



Siletz Salem Area Office

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Salem, OR 97305

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Reminder

Door prizes that have been left for 30 days or more without arrangements to pick up at a later date, will be reissued.

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.

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.

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.



Students selected for the program must complete an orientation, criminal history background check and drug screening (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 September 30, 2022.

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

By Mail

CTSI
Attn: College Internship Program
P.O. Box 549
Siletz, OR 97380-0549

By Fax

541-444-2307

By Email

collegeinterns@ctsi.nsn.us



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.



COMMUNITY HEALTH NEWS - Cecilia Tolentino, CHA

At this moment we are experiencing a surge in cases of COVID-19. The Omicron variant has proven to be more contagious than previous variants. It's strongly recommended to use KN95 and N95 masks. Did you know you can reuse KN95 masks if you take proper care of, and correctly store, them? Here is an article that talks about how to do that:

Cecilia Tolentino, CHA
503-390-9494 X1854
Ceciliat@ctsi.nsn.us
Monday-Friday
8:00AM-4:30PM

www.realsimple.com/health/preventative-health/how-to-reuse-your-kn95-kf94-or-n95-mask-safely

Remember to continue the practice of social distancing, good hand hygiene, and limiting your exposure to help minimize the spread of COVID 19 and variants.

Also, note the Siletz Tribal Resource Line: 541-444-9613

[COVIDtests.gov](https://www.covidtests.gov)

GET 4 FREE AT-HOME COVID-19 TESTS

Every home in the U.S. is eligible to order 4 at-home COVID-19 tests. The tests are completely free. Orders will usually ship in 7-12 days. Order your tests now so you have them when you need them.

ABOUT THE AT-HOME COVID-19 TESTS

The tests available for order:

- ◆ Are rapid antigen at-home tests, not PCR
- ◆ Can be taken anywhere
- ◆ Give results within 30 minutes (no lab drop-off required)
- ◆ Work whether or not you have COVID-19 symptoms
- ◆ Work whether or not you are up to date on your COVID-19 vaccines
- ◆ Are also referred to as self-tests or over-the-counter (OTC) tests



Log onto www.Covidtests.gov to order yours today.



Home Visiting - Play

This is the time of year you may find yourself inside a bit more due to the weather. It is fun to try new ideas for playing with your infant or toddler. Here are a few 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 balls other small toys could work as well. Your child may have fun seeing what will fit. If you happen to have some PVC pipe elbows you can tape those to the inside of a plastic bin or a box and let your child drop the balls through that. Of course if you have a little one they may just prefer to sit in a box full of balls!



Sticker Shape Fun:

Draw some large shapes on a piece of paper. Give your child some stickers and let them stick 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 and the stickers and colors you have, you can make it more complex by putting 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.



EDUCATION PROGRAM COMPONENTS

-Higher Education

-Adult Vocational Training (AVT)

-Adult Education

-Supplemental Education (JOM)

Sonya Moody-Jurado contact information: 503-390-9494 X 1856 or SonyaMJ@ctsi.nsn.us

JOM

WINTER ACTIVITIES

If you would like to sign up your JOM student(s) for the Winter Activities, call or email Sonya by the deadline date below.

- ◆ February dates - Opens: February 1, 2022 - Closes: February 14, 2022

SPRING BREAK STREAM

Spring Break STREAM kits are for enrolled JOM students and are designed to engage students, enhance learning and prevent learning loss during spring break.

- ◆ Application Period: February 1-March 2, 2022

FEBRUARY YOUTH COUNCIL

Youth Council is for Tribal youth ages 12-24 years of age. Please call or email Sonya to get the Zoom link

- ◆ February 20, 2022 at 1:00 PM

HIGHER EDUCATION (HE)/ADULT VOCATIONAL TRAINING PROGRAM (AVT)

HIGHER EDUCATION - Programs at two or four year colleges/universities that are geared towards obtaining a bachelor degree.

ADULT VOCATIONAL TRAINING (AVT) - Programs that are geared towards receiving a license, certificate, certification or two year non-transferable degree, such as: cosmetology schools, vocational medical programs, truck driving, heavy equipment, 2 year programs at community college, etc.

STUDENTS CONTEMPLATING ATTENDING COLLEGE FALL TERM - The Tribe has a once a year application deadline. Applications turned in after the deadline will not be considered for funding.

HIGHER EDUCATION/AVT APPLICATION DEADLINE

- ◆ Apply to the Higher Ed/AVT Program by the **JUNE 30 DEADLINE**. All documentation has to be turned in by the deadline.

SCHOLARSHIP INFORMATION

It is getting harder for students to pay for college without applying for scholarships or loans. There are a lot of scholarships out there, but it takes drive and dedication to research the scholarships and apply. Below are a few sites that can assist you, as well as the FAFSA website which has a scholarship search engine on their site, www.fafsa.ed.gov

The Oregon Student Assistance Commission offers many scholarships with only having to fill out one application. www.GetCollegeFunds.org

American Indian Science and Engineering Society (AISESnet) www.aises.org

College Board www.collegeboard.com

FastWEB- www.fastweb.com



ADULT EDUCATION

SMALL BUSINESS INFORMATION NIGHT

For Tribal members interested in starting their own business. We will have presentations from ONABEN (Our Native American Business Network), ONAC (Oregon Native American Chamber of Commerce), and STBC (Siletz Tribal Business Corporation). (See flyer on next page)

- ◆ **February 17, 2022 at 6:00 PM via Zoom**

Contact Sonya at sonyamj@ctsi.nsn.us or by phone, 503-390-9494 x 1856, to get Zoom information.

Openings Available Apply Now Siletz Tribal Head Start

Applications are available at any of the CTSI Area Offices, can be downloaded from the website address below, or can be mailed to you by calling 1-800-922-1399 and asking for Head Start.

For more information about Head Start, go to: www.ctsi.nsn.us/head-start/

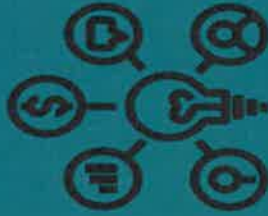




SILETZ TRIBAL SMALL BUSINESS WORKSHOP

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 katyh@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 candacek@ctsi.nsn.us
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Thinking of attending college during the 2022-2023 Academic year? Here's what you need to know

➤ FAFSA Opens for Applications Oct. 1st
(at www.fafsa.ed.gov)

**If applying for Higher Education funds for the 2022-2023 academic year, students must completed their FAFSA by June 30th*

➤ CTSI Higher Education Grant Application Due June 30th
www.ctsi.nsn.us/wp-content/uploads/2020/12/Higher-Education-Application.pdf

➤ CTSI Graduate Application Due June 30th
www.ctsi.nsn.us/wp-content/uploads/2020/12/Graduate-Student-Application.pdf

- Graduate applicants must apply to the American Indian Graduate Center for scholarship funding, to be eligible for CTSI Funding (at www.aigcs.org)
- American Indian Graduate Center applications open as early as December and close as early as May each year. It is your responsibility to be aware of and meet the AIGC scholarship deadlines.

Contact an Education Specialist in your area for more information.

Siletz Area & Out-of-State Alissa Lane-Keene Alissal@ctsi.nsn.us 541-444-8373	Eugene Area Candace Hill CandaceH@ctsi.nsn.us 541-484-4234	Portland Area & Washington Katy Holland KatyH@ctsi.nsn.us 503-238-1512	Salem Area Sonya Moody-Jurado SonyaMJ@ctsi.nsn.us 503-390-9494
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Visit www.ctsi.nsn.us/post-secondary-education/ for applications.

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 OR X1757

CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

Upcoming Dates:

February 9 at 6 pm: Hazel

NOTE 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 or x1757 to sign up



Visit the Salem Area Office
Facebook page:

www.facebook.com/SalemAreaOffice/

Visit the CTSI Language page:

www.ctsi.nsn.us/heritage/language/

JOM Youth For Enrolled JOM Students

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.

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
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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.

CTSI Resource Call Line

We are here to connect Tribal members and their families to local resources. This includes food, housing, and other essentials. In addition, we are providing households with hard to find hygiene and sanitation items.

**Disclaimer: Supplies are limited but we will do our best to meet your needs.*

Call us at 541-444-9613.
We will be taking calls Monday through Friday between 9am-3pm.



Siletz Tribal Youth Council

February 20th, 1:00pm

Come join our Youth Council in meeting and connecting with other Siletz tribal youth.

- = Ages 12 to 24
- = Meetings once a month
- = Future travel and leadership opportunities available
- = Email for more info:

Siletz & Out of Area

Elizabeth Madden
ElizabethM@ctsi.nsn.us

Portland Area

Katy Holland
Katyh@ctsi.nsn.us

Salem Area

Sonya Moody-Jurado
Sonyamj@ctsi.nsn.us

Eugene Area

Candace Hill
CandaceH@ctsi.nsn.us

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.

Component Spotlight:

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

Core Services:

Provides employment enhancement services.

- Employment referrals and job searching assistance
- Resumes & cover letters assistance
- Employment counseling/coaching
- Mock interviews
- Interview clothing & transportation assistance (directly tied to a job opportunity)

Classroom Training:

Assistance with GED, higher education, vocational training or certification.

- Assistance with tuition, books, fees, and other related support services

Direct Placement:

Assistance to become job ready.

- If hired by an employer and need supportive services to become job ready.
- Must apply within 7-days of hire



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

Important 477-SSP Dates to Remember:

February 5: Monthly Report Forms, Self Sufficiency Activities, Timesheets, and Job Search Forms are due.

February 10: Applications & Resumes, 10 am (Online Monthly Training)

February 17: Beaded Pop Sockets, 10 am (Online Activity)

For More Information Contact:

Tribal Service Specialist:

Angelica Espino

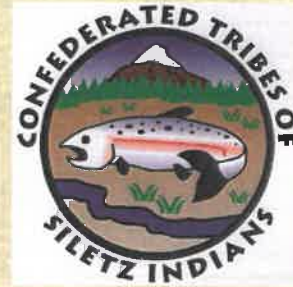
Phone: 503-390-9494 ext. 1853

Email: Angelicae@ctsi.nsn.us



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

Call Area Office to Apply

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



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

rachelz@ctsi.nsn.us

Rachel is always accepting new clients! Call and schedule an appointment. 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

USDA FOOD DISTRIBUTION PROGRAM - *Sammy Hall, FDP Director*

Siletz

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

Call the Salem Warehouse only on Salem distribution days/times specified.

503-391-5760 -OR- 800-922-1399 ext. 1869

SALEM WAREHOUSE LOCATION

3160 Blossom Drive NE, Suite 185

Salem

Monday	Feb 14	1:30 pm – 6:30 pm
Tuesday	Feb.15	9:00 am - 6:30 pm
Wednesday	Feb 16	By appointment only

Sammy Hall, FDP Director

sammyh@ctsi.nsn.us
541-444-8279

Fax

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

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

 "like" us on **facebook** at "**Siletz Tribal FDPIR**" and share your recipes.

2021/2022

HUNTING/FISHING/GATHERING INCENTIVES

Reminder to all Siletz Tribal Members: Please report all harvests of deer, elk, salmon and shellfish to the Natural Resources Department. The name on the tag/permit will be submitted into a drawing after the seasons end and could receive one of the following Cabelas Gift Card incentives.

HUNTING INCENTIVES

\$100 ~ \$75 ~ \$50

CABELAS GIFT CARDS

FISHING INCENTIVE

\$50

CABELAS GIFT CARD

SHELLFISH INCENTIVE

\$50

CABELAS GIFT CARD

Please report all harvests to:

Mike Kennedy

541-444-8232

mikek@ctsi.nsn.us

or

Denise Garrett at

541-444-8227

deniseg@ctsi.nsn.us



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.

February Is American Heart Month



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

What is carbon monoxide (CO)?

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

How does CO harm my body?

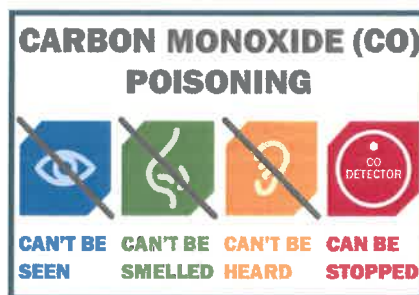
When tobacco smoke is inhaled into the lungs, CO passes through the lining of the lungs into the blood, where it becomes attached to the hemoglobin (Hb) - the oxygen carrier on red blood cells. These red blood cells normally carry oxygen, however, their chemical attraction to CO is greater than oxygen.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

Heart problems caused by CO

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 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.

CO 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 1-800-784-8669 (option 7)

SILETZ TRIBAL VOCATIONAL REHABILITATION PROGRAM

- Toni Leija, VRC/Job Developer

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

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

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

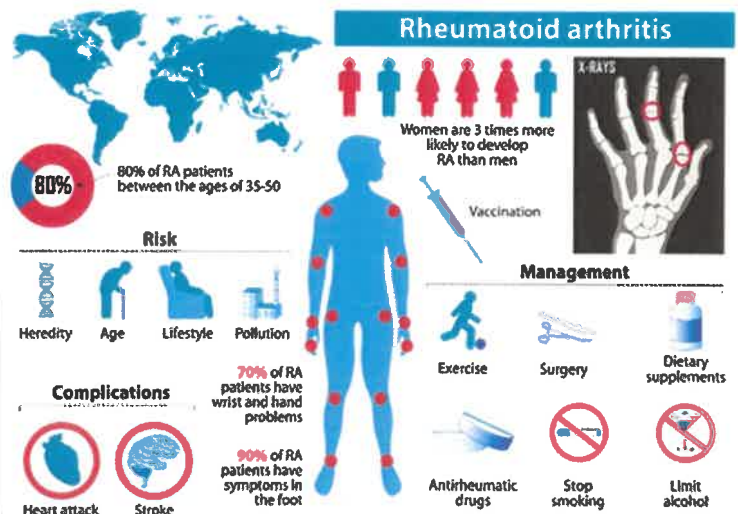
Conditions where the immune system mistakenly attacks healthy body cells.

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

Jamie Bokuro, VRC (Siletz) 541-444-8213

Tamra Russell, VRC (Portland) 503-238-1512, x 1411

Toni Leija, VRC (Salem) 503-390-9494, x 1861





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	AnduliaW@ctsi.nsn.us	Addictions Counselor	X 1414
Angelica Espino	AngelicaE@ctsi.nsn.us	Tribal Services Specialist	X 1853
Antonia Leija	AntoniaL@ctsi.nsn.us	Voc Rehab Counselor/Job Developer	X 1861
Beverly Owen	BevO@ctsi.nsn.us	Area Office Supervisor	X 1851
Cecilia Tolentino	CeciliaT@ctsi.nsn.us	Community Health Advocate	X1854
Dana Rodriguez	DanaR@ctsi.nsn.us	Area Office Clerk	X 1850
Joseph Hegge	JosephH@ctsi.nsn.us	Re-Entry Mentor	X1857
Lori Christy	LoriC@ctsi.nsn.us	Home Visitor	X 1863
Lydia Kentta		Transporter	
Rachel Zinn	RachelZ@ctsi.nsn.us	Mental Health Counselor	X1417
Sonya Moody-Jurado	SonyaMJ@ctsi.nsn.us	Education Specialist	X 1856