



Highlights / Announcements

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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Happy,
Valentine's
Day

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Office Closure in February

**Presidents Day
February 20**



Hello World!

My name is Isaac Palomo. I'm super excited to be the new Re-Entry Mentor!

Born and raised in Salem, I would travel to Siletz to visit family and go to Culture Camp and Pow Wows. I fell in love with the Siletz river the first time I swam in it. My uncles, cousins and I would always swim and fish; even though all I ever caught was one small trout.

I will be working at the Salem Area Office. I'm here to support our tribal members be successful and self sufficient. Feel free to reach out to me for services or questions!

2023 College Students Summer Internship Program



Students attending college can apply for the Tribe's 2023 College Students Summer Internship Program. To be eligible, you must be at least a half-time student attending a two-year or four-year college and in good academic standing.

Applications will be mailed to known students, but if you do not receive an application, please contact Assistant General Manager, Lisa Norton, or the Education Specialists at any Tribal area office to request an application.

The purpose of the program is to provide funding for a paid internship to Tribal students to gain work experience in their field of study that will help them be competitive in the job market after graduation. There are 10 slots available paid at Tribal minimum wage and for up to 350 hours. Students will be responsible for securing their own placement. We are available to assist, but ultimately it is the student's responsibility to locate and develop a placement. There are a limited number of placements available with the Tribe. Due to COVID, at this point, most Tribal placements will likely be remote.



Students selected for the program must complete an orientation, criminal history background check and drug screening (Note: The Tribe does not recognize Oregon laws allowing the use of medical or recreational marijuana).

Placements can begin in June, and must be completed by Sept. 30, 2023.

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

Mail: CTSI
Attn: Summer Internship Program
P.O. Box 549
Siletz, OR 97380

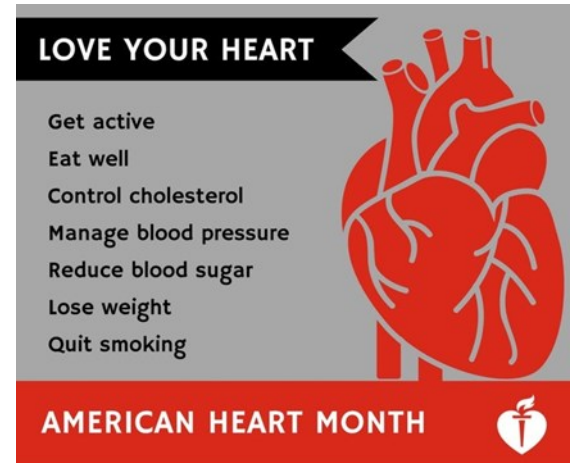
Online: www.ctsi.nsn.us/summer-intern-application/

Email: collegeinterns@ctsi.nsn.us

Fax: 541-444-2307



The deadline to apply for the program is **4:30 PM** on **March 31, 2023**. If you have questions about the program, please contact Lisa Norton at the above email address or by calling (541) 444-8210.



Heart Month Education Series Multiple Dates

NOTE: You may attend this class either in-person or virtually.

In-person classes are held in Community Health Education Classroom 1 at Salem Hospital, Building D (939 Oak Street SE, Salem, OR). Virtual classes are held via Microsoft Teams.

Take a look into the ‘Essential Eight’, the American Heart Association’s key measures for better cardiovascular health. Area specialists and providers in cardiovascular care will join us to provide information on two topics each Monday throughout February.

Attend one, or all, of our class sessions throughout the month. Each session covers select topics:

February 6 - Activity & Weight

February 13 - Blood Pressure & Cholesterol

February 20 - Healthy Eating & Blood Sugar

February 27 - Tobacco Cessation & Healthy Sleep



To register: Log on to Salem Health education center at

<https://www.salemhealth.org/community-health-education-center>

Select “find a class” and the link will be there to register. If you need assistance please call me at the Salem Area Office:

Cecilia Tolentino, Community Health Advocate, 503-390-9494

Is Home Visiting for you?

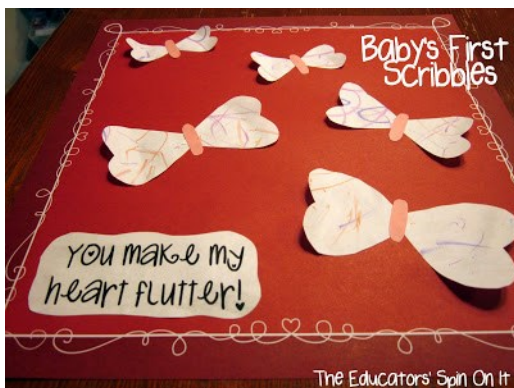
If you are expecting a baby, or have an infant under age one, Home Visiting just may be for you! We serve federally recognized American Indians, Alaskan Natives and Native Hawaiian families in our 11 county service area. Home visiting:

- ♥ Increases parenting knowledge and skills
- ♥ Provides support and encouragement for parents
- ♥ Connects to community resources as needed
- ♥ Has lessons on a wide variety of topics from child development, parenting tips, nutrition and life skills such as budgeting, communication and more
- ♥ Is culturally sensitive and evidence based
- ♥ Helps you to reach your goals

If you have questions or would like more information please contact our Family Support Specialist, Lori Christy, at loric@ctsi.nsn.us or 503-390-9494.

Here are a couple of fun Valentine activities to try with your little one.

Heart Scribbles – Tape a piece of paper to your child’s high chair tray or another safe surface they can reach. Give them some crayons to color and scribble with all over the page as they want. When they are done you can cut the paper into two heart shapes. Using another piece of paper cut a long oval to make a butterfly body. Attach the two heart tips to the body with glue or tape to look like a butterfly. If you want to you can place the butterfly on a piece of paper and add the words, “You make my heart flutter.”



Felt Hearts – Cut different sizes of hearts out of colorful pieces of felt or other fabric. Find a plastic bowl or bucket and let your child have fun putting them in the bucket and pulling them out. You can talk with them about the colors, sizes and textures as they play. You can also describe what they are doing: “You put the red heart in the bucket.”

EDUCATION NEWS - Sonya Moody-Jurado, Education Specialist

Sonyamj@ctsi.nsn.us
503-390-9494 x 1856
Monday - Thursday
8:00 am - 4:30 pm

EDUCATION PROGRAM COMPONENTS

- Higher Education
- Adult Vocational Training (AVT)
- Adult Education)
- Supplemental Education (JOM)



JOM

FEBRUARY YOUTH COUNCIL

Date: February 18, 2023

Time: 11:00 a.m. -3:00 p.m.

Location: Oregon State University

Please call or email Sonya as transportation is limited.

Youth Council is for Tribal youth ages 12-24 years of age.



PARENT COMMITTEE MEETING

We had a very successful first meeting of the school year. There was discussion on the importance of parent trainings around advocacy and IEP meetings, so we will invite guest speakers to discuss important education topics. Please come and join us for the next meeting, and have a voice in the JOM program.

Date: March 14, 2023

Time: 6:00 p.m.

Location: Zoom

Please call or email Sonya for the Zoom Link.

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

COLLEGE INFORMATION NIGHT

Date: February 16, 2023

Time: 6:00 p.m.

Location: Zoom

Topics: Tribal Programs for Students, Campus Life, Tribal Deadlines



HIGHER EDUCATION

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

ADULT VOCATIONAL TRAINING (AVT)

Programs that are geared towards receiving a license, certificate, certification or two year nontransferable degree, such as: cosmetology schools, vocational medical programs, truck driving, heavy equipment, 2 year programs at community college, etc.

STUDENTS CONTEMPLATING ATTENDING COLLEGE FALL TERM

The Tribe has a once a year application deadline. Applications turned in after the deadline will not be considered for funding.

HE/AVT DEADLINE DATE:

- ◆ APPLY TO THE HIGHER EDUCATION/ AVT PROGRAM BY THE **JUNE 30 DEADLINE**. All documentation has to be turned in by the deadline.
- ◆ OREGON TRIBAL STUDENT GRANT- <https://oregonstudentaid.gov/grants/oregon-tribal-student-grant/>

SCHOLARSHIP INFORMATION

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

The Oregon Student Assistance Commission (OSAC) offers many scholarships with a one application process, www.GetCollegeFunds.org.

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

College Board: www.collegeboard.com

FastWEB: www.fastweb.com



ADULT EDUCATION

Adult Education can assist with employment related expenses (e.g., renewing license fees, skill development classes and General Education Development (GED) classes) to obtain and retain employment.

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.

A&D PROGRAM - Andulia White Elk, Addictions Counselor

AnduliaW@ctsi.nsn.us
503-559-1352

RESILIENCE AND RECOVERY

Recovery can often leave you feeling vulnerable, especially on the hard days. Even though you know coping mechanisms to help you get through periods of difficulty, there will be times that you get knocked down on your feet and won't know how to get back up. This is where **resiliency** comes in. Even when you feel that there is no way to continue moving forward, you must push through. If you lack resilience, you are more likely to relapse when you stumble. Instead of focusing on the bad and allowing yourself to wallow in your struggles, resiliency will motivate you to find ways to get back up. Knowing how to strengthen your resilience will help you overcome even the most difficult struggles that you experience.



HOW TO STRENGTHEN YOUR RESILIENCE

When you find yourself at a low point in your recovery, try methods to develop and strengthen your resiliency. This way, you are more prepared to avoid relapse and continue maintaining your recovery. Here are some ways to improve your resilience:

ACCEPT CHANGE

Life is not linear, and neither is healing. You cannot expect to live in a comfortable bubble for your entire recovery journey. Changes will come, some that are good and some that are not so good. Remember that change is a natural part of life and surrender to this fact. Accepting these changes and still having a hold on your life will help greatly as you continue working on your recovery.

USDA FOOD DISTRIBUTION PROGRAM - Sammy Hall, FDP Director

Siletz

Wednesday	Feb 1	9:00 am - 3:00 pm
Thursday	Feb 2	9:00 am - 3:00 pm
Friday	Feb 3	9:00 am - 3:00 pm
Monday	Feb 6	9:00 am - 3:00 pm
Tuesday	Feb 7	9:00 am - 3:00 pm

Salem

Monday	Feb 13	1:30 pm - 6:30 pm
Tuesday	Feb 14	9:00 am - 6:30 pm
Wednesday	Feb 15	By appointment only

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.



at "Siletz Tribal FDPIR" and share your recipes.

477 - SELF SUFFICIENCY PROGRAM - *Angelica Espino, SSC*

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. Please contact your local CTSI Tribal Office for an application. Additional eligibility criteria apply. SSP staff will reach out to you by phone or email. You can also email 477SSP@ctsi.nsn.us for more information. Please include your name, phone number and the city/county you reside in.

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.

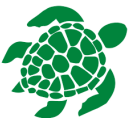
Temporary Assistance for Needy Families (TANF)

Siletz families below the countable income limits and FPL may be eligible for monthly grant assistance to meet basic needs.

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:

February 5:

Monthly Contact, Monthly Report Forms, Self Sufficiency Activities Timesheets, and Job Search Forms are due.

February 15th:

Pow Wow Etiquette (Online Monthly Activity) 10:00am - 12:00pm

February 22nd:

TBD (Online Monthly Training) 10:00am - 12:00pm

For More Information Contact:

Angelica Espino

Self Sufficiency Counselor

Phone: 503-390-9494 ext. 1853

Email: Angelicae@ctsi.nsn.us



SILETZ TRIBAL VOCATIONAL REHABILITATION PROGRAM (STVRP) - Toni Leija, VRC/Job Developer

February 2023 Disability Awareness: EHLERS DANLOS SYNDROME (EDS)

Ehlers - Danlos Syndrome is a group of hereditary disorders (14 types) that affect the connective tissues of the body. Connective tissues are crucial to providing strength and flexibility to the skin, bones, blood vessels, and other organs.

If an individual presents with signs and symptoms, then urgent medical attention may be necessary in severe cases. Ehlers is very rare (less than 200,000 cases per year). Treatments help with management of the condition; however, there is no known cure. It runs in families which predisposes a family member to an increased likelihood of getting it. Due to the syndrome being genetic, it may not be preventable.



If you are experiencing new, severe, or persistent symptoms, contact a health care provider.

Common symptoms:

- Overly flexible joints, smaller joints may be more affected
- Loose joints that dislocate easily
- Joint pain
- Stretchy and fragile skin that bruises easily
- Soft & velvety skin
- Non-healing damaged skin
- Muscle pain
- Extreme tiredness
- Dizziness
- Increased heart rate, especially after standing
- Digestive problems such as heartburn and constipation
- Urinary incontinence
- Heart valve problems
- Protruding eyes

Signs and symptoms in people with Vascular Ehlers-Danlos Syndrome include:

- Thin nose
- Thin upper lip
- Small earlobes
- Prominent eyes
- Thin and translucent skin that bruises easily; underlying blood vessels may be visible in fair skinned people

Causes and Complications:

- Overly flexible joints: Joint dislocation and early-onset arthritis
- Vascular Ehlers-Danlos syndrome: A serious condition where the walls of blood vessels, intestines, or uterus rupture
- Flexible skin: Stitches to close a wound do not heal, instead they tear out leaving a gap
- Permanent scarring
- Rupture of uterus during pregnancy
- Hernias and organ prolapse

Questions To Ask Your Doctor

- Is my condition treatable or is it life-long?
- Are there any complications?
- Is there any special diet that I need to follow?
- Should I make any changes to my routine or lifestyle?

Nutrition

FOODS

- ✚ Raw vegetables and fruits
- ✚ Dairy products like milk and yogurt
- ✚ Properly cooked meat

- ✚ Increase the intake of fluids to stay hydrated

FOODS TO AVOID:

- ✚ Foods rich in sugar
- ✚ Foods which contain gluten

Accommodations

- ✚ Worksite modifications
- ✚ Assistive technology

- ✚ Referral for mental health counseling
- ✚ Support groups.

The STVRP Job Development Specialist in your local Tribal office is available to assist you with your vocational needs:

Makayla Jackson, Job Development Specialist

Eugene Area Office
2468 W. 111th Ave., Eugene, OR 97402
541-484-4234, ext. 1752

Tamra Russell, TSS2/Job Development Specialist

Portland Area Office
12790 SE Stark Street, Suite #102
Portland, OR 97233
503-238-1512, ext. 1411

Toni Leija, Job Development Specialist

Salem Area Office
3160 Blossom Dr. NE, Suite #105
Salem, OR 97305
503-390-9494, ext. 1861

Jamie Bokuro, 477/SSP Job Development Specialist

Siletz Area Office
201 SE Swan Ave - PO Box 549
Siletz, OR 97330
541-444-8213



from the
Siletz Tribal Vocational Rehabilitation Program (STVRP)
Of the
Confederated Tribes of Siletz Indians

We are holding a Winter Clothes Drive!

WHAT: JACKETS, BOOTS, and BLANKETS

WHERE: Salem Tribal Office: 3160 Blossom Dr. NE, Suite #105

WHEN: Winter Months (December - March)

CONTACT: Toni Leija, Job Development Specialist, 503-390-9494 X 1861



Items collected will be distributed to individuals in need.
If you are in need of a clothing item, please contact us to see if we have your needed size/item.

A heartfelt thank you for your generosity!!!

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

Not all talks are easy:

During the winter months, people can become depressed, or suffer seasonal affective disorder (SAD). Winter holidays can be stressful, to the point of overwhelming for folks. And remember, even too much eustress, or stress caused by happy events, can be overwhelming. In the midst of holidays and winter, some people start having thoughts of ending their lives. If you or a loved one has these thoughts, please know that you are not alone. Many people have these thoughts from time to time, and what is important is to take action against them.

It's hard, but, talking openly about suicide saves lives. Don't be afraid to ask, are we talking about suicide?

What to do about suicidal thoughts or risk:

- 1) Call the National Suicide Prevention Lifeline: 988 (just like 911, but, 988)
- 2) Text the National Suicide Prevention Lifeline: Text TALK to 741741 (It really works!)
- 3) Call a Crisis Line:

24/7 County Suicide Prevention Lines:

- Multnomah County: 503-988-4888
 - Clackamas County: 503-655-8585
 - Marion County: 503-585-4949
- 4) Reach out to family, seek the services of a counselor, or talk to someone trusted.



Don't forget, Rachel is always accepting new clients! Call and schedule an appointment. She can help you learn skills to get you where you want to go.



Winter Haiku:

Hope in winter's chill
A single snowflake falls free
The world is still alive.

Upcoming Youth Event:



February 11
10:30 a.m. to 1:00 p.m.
Email elizabethm@ctsi.nsn.us
for more information.



Traditional Coping:

For the people of the Siletz tribe, our Elders are an ever-important resource to utilize. Chances are, they have experienced most, if not all, of the stressors we're facing, and quite possibly they have experienced some suicidal thoughts at some point in their lives. Elders can explain how they managed to walk away from those thoughts. Smudging, talking circles and sweat lodges are traditional methods of health and healing for the Siletz people also.



Virtual Appointments Continue
Monday - Friday

**In-person appointments available
with advance arrangement**

Salem - Wednesdays/Portland - Fridays
(503) 200-4340



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](mailto:nickv@ctsi.nsn.us) OR 541-484-4234 X1757



CTSI YOUTH COUNCIL

JOIN US FOR OUR FIRST HYBRID YOUTH COUNCIL MEETING OF 2023!

FEBRUARY 18 FROM 11AM TO 3PM

**PHYSICAL LOCATION: TBD
ZOOM OPTION AVAILABLE**

LIMITED TRANSPORTATION AVAILABLE FROM THE AREA OFFICES

CONTACT YOUR AREA OFFICE TO SIGN UP

PORTLAND AREA

(503) 238-1512

[KATYH@CTSI.NSN.US](mailto:katyh@ctsi.nsn.us)

SALEM AREA

(503) 390-9494

[SONYAMJ@CTSI.NSN.US](mailto:sonyamj@ctsi.nsn.us)

SILETZ AREA

(541) 444-9606

[ELIZABETHM@CTSI.NSN.US](mailto:elizabethm@ctsi.nsn.us)

EUGENE AREA

(541) 484-4234

[CANDACEH@CTSI.NSN.US](mailto:candaceh@ctsi.nsn.us)

Tribal Non-Emergency Medical Transportation (NEMT)

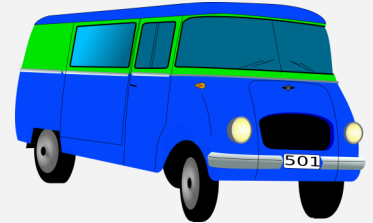
We provide transportation to and from medical-related appointments as a last resort for Siletz tribal members lacking transportation. To determine eligibility and availability for transport services, Siletz tribal members must call the transport hub **at least 48 hours in advance.**

The **Transport Hub** line is:

541-444-9633

or

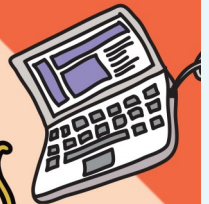
541-444-1030, Option 9.



Oregon Health Plan - NEMT

If you have Oregon Health Plan (OHP) you may be eligible for the Oregon Health Plan Non-Emergent Medical Transportation. Go to www.oregon.gov/oha/HSD/OHP/Pages/NEMT.aspx and search for the ride service or "brokerage" available in your area.

CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

Upcoming Dates:

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



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

YOUR SALEM AREA OFFICE STAFF:



Andulia White Elk	AnduliaW@ctsi.nsn.us	Addictions Counselor	X 1855
Angelica Espino	AngelicaE@ctsi.nsn.us	Self Sufficiency Counselor	X 1853
Antonia Leija	AntoniaL@ctsi.nsn.us	Voc Rehab Counselor/Job Developer	X 1861
Beverly Owen	BevO@ctsi.nsn.us	Area Office Supervisor	X 1851
Cecilia Tolentino	CeciliaT@ctsi.nsn.us	Community Health Advocate	X1854
Dana Rodriguez	DanaR@ctsi.nsn.us	Administrative Services Clerk	X 1850
Isaac Palomo	IsaacP@ctsi.nsn.us	Re-Entry Mentor	X 1852
Lori Christy	LoriC@ctsi.nsn.us	Family Support Specialist	X 1863
Lydia Kentta		Transporter	
Rachel Zinn	RachelZ@ctsi.nsn.us	Mental Health Counselor	X1864
Sonya Moody-Jurado	SonyaMJ@ctsi.nsn.us	Education Specialist	X 1856

