



Siletz Salem Area Office

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

Page Directory

Inside this issue:

Community Health News	3
Home Visiting	4-5
USDA Food Distribution	5
Education	6-7
477 Self-Sufficiency	8
Siletz Tribal Vocational Rehabilitation Program (STVRP)	9-11
A&D Program	10
Behavioral Health	12
Language	13
Culture	13
SAO Staff Listing	14

The Oregon Department of Fish and Wildlife (ODFW) is needing to thin out their turkey population every once in a while and is working with the Salem Area Office to distribute the turkeys to interested households. The turkeys will be fresh, so those taking them will need to harvest the meat themselves. If you are interested in being put on a [call list](#) for a fresh turkey, contact the Salem Area Office at 503-390-9494.



Highlights / Announcements

College Summer Internship Program	2
Virtual Parenting Workshop Series	4
USDA: March and April Distribution Dates	5
Grand Ronde Native Youth Wellness Day	6
Parent Committee Meeting	6
Spring Break Activities: Siletz 3x3 Basket Ball Tournament, Splash Pool, Oregon Coast Aquarium	6
Student Graduation Stole Program	7
Behavioral Health Staff Welcome	10
Winter Clothes Drive and Distribution	11
Language Classes	13
Virtual Culture Night—Hazel	13
15th Annual Native Caring Conference	13

WE ARE GOING DIGITAL!

Beginning April 1, 2023, all area office newsletters will be combined into one digital newsletter. You can view the digital newsletter on the CTSI website under News and Events on or around the 15th. To keep paper costs down, and to lighten our carbon footprint, we will no longer be mailing out paper versions of the area office newsletters.



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 Chief Operating Officer, 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.



NATIONAL NATIVE HIV/AIDS AWARENESS DAY

On March 20th, National Native HIV/AIDS Awareness Day brings many groups across the United States together to increase education and provide support in communities nationwide.

Over 1.1 million people in the U.S. are living with HIV/AIDS. One in seven of them isn't aware that they have it. Of the nearly 39,000 people diagnosed (CDC) with HIV in 2017, 1% were among the American Indian and Alaska Native populations. While those at the highest risk are gay and bisexual men who are sexually active, anyone not practicing safe sex is at risk. HIV is a virus that causes an infection, and AIDS (Acquired Immunodeficiency Syndrome) is a condition that can develop when someone contracts HIV.

Many people, even those who engage in high-risk behavior, do not get tested because they do not believe they are at risk for HIV infection.

Others misunderstand the testing process, not realizing that rapid HIV tests can be done with a simple cheek swab or finger prick and provide results in as little as 20 minutes.

Some are concerned that other people will find out that they have tested positive (or that they sought testing at all), although testing is completely confidential.

Some may avoid testing simply because they are afraid their test will be positive.

WHY NATIONAL NATIVE HIV/AIDS AWARENESS DAY IS IMPORTANT

1. It promotes tolerance

This day helps reduce the stigma for people living with H.I.V. in society. This is a very important goal.

2. It helps us better understand the disease

It educates everyone on the effect of the disease in our community.

3. It promotes safe sex practice

It helps to reduce the transmission of H.I.V. and other S.T.Ds through the promotion of safe sex. This is one of the ways we can manage the spread of the disease.

HIV/AIDS FAQ

Q. Where can I be tested for HIV?

A. Several facilities offer HIV testing. Look for these facilities where you live:

Physician's office, STD or sexual health clinics, Medical centers, Health department, Family planning clinics and Treatment programs. You can also visit cdc.gov for listings.

Q. Is there a cure for HIV/AIDS?

A. No. Research continues and several treatment options are available for those diagnosed with HIV/AIDS.



Virtual Parenting Workshop Series

Fatherhood is Sacred®

Motherhood is Sacred®

Topics

- Laying the Foundation
- The Creator
- Choice
- Vision
- Teachable
- Barriers to Being Teachable
- Wisdom
- Service
- Self-Identity
- Relationships
- Nurturing

8 Week Series

Tuesdays 6:00-7:30

April 4—May 23

RSVP by March 30th to

Lori Christy

loric@ctsi.nsn.us

503-390-9494

Or

Cathy Ray

catheriner@ctsi.nsn.us

541-484-4234

Weekly door prizes!

Grand prize drawing for those who attend minimum
of 7 sessions

Workbook provided

Presented by

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





Confederated Tribes of Siletz Indians, and The Klamath Tribes



SILETZ HOME VISITING PROGRAM - *Lori Christy, Family Support Specialist*

The Siletz Home Visiting Program serves Native American families in our 11 county service area who are expecting or have an infant less than 12 months of age, continuing until the child's third birthday. Visits can be in person or virtually.

Home Visiting Provides:

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

For more information please contact Lori Christy, Family Support Specialist, at loric@ctsi.nsn.us or 503-390- 9494.

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

March Dates

Siletz

Wednesday	Mar 1	9:00 am – 3:00 pm
Thursday	Mar 2	9:00 am – 3:00 pm
Friday	Mar 3	9:00 am – 3:00 pm
Monday	Mar 6	9:00 am – 3:00 pm
Tuesday	Mar 7	9:00 am – 3:00 pm

Salem

Monday	Mar 13	1:30 pm - 6:30 pm
Tuesday	Mar 14	9:00 am - 6:30 pm
Wednesday	Mar 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

April Dates

Siletz

Monday	Apr 3	9:00 am – 3:00 pm
Tuesday	Apr 4	9:00 am – 3:00 pm
Wednesday	Apr 5	9:00 am – 3:00 pm
Thursday	Apr 6	9:00 am – 3:00 pm
Friday	Apr 7	9:00 am – 3:00 pm

Salem

Monday	Apr 17	1:30 pm - 6:30 pm
Tuesday	Apr 18	9:00 am - 6:30 pm
Wednesday	Apr 19	By appointment only

We would like to see more people sharing their recipes.



at **"Siletz Tribal FDP" and share your recipes.**



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

Grand Ronde Native Youth Wellness Day

March 3, 2023, 8:30 a.m. - 4:00 p.m.

Open to Native Youth in middle and high school. Please contact Sonya for sign up information.

PARENT COMMITTEE MEETING

Please join us for the JOM Parent Committee meeting. Meet other JOM parents, and give feedback on programming.

Date: March 14, 2023

Time: 6:00 p.m.

Location: Zoom

Please contact Sonya for the Zoom link.



SPRING BREAK ACTIVITIES

Transportation to JOM sponsored events will be limited to JOM students 9 years old and up. Youth attending without a chaperone will have priority for transportation, and depend on available space. Sign-ups are required for all events.

I AM THE CHANGE - SILETZ 3X3 BASKETBALL TOURNAMENT



Below are the dates and grades by brackets. I can transport JOM youth who will be playing in the tournament.

March 27, 2023: Girls - Grades 3RD/4TH and 5TH/6TH

Boys - Grades 3RD/4TH and 5TH/6TH

March 28, 2023: Girls - Grades 7TH/8TH and 9TH/12TH

Boys - Grades 7TH/8TH and 9TH/12TH

SPLASH WAVE POOL

March 30, 2023

OREGON COAST AQUARIUM

March 31, 2023



Please call Sonya to sign up for the Splash Wave Pool and/or the Oregon Coast Aquarium. Transportation is limited.

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

The next term that we are funding will be Fall Term 2023. **The deadline for the 2023/2024 school year is June 30, 2023.** All documentation is due by the deadline date for your application to be complete. Please call Sonya, (503) 390-9494, for an application, or applications are available on our Tribal website at www.ctsi.nsn.us.

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, improve employment status through education, training, and pursuit of special interest classes. There is no deadline to apply for classes. For an application please call, (503) 390-9494, or applications are available on the Tribal website at www.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.

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.

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:

March 5th

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

March 7th

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

March 21st

Language (Online Monthly Activity) 10:00am - 12:00pm

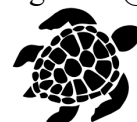
For More Information Contact:

Self Sufficiency Counselor:

Angelica Espino

Phone: 503-390-9494 ext. 1853

Email: Angelicae@ctsi.nsn.us





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



MARCH AWARENESS: Spotlight on the Oregon Medicaid Program

Oregon’s **State Plan Personal Care Program (SPPC)** provides in-home personal care assistance for the elderly (65+) and individuals with disabilities (18+) who require assistance with **activities of daily living (ADLs)** and **instrumental activities of daily living (IADLs)** in order to live independently. ADLs and IADLs are activities such as bathing, personal hygiene, dressing, transitioning (i.e., from the bed to a chair), preparing meals, and light housecleaning. Assistance may be hands-on, verbal reminders and prompts is beneficial for persons with cognitive impairments, i.e., Alzheimer’s disease or Dementias.

The participant can receive assistance via a home care agency or directing their own care. The participant self-directed care means they are responsible for finding, hiring, managing, scheduling, and firing their own caregiver, which SPPC calls a “Homecare Worker.” Friends and relatives can be hired as a homecare worker; however, a spouse cannot be hired to provide care.

Participants who cannot self-direct their own care can elect a Representative, i.e., a family member or friend, to do so on their behalf. A Representative cannot also be the “Homecare Worker” (a paid caregiver).

Participants can reside in their own home or the home of a friend or family member. They cannot live in an adult foster care home or an assisted living residence or facility. SPPC is an entitlement program. There is never a wait list to receive personal care assistance via this program.

The State Plan Personal Care (SPPC) Program is a regular state Medicaid program. Sometimes, **SPPC is called PC20**, which stands for Personal Care 20 hours / month. Medicaid in Oregon is called the Oregon Health Plan.

Benefits of the State Plan Personal Care Program

Program participants can receive up to 20 hours per month of personal care assistance. List of activities that might be provided:

- ◆ Cognitive Assistance – i.e., making decisions, memory, orientation
- ◆ Delegated Nursing Tasks
- ◆ Health Status Monitoring
- ◆ Homemaker Services – i.e., housecleaning, laundry, taking out the garbage
- ◆ Toileting / Bowel or Bladder Care
- ◆ Meal Preparation
- ◆ Medication / Oxygen Management
- ◆ Mobility / Transfer / Repositioning
- ◆ Personal Hygiene – i.e., bathing, shaving, washing hair, dressing
- ◆ Medical Appointment Assistance – i.e., scheduling appointments, arranging transportation

(Continued on following page)

To apply for SPPC, elders and disabled adults should contact the Northwest Senior & Disabilities Services (Marion County) or call the Oregon Department of Human Services at [1-800-282-8096](tel:1-800-282-8096). Individuals can also contact the Aging and Disability Resource Connection (ADRC) of Oregon at [1-855-673-2372](tel:1-855-673-2372). The [Oregon Department of Human Services \(ODHS\)](#) Office administers the State Plan Personal Care Program.

Oregon Health Plan Plus and Medicaid Eligibility (see links):

<https://www.medicaidplanningassistance.org/oregon-state-plan-personal-care>

<https://www.medicaidplanningassistance.org/in-home-care/>

Contact your local area office Job Development Specialist for more information on this program:

Makayla Jackson
Eugene Area Office
2468 W. 11th Ave.
Eugene, OR 97402
541-484-4234, ext. 1752

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

Jamie Bokuro
Siletz Area Office
201 SE Swan Ave. PO BOX 549
Siletz, OR 97380
541-444-8213

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

A&D PROGRAM - *Andulia White Elk, Addictions Counselor*



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

Siletz Behavioral Health is proud to announce our newest member to the team, Isaac Palomo, as the Re-Entry Mentor for Portland, Salem, and Eugene Area. The Siletz Re-Entry Program has been established to support Native people who are coming out of incarceration and in need of case management services such as:

- referrals to housing;
- re-entry into community skills;
- support with fees; and
- developing a plan of successful self-sufficiency.

If you have any questions, or would like to reach Isaac, his direct cell phone number is 541-270-1403, or call the Salem Area Office at 503-390-9494 x 1852.

Welcome aboard Isaac!



THANK YOU

Your donations are appreciated!



The
Siletz Tribal Vocational Rehabilitation Program
(STVRP)
is still accepting donations!

WHAT: JACKETS, BOOTS, and BLANKETS

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

WHEN: Through March 31

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 Toni to see if we have your size and item.





Preparing for Spring:

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

Activities for Mental Health in the Spring:

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

Rachel currently has openings:

Now is a good time to come in and talk about ways to create a fresh start!

Spring Haiku:

With the buds of spring
Showers come, but also sun,
And a sense of peace.

Upcoming Youth Events:

March 18: Minecraft, 10:30 a.m. to 1:00 p.m.

Check in with your local Education Specialist for Spring Break activities!

Odd Ways to Boost Your Mental Health:

- 1) Drink a cup of tea every day.
- 2) Hug a tree, or yourself, for 3 minutes.
- 3) Brush your teeth every day.
- 4) Don't watch the news, or limit this activity to times when you are not alone.
- 5) Learn how to show yourself compassion like you would a dear friend.

Traditional Coping:

For the people of the Siletz tribe, spring is a time to get outdoors and be in nature. It is a time for ropes courses, and other adventure-based activities, such as white water rapids rafting. Traditionally, our people would be out in canoes, fishing, gathering plants needed for basket-weaving, and collecting herbs and grasses for healing and smudging.



Virtual Appointments Continue

Monday - Friday

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

Salem - Wednesdays/Portland - Fridays

(503) 200-4340

*****SAVE THE DATE*****

15th Annual Native Caring... A Conference to Learn, Connect & Share

Hosted by...

Cow Creek Band of Umpqua Tribe of Indians

Other Oregon partnering Tribes include:

Burns Paiute Tribe ~ The Confederated Tribes of the Umatilla Indian Reservation ~
The Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians ~ Confederated Tribe of Siletz
Indians ~ Confederated Tribes of Warm Springs ~ Coquille Indian Tribe
~ Confederated Tribes of Grand Ronde ~ The Klamath Tribes



April 18-19, 2023
Seven Feathers Casino Resort
146 Chief Miwaleta Lane
Canyonville, OR 97417

Please come and join other caregivers of native elders and relative caregivers of children from Northwest Indian communities in this two-day event. You will have the opportunity to attend valuable workshops that enhance your caregiving skills and give you a break from your daily responsibilities.

Look for registrations coming out early February 2023

Seven Feathers Casino Resort has a limited number of rooms blocked for this event at \$ 110 + tax per night call -1-888-677-7771

To book your reservation and let them know you are with the NCC Group

For more information call – Sophia Gosselin at 541-492-5230

Vendors, please contact Suzy Deeds at 503.304.3429 or suzy.deeds@nwsds.org

SIGN UP TODAY FOR WINTER ON-LINE LANGUAGE CLASSES

LEARN NUU-WEE-YA' (OUR LANGUAGE)

TUESDAYS, JAN. 3-MARCH 7 **COMING SOON**
5:00 PM-BEGINNING CONVERSATION 1
5:45 PM- BEGINNING CONVERSATION 2

THURSDAYS, JAN. 5 -MARCH 2 **SPRING SESSION CLASSES START EARLY-APRIL**
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

CTSI Jobs

Tribal employment

Information is available at 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.

CTSI VIRTUAL CULTURE NIGHTS

ALL TRIBAL MEMBERS AND FAMILIES WELCOME

Upcoming Dates:

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

OHP & Medicaid

If you need help with applying for OHP or Medicaid, call the Siletz Clinic Community Health Partner at 541-444-9611. You can also call Medicaid Direct to apply at 1-800-699-9075 or online at one.oregon.gov.

If you think you qualify for OHP, have the following ready:

- Names & Birth Dates
- Social Security Numbers
- Insurance & Income information (if you have them)

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

your Heart for one more?

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



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