

Confederated Tribes of Siletz Indians
PORTLAND POTLATCH
 March 2022

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



UPDATE:
Parking Gate at Portland Area Office



The Siletz Portland Area Office now has parking gate, which will be closed during business hours. This closure limits vehicle and on-foot access to our building and parking lot. The improvement will make visits to the area office safer for tribal members, staff, clients, and their vehicles. This new change is the result

of increasing safety concerns and vehicle theft, vandalism, etc. for the Portland Tribal service area. We expect there will be an adjustment period to this new change. However, we don't expect this to affect our day to day operations.

How to access the office during business hours:

Visiting by car:
 Entrance by car is available **only** on SE 128th (the side street). You must call the area office at (503) 238-1512, when you are on your way, or when you've arrived. We will provide a code to enter the parking lot. Vehicles cannot enter on Stark St. (main entrance). The Stark St. gate, is exit only.

Visiting on foot:
 Access is available through a sidewalk gate, on both SE 128th and SE Stark St. Same as the drive-up gate, please call the area office in advance or when you arrive, (503) 238-1512 and we will provide an access code to enter

PAO Announcements

Portland Area Community Outreach Meeting



When: March 3, 2022 at 5 PM
Where: Zoom
Meeting ID: 874 6151 7222
Passcode: 596165

The Portland Area Community Outreach Meeting is scheduled for March 3rd at 5 PM via Zoom. This meeting will be dedicated primarily to LISTENING to Tribal Member concerns and bringing updates.

PAO Announcements

APARTMENTS AVAILABLE!

Neiska Illahee Apartments and Mamook Tokatee have vacancies that need to be filled by Siletz Tribal Members.

MAMOOK TOKATEE



If you are interested and would like an application you can find them on the CTSI website. Click on the Housing tab and then Rental Programs.

If you have any questions regarding these apartments or how to apply please call Viridian Property Management: (541) 426-3820 or visit their website: www.viridianmgt.com



CTSI'S NEW CAMP CREEK HILLS PROPERTY

The Tribe would like YOUR input on priorities for land use at our new property. Follow the link below or scan the QR code to learn more, view a virtual photo map, and take a short survey.

<https://tinyurl.com/yckww5a7>

Complete the survey for a chance to win a prize!



The Portland Area Siletz Tribal Head Start is Hiring!



Siletz Tribal Head Start is in need to fill the following positions at our Portland location:

- Head Start Teacher
- Head Start Assistant Teacher/Bus Driver
- Head Start Classroom Aide



For more information please visit the CTSI website and search under the Employment tab.

477—Self-Sufficiency Program

477-SSP March 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
(503) 238-1512 x 1412

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

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.

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, which 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 Sept. 30, 2022.

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

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.

EMERGENCY ASSISTANCE

Confederated Tribes of Siletz Indians 477-SSP

Eviction

Are you being evicted or facing homelessness?

Utility Shut Off

Have received shut off notice for utilities (electric, water, sewer)

Native American

Enrolled Siletz Tribal Member or enrolled in a federally recognized Indian Tribe and reside in the CTSI service area.

Exhausted all Resources

You have utilized all other funding sources i.e. Housing Dept. LIHEAP, other Community agencies.

100% of Federal Poverty Level

Not sure what your poverty level is, call one of the area offices.

Taking Action

CTSI Area Offices:

Siletz Administration Office: Jamie (541) 444-8266

Salem Area Office: Angelica (503) 390-9494

Portland Area Office: Anna (503) 238-1512

Eugene Area Office: Jen (541) 484-4234

**other criteria may apply.

Education & Youth Update

Dear Tribal Families,

Have you signed up your kids with our Tribe's JOM Supplemental Education Program yet? If not, please contact Katy to find out how this program can support your children and we can send you the application. If you would also like to be on our monthly email list, please email Katy at katyh@ctsi.nsn.us to receive our monthly updates.

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 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



REMINDER

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

INFORMATION CAN BE FOUND ON THE TRIBE'S WEBSITE: WWW.CTSI.NSN.US



For information about scholarships please email Katy at the Portland area office for a list of scholarships at katyh@ctsi.nsn.us

Siletz Tribal Youth (Ages 12 to 24)

You are Invited to Join
the Tribe's Youth Council
on

**Saturday, March 26th at
12pm**

The Youth Council invites you to join in our next special meeting—as we host a youth organization from **Ireland**—

MINCEIR WHIDEN—A TRAVELER'S YOUTH Organization through Zoom.

If you would to learn more about the original people of Ireland and meet other Siletz Tribal youth please JOIN US! Please email Katy at katyh@ctsi.nsn.us or call Katy at 541-270-5124 to be connected.



Education & Youth Update



Benefits of Internships: to gain valuable job experience, develop and refine skills, mentorships, create a professional network, helps to guide career goals, and very importantly builds a strong resume and secures good references and recommendations.

CTSI VIRTUAL COLLEGE INFORMATION NIGHT
PART III

Join the CTSI Education team on
April 21st @ 6pm via Zoom

Topics:

- CTSI Higher Education and AVT applications and deadlines
- Siletz Tribal Housing Department Student Housing Assistance application
- Understanding and accepting your financial aid packet
- Meet college representatives

CONTACT YOUR AREA EDUCATION SPECIALIST TO SIGN UP

<p>Katy Holland Portland Area (503) 238-1512 katyh@ctsi.nsn.us</p>	<p>Sonya Moody-Jurado Salem Area (503) 390-9494 sonyamj@ctsi.nsn.us</p>
<p>Alissa Lane-Keene Siletz Area/Out of Area (541) 444-8373 alissal@ctsi.nsn.us</p>	<p>Candace Hill Eugene Area (541) 484-4234 candaceh@ctsi.nsn.us</p>

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.

Natural Resources

Elk Tag Opportunity

The Tribal Natural Resources Department will once again be offering a limited number of Landowner Preference (LOP) elk tags to Tribal members for the 2022-2023 hunting season. As a landowner, the Tribe is eligible to participate in the State's LOP program. Based on the number of acres that the Tribe owns, we can get 6 additional antlerless elk tags from the State. These LOP tags are not related to the Tribe's Consent Decree tags that we receive each year. They are based solely on the Tribe being a landowner.

There are a number of important differences between the LOP tags and the Tribe's regular tags. These are summarized in the table below.

	Tribal Tags	LOP Tags
State Hunting License Required?	No	Yes – Tribal member must purchase both a 2022 and a 2023 State hunting license
Area to be Hunted	Anywhere within the specific tag's hunt boundaries	Only on Tribal land within the unit selected during that unit's antlerless elk season. Units available include West Stott, North Alsea, South Alsea and Siuslaw
Eligible for other State elk tags?	Yes	No*
Give tag to another licensed Tribal member to hunt for you?	Yes	No
Application and Selection Process	Apply to Tribe for Tribal drawing	Apply to Tribe for LOP Drawing; if selected apply to State for controlled hunt tag (list LOP unit in <u>LOP</u> section on State controlled hunt application)
Obtain Tag From	Tribe	State – Tribal member must purchase hunting license and elk tag prior to the start date of the hunt
* Note: If you are drawn for an LOP Tag you are still eligible to apply for and be drawn for a Tribal tag.		

Please note a major difference between the LOP tags and the Tribe's regular tags is **ONLY the person drawn for the tag can hunt that tag. The tag cannot be given to someone else to hunt for you.** Only Tribal members serious about hunting an LOP tag personally are eligible to apply.

The drawing for the 6 LOP elk tags will be held during the Natural Resources Committee Meeting to be held on April 4th at 4:45 PM. Applications are available on the Tribal website, in the kiosk at the back door of the Tribal Admin building in Siletz, or by calling the number below. Completed applications must be received by the Natural Resources office by 4:30 PM April 1, 2022. For more information regarding these tags and the differences between the Tribe's regular tags and the LOP tags, contact Natural Resources Manager Mike Kennedy at 541-444-8232.

Behavioral Health Program

Preparing for Spring:

Along with the rain, comes regrowth and new blossoms. Spring is a time to recover from our winter blues, and re-center for the summer months to come. It is a great time to start a garden, and gardening can greatly boost our mental health.

Activities for mental health in the spring:

- 1) Spring is a good time to start getting outdoors more. This is Oregon, so it may be raining, but the weather is warming and the exercise is a great mental boost.
- 2) Grow a garden, or even just plant a few plants in a planter box to tend. Weeding is hard work, but great relief for the mind.
- 3) Don't forget about spring cleaning—get rid of that clutter and feel the relief in your head.
- 4) Toss out one bad habit, and replace it with something healthier. It takes 21 days to make a habit stick, so keep up the hard work and it will pay off!

A March haiku by the MHS:

Spring rains are falling,
 Temperatures are rising,
 Flowers bloom, birds call.

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

rachelz@ctsi.nsn.us

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, spring is a time to get outdoors and be in nature, remembering our social distancing. It is a time for rope courses, and other adventure-based activities, such as white water rapids rafting. Traditionally, our people would be out in canoes, fishing, gathering plants needed for basket-weaving, and collecting herbs and grasses for healing and smudging. Smudging, talking circles and sweat lodges are traditional methods of health and healing for the Siletz people. Let's do our best to live life in a healthy, good way!

Virtual Appointments Only
 (Portland/Salem Area Offices)
 (503) 200-4340

Happenings in PDX

THE LOST GNOMES A SCAVENGER HUNT



A party of six gnomes – Flimpy, Shrump, Pinter, Kubber, Nobby, and Mint – have gone missing. Can you find them?

On **Saturday, March 19th from 10AM—4PM**, six gnomes will be hidden in a public park somewhere in the Beaverton/Hillsboro area. Registered players will be sent an email that morning with the name of the park and jumbled directions for finding the gnomes. Players will have to unjumble the directions, then reply to the email with their name and a photo of at least one gnome in the park.

Prizes (TBA) will be awarded to the first three players to respond.

Entry for this event is \$5

www.monsterorgyproductions.com/treasure

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:

March 9 at 6 pm: Maple Bark

March-April: Virtual Hazel Peeling Party
time is weather dependent-email for details

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




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



FOR MORE INFORMATION AND ACCESS TO STUDY MATERIALS PLEASE LOG IN ON THE CTSI WEBSITE

Home Visiting Program

Parenting Class

FATHERHOOD IS SACRED MOTHERHOOD IS SACRED

By Albert M. Pooley

When:
April 6, 13, 20, 27
May 4, 11, 18, 25
2022
6pm - 7:30pm

Where:
~ZOOM~
Link will be emailed to you
after registration

Raffle prizes for participants who attend! For those that attend all 8 workshops; you will be entered into a drawing for the grand prize so don't miss out!

www.nativeamericanfathers.org

Presented by:

Confederated Tribes of Coos, Lower Umpqua & Siuslaw
Cow Creek Band of Umpqua Tribe of Indians
Confederated Tribes of Siletz Indians

RSVP BY

3/30/2022

Lori Christy

503-390-9494

loric@ctsi.nsn.us

RSVP BY

3/30/2022

Jessica Hibler

541-484-4234

jessi-



Trechia Mann Graduates from Home Visiting

Congratulations to you, Trechia Mann! Our latest Home Visiting Program graduate! Trechia entered the Home Visiting program soon after her son, Falcon, was born January 2019; graduated this January, when he turned 3 years old! Trechia's sense of humor, thoughtfulness and wisdom were evident as she actively participated in home visits.

Over the course of her three years in the program Trechia worked hard searching out resources, advocating for her family, and looking for and finding better housing. Trechia is a calm, aware and involved mom, who instills confidence and independence in her children. When asked what she valued most about Home Visiting Trechia had this to say; "I valued the secu-

(Continued on next page)

Home Visiting Program

rity in knowing that help is available; ready and willing. Knowing that support is there, is reassuring."

Congratulations again, Trechia! We wish you and your family the best in the days ahead.

For information about Home Visiting contact Lori Christy in the Salem Area Office 503-390-9494 or loric@ctsi.nsn.us.



Dani Washington, Trechia Mann, Falcon Mann and Bella Washington

Tobacco Prevention Program

E-Cigarette's/Vape Pens



What are e-cigarettes?

E-cigarettes are a form of an Inhalant Delivery Systems (IDS). These devices typically deliver nicotine, flavorings, and other additives to users via an inhaled aerosol. These devices are referred to by a variety of names, including e-cigs, vape pens, e-hookahs, Juul, mods, tank systems and other devices that deliver a nicotine aerosol. E-cigarettes are battery-powered devices

that heat up liquid into an aerosol that users then inhale. The liquid usually has nicotine (which comes from tobacco), flavoring, and other additives that are known to have adverse health effects. E-cigarette products can also be used as a delivery system for marijuana and other illicit drugs.

What are the health effects of using e-cigarettes? Scientists are still learning about the long-term health effects of e-

Tobacco Prevention Program

cigarettes. Here is what we know now.

- Most e-cigarettes contain nicotine, which has known health effects.
- Nicotine is highly addictive.
- Nicotine can harm adolescent brain development, which continues into the early to mid-20's.
- Nicotine is a health danger to pregnant woman and their developing babies.

Besides nicotine, e-cigarette aerosol can contain substances that harm the body. This includes cancer-causing chemicals and tiny particles that reach deep into lungs. Harmful substances found in e-cigarettes include; nicotine, volatile organic compounds, ultrafine particles, cancer causing chemicals, heavy metals such as nickel, tin and lead, and flavoring such as diacetyl, a chemical linked to a serious lung disease. It has been found that even though e-cigarettes produce a vapor, that it still causes second-hand exposure for those who are around and inhale. E-cigarettes can also weaken

your immune system causing you to be more vulnerable to illnesses and take longer to recover.

Although e-cigarettes may have less chemicals in them, they still cause the body harm and individuals who start using e-cigarettes are 4 times more likely to start smoking.

If you are interested in quitting commercial tobacco products, there are several Nicotine Replacement Therapy's (NRT's) available that are proven to help assist. Here are a few that are Over The Counter (OTC) that you can pick up from a store at a cheaper rate than cigarettes. Nicotine patches, nicotine gum and nicotine lozenges. This is a great way to reduce your nicotine use without all the extra harmful chemicals until you're ready to quit for good.



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

Voc. Rehab Program

March Awareness: Epilepsy

Epilepsy is where nerve cell activity in the brain is misfiring and leads to seizures. During a seizure, a person experiences abnormal behavior, symptoms, and sensations, and sometimes loss of awareness (Mayo Clinic).

Of the nearly 3.5 million people in the United States who have epilepsy, the Epilepsy Foundation estimates about 51,000 are Native Americans. The Epilepsy Foundation reports that it is one of the most misunderstood health disorders because so little is known about its causes. Nearly half of all those with epilepsy continue to have uncontrolled, recurring seizures, despite medication and other treatments.

Causes:

- Genetics
- Acquired brain injury, i.e., head trauma or stroke
- Infections: Meningitis, HIV, viral encephalitis, and some parasitic infections
- Dementia

Symptoms:

- Temporary confusion
- A staring spell
- Stiff muscles
- Uncontrollable jerking movements of the arms and legs
- Loss of consciousness or awareness

- Psychological symptoms, i.e., fear, anxiety or déjà vu

When to see a Doctor:

- Seizures last more than 5 minutes.
- Breathing or consciousness do not return after the seizure stops.
- A second seizure follows immediately.
- You have a high fever.
- You are pregnant.
- You have diabetes.
- You have injured yourself during the seizure.
- You continue to have seizures even though you have been taking anti-seizure medication.

Accommodations:

- Create an Employee Safety Action Plan, list the key signs or warnings of seizure activity.
- Obtain assistance from emergency care. Option of telework or working from home.

Vocational Rehabilitation Counselors:

Jamie Bokuro (Siletz)

541-+444-8213

Toni Leija (Salem)

503-390-9494

Tamra Russell (Portland)

503-238-1512

CTSI Client Services Survey

The CTSI Internal Audit Department is conducting a customer service survey of clients who have received or attempted to receive services from the following:

Siletz Community Health Clinic: Medical, Dental, Purchased Referred Care (PRC)

CTSI 477-Self Sufficiency Program:

Temporary Assistance for Needy Families (TANF), Emergency Assistance, General Assistance, Home Visiting.

CTSI Elder Services:

Transportation, In-Home Assistance, Meal-Site

Siletz Tribal Housing Department:

Rental Assistance, Low-Income Home Energy Assistance Program (LIHEAP), Emergency Housing.

If you have had any interaction with these services since January 2021 and are willing to take a short survey to answer questions regarding your experience, please scan the QR code or go to the URL below by March 31, 2022.

If you would like a paper copy of the survey, please leave a message at (541) 557-4219 with your name, phone number, and mailing address.



March 18, 2022 @ 6:00 pm

Come Join Us!

CTSI

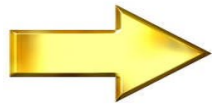


Night

CTSI Families with Youth Ages K-12

For registration or questions please email: elizabethm@ctsi.nsn.us

Resources



Online Academic support is available for Siletz Tribal Members!

Siletz Tribal Members Online Academic Support

Free Virtual Tutoring!

- * 24/7 On-Demand Access to Online Professional Tutors
- * GED Support
- * 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: Students MUST complete a Tutoring Application to register. Tutoring hours are available on a first come first serve basis as resources are available.



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.

PublicAlerts

VISIT PUBLICALERTS.ORG

Receive emergency notifications via landline, mobile and email.

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 katyh@ctsi.nsn.us
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 BH Case Manager	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

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