



## Siletz Salem Area Office

3160 Blossom Drive NE, Suite 105  
 Salem, OR 97305  
 Phone: 503-390-9494  
 Fax: 503-390-8099

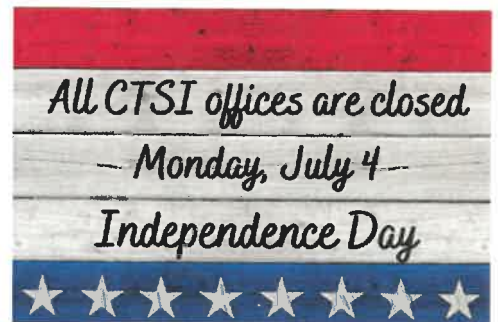
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## HOW TO HAVE A SAFE 4TH OF JULY

503-390-9494 X1854

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

Monday-Friday

8:00am - 4:30pm



### 4th of July Snack

#### INGREDIENTS:

- Strawberries
- Blueberries
- Frosting or Cool Whip
- Graham Crackers



#### DIRECTIONS:

1. Assemble flags onto the graham cracker using frosting or cool whip as glue
2. Add blueberries for the stars
3. Add the strawberries for the stripes
4. Enjoy!

Covid-19 Antigen Rapid tests are available for Siletz tribal community member households

Tests are available at the Salem Area Office.

To request one, contact

Cecilia:

503-390-9494

or

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

*Limited supplies available.*



# ENERGY ASSISTANCE - LIHEAP/LIHWAP



## What is LIHEAP?

- LIHEAP (Low-Income Home Energy Assistance Program) is a federally-funded program that helps low-income households with their home energy bills. This can be electric and/or natural gas.
- LIHEAP can help you stay warm in the winter. By doing so, you can reduce the risk of health and safety problems (such as illness, fire, or eviction.)

## What Assistance does LIHEAP provide?

- Heating Assistance (Applicants must only have a tribal member in the household and be income eligible.)
- Crisis Assistance (Shut off or Final Notice exceeding base award.)

## What is LIHWAP?

- LIHWAP (Low-Income Household Water Assistance Program) is a federally-funded program that helps low-income households with their clean water bill.
- LIHWAP can help keep clean and safe water in the home.

## Enrolled Siletz Tribal Member

The applicant, or a child residing in the household, must be an enrolled Siletz tribal member.

## Residence Location

The residence must be located within the 11 county service area.

## Income Eligible

The applicant/family must meet the annual income guidelines as determined at the time of intake.

## Program Key points

LIHEAP is divided into two categories: 1) Heating 2) Crisis. The maximum award is \$800 per household.

LIHWAP is a single payment program. Qualified households will have a one-time payment made on their behalf, directly to the water supplier in the amount of \$500.

Not all households will qualify for the maximum LIHEAP amount. LIHEAP awards will depend on family size, income and need.

When returning an application, please be sure to have all necessary documentation beforehand, or be able to have required documents before appointment time.

Required documentation includes, but is not limited to:

- o Social Security Cards for ALL household members (NO EXCEPTIONS!)
- o Tribal ID/ CIB
- o Most recent billing statement
- o Current income documents – for each adult household member (e.g. Social Security award letter, Unemployment print out, paystubs etc.)

If you need documentation from other departments, please be sure to make those requests from those departments prior to your appointment.

Applications are available via email or US Postal upon request.

**If you have any additional questions, please don't hesitate to call Casey Godwin in the Siletz Tribal Housing Department at (541) 444-8311 or (541)270-0194.**



# EDUCATION NEWS - Sonya Moody-Jurado, Education Specialist



## EDUCATION PROGRAM COMPONENTS

Sonyamj@ctsi.nsn.us  
503-390-9494 x 1856  
Mon-Thurs 8 am - 4:30 pm

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

### JOM

#### JOM APPLICATIONS

Each student must have a current JOM application for the 2022-2023 school year on file to be eligible to receive services through the JOM Program. The link for the JOM application is listed below.

<https://www.ctsi.nsn.us/wp-content/uploads/2021/06/JOM-Application.pdf>

#### SCHOOL SUPPLIES/PPE STIPEND - For JOM eligible families

There will be a School Supplies/PPE Stipend for JOM students. Please email Sonya at [sonyamj@ctsi.nsn.us](mailto:sonyamj@ctsi.nsn.us) to receive an application. Sign-ups accepted July 1 - August 1, 2022. The Microsoft Form must be completed by August 2, 2022. **No sign-up will be accepted after the deadline.**

#### STATE FAIR - For JOM eligible families

We will have tickets for families to attend the Oregon State Fair. Please email Sonya at [sonyamj@ctsi.nsn.us](mailto:sonyamj@ctsi.nsn.us) to receive the Microsoft link. Sign-ups will be accepted July 1-August 5, 2022, **no sign-up will be accepted after the deadline.** Each parent/guardian will need to email to sign up his or her own children. **No ticket sign-ups for other people will be accepted.**

#### SUMMER STREAM - For JOM eligible families

We will again have our Summer Stream Send Home Activities for youth and families. Please email Sonya at [sonyamj@ctsi.nsn.us](mailto:sonyamj@ctsi.nsn.us) to receive an application. Sign-ups will be accepted July 1-August 5, 2022, **no sign-up will be accepted after the deadline.**

#### SUMMER YOUTH ASSISTANCE STIPEND PROGRAM - For SILETZ Tribal Youth

We will have a Summer Youth Assistance Stipend Program for Siletz youth 14-18 years old. Students must be 14 by July 1, 2022 and returning to High School in Fall 2022. Please email Sonya at [sonyamj@ctsi.nsn.us](mailto:sonyamj@ctsi.nsn.us) to receive an application. Deadline to apply is August 1, 2022, **no sign-up will be accepted after the deadline.**

### RUN TO THE ROGUE

September 9-11, 2022

**JOM (Johnson O'Malley) Parent Committee Invitation**

Parents of enrolled JOM students are invited to join the **JOM Parent Committee**

Receive program updates; add parent insight & input; help with program development and enjoy time with other JOM parents.

**Meeting Location**  
On Zoom

**Meeting Dates & Time**  
Beginning September 13th, meetings will be held on the 2nd Tuesday of every month at 6 PM

Contact your area Education Specialist to sign up!

<b>Sonya Moody-Jurado</b> Salem Area <a href="mailto:SonyaMJ@ctsi.nsn.us">SonyaMJ@ctsi.nsn.us</a>	<b>Jeff Sweet</b> Siletz Area <a href="mailto:JeffS@ctsi.nsn.us">JeffS@ctsi.nsn.us</a>
<b>Katy Holland</b> Portland Area <a href="mailto:KatyH@ctsi.nsn.us">KatyH@ctsi.nsn.us</a>	<b>Candace Hill</b> Eugene Area <a href="mailto:CandaceH@ctsi.nsn.us">CandaceH@ctsi.nsn.us</a>

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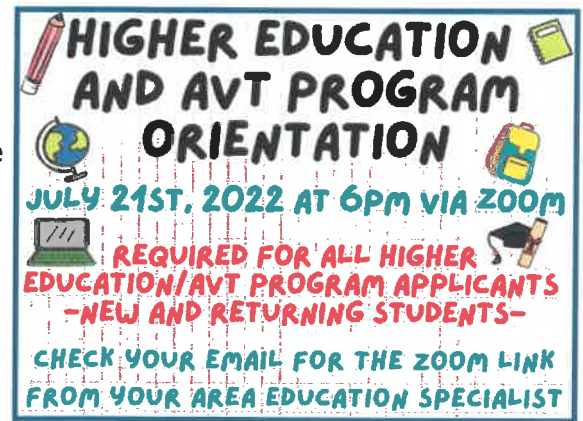
## ADULT EDUCATION

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

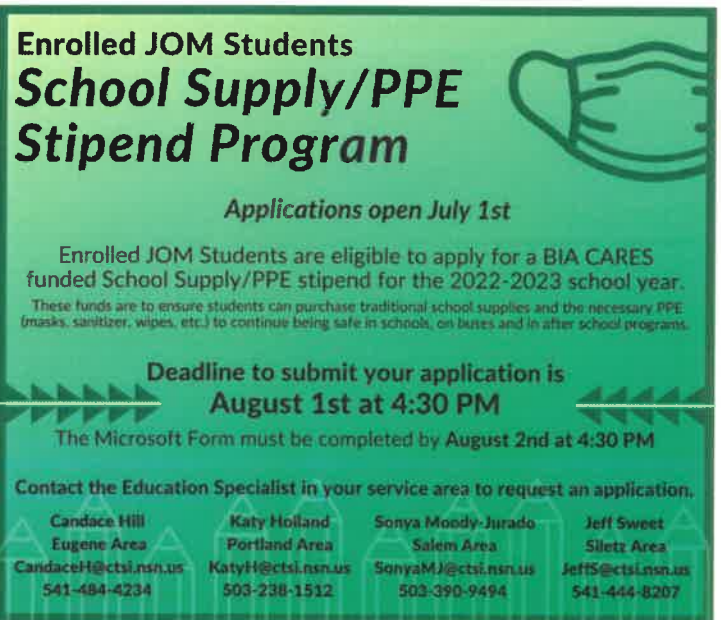
## STUDENT INCENTIVE PROGRAM - for Siletz Tribal Graduates

The Tribe has an incentives program for Tribal members reaching milestones in their education from Head Start (Can only receive incentive for 1 year), elementary school, middle school, high school, Adult Vocational Training program, bachelor degree, master degree and doctoral degree. If you have reached one of these milestones, please call Sonya at the Salem Area Office to request a student incentive form. You can access the fillable form at

<https://www.ctsi.nsn.us/wp-content/uploads/2020/12/Student-Incentive-Program.pdf>



**HIGHER EDUCATION AND AVT PROGRAM ORIENTATION**  
**JULY 21ST, 2022 AT 6PM VIA ZOOM**  
**REQUIRED FOR ALL HIGHER EDUCATION/AVT PROGRAM APPLICANTS -NEW AND RETURNING STUDENTS-**  
**CHECK YOUR EMAIL FOR THE ZOOM LINK FROM YOUR AREA EDUCATION SPECIALIST**



**Enrolled JOM Students School Supply/PPE Stipend Program**

Applications open July 1st

Enrolled JOM Students are eligible to apply for a BIA CARES funded School Supply/PPE stipend for the 2022-2023 school 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.

Deadline to submit your application is **August 1st at 4:30 PM**  
 The Microsoft Form must be completed by August 2nd at 4:30 PM

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

Candace Hill Eugene Area CandaceH@ctsi.nsn.us 541-484-4234	Katy Holland Portland Area KatyH@ctsi.nsn.us 503-238-1512	Sonya Moody-Jurado Salem Area SonyaMJ@ctsi.nsn.us 503-390-9494	Jeff Sweet Siletz Area JeffS@ctsi.nsn.us 541-444-8207
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**JOM ACTIVITY STATE FAIR TICKETS**

ADMIT ONE

**EDUCATION at the FAIR:** MUSIC PLANTS ANIMALS ARTS & CRAFTS AGRICULTURE

Open to JOM Registered Youth within the 11-county Service Area.  
 Registration: July 1st - August 5th at 4:30pm

Each JOM registered youth will receive 1 ticket and are eligible for up to 2 adult tickets per household AND a free COVID Care Kit

Contact your area Education Specialist to sign up

<b>Katy Holland</b> Portland Area (503) 238-1512 katyh@ctsi.nsn.us	<b>Sonya Moody-Jurado</b> Salem Area (503) 390-9494 sonyamj@ctsi.nsn.us
<b>Jeff Sweet</b> Siletz Area (541) 444-8207 jeffs@ctsi.nsn.us	<b>Candace Hill</b> Eugene Area (541) 484-4234 candaceh@ctsi.nsn.us



**COVID-19 Tribal Youth Assistance Stipend**

For Tribal member students between the ages of 14-18 (as of 7/1/22) returning to a high school or GED program in the fall  
 \*Seniors must provide a copy of your transcript for grade level verification

Deadline to apply is **August 1st, 2022 by 4:30 PM.**

Contact your Education Specialist for an application.

Katy Holland - Portland Area KatyH@ctsi.nsn.us 503-238-1512	Candace Hill - Eugene & Out-of-Area CandaceH@ctsi.nsn.us 541-484-4234
Sonya Moody-Jurado - Salem Area SonyaMJ@ctsi.nsn.us 503-390-9494	Jeff Sweet - Siletz Area JeffS@ctsi.nsn.us 541-444-8207

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

## Siletz

Tuesday	July 5	9:00 am - 3:00 pm
Wednesday	July 6	9:00 am - 3:00 pm
Thursday	July 7	9:00 am - 3:00 pm
Friday	July 8	9:00 am - 3:00 pm
Monday	July 11	9:00 am - 3:00 pm

## Salem

Monday	July 18	1:30 pm - 6:30 pm
Tuesday	July 19	9:00 am - 6:30 pm
Wednesday	July 20	<b>By appointment only</b>

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

**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.



## YOUTH SUMMER LANGUAGE CLASSES

THURSDAYS JULY 28-SEPTEMBER 1 AT 1 PM

- Open to all tribal youth
- Fun, games, and language learning
- On-line over Zoom

TO SIGN UP CONTACT NICK VILES AT NICKV@CTSI.NSN.US OR 541-484-4234 X1757

## SIGN UP TODAY FOR SUMMER SESSION ON-LINE LANGUAGE CLASSES

# LEARN NUU-WEE-YA'

TUESDAYS JULY 26-AUGUST 30

- 5:00 PM-BEGINNING CONVERSATION 1
- 5:45 PM- BEGINNING CONVERSATION 2

THURSDAYS JULY 28-SEPTEMBER 1

- 5:00 PM-ONGOING CONVERSATION

SATURDAYS 8/6 AND 8/27

- NOON-IMMERSION CONVERSATION HOUR

TO SIGN UP CONTACT NICK VILES AT NICKV@CTSI.NSN.US OR 541-484-4234 X1757

# Cut Wood For The Elders Day

The Tribal Natural Resources Committee and Natural Resources Department will sponsor the first "Cut Wood For The Elders Day" of the year on **Saturday, July 16**. The woodcut will be held on the **Tribe's Logsden Road Property to the right of the Tribal Food Distribution Warehouse** in Siletz. We need lots of volunteers to help cut, split and deliver firewood for Tribal elders. Bring your chainsaws, hydraulic wood splitters, splitting mauls, axes, and lots of energy. Even if you don't have any of those we can use the moral support! Lunch, drinks, and snacks will be provided. We will start at **8:00 AM** and go until around 2:00 pm.

The goal of this event will be to deliver firewood to as many elders as possible. The Elders' Program maintains a list of elders that burn wood for their winter heat. People willing to haul firewood to elders outside of the Siletz area, please contact the Elders Program Clerk at 1-800-922-1399 ext. 1261 or 541-444-8261 to be paired up with an elder in need. We especially need folks who can haul wood to the Eugene, Salem, and Portland areas. Elders in need of firewood should also contact the Elders Program Clerk to get their name on the delivery list.



If you have parents or grandparents that burn wood in the winter to stay warm, you need to help out at this event! Be sure to mark your calendars for the **final woodcut of the year that will be held on September 17**.



# CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

**Upcoming Dates:**

**July: No Virtual Class**

**August 24 at 6pm: Cooking Fish**

Sponsored by the Education and Culture Departments  
Contact Nick Viles at [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us) or 541-484-4234 x1757 to sign up

Visit the Salem Area Office

Facebook page:

[www.facebook.com/SalemAreaOffice/](http://www.facebook.com/SalemAreaOffice/)



Visit the CTSI Language

Facebook page:

[www.ctsi.nsn.us/heritage/language/](http://www.ctsi.nsn.us/heritage/language/)



Visit the CTSI Youth

Facebook page:

[www.facebook.com/CTSIYouth](http://www.facebook.com/CTSIYouth)



Visit the Siletz Health Clinic

Facebook page:

[www.facebook.com/SiletzHealthClinic](http://www.facebook.com/SiletzHealthClinic)



**CTSI Jobs - Tribal employment Information is available at [ctsi.nsn.us](http://ctsi.nsn.us)**

Note: "Open Until Filled" vacancies may close at any time. The Tribe's Indian Preference policy will apply. Tribal government will not discriminate in selection because of race, creed, age, sex, color, national origin, physical handicap, marital status, politics, membership or non-membership in an employee organization.

## Pool Noodle Fun

Summer time is here and that means the possibility of more outside time.



Pool noodles aren't just for the pool! Here are some fun things you can try with pool noodles.

Start out with two to three different colors of pool noodles; and if you can find a couple of different shapes that makes for even more fun. Cut them into one inch slices using a serrated knife.

- ◆ **Stack** the pool noodle pieces as tall as you can. Count how many pieces are in your tower. Practice doing a pattern – red, blue, red, blue etc.
- ◆ **Sort** the noodles by color. Put all the noodles into a large bin or box and have a smaller container for each color of noodle you have. Your child can sort the different colors into the smaller containers
- ◆ **Swimming** - Toss all the pool noodle pieces into a wading pool and add water. Children love to play in water. Remember to never leave a child unattended near water for even



a moment. Even a small amount of water can be dangerous to a child. Add buckets and nets and your child will have lots of fun fishing for the noodles, filling up buckets and pouring.



- ◆ **Stamping** – when the pool noodle pieces are wet your child can use them to stamp a print on the sidewalk or patio.

- ◆ **Stringing** – See if you can string the pool noodles onto a long stick, piece of string or yarn or a jump rope. How many will fit? Keep an eye

on children when they are playing with string or ropes so they don't get them wrapped around their necks.

These are just a few ideas to get you started. What other ideas do you have?

Home Visiting is for native families who are expecting a child or have an infant under the age of one. The program continues until the child turns three. For more information and to find out eligibility criteria contact Lori Christy, Home Visitor- [loric@ctsi.nsn.us](mailto:loric@ctsi.nsn.us), 503-390-9494 ext. 1863.



# 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](mailto:477SSP@ctsi.nsn.us) for more information. Please include your name, phone number and the city/county you reside in.

## For Siletz tribal members we offer:

Pre-Temporary Assistance for Needy Families (Pre-TANF), Temporary Assistance for Needy Families (TANF), General Assistance for Single Adults (GASA), and Diverted Services.

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

Emergency Assistance, Classroom Training (CRT), Direct Placement, On the Job Training (OJT), and Work Experience (WEX)

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

## Core Services

Need assistance with finding a JOB??? Core Services is what you need

### Services:

Job Referrals, Resumes, Cover Letter, Employment Counseling/Coaching, Job Search Assistance, Mock Interviews

### Support Services:

Interview Clothing, Transportation  
Directly tied to a job opportunity



**Emergency Assistance:** Tribal families or single adults may be eligible for support services to prevent eviction or utility shut off. Income guidelines apply.

**Direct Placement:** Support services (work clothing, tools, transportation assistance etc.) for eligible Native Americans that recently gained employment. Must apply within 7-days of hire.

**Classroom Training:** Financial assistance (tuition, stipends and support services) to eligible Native Americans attending GED, Higher Education or Vocational/ Occupational Training.

## Important 477-SSP Dates to Remember:

**July 5th:** Monthly Contact, Monthly Report Forms, Self Sufficiency Activities Timesheets, and Job Search Forms are due.

**July 14th:** Drumming (Online Activity)

10:00am - 12:00pm

**July 28th:** Wellness (Online Monthly Training) 10:00am - 12:00pm

## For More Information

### Contact:

Tribal Service Specialist:

Angelica Espino

**Phone:** 503-390-9494 ext. 1853

**Email:** [Angelicae@ctsi.nsn.us](mailto:Angelicae@ctsi.nsn.us)



**477-Self Sufficiency Program  
 Pandemic Emergency Assistance Fund  
 School Clothing / School Supply Program**

The 477-Self Sufficiency Program (477-SSP) received limited funds from the American Rescue Plan Act of 2021. The funding allows the Program to provide limited non-recurrent short-term benefits for eligible Siletz Tribal member households. The 477-SSP will provide a one-time allowance for clothing and school supplies for children attending in-person classes for the 2022 – 2023 school year.

**Eligibility Requirements Include:**

- Application for Assistance;
- Siletz Tribal member household – Verification required;
- Reside in the United States;
- State issued identification for head of household;
- Receive regular Supplemental Nutrition Assistance (SNAP) or USDA Commodities – Verification required;
- Provide verification children are included in benefit group;
- School age children in Kindergarten through 17 years of age;
- Valid email address for head of household.
- W-9 form if the head of household is not a Siletz tribal member

The 477-SSP will accept applications from June 21, 2022 – August 12, 2022. All pending documentation must be submitted by August 19, 2022. If approved for services, the 477-SSP will issue a \$350.00 clothing allowance for eligible children and \$50.00 school supply allowance for eligible children.

Applicants will be served based on completion date on a first come first serve basis, as limited funding is available. Once the funding allocation has been reached, additional households will be denied. You will receive all correspondence from the 477-SSP via email. The Program will issue payments twice per month until funds are expended or the application deadline is met.

By completing this application, you understand that all funds must be applied to school clothing and school supplies for the children listed in the approval notice. Completing the attached application is not a guarantee of services even if the application is completed prior to August 12, 2022. The application is posted on the CTSI website. Please contact the staff below to be emailed an application.

**Send Applications to:**

[477ssp@ctsi.nsn.us](mailto:477ssp@ctsi.nsn.us)

CTSI

Attn: 477-SSP

3160 Blossom Dr. NE STE #105

Salem, OR 97305

Fax: (541) 444-8334

**For an online application:**

Ctsi.nsn.us (Services & Programs, Social & Employment Services, 477-Self Sufficiency Program)

**For Information:**

Angelica Espino - (503) 390-9494 ext. 1853

Lori Christy - (503) 390-9494 ext. 1863

# ON THE JOB TRAINING

## 477-Self Sufficiency Program

On the Job Training (OJT) is an incentive based program for employers to directly hire clients that need additional training/skills to meet the needs of the position.

### Employers:

- Hire the client as a regular employee
- OJT reimburses a percentage of the clients initial wages
- Provide training that meets their needs

If you are an employer interested in hosting an OJT placement please contact your local office.

### Clients:

- OJT provides employers an incentive to hire you
- Gain hands on experience
- Enhance your skills and employability
- Clients must apply within 7 days of hire

### Who can apply:

Enrolled members of federally recognized tribes or descendants

### Confederated Tribes of Siletz Indians:

Siletz Area Office: Jamie (541) 444-8266

Portland Area Office: Tamra (503)238-1512

Salem Area Office: Angelica (503) 390-9494

Eugene Area Office: Cathy (541) 484-4234

*Clients must meet eligibility criteria. Services are available on a budgetary basis.*



# 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.



# SILETZ TRIBAL VOCATIONAL REHABILITATION PROGRAM

- Toni Leija, VRC/Job Developer

## SEASONAL AFFECTIVE DISORDER (SAD) –JULY AWARENESS



Seasonal Affective Disorder(SAD) is a type of depression in which symptoms occur during a particular season. Symptoms of SAD mostly begin in late fall or early winter and end in the spring. However, you may experience symptoms at other times of the year or not experience the condition annually. The American Medical Association reports that 1:10 Americans experience depression. Native Americans report higher rates of SAD than any other ethnic group at 19%.

There are two types of SAD: winter-pattern and summer-pattern. Summer-pattern SAD occurs in around 10% of cases.

Symptoms of summer –pattern SAD:

- agitation
- difficulty sleeping
- increased restlessness
- lack of appetite
- weight loss
- acting violently

Symptoms of winter-pattern SAD

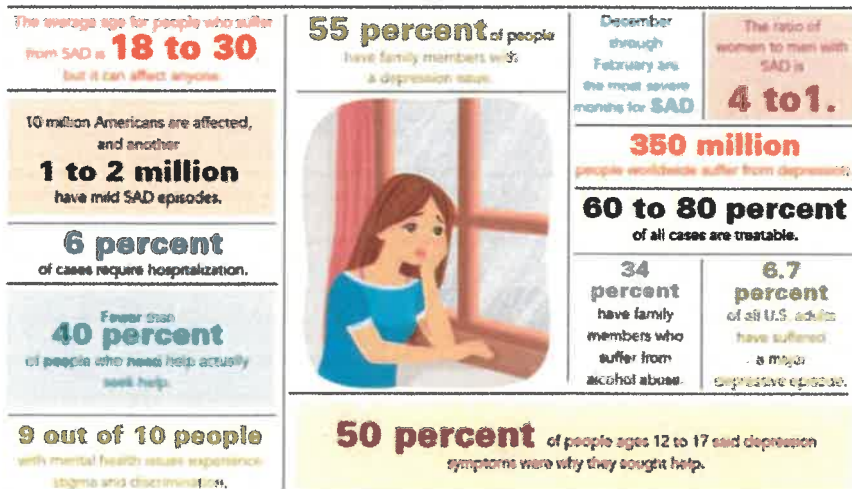
- overeating
- lack of interest in social activities
- weight gain
- daytime fatigue

Symptoms of either pattern last 4 to 5 months, and may include:

- depression
- difficulty sleeping
- lack of energy
- trouble concentrating
- thoughts of suicide

Some Accommodations: a flexible work schedule and/or a worksite that includes artificial light/lamps in designated areas. Tribal VRCs are available to assist you with your vocational needs.

## SAD By the Numbers



Jamie Bokuro (Siletz) 541-444-8216  
 Makayla Jackson (Eugene) 541-434-1752  
 Tamra Russell (Portland) 503-238-1512, ext. 1411  
 Toni Leija (Salem) 503-390-9494, ext. 1861

# BEHAVIORAL HEALTH - Rachel Zinn, Mental Health Specialist (MHS)

## In the heat of summer:

Summer plans are established and the weather is being more cooperative than not. Children are embracing their freedom, while parents may be struggling to keep them entertained while also working full-time. Parks with water features are a great source of entertainment. To function well, our brains need to keep cool and hydrated, so be sure to pay attention to signs of heat exhaustion, and carry a water bottle with you.

## Boost your mental health in the summer to get ahead of those potential winter blues:

- 1) Exercise - It can be harder to get out and be active with this heat, but it's important to find a way to boost endorphins with at least 30-45 min of cardio-type activity each day. It helps to try and plan your day; are you more likely to workout in the early morning hours, before it gets hot, or in the evening once it has cooled down?
- 2) While being mindful of current COVID protocols, it helps to boost your mental health to make connections with family and friends. It's okay to meet virtually too; It still boosts the mood.
- 3) Research says 20 minutes of sunlight a day (don't forget sunblock!) can lift your mood noticeably. What creative ways can you think of to get sun each day? Do some yardwork, perhaps, or take your dog for a walk? Try and get out in it!

## July's haiku, by Dana Rodriguez (SAO):

*Summer is here - Yay!  
Enjoy the sun it's divine  
Warm up your spirit*

Send a haiku/poem to the MHS and get it published (first-come-first-served):

rachelz@ctsi.nsn.us

Oakridge, 2019 (photo by Rachel Zinn)



## Traditional Coping

Traditional methods of healing include smudging, talking circles and drumming. July is a great month to get your children to virtual culture camp (call the tribe for details!). And, as a Siletz adult, it's a great time to volunteer and help shape our youth into well-rounded individuals who take pride in their Native heritage, though we continue to meet virtually for now. Many programs still come together to produce content on the CTSI Youth Facebook Page. Please come check it out! There are stories, art projects, and public service announcements and much more! Maybe you can create a video, too! [www.facebook.com/CTSIYouth](http://www.facebook.com/CTSIYouth)

## Portland Area Office

Virtual Appointments Only  
(503) 200-4340

## Salem Area Office

Virtual Appointments Only  
(503) 200-4340

## Contact Purchased/Referred Care

Pre-authorization and notification within 72 hours is required.

Phone: 541-444-1236 or 800-628-5720  
Fax: 541-444-9645

## 4 Easy Tips for an Awesome Summer in Recovery

Coping With Urges, Lifestyle Balance | Smart Recovery

### Enjoy Summer Without Getting Off Track

For many people, summer is the best time of the year. Warm weather, days at the beach, vacations... What's not to love? But when you're in recovery, especially early recovery, the pool parties and vacations of summer can be major relapse triggers. Here are some tips for enjoying summer without getting off track.



**1. Plan ahead**—If you know that you will be attending a party, barbecue, or other event that may be triggering, have an exit plan in place. Drive your own car so that you won't get stuck there longer than you want to, or bring a sober friend along for support. If you are going on vacation, consider researching some self-help meetings that are available in the area, or use the online meetings that SMART Recovery offers to keep your focus on recovery.

**2. Get outside**—Summer is the perfect time of year to enjoy healthy outdoor activities such as hiking, biking, and swimming. Exercise is a great recovery tool, and the added bonus of warm weather can provide a quick and easy boost to your mood.

**3. Practice self-care**—In addition to exercise, make sure that you get plenty of sleep and eat well. Taking care of yourself physically makes it easier to stay focused on your goals and make healthy choices. Also, don't be afraid to skip social events. If you are feeling overwhelmed or especially vulnerable, take some time for healthy relaxation.

**4. Remember your goals**—Recovery is all about putting your long-term goals ahead of short-term pleasures. Temptations will arise, but remember what is really important. Indulging may feel good in the moment, but it often leads to feelings of guilt and shame. Recovery will take some sacrifices but they will be well worth it when you are living a fulfilling, meaningful life.



Smart Recovery

## Health Effects of Secondhand Smoke

Secondhand smoke is the combination of smoke from the burning end of a cigarette and the smoke breathed out by smokers. Secondhand smoke contains more than 7,000 chemicals. Hundreds are toxic and about 70 can cause cancer.

Since the 1964 Surgeon General's Report, 2.5 million adults who were nonsmokers died because they breathed secondhand smoke.

**There is no risk-free level of exposure to secondhand smoke.**

- Secondhand smoke causes numerous health problems in infants and children, including more frequent and severe asthma attacks, respiratory infections, ear infections, and sudden infant death syndrome (SIDS).
- Smoking during pregnancy results in more than 1,000 infant deaths annually.
- Some of the health conditions caused by secondhand smoke in adults include coronary heart disease, stroke, and lung cancer.

**What can we do to help prevent secondhand smoke exposure?**

**Smoke outside** - People who smoke inside housing units expose everyone who lives in the unit to secondhand smoke. Not only do those who live in the unit get exposed to secondhand smoke, but those who visit will also be exposed to secondhand smoke. Smoke can linger in housing units for hours until it settles and causes third-hand smoke exposure.

**Lets work together and help protect the Health of our people**



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



## 2022-2023 Hunting and Fishing Tags Distribution Schedule

**Tribal offices are closed to the public due to COVID-19 restrictions. Tribal members wanting a tag should call to have tags mailed to them beginning the first date of tag issuance 541-444-8227 or 541-444-8232**

Type of Tag		Number Available	Season Dates	Date to Start Tag Issuance	Method of Issuance
<b>Deer</b>	Early Archery***	50	8/27-9/25	8/1 at 8:00 AM at Natural Resources Office	First Come First Served*
	General Rifle	375	10/1-11/4**	8/15	First Come First Served*
	Antlerless – Adult	12	10/1-11/4	Lottery applications available 8/1; due 8/26; drawing 9/6; tags issued 9/7	Lottery – Open to Elders Only
	Antlerless – Youth	8	10/1-11/6	Lottery applications available 8/1; due 8/26; drawing 9/6; tags issued 9/7	Lottery – Open to Youth Ages 12-17 Only
	Late Archery	50 (minus # of early season tags filled)	11/19-12/11	<i>First Distribution:</i> 10/17 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/31 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
<b>Elk</b>	Antlerless - Youth	3	8/15-12/31	Lottery applications available 6/1; due 7/1; drawing 7/5; tags issued 7/6	Lottery – Open to Youth Ages 12-17 Only
	Early Archery	25	8/27-9/25	8/1 at 8:00 AM at Natural Resources Office	First Come First Served*
	1 <sup>st</sup> Season Rifle	25	11/12-11/15	Lottery applications available 8/29; due 9/23; drawing 10/3; tags issued 10/4	Lottery
	2 <sup>nd</sup> Season Rifle	25	11/19-11/25		
	Antlerless	15	1/1/23-3/31/23	Lottery applications available 8/29; due 9/23; drawing 10/3; tags issued 12/1	Lottery
	Late Archery Antlerless	56	11/26-12/11	<i>First Distribution:</i> 10/17 at 8:00 AM at NR Office <i>Second Distribution:</i> 10/31 at 8:00 AM at NR Office (see Note 2 below)	First Come First Served*
<b>Salmon</b>	Salmon	200	11/1-12/30 (estimate)	8/15	First Come First Served

\* No early calls to “save” a tag for someone. Must call to have a tag mailed no earlier than the first day of distribution.

\*\* Season for Youth ages 12-17 is 10/1 - 11/6 (2 additional days at end of general season)

\*\*\* Unfilled Deer Early Bow tags must be returned to Natural Resources by 10/7.

NOTE 1: A Tribal member may obtain only ONE elk tag in their name during the 2022-2023 hunting season (bow, bull and cow tags all count towards the one tag), except as noted below.

NOTE 2: *First Distribution:* For hunters who have not been issued an early season deer archery tag (for deer tags) or any elk tag (for elk tags).

*Second Distribution:* For any eligible hunter, regardless of what other tags they have received.



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

## YOUR SALEM AREA OFFICE STAFF:

<b>Andulia White Elk</b>	<b>AnduliaW@ctsi.nsn.us</b>	<b>Addictions Counselor</b>	<b>X 1414</b>
<b>Angelica Espino</b>	<b>AngelicaE@ctsi.nsn.us</b>	<b>Tribal Services Specialist</b>	<b>X 1853</b>
<b>Antonia Leija</b>	<b>AntoniaL@ctsi.nsn.us</b>	<b>Voc Rehab Counselor/Job Developer</b>	<b>X 1861</b>
<b>Beverly Owen</b>	<b>BevO@ctsi.nsn.us</b>	<b>Area Office Supervisor</b>	<b>X 1851</b>
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<b>Lydia Kentta</b>		<b>Transporter</b>	
<b>Rachel Zinn</b>	<b>RachelZ@ctsi.nsn.us</b>	<b>Mental Health Counselor</b>	<b>X1417</b>
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