

## Eugene Area Office Newsletter September 2022

### Tribal Offices reopen Sept. 1

While we open our doors to the public, we also prioritize the safety of our staff, Tribal members and clients.

- Public access to administration buildings – appointments are preferred. If a member of the public arrives as a “walk-in” staff will accommodate as soon as possible. Masks are required for staff and visitors.
- Public events – outdoor events to resume. Indoor events require social distancing and safety protocols published and in place.
- Transportation services – resuming full transportation services. Masks are required for driver and client.
- Tribal/program services – online options preferred for services and meetings; hybrid options also available.

The Tribe is in need of certified homes to care for Tribal Children in need of emergency, short term and long term placements.



To see how you can help please call today  
Siletz Tribal Indian Child Welfare  
Department 541-444-8272

### Pharmacy MAIL ORDER SERVICE WE CAN NOW PROVIDE MAIL ORDER SERVICE TO ALL SILETZ TRIBAL MEMBERS:

#### LIVING WITHIN THE 11 COUNTY SERVICE AREA

Please note that this service is **not eligible** for the “Auto-Fill” program. ALL “Auto-Fill” prescriptions must be picked up at the pharmacy. THANK YOU PHARMACY STAFF

### **EMERGENCY HOUSING ASSISTANCE FUNDING OPEN FOR 2022**

Entire application must be complete before assistance can be provided. Assistance cannot exceed \$1,500.00 and participants may only access this program once every 3 (three) years. This program serves CTSI tribal members looking to avoid foreclosure, facing eviction and those that are homeless, anywhere in the United States of America. There is no waiting list for this program. Funds will be available once funds are received each fiscal year and will be offered based on a first-come, first-served basis. When funding has been exhausted, applications will no longer be accepted. Applications are available through the Siletz Tribal Housing Department, the CTSI website and all area offices  
[www.ctsi.nsn.us](http://www.ctsi.nsn.us)

### Need Rental Housing?

The Siletz Tribal Housing Department encourages you to apply for the Low Income Rental Program waiting list:

Siletz (1, 2, 3, 4 bedroom)  
Lincoln City (2, 3 bedroom)  
Neachesna Village  
Applications can be obtained on-line from the Siletz tribes’ website or calling:

1-800-922-1399 Ext 1322  
(541) 444-8322  
FAX (541) 444- 8313  
[www.ctsi.nsn.us](http://www.ctsi.nsn.us)

### **2022**

**Low-Income Energy Assistance  
Program (LIHEAP)  
Low-Income Household Water  
Assistance Program (LIHWAP)**

**“Crisis/Shut-off/Regular”  
Electric or Water Bill  
~OPEN~**

**All Siletz Tribal members and  
Households with tribal children.  
(Income based).** To see if you  
qualify or have questions. Contact:  
**Casey Godwin** by phone or email-  
**541-444-8311** [caseyg@ctsi.nsn.us](mailto:caseyg@ctsi.nsn.us)

You can also contact the Eugene  
A/O for applications: 541-484-4234

Chinook Winds Casino Resort  
Sign up for an electronic  
newsletter:

[www.chinookwindscasino.com](http://www.chinookwindscasino.com)



## Siletz Community Health Phone Numbers

- Siletz Community Health Clinic **1-800-648-0449**
- Purchased/Referred Care (PRC) **1-800-628-5720**
- CTSI Resource Line **541-444-9613**
- CARE Program **541-444-9680**



## Siletz Mail Order Pharmacy

For prescription refills, please call the Siletz Community Health Clinic Pharmacy 7-10 days before you run out of your prescription. This allows the pharmacy time to contact your health care provider, if necessary, and mail it to you.

Pharmacy Refill Line: **541-444-9624**



## Indian Health Clinic Registration Forms Available at the Eugene Area Office

- Siletz Community Health Clinic & PRC (Siletz, OR)
- Ko-Kwel Wellness Center (Eugene, OR)
- Chemawa Indian Health Center (Salem, OR)



## Oregon Health Plan (OHP) Applications

Available at the Eugene Area Office, or you can apply online at: <http://www.OregonHealthCare.gov>

**OHP Phone: 1-800-699-9075**

We are here to assist you with any questions that you may have about OHP.



## National Fruits & Veggies Month

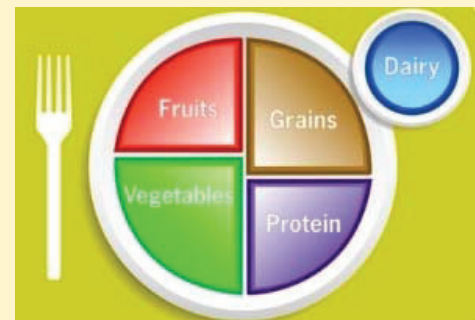
During the month of September we want to encourage each other to add at least one or more fruits/veggies to our plates at each meal. The more variety you have on your plate, the more nutrition you will be getting from your diet. To make it fun for everyone, try something new and different!

### A Few Ideas:

- Veggie Stir Fry (Using water instead of oils)
- Fruit Smoothie
- Add fruit to cereal
- Veggie Platter w/ Hummus Dip or Dressing
- Instead of candy, choose a Fruit
- Baked Potato or Baked Sweet Potato
- Veggie Chips (Home Baked)

**For More Information Visit:**

<https://fruitsandveggies.org/stories/nfvm/>  
<https://www.myplate.gov/>



## Produce Plus Food Rescue

Come by the Eugene Area Office on Tuesdays from 2pm-4pm to pick up some produce from Food for Lane County, and the rest of the week from 9am-4pm! Every Week 😊



## Nutrition Education Class

October 13th 6pm-7pm



### Vegetarian Cooking on a Shoestring

**where**

Online class through Zoom

**When**

October 13th 6-7pm

**who**

Open to Lane County adults on a limited food budget

**how**

Registration is required. Sign up with Jamie Boe by emailing: [jamieboe@ctsi.nsn.us](mailto:jamieboe@ctsi.nsn.us) or call 541-484-4234

**details**

Class is a interactive 45 minute to 1 hour class. You will receive tools to eat a vegetarian diet on a limited budget. Be a part of the fun!

### Would you like to learn to:

- Make the most of your food budget
- Plan healthy vegetarian meals
- Learn simple, flavorful vegetarian dishes



### Commodity Supplemental Food Program: Service by Linn Benton Food Share

For seniors living in Linn and Benton counties, The Commodity Supplemental Food Program (CSFP) works to improve the health of:

Low-income persons at least **60 years of age** by supplementing their diets with nutritious USDA Foods, including:

- Dairy including milk and cheese
- Grains including cereals, long grain, and brown rice, assorted pastas
- Fruits including juices, raisins, and canned fruit
- Vegetables including potatoes, pasta sauce, canned vegetables, sweet potatoes, soups
- Proteins including canned meat, chili, stews, and peanut butter
- Legumes including dry and canned beans and dry lentils.

Recipients receive a box of food monthly.

Please contact Susan James at [sjames@communityservices.us](mailto:sjames@communityservices.us) or call 541-730-6390 for more information.

\*You can also request an application from Jamie Boe, Community Health Advocate.

Please RSVP by October 12th with your Name, Phone #, and Email by contacting Jamie Boe, Community Health Advocate @ 541-484-4234 or email [JamieBoe@ctsi.nsn.us](mailto:JamieBoe@ctsi.nsn.us) .

A zoom link will be provided to you shortly before the class date.

### Foot Baths

We have foot bathes available for tribal elders, and women who are pregnant. Soaking feet in cold water during hot weather can bring your body temperature down, help to prevent heat stroke, and ease foot pain.

Call or Email Jamie Boe, CHA to request one

# 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**

**6:00 PM**

September 13, 2022

December 13, 2022

March 14, 2023

Contact your area Education Specialist to sign up!

**Sonya Moody-Jurado**  
Salem Area  
SonyaMJ@ctsi.nsn.us

**Jeff Sweet**  
Siletz Area  
JeffS@ctsi.nsn.us

**Katy Holland**  
Portland Area  
KatyH@ctsi.nsn.us

**Candace Hill**  
Eugene Area  
CandaceH@ctsi.nsn.us

## 2022-2023 CTSI College Information Nights

Sponsored by the  
Education Department

**6PM VIA ZOOM**

- ★ **College Information Night I** 09/22/2022
  - Applying for FAFSA
  - College Fair (Meet representatives from colleges and universities)
- ★ **College Information Night II** 12/15/2022
  - College Applications: School selections & Application submission
  - Tribal & other types of financial aid
  - Guest Presenter: Learning Campus life
  - Guest Presenter: Learn about a Voc. training program
- ★ **College Information Night III** 02/16/2023
  - Re-cap from Night I & II
  - Overview of CTSI Student aid programs
    - (STHD Temporary Student Housing Assistance; 477 Self Sufficiency Classroom training; Adult Ed.; AVT; HE; CTSI Student Laptop Program; Education Committee Scholarships)
  - Guest Presenter: Learning Campus life
  - Guest Presenter: Learn about a Voc. training program
- ★ **College Information Night IV** 04/20/2023
  - Re-cap of CTSI Student aid programs
  - Deadline Reminders
  - Guest Presenter: Learning Campus life
  - Guest Presenter: Learn about a Voc. training program

**Contact an Education Specialist to Sign Up!**

Jeff Sweet  
Siletz & Out-of-Area  
JeffS@ctsi.nsn.us

Katy Holland  
Portland & Washington  
KatyH@ctsi.nsn.us

Sonya Moody-Jurado  
Salem Area  
SonyaMJ@ctsi.nsn.us

Candace Hill  
Eugene Area  
CandaceH@ctsi.nsn.us

Candace Hill, Education Specialist

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

(541) 484-4234 x1763

(541) 270 - 0037

# Education – September 2022

Higher Ed · Adult Vocational Training (AVT) · Adult Education · JOM · Tribal Youth Employment and Education (TYEE)

## Upcoming Education Items

- **College Information Night I** – Join the Education Department for a virtual College Fair on September 22<sup>nd</sup> at 6pm via Zoom! We will be hearing from college representatives and about the Free Application for Federal Student Aid (FAFSA). Contact Candace to get the Zoom link.
- **JOM Parent Committee** – The Education Department is actively seeking parents of JOM registered youth to be a part of our Parent Committee. You will receive program updates, add your input and insight, help with program development and engage with other JOM parents. We will be meeting September 13<sup>th</sup>, December 13<sup>th</sup>, and March 14<sup>th</sup> at 6pm via Zoom. Contact Candace to sign up.

## Education Program Opportunities

- **JOM** – Johnson O’Malley (JOM) benefits K-12 Native American students in support of their intellectual growth, vocational goals and cultural enrichment. The programs also advances the participant’s physical, social and emotional growth. Basic services such as tutoring, cultural enhancement, recreational activities and college preparation classes are provided to supplement existing educational programs available in communities.
- **Siletz Tribal Youth Activity Fund** – The Youth Services Program focuses on the well-being of young people and advocates for the needs of youth. Tribal and other resources are used in developing positive community models. The program provides academic and leisure time activities in a supervised setting and young people participate in constructive pursuits after school and on weekends.
- **Online Tutoring** – We are currently offering on demand as well as scheduled academic support available 24/7. This program is open to all students: K-12, Higher Ed, and AVT. Space is limited as hours are available. Contact Candace to sign up.

## Higher Ed/AVT Reminders

- The Oregon Tribal Student Grant is continuing to accept applications through OSAC. This grant is for members of the nine Oregon Tribes attending colleges/universities in Oregon and will help cover the cost of attendance of associates, Bachelors, and graduate degree programs. Visit their website for more information: <https://oregonstudentaid.gov/oregon-tribal-student.aspx>
- Adult Education and AVT applications for clock hour schools/programs (such as beauty schools and truck driving programs) can be turned in at any point. If you are interested in applying to these programs, contact Candace for more information.

## Graduation Incentives

The Siletz Tribal Incentive Program recognizes Siletz tribal students for their academic achievements. Students who graduate also need to send in their diploma or certificate along. Email Candace for a graduation incentive application.

PreK – 12 Achievement	Incentive	Higher Ed/ AVT Achievement	Incentive
Headstart/Preschool	\$10	One Year AVT	\$100
Kindergarten	\$10	Two Year AVT	\$200
Elementary School	\$20	AA, AS, AAOT	\$200
Middle School	\$50	BA/BS	\$75 plus a Pendleton blanket
High school/GED	\$100	MA	\$300
		PhD	\$300 plus a Pendleton blanket



**THE NORTHWEST NATIVE  
CHAMBER (ONAC) PRESENTS**



**THE CONFEDERATED TRIBES  
OF SILETZ INDIANS**

**Native Enterprise  
Program  
is a Native-led, story  
driven Business  
Education for  
Entrepreneurs**



The Confederated Tribes of Siletz Indians and NNC present the Native Enterprise Program, a Native-led, story-driven 9-week business education course that takes you from the start-up phase to a growth phase. At the completion of this course, you will have an Executive Summary, a sample budget, and your business pitch.

Graduates of the Native Enterprise Program are ready to develop their business plan and launch their business.

Currently enrolling for Fall classes each Tuesday evening 6 - 9 pm from 10/4/22 -12/6/22. This course is provided at no cost.



For more information on Native Enterprise Program enrollment or NE's offerings, contact Joni McSpadden at [jmcspadden@onacc.org](mailto:jmcspadden@onacc.org)

Contact your local Education Specialist if you have questions.

Jeff Sweet  
Siletz Area  
[JeffS@ctsi.nsn.us](mailto:JeffS@ctsi.nsn.us)

Katy Holland  
Portland Area  
[KatyH@ctsi.nsn.us](mailto:KatyH@ctsi.nsn.us)

Sonya Moody-Jurado  
Salem Area  
[SonyaMJ@ctsi.nsn.us](mailto:SonyaMJ@ctsi.nsn.us)

Candace Hill  
Eugene Area  
[CandaceH@ctsi.nsn.us](mailto:CandaceH@ctsi.nsn.us)

## 477-Self Sufficiency Program – Essential Services during COVID

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. All Siletz Tribal Offices are now open to the public. We are still accepting applications and conducting appointments over the phone, through email or video conference. The SSP has prioritized the following services:

- Pre-Temporary Assistance for Needy Families (Pre-TANF) / Non-Recurrent Short Term Benefits: Siletz families below 185% of the Federal Poverty Level (FPL) may be eligible for short-term financial assistance that doesn't exceed 4 months. The financial assistance is meant to provide basic needs and address short-term emergent needs;
- Regular Temporary Assistance for Needy Families: Siletz families below the countable income limits and FPL may be eligible for monthly grant assistance to meet basic needs;
- General Assistance for Single Adults: Siletz single adults below the countable income limits and FPL may be eligible for monthly grant assistance to meet basic needs;
- Emergency Assistance: Siletz families or single adults may be eligible for support services to prevent eviction or utility shut off. Income guidelines apply;
- Classroom Training: the Program is still providing financial assistance (tuition, stipends and support services) to eligible Native Americans attending GED, Higher Education or Vocational/Occupational Training.
- Childcare Assistance: The Program offers childcare assistance to eligible TANF families while they engage in work or self-sufficiency activities;
- Foster Care Support Services: Childcare assistance to employed foster parents. The Program covers "working hours only" and limited respite.
- Home Visiting: The Program is accepting new families into the Early Childhood Home Visiting Program and working with current families to provide lessons in-person. Staff and families will be required to adhere to social distancing and wearing masks.
- Direct Placement: Support services (work clothing, transportation, tools, etc.) for Native Americans that recently gained employment. Must apply within 7-days of hire.

Other services such as Work Experience and On-the-Job Training may be available on a limited basis.

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.

**Jenifer Jackson, Tribal Services Specialist/477SSP x1755** [jeniferj@ctsi.nsn.us](mailto:jeniferj@ctsi.nsn.us)  
**Cathy Ray, Intake Specialist/Job Coach x1756** [catheriner@ctsi.nsn.us](mailto:catheriner@ctsi.nsn.us)

## Siletz Home Visiting

Our Home Visiting Team wants to share this great, new, **free resource for all families** with young children from Family Spirit Nurture. We are excited to announce the launch of *Family Spirit Nurture Messages*: a new **text messaging service and website** designed with and for Native families. Check out the website, even if you don't sign up for text messages the website is full of great resources for Native families. <https://fsnmessages.org/>

Every parent could use support and our Siletz Home Visiting Team would like to be part of your support system. Our Siletz Home Visiting Program uses the Family Spirit curriculum developed by John Hopkins Center for American Indian Health. The program is written and designed specifically for Native families. It is a great evidence based curriculum and now contains Family Spirit Nurture, a new piece supporting feeding and nutrition. We serve families in our 11 county service area who are expecting a baby or have a child under 3 (child must be under one to start). For more information about our Home Visiting Program please contact Cathy Ray, [catheriner@ctsi.nsn.us](mailto:catheriner@ctsi.nsn.us) or 541-484-4234.

**WE'RE HERE  
TO SUPPORT  
YOU!**



**Do you have a baby  
under 18 months old  
or on the way?**

**Family Spirit Nurture  
Messages** is a **free** text  
service for Native American  
families with young  
children. Sign up today to  
learn about your baby's  
nutrition and growth, plus  
caregiver wellbeing.



Photo by John Hosteen III



Text SIGNUP to  
413-477-5526  
or visit:  
[fsnmessages.org](https://fsnmessages.org)





# ▲▲▲ Tribal Parenting Workshops!



Presented by the CTCLUSI Social Services Department in Partnership with  
The Confederated Tribes of Siletz Indians and  
Cow Creek Band of the Umpqua Tribe of Indians and  
The Klamath Tribes

**GUEST PRESENTER**  
**LORRAINE BRAVE**  
*from Brave Transitions*

## TOPICS INCLUDE:

- Social Media & Technology Concerning our Children
- Traditional Behavior Management (Discipline Techniques)
- Learning from Mother Nature – Our Teacher
- Helping our Children & Youth with Mental Health Struggles
- Guiding Lessons in Story Telling (Along with Invited Guest from Klamath Tribes)
- Child Development through the Teen Years

~Via Zoom~

Link will be emailed to you  
after registration

**Tuesdays, 6-7:30pm**

**September 13, 20, 27**

**October 4, 11, 18, 2022**

**RSVP by September 5th**

**Lori Christy 503-390-9494**

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

**Jessica Hibler 541-484-4234**

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

*“Lead your family with kindness, love, and gratitude”*

(Quoted from Native American Fatherhood and Families Association)



# LEARN NUU-WEE-YA'

**SIGN UP TODAY  
FOR FALL  
SESSION ON-LINE  
LANGUAGE  
CLASSES**

## FALL SCHEDULE

**TUESDAYS, SEPT. 20-DEC. 6**

5:00 PM-BEGINNING CONVERSATION 1

5:45 PM- BEGINNING CONVERSATION 2

**THURSDAYS, SEPT. 22-DEC. 8**

5:00 PM-ONGOING CONVERSATION

**SATURDAYS 10/29, 11/19, 12/3**

NOON-IMMERSION CONVERSATION HOUR

TO SIGN UP CONTACT NICK VILES AT [NICKV@CTSI.NSN.US](mailto:nickv@ctsi.nsn.us) OR 541-484-4234 X1757



# CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

## **Upcoming Dates:**

**September 21 at 6pm:  
Cooking Fish**

**October 19 at 6pm:  
Mvn' (Traditional Houses)**

**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**

WE PROUDLY BRING YOU

# RUN TO THE ROGUE STEP CHALLENGE

An app led virtual journey to honor our annual event, get some steps in, and share our progress across a Siletz Run to the Rogue specific community app ! Chat with friends, complete the journey on a team, or simply participate to honor our journey

Visit:

<https://Run2RogueStepChallenge2022.eventbrite.com>

**SEPTEMBER 1ST-OCTOBER 14TH**

Join us as we spend 45 days paying homage to our historical journey, share our progress, and participate in virtual challenges

# **Run to the** **2022** **Rogue** **Sept.** 9th, 10th, 11th

**Available on the CTSI website -  
Camping information, schedule,  
registration forms & other  
relevant information.**

Go to:

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

**For questions or more information, contact Buddy  
Lane at 541-444-8230 or email at [BuddyL@ctsi.nsn.us](mailto:BuddyL@ctsi.nsn.us)**

# SILETZ VOCATIONAL REHABILITATION PROGRAM (STVRP)

## September: What is Dyspraxia?

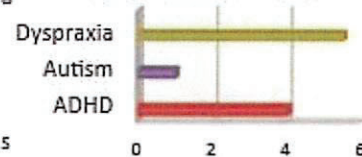
### Dyspraxia – the facts

Dyspraxia is a motor skill disorder that results in a child with clumsy, awkward movement skills – but it is *more* than just clumsiness or being bad at sport.

Their poor motor skills also affect:

- Education – they are bright, but they cannot write fast enough to keep up or complete homework and tests in time.
- Self-care – they struggle to dress themselves, do up zippers, buttons and shoelaces and brush hair and teeth.

Disorder Prevalence  
(% of children affected)

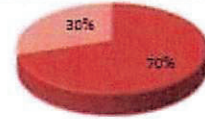


Dyspraxia is the common name for Developmental Coordination Disorder (DCD). DCD is a neurodevelopmental disorder. This means it is likely caused by irregularity in the developing brain.

#### Physical characteristics of dyspraxia

- Clumsiness
- Delay in developing skills
- Difficulty learning skills
- Difficulty adapting skills
- Difficulty using both hands together
- Poor balance
- Poor handwriting

Parents are often told their child will “outgrow” their clumsiness, but research shows this occurs in as few as 30% of cases.



Boys are more commonly affected.



Up to 5 boys are diagnosed for every girl.

Poor skills

Poor self-esteem

Withdraw from activity

Psychological and physical health risks

#### Psychological health

- Reduced self-esteem
- Poor social acceptance
- Higher levels of depression, anxiety and withdrawn behaviour
- Higher levels of hyperactivity, aggression and conduct problems

#### Physical health

- 95% of studies report reduced rates of physical activity and participation
- Poor fitness – aerobic and anaerobic
- Reduced muscle strength and endurance
- Greater risk of obesity
- Long-term, places them at greater risk of developing cardiovascular disease

#### Assessment and treatment

- A team approach is usually used for assessment, involving paediatricians, occupational therapists (OT) and neuropsychologists.
- Ongoing intervention typically requires the involvement of an OT.
  - Initial assessment can cost approx. \$350.
  - Ongoing sessions can be over \$100 each.



# SILETZ VOCATIONAL REHABILITATION PROGRAM (STVRP)

## September Awareness: What is Dyspraxia?

Dyspraxia, a developmental coordination disorder (DCD) is a condition that affects the brain's ability to plan and process motor tasks. It causes disturbances in movements, planning, speech and learning new tasks, and processing new information.

Dyspraxia may adversely affect one's fine and gross motor skills, handwriting, low muscle tone, articulation, learning new information, mental health, and more. Individuals with Dyspraxia often have language problems, and sometimes difficulty with thoughts and perception. Dyspraxia, however, does not affect the individual's intelligence. It can sometimes cause learning problems.

Experts say that **10 percent** of people have some degree of dyspraxia, while approximately 2 percent have it severely. **Four out of every 5** children with dyspraxia are boys, although there is some debate whether there are **under-diagnosed girls**. Children with dyspraxia may also have **Attention Deficit Disorder-Hyperactivity (ADHD)**.

Dyspraxia/DCD is distinct from other motor disorders such as cerebral palsy and stroke. Individuals may experience changes depending on environmental demands and life experiences. Dyspraxia persists into adulthood.

### Symptoms:

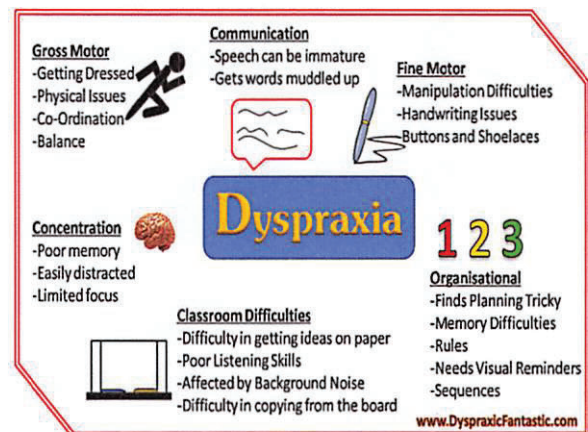
- ✚ poor balance
  - ✚ poor posture
  - ✚ fatigue
  - ✚ clumsiness
  - ✚ differences in speech
  - ✚ perception problems
  - ✚ poor hand-eye coordination
- ✚ Social and sensory issues: individuals with Dyspraxia may be extremely sensitive to taste, light, touch, and/or noise. There may be a lack of awareness of potential dangers. Many experience mood swings and display erratic behavior.

**Accommodations:** use of a white board, checklists, electronic organizers with recorded directives, messages, or task lists, or a task flow chart,

Contact your local Job Developer/ Vocational Rehabilitation Counselor for more information (<https://dyspraxiausa.org/dyspraxia-and-adults/>)

**Makayla Jackson, Job Developer/Counselor (Eugene)**  
541-48404234, ext. 1752

**Jamie Bokuro, Intake Specialist/Coach (Siletz)**  
541-444-8266



**Tamra Russell, Job Developer/Counselor (Portland)**  
503-238-1512, ext. 1411

**Toni Leija, Job Developer/Counselor (Salem)**  
503-390-9494, ext. 1861

## SEPTEMBER ELDERS NEWSLETTER 2022

Hello Everyone,

Well, August was a totally fun filled month, with the one-day Pow Wow!! What a wonderful day it was. I was so happy to see many of my family members there as well as friends I haven't seen since before the pandemic started in 2019. I just felt so blessed to be alive there on the Pow- Wow grounds again. Even danced with my daughter, granddaughter and several of my cousins. Life is good.

I do believe that our Elders raffle booth was a big hit this year since the Pow Wow was so well attended and the gift baskets were absolutely awesome! A big thank you goes out to everyone that donated to our area basket. Thank you, thank you, thank you! Especially Toni Taylor for donating the basket we used for all the "Summertime Fun" donations that filled it to the brim. Thank you also to Sherry Addis for making the pretty liner for it that match the ribbons it was tied onto it as well as the beautiful dentalium shell necklace she made.

I want to wish my Lane, Benton, and Linn County area elders a Happy Birthday for the month of September, (first names only). So Happy Birthday wishes are going out to our elders, Bonnie, Lorna and me, myself and I! Yes, September is my birthday month! I like to celebrate all month long, just in case I don't get to celebrate next year. ;-). With wishes for your good health, wealth, prosperity, love, a day filled with lots of happiness, and fun throughout the year to come. Truly.

There will be a Run to the Rogue event this month, September 9-11<sup>th</sup>, but the only hitch is no tribal transportation. The elder's program has reserved two nights in Gold Beach at Motel 6 for us already. I hope everyone that signed up will be able to come. I think this year my kids will be able to participate too. Yeah! I will look forward to seeing everyone again.

The on-line Living with Chronic Pain class that I have been participating in has been good because it goes over skills for making small goals each week to improve our quality of life and movement. The only thing that is hard is that it is 2 ½ hours long. We do have 3-4 short breaks and do get through a lot of information in that amount of time. The book that they sent us is packed full of additional information. So, I am glad that I signed up for it.

We all cannot do everything that is happening with the tribe and other county sponsored events, but we can sure share it with each other. Call me and I will be happy to write it up on our elder's page here.

The next monthly Diabetes dinner zoom meeting with Kim Lane is Thursday September 20th. 6-7 PM.

Book Club date for September is the 22<sup>nd</sup> for chapter 15, Rebuilding Sovereignty. The first Thursday is cancelled due to Run to the Rogue starting on the 9<sup>th</sup>. Just let AJ Warren know you want to get the Book Club ZOOM link invitation address and he will send you one. His email is [ajw@ctsi.nsn.us](mailto:ajw@ctsi.nsn.us) and the Elders program phone number is 541-444-8212 for any questions.

Truly, Verdene McGuire. Eugene area Elders Representative, Lane, Linn, and Benton Counties

[VDenie101@gmail.com](mailto:VDenie101@gmail.com) Cell: 503-890-0742

## USDA distribution dates for September 2022

### Siletz

Friday	Sept 2nd	9 a.m. – 3 p.m.
Tuesday	Sept 6th	9 a.m. – 3 p.m.
Wednesday	Sept 7th	9 a.m. – 3 p.m.
Thursday	Sept 8th	9 a.m. – 3 p.m.
Monday	Sept 12th	9 a.m. – 3 p.m.

### Salem

Monday	Sept 19 <sup>th</sup>	1:30 – 6:30 p.m.
Tuesday	Sept 20 <sup>th</sup>	9 a.m. – 6:30 p.m.
Wednesday	Sept 21 <sup>st</sup>	<b>By appt only</b>

**LIKE us on Facebook at Siletz Tribal FDPIR.** We would like to see more people sharing their recipes on our FB page. Like us at SILETZ TRIBAL FDPIR.

Sammy Hall, USDA Program Director, 541-444-8279 [sammyh@ctsi.nsn.us](mailto:sammyh@ctsi.nsn.us) FAX: 541-444-8306 or 503-391-4296



**Produce Plus Food Rescue**

**Siletz Tribal Members:**

If you or your family would like to share in some FREE fresh produce, you may pick up at the Eugene Area Office on Tuesdays 2:00pm-4:30pm. Any produce not picked up Tuesday will be available for pick-up the remainder of the week 9:00am-4:00pm. On occasion we will also have non-perishable and refrigerated items available.

Please bring your own bag or box to transport your food. You may call ahead to check availability of food.

Eugene area office : 541-484-4234  
2468 W. 11<sup>th</sup> Ave, Eugene OR 97402

This food is collected and distributed by Food For Lane County. The Siletz Tribe and FFLC are working in a joint effort to alleviate hunger in our community. Donations of non-Perishable food and personal hygiene products are also donated by NAACP.





# September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Language Class Ongoing conversation 5pm Zoom (Last class of summer)	2 USDA Distribution Siletz 9am-3pm	3
4	5 Labor Day-Office closed	6 USDA Distribution Siletz 9am-3pm	7 USDA Distribution Siletz 9am-3pm CSA P/U 3:45pm	8 USDA Distribution Siletz 9am-3pm	9 All Treaty Day- Office Closed	10 Run to the Rogue
11 Run to the Rogue	12 USDA Distribution Siletz 9am-3pm	13 Produce Plus 2pm JOM parent Committee 6:00pm Zoom Parenting class 6-7:30pm Zoom	14 CSA P/U 3:45pm	15	16	17
18	19 USDA Distribution Salem 1:30- 6:30pm	20 USDA Distribution Salem 1:30-6:30pm Produce Plus 2pm Language Class Beginning conversation (1) 5pm Conversation (2) 5:45pm Zoom (1st class of fall) Parenting class 6-7:30pm Zoom	21 USDA Distribution Salem -By appt. Only CSA P/U 3:45pm Virtual Culture Night Cooking fish 6pm Zoom	22 Language Class Ongoing conversation 5pm Zoom (1st class of fall) CTSI College Info. Night 6pm Via Zoom	23	24
25	26	27 Produce Plus 2pm Language Class Beginning conversation (1) 5pm Conversation (2) 5:45pm Zoom Parenting class 6-7:30pm Zoom	28 CSA P/U 3:45pm	29 Language Class Ongoing conversation 5pm Zoom	30	
notes						

**The Confederated Tribes of Siletz Indians**  
**The Eugene Area Office Staff**  
**541-484-4234      1-800-922-1399**

Jessica Hibler, Supervisor x1751 [jessicah@ctsi.nsn.us](mailto:jessicah@ctsi.nsn.us)  
Nick Viles, Language/Traditional Arts Instructor x1757 [nickv@ctsi.nsn.us](mailto:nickv@ctsi.nsn.us)  
Candace Hill, Education Specialist /JOM x1763 [candaceh@ctsi.nsn.us](mailto:candaceh@ctsi.nsn.us)  
Jenifer Jackson, Tribal Services Specialist/477SSP x1755 [jeniferj@ctsi.nsn.us](mailto:jeniferj@ctsi.nsn.us)  
Cathy Ray, Intake Specialist/Job Coach x1756 [catheriner@ctsi.nsn.us](mailto:catheriner@ctsi.nsn.us)  
Makayla Jackson, Job Developer/Counselor/VRD x1752 [Makaylaj@ctsi.nsn.us](mailto:Makaylaj@ctsi.nsn.us)  
Jamie Boe, Community Health Advocate x1753 [Jamieboe@ctsi.nsn.us](mailto:Jamieboe@ctsi.nsn.us)  
Ro Zientara, Mental Health Therapist x1758 [rzientara@ctsi.nsn.us](mailto:rzientara@ctsi.nsn.us)  
Vacant, Peer Recovery Mentor  
Vacant, Clerk  
Verdene McGuire, EAO Elders Rep. [vdenie101@gmail.com](mailto:vdenie101@gmail.com)  
Vacant, Elder on-call Transport

The Confederated Tribes of Siletz Indians  
Eugene Area Office  
2468 W.11<sup>th</sup> Ave  
Eugene Oregon 97402