

Confederated Tribes of Siletz Indians  
**PORTLAND POTLATCH**  
 February 2022

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



**SAVE THE DATE**

**TRIBAL ELECTION DAY- FEBRUARY 5TH**  
 In-Person Voting  
 10AM - 4PM At the Siletz Tribal Community Center.

**COMMUNITY MEETING - MARCH 3RD**  
 The Portland Area Community Meeting is scheduled for March 3rd via Zoom. This meeting will be dedicated to primarily LISTENING to Tribal Member concerns and bringing updates. More information coming soon.

**MORE DETAILS**  
*Coming Soon!*



**HAPPY VALENTINE'S DAY** ♥

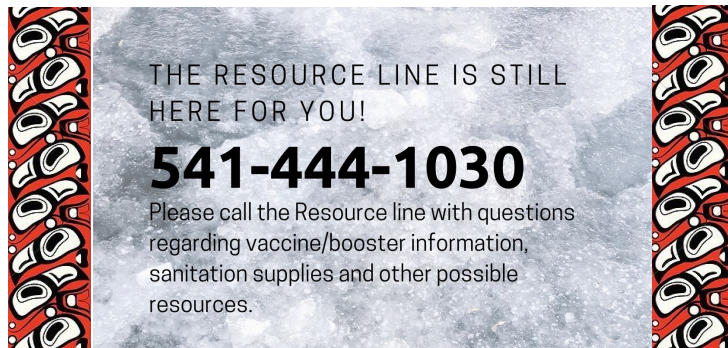
**Have you signed up for your free COVID-19 tests?**

**COVIDtests.gov**

**Sign Up Today!**

Residential households in the U.S. can order their FREE At-Home COVID-19 tests. It's quick and easy just go to: [www.COVIDtests.gov](http://www.COVIDtests.gov)  
 \*Limit 4 tests per household.

## PAO Announcements



THE RESOURCE LINE IS STILL HERE FOR YOU!

**541-444-1030**

Please call the Resource line with questions regarding vaccine/booster information, sanitation supplies and other possible resources.

## The “Mesh” Exhibit at Portland Art Museum



The “Mesh” exhibit at the Portland Art Museum features work from four emerging and contemporary Native artists whose multidisciplinary work touches on current social issues including the ongoing fight against racial injustice and conflicts over Indigenous land rights. At the same time, through photography, painting, sculpture and mixed media they celebrate the ongoing presence of Native American art and culture and remind us that art is an essential form of activism.

For more information please visit the Portland Art Museum's website: [www.portlandartmuseum.org](http://www.portlandartmuseum.org)



## 477—Self Sufficiency Program

### 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.



### 477-SSP Programs

For Enrolled member of Federally recognized tribes or descendants



Are you looking for work?

Why not sign up for **CORE** Services.

- Job Referrals
- Resumes
- Cover Letter
- Employment Counseling/Coaching
- Job Search Assistance
- Mock interview

Once you secure employment, apply for **Direct Placement**

Within 7 days of hire date.

**Support Services for:**

- Required tools
- Uniforms / Clothing / Boots / Shoes
- Licensing - fees
- Transportation Assistance

**Apply Today in your Area Office**

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

**Call your local office:**

Portland: (503) 238-1512

Siletz: (541) 444-2532

Eugene: (541) 484-2434

Salem: (503) 390-9494



### Your Success is Important to Us!

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.



## 477—Self-Sufficiency Program

### 477-SSP February Meeting Information:

Zoom information will be emailed directly to current 477 clients

The 477 SSP program will be hosting monthly trainings. We will send out post cards with more information on how to gain 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](mailto:annar@ctsi.nsn.us)  
(503) 238-1512 x 1412

Tamra Russell [tamrar@ctsi.nsn.us](mailto:tamrar@ctsi.nsn.us)  
(503) 238-1512 x 1411



## Education & Youth Update



Contact Katy Holland to sign up:

[katyh@ctsi.nsn.us](mailto:katyh@ctsi.nsn.us) or call 503-238-1512


ext. 1418.

## 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 <a href="mailto:katyh@ctsi.nsn.us">katyh@ctsi.nsn.us</a>	Siletz Area (541) 444-8373 <a href="mailto:alissa@ctsi.nsn.us">alissa@ctsi.nsn.us</a>	Salem Area (503) 390-9494 <a href="mailto:sonyamj@ctsi.nsn.us">sonyamj@ctsi.nsn.us</a>	Eugene Area (541) 484-4234 <a href="mailto:candaceh@ctsi.nsn.us">candaceh@ctsi.nsn.us</a>
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## Education & Youth Update

### Scholarship Season Is Upon Us!

From January 2022 through the end of March, is the absolute best time of the year to be applying for college scholarships (many close at the end of March).

- Plan to take time to apply to scholarships that are available at the schools you are applying to.
- Check out the Tribe's web site under Education Services/scholarships for a list of potential scholarships: [www.ctsi.nsn.us](http://www.ctsi.nsn.us)
- If graduating from an Oregon High School please visit [www.Oregonstudentaid.gov](http://www.Oregonstudentaid.gov) and find out about Oregon scholarship opportunities, especially the Promise Grant for Oregon High School students. For more information please contact Katy at: [katyh@ctsi.nsn.us](mailto:katyh@ctsi.nsn.us)



Schools not only provide the education that Oregon's children need to succeed, but also provide mental health services, nutritious meals and access to health care. If we work together to prevent the spread of COVID-19, it ensures kids will remain in school this winter season. It's important to get vaccinated, wear face coverings, and be sure indoor spaces are well ventilated. Learn more at:

[www.oregon.gov/readyschools](http://www.oregon.gov/readyschools)

#ReadySchools #Oregon #Oredu



**Siletz Tribal Funding is once a year. The deadline to have your Higher Education Application in is June 30, 2022.**

**Remember to complete your FAFSA/ [www.fafsa.ed.gov](http://www.fafsa.ed.gov)**

**Information can be found on the Tribe's website: [www.ctsi.nsn.us](http://www.ctsi.nsn.us)**

### Scholarships at a Glance

- **Oregon Community Scholarships:** Verl & Dorothy Miller Vocational Scholarship, Howard Vollum American Indian Scholarship and many more on this site: [www.Oregoncf.org/Scholarships](http://www.Oregoncf.org/Scholarships)
  - **Oregon Student Assistance Commission:** [www.getcollegefunds.org](http://www.getcollegefunds.org).
  - [www.OregonStudentAid.gov](http://www.OregonStudentAid.gov) (Includes Oregon Promise Grant)
  - **Cobell Scholarships** [www.CobellScholar.org](http://www.CobellScholar.org)
  - **American Indian College** [www.collegefund.org](http://www.collegefund.org)
- And so many more...

## 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](http://www.ctsi.nsn.us). Contact Katy by email at [katyh@ctsi.nsn.us](mailto: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](http://www.ctsi.nsn.us).



### We're Back!

Calling all Gamers, K-12

**CTSI**

**Minecraft Gathering**

**FEBRUARY 19, 2022 AT 11:00 AM**

### Contact:

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

for registration



### Portland State University: Offering Mentoring Program To Incoming Students

Portland State University Update for Native students: The NATIONS mentor/mentee program is currently accepting applications for next year. If you are considering applying to PSU you can apply and connect with the Native American Student Services coordinator Trevino Brings Plenty ([Trevino@pdx.edu](mailto:Trevino@pdx.edu)) about any questions regarding this program.

## Education & Youth Update

*For Enrolled JOM Students*

# JOM Youth Spring Break STREAM Send-Home Activities

Spring Break STREAM Kits are designed to enhance learning and prevent learning loss during Spring Break.

Completed applications must be received by the following deadlines: **March 2, 2022 by 4:30 PM.** Microsoft form must be completed by **March 4, 2022 @ 4:30 PM.**

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

<b>Candace Hill</b> Eugene Area Office (541) 484-4234 <a href="mailto:CandaceH@ctsi.nsn.us">CandaceH@ctsi.nsn.us</a>	<b>Katy Holland</b> Portland Area Office (503) 238-1512 <a href="mailto:KatyH@ctsi.nsn.us">KatyH@ctsi.nsn.us</a>	<b>Sonya Moody-Jurado</b> Salem Area Office (503) 390-9494 <a href="mailto:SonyaMJ@ctsi.nsn.us">SonyaMJ@ctsi.nsn.us</a>	<b>Jeff Sweet</b> Siletz Area (541) 444-8207 <a href="mailto:JeffS@ctsi.nsn.us">JeffS@ctsi.nsn.us</a>
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This program is funded by BIA CARES funding. Education kits will be issued on a first come first served basis, as resources are available.

### 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) **opened 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](mailto:katyh@ctsi.nsn.us) .

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

## Education & Youth Update



If you would like to sign up for February's JOM Youth Activity, please call or email Katy Holland at the Portland Area Office: [katyh@ctsi.nsn.us](mailto:katyh@ctsi.nsn.us) or call: (503) 238-1512 ext. 1418. These activities are fun for the whole family to do together!

# 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**

<b>Portland Area</b> (503) 238-1512 <a href="mailto:katyh@ctsi.nsn.us">katyh@ctsi.nsn.us</a>	<b>Salem Area</b> (503) 390-9494 <a href="mailto:sonyamj@ctsi.nsn.us">sonyamj@ctsi.nsn.us</a>
<b>Siletz Area</b> (541) 444-8373 <a href="mailto:alissal@ctsi.nsn.us">alissal@ctsi.nsn.us</a>	<b>Eugene Area</b> (541) 484-4234 <a href="mailto:candaceh@ctsi.nsn.us">candaceh@ctsi.nsn.us</a>

### 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 <a href="mailto:Alissa-AlissaL@ctsi.nsn.us">Alissa- AlissaL@ctsi.nsn.us</a>	Salem <a href="mailto:Sonya-SonyaMJ@ctsi.nsn.us">Sonya- SonyaMJ@ctsi.nsn.us</a>
Portland <a href="mailto:Katy-KatyH@ctsi.nsn.us">Katy- KatyH@ctsi.nsn.us</a>	Eugene <a href="mailto:Candace-CandaceH@ctsi.nsn.us">Candace- CandaceH@ctsi.nsn.us</a>

**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



Online Academic support is available for Siletz Tribal Members!

## Home Visiting Program

This is the time of the year you may find yourself inside the house more often, due to weather. It's fun to have a few new ideas for playing with your infant or toddler. Here are some ideas you may wish to try:

### Baby Ball Drop:

Take an empty box and cut some holes big enough for some small balls to fit through. Let your child have fun dropping the balls in the holes. If you don't have any small plastic toy balls, other small toys could work as well. Your child may have fun seeing what



will fit. If you happen to have some PVC elbow shaped pipes, you can tape those to the inside of a plastic bin or a box and let your child drop the balls through the pipes. Of course, if you have a little one, they may just prefer to sit in a box full of plastic balls!



### Sticker Shape Fun:

Draw some large shapes on a piece of paper. Give your child some stickers and let them place the stickers on the shape. Younger toddlers will probably put the stickers anywhere on the paper. You can encourage older children



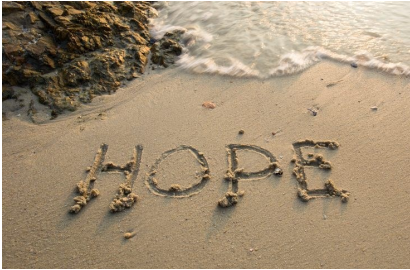
to try and put the sticker on the shapes outline. Depending on your child, the stickers and colors you have you can make it more complex by put the correct colored sticker on the same colored shape.



Home Visiting provides parenting and life skills for successful and positive parenting. Home Visiting is for American Indian/Alaskan Native families in the 11 county service area who are expecting or have an infant under one. For more information and eligibility requirements please contact Lori Christy, Home Visitor at (503) 390-9494 or [loric@ctsi.nsn.us](mailto:loric@ctsi.nsn.us).



# Behavioral Health Program



## Not all talks are easy:

During the winter months, people can become depressed, or suffer seasonal affective disorder. Winter holidays can be stressful, to the point of being overwhelming for folks. And remember, even too much eustress, or stress caused by happy events, can be overwhelming. In the midst of holidays and winter, some people start having thoughts of ending their lives. If you or a loved one has these thoughts, please know that you are not alone. Many people have these thoughts from time to time, and what is important is to take action against them.

**It's hard, but, talking openly about suicide saves lives. Don't be afraid to ask, are we talking about suicide?**

**What to do about suicidal thoughts or risk:**

1. Call the national suicide prevention line: 1-800-273-8255
2. Text NATIVE to 741741 to speak with an Indigenous person trained in suicide prevention.
3. Call a crisis line:

24/7 county suicide prevention lines:  
Multnomah County: 503-988-4888

Clackamas County: 503-655-8585

Marion County: 503-585-4949

4. Reach out to family, seek the services of a counselor, talk to someone trusted.

### A February haiku by the MHS:

Winter has been here,  
But we shall be in the clear,  
Spring is coming near.

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

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

# Behavioral Health Program

**Don't forget...Mental Health Specialist Rachel, is always accepting new clients! Call and schedule an appointment, and she can help you learn skills to get you where you want to go.**

## Traditional Coping



For the people of the Siletz tribe, our Elders are an ever-important resource to utilize. Chances are, they have experienced most, if not all, of the

stressors we're facing, and quite possibly they have experienced some suicidal thoughts at some point in their lives. Elders can explain how they managed to walk away from those thoughts. Smudging, talking circles and sweat lodges are traditional methods of health and healing for the Siletz people also. Let's do our best to 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

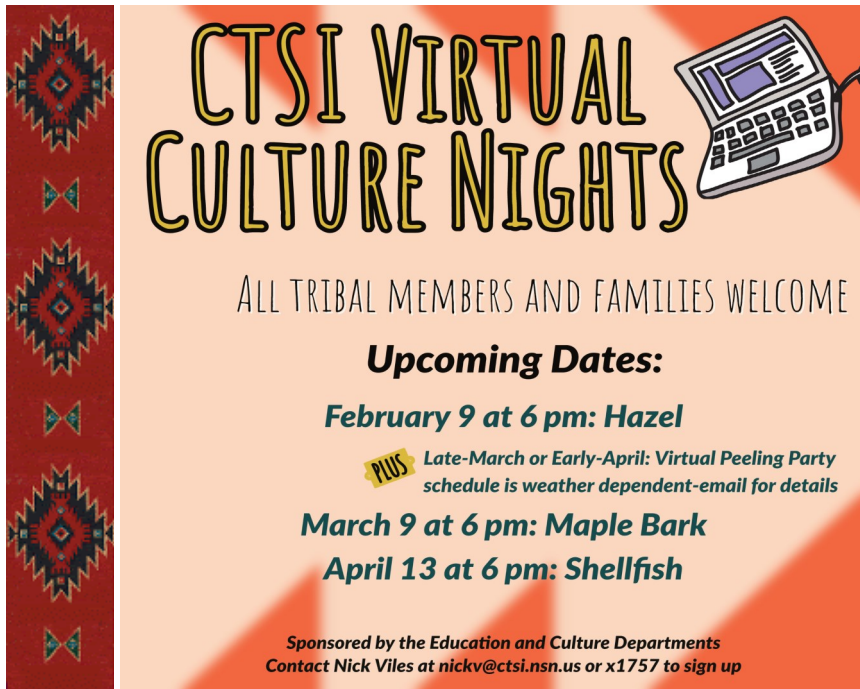


**Do you like what you are reading so far?**

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:**

**February 9 at 6 pm: Hazel**

**PLUS** Late-March or Early-April: Virtual Peeling Party schedule is weather dependent-email for details

**March 9 at 6 pm: Maple Bark**

**April 13 at 6 pm: Shellfish**

Sponsored by the Education and Culture Departments  
Contact Nick Viles at [nickv@ctsi.nsn.us](mailto: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

## College Internship Program

### 2022 College Students Summer Internship Program



Students attending college can apply for the Tribe's 2022 College Students Summer Internship Program. To be eligible, you must be at least a half-time student attending a two-year or four-year college and in good academic standing.

(Note: The Tribe does not recognize Oregon laws allowing the use of medical or recreational marijuana).

Placements can begin in June, but must be completed by Sept. 30, 2022.

Applications will be mailed to known students, but if you do not receive an application, please contact Assistant General Manager, Lisa Norton, or the Education Specialists at any Tribal area office to request an application.

Students should send a completed application and an unofficial copy of transcripts to:

By Mail

CTSI  
Attn: College Internship Program  
PO Box 549  
Siletz, OR 97380-0549

By Fax

541-444-2307

By Email

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

The purpose of the program is to provide funding for a paid internship to tribal students to gain work experience in their field of study that will help them be competitive in the job market after graduation. There are 10 slots available paid at tribal minimum wage and for up to 350 hours. Students will be responsible for securing their own placement. We are available to assist, but ultimately it is the student's responsibility to locate and develop a placement. There are a limited number of placements available with the Tribe. Due to COVID, at this point, most Tribal placements will likely be remote.

The deadline to apply for the program is **4:30 PM on March 31, 2022**. If you have questions about the program, please contact Lisa Norton at the above email address or by calling (541) 444-8210.

Students selected for the program must complete an orientation, criminal history background check and drug screening



# Tobacco Prevention Program

## FEBRUARY IS AMERICAN HEART MONTH

**So how does smoking affect the Heart?** Lets start this conversation off with one (1) of the seven thousand (7,000) chemicals found in cigarette smoke, "carbon monoxide".

### CARBON MONOXIDE (CO) POISONING



**CAN'T BE SEEN**   **CAN'T BE SMELLED**   **CAN'T BE HEARD**   **CAN BE STOPPED**

### What is carbon monoxide (CO)?

Carbon monoxide (CO) is a colorless, odorless, poisonous gas. CO, tar and nicotine are the main constituents of tobacco smoke. All represent some risk to your health. Carbon monoxide mainly affects the lungs, heart, and blood vessels.

### If I cut down on smoking, will this reduce my breath CO by an equivalent amount?

Probably not. A smoker may smoke fewer cigarettes, but will require the same amount of nicotine. Thus, you may smoke a smaller number of ciga-

rettes more aggressively. As a result, you may continue to receive a similar amount of CO.

### How does carbon monoxide (CO) harm my body?

When tobacco smoke is inhaled into the lungs, CO passes through the lining of the lungs into the blood, where it becomes attached to the hemoglobin (Hb) - the oxygen carrier on red blood cells. These red blood cells normally carry oxygen, however, their chemical attraction to CO is greater than oxygen. So, any CO in the blood pushes out oxygen, forming Carboxyhemoglobin (%COHb), thus putting extra strain on the heart.



### Heart problems caused by carbon monoxide

**Heart:** To compensate for the shortage of oxygen, the heart has to work harder to get enough oxygen to all parts of the body. The heart itself gets

# Tobacco Prevention Program

less oxygen, increasing the risk of heart damage.

**Circulation:** COHb causes the blood to thicken and the arteries to get coated with a thick, fatty substance. This causes high blood pressure and circulation problems, with increased risk of stroke and heart attack.

**Carbon Monoxide** does travel through 2nd hand smoke, so please be aware and be safe when around others. Health is wealth!



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

## Happenings in PDX



Roll out with your friends and loved ones to our monthly Gay Skate Session, held the 3rd Monday night of the month from 7-9 PM. Everyone is welcome at this all-ages event at Oaks Bottom.

Admission tickets allow access to the Oaks Park Roller Rink for

the selected Gay Skate Session date/time. Includes conventional skate rental. Tickets are available starting 21 days in advance.

February 7th—December 19th, 2022.





# Voc. Rehab Program

## FEBRUARY DISABILITY AWARENESS: RHEUMATOID ARTHRITIS



### What causes RA?

Individuals with Rheumatoid Arthritis (RA) may experience a reaction where their immune system mistakenly starts attacking their joints. This is what causes the pain, swelling, and stiffness of RA. If left untreated, it can also lead to permanent joint damage.

RA affects individuals physical and mental health and their response to activities of daily living (ADLs) and even their relationships.

### Symptoms:

- Swollen joints
- Accumulation of fluid in the ankles
- Morning stiffness
- Joint pain
- Fatigue
- Joint redness
- Increased eye sensitivity and dryness
- Mouth dryness
- Nodules on the skin
- Inflammation of the lungs

Conditions related to Rheumatoid Arthritis:

#### Osteoarthritis

Inflammation of one or more joints.

#### Arthritis

A joint disorder which features inflammation of one or more joints.

#### Systemic Lupus Erythematosus

An autoimmune disease, with systemic manifestations including skin rash, erosion of joints or even kidney failure.

#### Autoimmune Diseases

Conditions where the immune system mistakenly attacks healthy body cells.

<https://omrf.org/2012/12/11/omrf-teams-with-tribal-clinics-against-arthritis/>

If you or a loved one is experiencing this chronic medical condition, then contact your medical provider. Your local Vocational Rehabilitation Counselors are available to be of service to you.

### Vocational Rehabilitation Counselors:

**Jamie Bokuro (Siletz)**

(541) 444-8213

**Toni Leija (Salem)**

(503) 390-9494

**Tamra Russell (Portland)**

(503) 238-1512

# Community Health Program

## FEBRUARY IS AMERICAN HEART MONTH



ing lessons with your spouse, or play ball with your child. The possibilities are endless. Remember to practice social distancing, and be safe while enjoying leisurely activities.

### Make Physical Activity Part of Your Daily Routine

You don't have to become a marathon runner to get all of the benefits of physical activity. Do activities that you enjoy, and make them part of your daily routine. If you haven't been active for a while, start low and build slow. Many people like to start with walking and slowly increase their time and distance. You also can take other steps to make physical activity part of your routine.

### Personalize the Benefits

People value different things. Some people may highly value the health benefits from physical activity. Others want to be active because they enjoy recreational activities or they want to look better or sleep better.

Some people want to be active because it helps them lose weight or it gives them a chance to spend time with friends. Identify which physical activity benefits you value. This will help you personalize the benefits of physical activity.

### Be Active with your circle

Friends and family can help you stay active. For example, go for a hike with a close friend. Take online danc-

## OVER THE COUNTER MEDICATIONS PROGRAM (OTC'S)

The Community health program is still distributing OTC's to Siletz tribal members. While the list of OTCs we distribute is limited, below is an example of some of the medications we can distribute (if available). For more information, please contact Andrew Johanson at the Portland Area Office (503) 238-1512.

- Ibuprophen
- Acetaminophen
- Aspirin
- allergy tablets
- Daily multivitamins
- Artificial Tears (eye lubricant)
- Alcohol swabs
- Gas drops
- Docusate Sodium (stool softener)
- Vitamin A & D ointment
- Desitin



## Resources

### Get your flu shot for FREE!

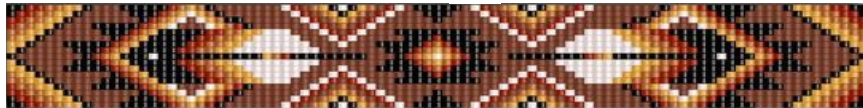
You can use your Pequot card at any CVS pharmacy and get your flu shot for free. If you have any questions please contact Pequot at 888-779-6638.



**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.



## 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
<b>Vacant</b> Community Health Advocate	(503) 238-1512 X 1419
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 andrew@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

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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