



CONFEDERATED TRIBES OF SILETZ INDIANS

PORTLAND POTLATCH - JANUARY 2023




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TRIBAL ELECTION DAY IS FEBRUARY 4TH, 2023

Election Dates 2023

Candidates Fair – Aces Bar & Grill, Lincoln City	Jan. 7	9am-Noon
Deadline to request a mail-in ballot	Jan. 27	4pm
In-person Voting – Tribal Elections, Tribal Community Center, Siletz	Feb. 4	10am - 4pm
Deadline for returning absentee ballots	Feb. 4	4pm



**ALL TRIBAL OFFICES WILL BE CLOSED
 IN OBSERVANCE OF THE FOLLOWING
 HOLIDAYS:**

**JANUARY 2ND - NEW YEARS
 JANUARY 16TH - MLK JR. DAY**



PAO Announcements

Elders: Sandi Steele will be the temporary Elders Rep for the Portland area until further notice. Please contact Sandi for rides to events or Elders Shopping Days at 503-819-2931.

Elders SHOPPING Days



Elders Shopping Days are Back!

Shopping days will be the 1st and 3rd Thursdays of each month. Elders, please call the Temporary Portland Elder's Representative Sandi Steele to be added to the passenger list for Elders Shopping Days at (503) 819-2931.

NEED TO CHANGE YOUR ADDRESS?

NEED A TRIBAL ID CARD?



All of these requests go to the Enrollment Department. For access to the forms and instructions, please visit our Tribal website at: www.ctsi.nsn.us

Happenings in PDX

Portland Metro Reptile Expo January 14th, 10am - 5pm



At the Double Tree by Portland Hilton

The following description was submitted by the event organizer.



Northwest Reptile Expos is the largest reptile expo in the Northwest and the longest-running reptile show in Oregon. Come and see the largest selection of reptile vendors in the Pacific Northwest.

Northwest Reptile Expos is the only captive-bred reptile show in America. The shows feature a venomous reptile display, an educational display, free raffles and free giveaways.

Several reptile rescues are on hand at the shows, looking to find new homes for adopted reptiles. Come out and help support the Northwest reptile industry. Morally and environmentally conscious event promotes responsible pet ownership while adhering to captive breeding programs and conservation that helps protect wild animals.



PAO Announcements



Do you have the winter blues? Try the tips below to chase those winter blues away!

Stick to a Schedule

- Remember to go to bed and wake up at similar times every day and stay on top of your weekly household chores.

Get Plenty of Sunshine

- Bundle up and spend time outside in the sun or consider getting a sun lamp for your home.

Consider Your Diet

- Eat plenty of fruits and vegetables and consider replacing red meats with leaner choices.

Stay Active

- Exercise daily, even if it is just stretching or taking a short walk. 30 minutes of exercise will lift your mood and can reduce winter body aches.

Keep in Touch with Family and Friends

- Now more than ever, it is crucial to keep in touch with your loved ones. Call or text someone important to you and see how they are doing!



477-Self Sufficiency Program

477-SSP January Meeting Information:

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 Self-Sufficiency Counselor.

Anna Renville annar@ctsi.nsn.us
(503) 238-1512 x 1412

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

The 477 SSP program offers many services for Siletz Tribal Members and other Tribal Members from federally recognized tribes. These services are in place to help our people attain self-sufficiency by removing barriers to employment. For a full list of those services please visit the CTSI website:

<https://www.ctsi.nsn.us/tribal-services/social-services/477-ssp/>



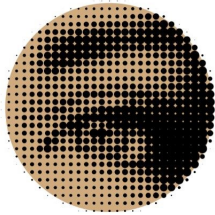
Your Success is Important to Us!

If you have questions, or to apply, please call the Portland Area Office (503) 238-1512 and speak with one of our Self-Sufficiency Counselors; Anna Renville ext. 1412 or Tamra Russell ext. 1411.

Voc. Rehabilitation Program

January Disability Awareness: Glaucoma

Glaucoma is a condition that affects the eyes. Damage to the eye's optic nerve causes loss of vision. Sometimes, there is an increased pressure inside of the eye called "intraocular pressure". If left untreated, it leads to gradual vision loss.



Symptoms

Blurred vision, Glare, Eye Pain, Headache, and Narrowed Vision.

Facts

- Treatments can help manage the condition. There's no known cure
- Requires lab test or imaging
- May last several years or be life-long
- Common for ages 50 and older
- Family history may increase likelihood
- Vision loss caused by Glaucoma is permanent
- Treatment: reducing the intraocu-

lar pressure and preventing further damage to the optic nerves. Intraocular pressure can be reduced by increasing the drainage or reducing its production through medications

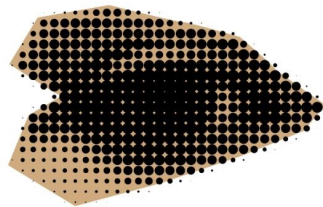
There are two types of glaucoma:

Open angle glaucoma: Most common. Develops over time and is painless.

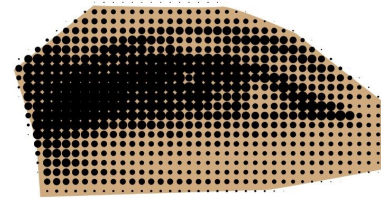
Angle-closure glaucoma: This type can show gradually or suddenly; if sudden then it involves severe eye pain, blurred vision, redness of the eye, mid dilated pupil and nausea.

Prevention

- Primary open angle glaucoma cannot be prevented
- Certain types of Glaucoma can be prevented with early diagnosis and appropriate treatment.



Voc. Rehabilitation Program



- Surgical interventions can prevent the vision loss

Nutrition

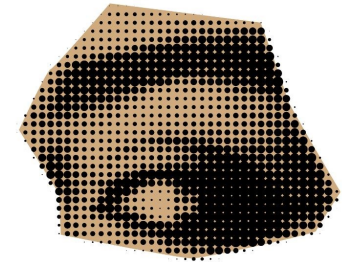
Foods to eat:

- Iron rich foods such as spinach
- Vitamin A containing foods such as sweet potatoes, carrots, mangoes and milk
- Protein rich foods such as eggs and milk
- Zinc-rich foods such as green peas, eggs, red meat, poultry and certain seafood
- Foods rich in vitamin C like green pepper, citrus fruits and tomatoes

Food to avoid:

- Foods with trans fatty acids such as cookies, cakes and french fries
- Foods with high saturated fats like fatty meat (beef)
- Coffee (caffeinated)
- Alcohol

Accommodations: Job site modifications, assistive and adaptive technology also mobility such as cane, guide dog, or sighted aide, and skills training. The Job Development Specialists in your local Vocational Rehabilitation office are available to assist you with your vocational needs.



Makayla Jackson

Job Development Specialist
Eugene Area Office
541-484-4234 ext. 1752

Toni Leija

Job Development Specialist
Salem Area Office
503-390-9494 ext. 1861

Tamra Russell

TSS2/Job Development Specialist
Portland Area Office
503-238-1512 ext. 1411

Behavioral Health Program

Thinking about winter:

Winter is underway, but, the days are already starting to lengthen again. There is certainly something to be said about finding the silver lining—yes, it is harder to get out, harder to motivate, but the darkest day is behind us!



Here are some strategies for helping pull yourself out of the ‘winter blues’:

- 1) “Spring cleaning” during the winter is a good way to help keep yourself from feeling scattered during the holidays. Studies show that a cluttered house stems from a cluttered mind more often than not. Here’s a trick: set a timer for 15 minutes and see how much cleaning you can get done during that time, focusing on countertops, toilets, mirrors and sinks.
- 2) Try and make time to socialize somehow; eat lunch with coworkers instead of alone, spend a family meal at the table instead of in front of the TV, or go to that annual



party even though perhaps you’re just not quite feeling in the mood.

PAO/ SAO Winter Happenings:

The PAO hosted a gift-making event on 12/20, and lots of youth gathered for a bowling event on 12/27 (or at least those were the plans, as of the time of this writing those dates are in the future!) The SAO created gift bags for Salem-area tribal members, and passed them out the week of 12/12.

(Continued on next page)

Behavioral Health Program

MHS Rachel knows this one, as she packed half of the gifts into their gift bags. There was also a youth Minecraft event 12/17. Fun times!

Mental Health services include:

Brainspotting, Gottman-style couples counseling, adventure-based group therapy, youth, adult and family counseling with emphasis in experiential healing and person-centered therapy. Rachel is currently accepting new clients, and can see Siletz Tribal Members, their family and descendants, members of other tribes and their descendants, and she can even accept and bill OHP.

Traditional Coping

For the people of the Siletz tribe, winter is a good time to spend extra time

with our Elders, making sure they have firewood, are getting to the store, and are eating healthy. Smudging can be helpful to remove negative energies. Going to a talking circle can be a good way to connect, as well as giving us a safe place to say what is really draining our energy or causing us pain. For many, winter is a time of reflection, and visiting a cemetery and other sacred places to be amongst our ancestors can bring us peace and strength.

Fridays: Advance Appointment Needed
Virtual Appointments Continue (Portland/Salem Area Offices)
(503) 200-4340

TRANSPORTATION PROGRAM

Provides non-emergency medical transportation for Siletz Tribal Members in the 11 county service area

To request a transport please call:
Richard Faber
(541) 444-9633



Education Program



Scholarship Season Is Upon Us!

From January 2023 through the end of March is the absolute best time of the year to be applying for college scholarships (many close at the end of March).

- Plan to take time to investigate and apply for scholarships that are available

at the schools you are applying to.

- Check out the Tribe's web site under Education Services/Scholarships for a list of potential scholarships. (www.ctsi.nsn.us)
- Graduating from a Oregon High School please visit: Oregonstudentaid.gov and find out about Oregon scholarship opportunities, especially the Promise Grant for Oregon High School students, Oregon Tribal Scholarship.

For more information please contact Katy Holland at katyh@ctsi.nsn



SCHOLARSHIPS AT A GLANCE

Scholarships through the Office of Student Access & Completion (OSAC), which is a state agency, administer 430 scholarships both private and public sources. Including partners with the office of Student Access & Completion. Through OSAC or www.oregonstudentaid.gov/scholarships you can apply for the following scholarships:

- Veryl & Dorothy Miller (Specifically targeting vocational training)
- Howard Vollum American Indian Scholarship (2-4 year public or private college/university)
- Oregon Tribal Grant

- Oregon Promise Grant.
- Oregon Barber & Hair Dresser Scholarship
- Please visit: www.getcollegefunds

OTHER SCHOLARSHIPS INCLUDE:

- Indian Health Service
- Cobell Scholarships: cobellscholar.org
- American Indian College—www.collegefund.org

Education Program



Siletz Tribal Funding is once a year. The deadline to have your Siletz Higher Education Application in is June 30, 2023

Information and applications can be found on the Tribe's website: www.ctsi.nsn.us. Applications are fillable and we ask students to email in their completed applications with all required documentation. If you have any questions or need help with this please contact your local Education Specialist.

OREGON TRIBAL STUDENT GRANT is still available and taking applications. **APPLY SOON!**

The Oregon State Grant is currently taking applications for Spring term 2023 and for the 2023-2024 school year. The grant can cover the average cost of full attendance after all federal/state grants and scholarships have been applied. This grant is specific to Oregon colleges and students who are enrolled in one of the nine federally recognized tribes in Oregon. For more information and a application please visit: <https://oregonstudentaid.gov>

al/state grants and scholarships have been applied. This grant is specific to Oregon colleges and students who are enrolled in one of the nine federally recognized tribes in Oregon. For more information and a application please visit: <https://oregonstudentaid.gov>

ONLINE TUTORING AVAILABLE



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 Education and AVT. Space is limited as hours are available. Contact Katy at 503-238-1512 ext. 1418 to sign up or email katyh@ctsi.nsn.us

Education Program

OPPORTUNITIES

PORTLAND COMMUNITY COLLEGE CAREER PATHWAYS PROGRAM

is a nationally-recognized, innovative model for student success and workforce development. Career Pathways certificates are 12 to 44 credits, can be completed in less than a year, and prepare you for employment in high-growth, high-demand industries while also providing a stepping stone to an associate degree, bachelor degree, and beyond.

Whether you are looking for a new career, wanting to advance in your field, needing some skills to get back into the workforce quickly, or just starting out and looking for your first job, PCC has a pathway to fit you. You can call 971-722-6218 for more information or to schedule an appointment.



Community Colleges in the Portland area offer numerous programs from GED programs, vocational and/or certificate programs, also two year transfer degrees towards a Bachelors degree.

Please go to the nearest college website for information on what they can offer you—whether it is part time or full time.

Portland Community College:
www.pcc.edu

Mt. Hood Community College:
www.mhcc.edu

Clackamas Community College:
www.ccc.edu

Education Program

Siletz Education Programs Serving Our Tribal Members

applications at www.ctsi.nsn.us

◆ **Higher Education:** Assists Tribal Members to attend college towards their Bachelors Degree (up to 5 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 1st**.

◆ **Adult Vocational Training Program:** Supports Tribal Members for up to two years of specific vocational training. Download

◆ **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 (503) 238-1512 ext. 1418 or by email; katyh@ctsi.nsn.us

HIGH SCHOOL THROUGH GRADUATE SCHOOL

STUDENT GRADUATION STOLE PROGRAM

2023 GRADUATES CAN SUBMIT A REQUEST FORM
JANUARY 1ST, 2023 TO MAY 31ST, 2023.

CONTACT AN EDUCATION SPECIALIST FOR AN APPLICATION

Katy Holland
Portland/Washington Area
KatyH@ctsi.nsn.us

Jeff Sweet
Siletz Area
JeffS@ctsi.nsn.us

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

Candace Hill
Eugene/Out-of-Area
CandaceH@ctsi.nsn.us

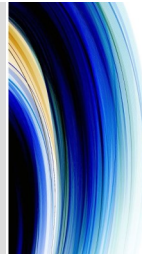
Applicant must be an enrolled Siletz Tribal member at time of completion/graduation.

Education Program

JOM SUPPLEMENTAL EDUCATION PROGRAM

We would like to encourage all of our Tribal families with enrolled Siletz children from three years old through high school to sign up for our JOM Supplemental Education Program. JOM can assist youth to pay for registration for sports, music and/or other activities such as: academic supplies, sport specific shoes of up to \$50 per request and more. The program can also provide school supplies if you have not received school supplies this year. JOM can also help to purchase cultural supplies. Please email or call Katy for an application or get one online at <https://www.ctsi.nsn.us/youth/>

Provides up to \$150 per year to cover costs for extra curricular activities as well as cultural projects and/or educational and other needed supplies for Siletz tribal youth. For more information and the application please visit our tribe's website: www.ctsi.nsn.us



SILETZ TRIBAL YOUTH ACTIVITY FUND



**CHECK OUT OUR SILETZ TRIBAL
YOUTH FACEBOOK PAGE.
YOU WILL FIND UP TO DATE
ANNOUNCEMENTS AND NUMEROUS
OPPORTUNITIES FOR OUR YOUTH!**

Community Health Program

National Glaucoma Awareness Month

Jamie Boe, Community Health Advocate

Glaucoma is a group of eye diseases that primarily affects the middle aged and elderly populations, although it can affect people of all ages. More than 3 million people in the United States have Glaucoma. This number could increase to 4.2 million by 2030. With almost no symptoms, as much as 40% of vision can be lost without noticing. Damage to the optic nerve, which is responsible for carrying images from the eye to the brain, is what causes Glaucoma. Although there is no cure for glaucoma, medication or surgery can slow, or even prevent further vision loss. Early detection is key, so be sure to get regular eye exams.

bers with Glaucoma.

- Diabetes
- People with severe near sightedness.



How often should I get my eyes examined?

- Infants: First exam at 6 months of age.
- Children: Every 2 years.
- Ages 20 to 39: Every 5 years.
- Ages 40 to 54: Every 2 to 4 years.
- Ages 55 to 64: Every 1 to 3 years.

Risk Factors for Glaucoma

- Native Americans have a higher incidence of normal-tension (NTG) glaucoma than white patients
- People of African, Latino, and Asian descent.
- People over the age of 60.
- People who have family mem-



Virtual Culture Nights

CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

Upcoming Dates:

January 11 at 6 pm: Our Tribal Bands

February 8 at 6 pm: Exploring Family History

March 15 at 6 pm: Hazel

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

For access to study materials please log in on the Tribe's website:

www.ctsi.nsn.us

For more information or to sign up please contact Nick Viles at
nickv@ctsi.nsn.us or call (541) 484-4234 ext. 1757.



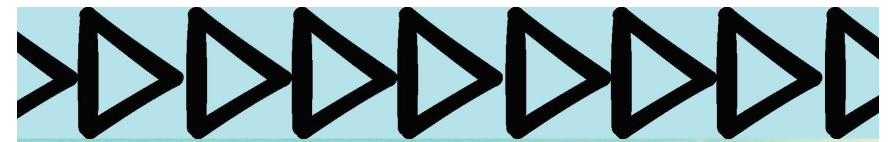
DO YOU LIKE WHAT YOU ARE READING SO FAR?

Like our Facebook page to get updates on important information and activities.

Confederated Tribes of Siletz Indians -
Portland Area Office - Home | Facebook



Language Program



SIGN UP TODAY FOR WINTER ON-LINE
LANGUAGE CLASSES

**LEARN
NUU-WEE-YA'**
(OUR LANGUAGE)

TUESDAYS, JANUARY 3-MARCH 7

5:00 PM-BEGINNING CONVERSATION 1

5:45 PM- BEGINNING CONVERSATION 2

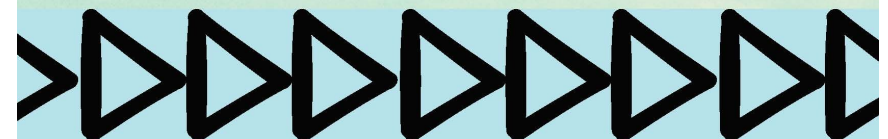
THURSDAYS, JANUARY 5 -MARCH 2

5:00 PM-ONGOING CONVERSATION

SATURDAYS 1/28, 2/18, 3/4

NOON-IMMERSION CONVERSATION HOUR

TO SIGN UP CONTACT NICK VILES AT nickv@ctsi.nsn.us OR 541-484-4234 X1757



To sign up, contact Nick Viles at Nickv@ctsi.nsn.us or call
(541) 484-4234 X 1757

Home Visiting Program

Siletz Home Visiting Program

Providing:

- Parenting and life skills for successful and positive parenting
- Support and encouragement
- Resources and referrals
- A culturally sensitive, evidence based curriculum



Serving:

Federally Recognized American Indian, Alaskan Native and Native Hawaiian Families:

- Prenatally until child turns three years of age. Must start before child turns one.
- Living in Lincoln, Tillamook, Washington, Multnomah, Clackamas, Yamhill, Polk, Marion, Benton, Linn or Lane County

For more information and eligibility criteria contact

Lori Christy, Family Support Specialist

loric@ctsi.nsn.us

503-390-9494

Go to www.ctsi.nsn.us 477-SSP Home Visiting to view past success stories.

Community Health Program

Siletz Tribal Members Online Academic Support

- * **24/7 On-Demand Access to Online Professional Tutors**
- * **All Subjects and Grade Levels- From Kindergarten through College/University**
- * **Individualized Help in All Subjects**
- * **SAT & ACT Prep; College Course Level Help and More**
- * **All Tribal Students Eligible to Apply, Regardless of Residence.**

Please Note:

On-line tutoring access is funded with US CARES Act Funds: Students **MUST** complete a COVID-19 Tutoring Application to register. Tutoring hours are available on a first come first serve basis as resources are available

Contact your local Education Specialist to sign up!

Portland Area Siletz Tribal Members please contact: Katy Holland (503)-238-1512 ext. 1418 or katyh@ctsi.nsn.us

Extras

Siletz Clinic COVID Resource Line

(541) 444-9636

PublicAlerts

VISIT PUBLICALERTS.ORG

Receive emergency notifications via landline, mobile and email.

Crisis Text Line for Natives—Call or Text

Dial 988
from any phone to get help.

If you need immediate help now,
Text **NATIVE** to 741741.



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.

Portland Area Office Staff

Name/Title	Contact Information
Vacant Area Office Supervisor	(503) 238-1512 x 1419
Katy Holland Education Specialist	(503) 238-1512 x 1418 katyh@ctsi.nsn.us
Vacant Comm. Health Advocate	(503) 238-1512 x 1413
Dianna Edenfield Administrative Services Clerk	(503) 238-1512 x 1400 diannae@ctsi.nsn.us
Anna Renville Self-Sufficiency Counselor II	(503) 238-1512 x 1412 annar@ctsi.nsn.us
Tamra Russell Self-Sufficiency Counselor II	(503) 238-1512 x 1411 tamrar@ctsi.nsn.us
Andrew Eddings BH Case Manager CADC1, CRM	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
Katrina Hudson Web Content Specialist	(503) 238-1512 x 1415 katrinah@ctsi.nsn.us



12790 SE Stark St.
Suite 102
Portland, OR 97233
Phone: (503) 238-1512
Fax: (503) 238-2436

Other Contact Numbers

Name/Program	Number	Name/Program	Number
Siletz Community Health Clinic	(800) 648-0449	Purchased Referred Care (PRC)	800-628-5720
Siletz Administration Building	(800) 922-1399	Angelina Artiago Portland Elders Rep.	(503) 760-3899
Non-Emergency Medical Transport	1-(541) 444-9633	Kay Steele Portland Elders Rep.	(503) 760-4746