yourself about the flavors; spicy, sweet, bitter, etc.

Mental Health Specialist services include:

"Brainspotting" Couples counseling, youth, adult and family counseling with emphasis in experiential healing and person-centered therapy. Rachel likes to meet people where they are at, and help them be the best they can be with what they have.

Behavioral Health Program

A January haiku by the MHS:

Winter has come friends,

But do not despair, for warmth

Will see us through it.

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

rachelz@ctsi.nsn.us

Traditional Coping

Winter preparations should be finalized, and the Elders in our thoughts. It's a difficult time to be active in your

community, but there are virtual events happening. Video events may not seem like a beneficial way to connect, but they are a wonderful tool to utilize to keep our community most safe. The Siletz peoples are encouraged to keep in harmony with their ancestors' ways; attending private sweats, virtual drum and talking circles, and smudge. Live life in a healthy, good way!

Portland Area Office
Virtual Appointments Only
(503) 200-4340

Salem Area Office
Virtual Appointments Only
(503) 200-4340



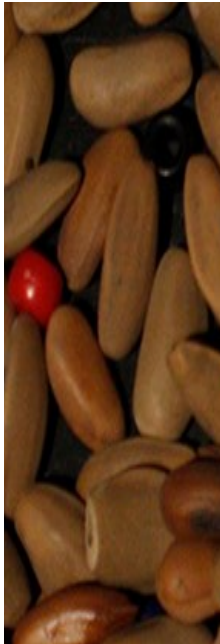
Do you like what you are reading so far?


Like our Facebook page to get updates on important information and activities.

[Confederated Tribes of Siletz Indians - Portland Area Office - Home | Facebook](#)



Virtual Culture/Language Nights



CTSI VIRTUAL CULTURE NIGHTS 

ALL TRIBAL MEMBERS AND FAMILIES WELCOME

Upcoming Dates:
January 12 at 6 pm : Pine Nuts
February 9 at 6 pm: Hazel

Sponsored by the Education and Culture Departments
 Contact Nick Viles at nickv@ctsi.nsn.us or x1757 to sign up



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



SIGN UP TODAY FOR WINTER SESSION ON-LINE LANGUAGE CLASSES

LEARN NUU-WEE-YA'

TUESDAYS JANUARY 11-MARCH 15
 5:00 PM-BEGINNING CONVERSATION 1
 5:45 PM- BEGINNING CONVERSATION 2

THURSDAYS JANUARY 13-MARCH 17
 5:00 PM-ONGOING CONVERSATION

SATURDAYS 2/5, 2/26, 3/12
 NOON-IMMERSION CONVERSATION HOUR

TO SIGN UP CONTACT NICK VILES AT [NICKV@CTSI.NSN.US](mailto:nickv@ctsi.nsn.us) OR X1757



Home Visiting Program

NOW SERVING ALL FEDERALLY RECOGNIZED AND ALASKAN NATIVE FAMILIES WHO MEET ELIGIBILITY CRITERIA!!

Home Visiting Provides:

- Parenting and life skills for successful and positive parenting
- Support and encouragement
- Resources and referrals
- A culturally sensitive, evidence based curriculum
- Ongoing services from prenatal until child is 3 years old
- Virtual Visits currently

Eligibility requirements:

- Live in 11-County Service Area
- Family is expecting or has an infant under 12 months of age.
- American Indian/Alaskan Native head of household or dependent child and meet one of the following criteria—
 - Income below 300% federal poverty level for last 30 days
 - Household that resides in rural location that has limited employment opportunities
 - First time parent
 - Household with at least one adult without a post-secondary certificate
 - Family experienced trauma, chemical dependency or mental health barriers.
- Other eligibility criteria may apply so contact our staff if you have questions.

FOR MORE INFORMATION PLEASE CONTACT:

Danelle Smith
 Siletz and Coast Range
 541-444-9603
danelles@ctsi.nsn.us

Cathy Ray
 Eugene and Surrounding Areas
 541-484-4234
catheriner@ctsi.nsn.us

Lori Christy
 Salem, Portland and Surrounding Areas
 503-390-9494
loric@ctsi.nsn.us

Go to www.ctsi.nsn.us home visiting to view past success stories.

Tobacco Prevention Program

HAPPY NEW YEAR

As we start off the New Year, several people will make a resolution. Whether it's exercising, eating healthier, taking a vacation, going back to school, quitting smoking, etc. Many of these resolutions will require a change in lifestyle, for example; eating more fruits and vegetables, working on portion control during meals, start going to the fitness center or incorporating more physical activities into your routine.

If you are looking at quitting smoking, here are a few tips to help with your success:

1. Make a list of reasons on why you want to “quit smoking”.
2. Choose a method whether it be “cold turkey”, “tapering”, using an app or a texting program, nicotine replacement therapy (NRT’s). There are several methods, if you need assistance or have a question, contact the Tobacco Prevention Coordinator at 541-444-9682.
3. Set a quit date. Pick a day that works for you, not a day that will be too stressful. Write it down

and commit to it.

4. Let your family and friends know that you are quitting and ask them to support you on your new journey. Let them know that you may need to contact them when your going through a rough time.
5. Reward yourself. Use the money that you will save on cigarettes and treat your self to the new you. You can buy yourself something small and frequent, or save up and get something nice.

You deserve it!

Cancers associated with commercial tobacco use for January

Cervical Cancer:

Cervical cancer occurs when the cells of the cervix grow abnormally and invade other tissues and organs of the body. When it is invasive, this cancer affects the deeper tissues of the cervix and may have spread to other parts of the body (metastasis), most notably the lungs, liver, bladder, vagina, and rectum.

Tobacco Prevention Program

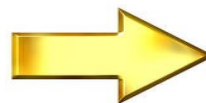
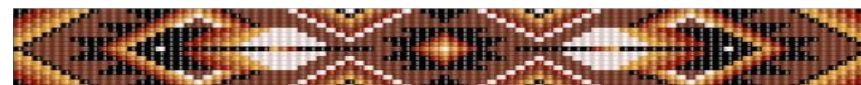
There are two main types of cervical cancer: squamous cell carcinoma and adenocarcinoma. Each one is distinguished by the appearance of cells under a microscope.

Squamous cell carcinomas begin in the thin, flat cells that line the bottom of the cervix. This type of cervical

cancer accounts for 80 to 90 percent of cervical cancers.

Adenocarcinomas develop in the glandular cells that line the upper portion of the cervix. These cancers make up 10 to 20 percent of cervical cancers.

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



Online Academic support is available for Siletz Tribal Members!

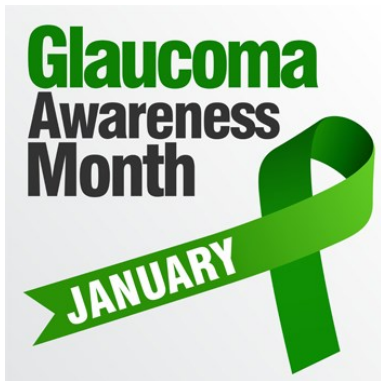
Siletz Tribal Members Online Academic Support

- * **24/7 On-Demand Access to Online Professional Tutors**
- * **All Subjects and Grade Levels- From Kindergarten through College/University**
- * **Individualized Help in All Subjects**
- * **SAT & ACT Prep; College Course Level Help and More**
- * **All Tribal Students Eligible to Apply, Regardless of Residence.**

Contact your local Education Specialist to sign up:
Siletz & Out-of-Area Alissa- AlissaL@ctsi.nsn.us
Salem Sonya- SonyaMJ@ctsi.nsn.us
Portland Katy- KatyH@ctsi.nsn.us
Eugene Candace- CandaceH@ctsi.nsn.us

Please Note:
On-line tutoring access is funded with US CARES Act Funds: Students MUST complete a COVID-19 Tutoring Application to register. Tutoring hours are available on a first come first serve basis as resources are available

Voc. Rehab Program



Glaucoma is a group of eye conditions where there is damage to the optic nerve(s). This nerve provides vital information to the brain and crucial to maintaining good vision. If it's damaged, it leads to gradual inflammation of the inner eye(s). If untreated, it causes progressive vision loss. Medications, laser procedures, and surgeries may lower the inner eye pressure and/or prevent further damage to the optic nerve(s). Native Americans/Alaskan Natives have a higher genetic predisposition than white groups. **NTG in American Indians/Alaska Natives-Glaucoma Today.**

Facts:

- More than 3 million cases per year in US)
- Treatments can help manage eye condition
- No cure available
- Requires lab test or imaging
- Can last several years or be life-long

- Common for ages 50 and older
- Family history may increase likelihood

Symptoms: Initially, the condition remains without symptoms, but its gradual progression may lead to symptoms such as:

- Loss of peripheral or side vision
- Seeing halos around lights and glare in bright light
- Redness in the eye
- Eye pain
- Eye that looks hazy (particularly in infants)
- Narrow or tunnel vision
- Vision Loss

Vision loss due to Glaucoma causes blindness especially in individuals over 60. Vision loss cannot be recovered, so getting regular eye exams is vital to good eye health. Leading a healthy lifestyle of exercise and good nutrition may contribute to an improved or good quality of life!

Food to eat:

- Iron rich foods such as spinach
- Vitamin A containing foods such as sweet potatoes, carrots, mangoes and milk
- Protein rich foods such as eggs, milk

Voc. Rehab Program

- Zinc-rich foods such as green peas, eggs, wheat germ, chick-peas, oyster, red meat, poultry and certain sea food
- Foods rich in vitamin C like green pepper, citrus fruits and tomatoes
- Foods with caffeine like coffee
- Avoid alcohol

If you or a loved one are experiencing the above symptoms, follow up with your medical providers and eye specialists. Tribal Vocational Rehabilitation Counselors are available to serve your vocational needs.

Foods to avoid:

- Foods with trans fatty acids like cookies, cakes and French fries
- Foods with high saturated fats like full fat meat (beef)

Jamie Bokuro	Siletz	541-444-8213
Toni Leija	Salem	503-390-9494 ext. 1861
Tamra Russell	Portland	503-238-1512 ext. 1411

Please welcome Tamra Russell to Voc. Rehab!

My name is Tamra Russell. I work in the Siletz Portland Area office and I'm the new case worker for the Vocational Rehabilitation (VR) program for Multnomah, Washington and Clackamas counties.

I would like to take the time to introduce myself, to you.

I am a Siletz Tribal Member and I have worked for the Tribe for over 7 years, in the 477 Self Sufficiency Program. I

have 17 years' experience in workforce and working with the Native community. I am new to the Siletz Voc Rehab program, but have worked closely with VR during my career.

I currently work in the office 2.5 days per week. When I work from home the other days, all of my emails and voicemails are forwarded to me.

To Contact Tamra Russell:
Phone: (503) 238-1512 ext1411
E-mail: tamrar@ctsi.nsn.us

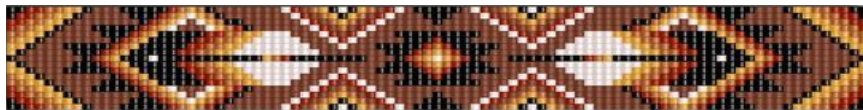
Resources



PublicAlerts

VISIT PUBLICALERTS.ORG

Receive emergency notifications via
landline, mobile and email.



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.

**KEEP
PORTLAND
WEIRD ALIVE.**

STAY HOME. SAVE LIVES.

211info ★

2-1-1

The easiest way to find health and human services.


TEXT
 zip to 898211


DIAL
 211


SEARCH
 211info.org

Free. Live. Confidential.

Portland Area Office Staff

Name/Title	Contact Information
Andrew Johanson Area Office Supervisor	(503) 238-1512 x 1419 andrewj@ctsi.nsn.us
Katy Holland Education Specialist	(503) 238-1512 x 1418 kathy@ctsi.nsn.us
Vacant Community Health Advocate	(503) 238-1512 x 1413
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 Outpatient Counselor I	Work Cell: (541) 270-9717 andrewe@ctsi.nsn.us
Rachel Zinn Mental Health Specialist	(503) 238-1512 x 1417 rachelz@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