

In This Edition

General Information

Announcements

Community
News & Events

Language Class

USDA

477/SSP

Community Health

Education

Home Visiting
Program

A/D

Mental Health

Voc Rehab

Head Start

Community Calendar Beverly Owen, Area Office Supervisor, x1851 Cindy Jackson, Area office Secretary, x1850 bevo@ctsi.nsn.us cindvi@ctsi.nsn.us

Our office hours are Monday through Friday 8:00am - 4:30pm. We are closed on Federal and Tribal Holidays. We would appreciate it if you could make it into the office in plenty of time to complete your business by the close of business.

للخوسيان بالأسابان بالأسابان بالأسابان بالأسابان بالأسابان

The position of the Tribe on coming into any Tribal Offices under the influence of drugs and/or alcohol is that it will NOT be tolerated. That also includes threats of any kind and/or unruly behavior. If you exhibit any of this type of behavior, you will be asked to leave.

kok kok kok kok kok kok

We do not accept collect calls. An option is to call 800-922-1399 number and asked to be transferred to our office.

mak mak mak mak mak mak

We have a 5¢ per page charge for copies, faxes and printed materials. Note: If the documents are specifically requested by a Tribal program there will be no charge.

بالأسباق بالأسباق بالأسباق بالأسباق بالأسباق بالأسباط

If you would like to receive your newsletter via email, call Cindy or email her and make that request.

Special Days This Month

DP 00101 2 00 J 0 11110	
Hanukkah Begins	12^{th}
Christmas Eve	24 th
Christmas Day	25th
Kwanzaa Begins	26^{th}
New Year's Eve	31^{st}

Office Closures This Month





Christmas Dav

CTSI All Staff - 8th



Announcements & Community News

AIDS is a medical condition. A person is diagnosed with AIDS when their immune system is too weak to fight off infections.



Since AIDS was first identified in the early 1980s, an unprecedented number of people have been affected by the global AIDS epidemic. Today, there are an estimated 34 million people living with HIV and AIDS worldwide.

Around 2.7 million people became infected with HIV in 2010. Sub-Saharan Africa has been hardest hit by the epidemic; in 2010 over two-thirds of AIDS deaths were in this region.

The epidemic has had a devastating impact on societies, economies and infrastructures. In countries most severely affected, life expectancy has been reduced by as much as 20 years. Young adults in their productive years are the most at-risk population, so many countries have faced a slow-down in economic growth and an increase in household poverty. HIV and AIDS in Asia causes a greater loss of productivity than any other disease. An adult's most productive years are also their most reproductive and so many of the age group who have died from AIDS have left children behind. In sub-Saharan Africa the AIDS epidemic has orphaned nearly 15 million children.

In recent years, the response to the epidemic has been intensified; from 2002-2008 spending on HIV and AIDS in low- and middle-income countries increased 6-fold. Since 2008, spending has not increased so substantially, but it is still significantly higher than it was before 2002. The number of people on antiretroviral treatment has increased, the annual number of AIDS deaths has declined, and the global percentage of people infected with HIV has stabilized.





Tribal Members can now go into any Area Office to have a picture taken for a Tribal ID done. Your picture and signature will be sent to Siletz where the actual ID will be made and mailed to you. You must have an appointment for an ID Card. Call Bev to schedule an appointment.



ADVOCATE: Kim Lane 541-444-9679

kiml@ctsi.nsn.us

OUTREACH: Kira Woosley 541-444-9680

kiraw@ctsi.nsn.us

TOLL FREE: 1-800-648-0449

The CARE Program offers confidential, safe and culturally appropriate education and advocacy services to Native American victims of domestic violence, sexual assault, dating violence and stalking, as well as victims associate with Native families, such as a non-native spouse.

An advocate is available to provide assistance to access services, including personal protective orders, shelter or housing, Tribal program information and other program resources.

It is the Program's mission to educate and empower our community to live a healthy, non-violent lifestyle that strengthens spirit for future generations.



Two Firewood Areas Now Open

The Natural Resources Department now has two areas open for Tribal member personal use firewood cutting. The Logsden Road unit (located just east of Siletz) is open seven days a week. It has a mixture of alder, hemlock and some fir. The Sam Creek #4 unit (9½ miles from Siletz) is open by appointment on weekends only. It has larger fir and spruce on three landings. Permits are required and may be obtained at the Tribal Natural Resources office in the Admin Building in Siletz from 8AM to 4:30 PM on weekdays. Maps and directions are also available at the same location. Permits will be issued to Siletz Tribal members only, who will need to show their Tribal ID card and provide the license number of the vehicle they will be using to haul the wood. Out-of-the-Siletz-area woodcutters may call the numbers below to have a permit mailed to them. The permits are for Tribal member woodcutting for personal use only. This firewood may not be sold. The person named on the permit must be present when cutting and hauling the firewood. Tribal members wishing to cut wood for Tribal elders must present a signed note from the elder stating that the individual is authorized to cut firewood on their behalf when requesting a permit. The note must include the elder's Tribal ID number. Permits are good for 4 weeks and allow up to 2 cords of wood to be cut on each permit. Each Tribal member is allowed up to 5 cords total per year from Tribal firewood units. For more information, stop by the Natural Resources Office or call Natural Resources Manager Mike Kennedy at 1-800-922-1399 ext. 1232 or (541) 444-8232.



2017/2018 HUNTING/FISHING/GATHERING INCENTIVES

Reminder to all Siletz Tribal Members: Please report all harvests of deer, elk, salmon and shellfish to the Natural Resources Department. The name on the tag/permit will be submitted into a drawing after the seasons end and could receive one of the following Cabelas Gift Card incentives.

HUNTING INCENTIVES

\$100 ~ \$75 ~ \$50 CABELAS GIFT CARDS

FISHING INCENTIVE

\$50 CABELAS GIFT CARD

SHELLFISH INCENTIVE

\$50 CABELAS GIFT CARD

Please report all harvests to: Mike Kennedy 541-444-8232

mikek@ctsi.nsn.us

or Denise Garrett at 541-444-8227

deniseg(a)ctsi.nsn.u







December

Event



We will be making door swags at our Community Gathering.

December 11th

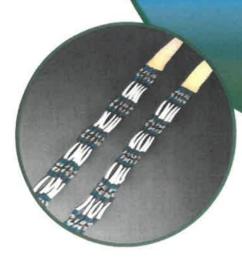
We will be making shell necklaces. We get a lot of requests for dentalium necklaces making so call and let us know you plan to attend.

December 11th

We will also have supplies on hand to make wood peg angels as a added small activity.

Movie Night

Date to be announced







Big Foot Swag!

Be Sure To Join Us For Some

Swag & Big Foot Fun.

December 6th



We will be making door
SWAGS &
Big Foot Cookies
Big Foot Fun
Big Foot Surprises

4:00 pm- 6:30 pm
Please call and let
us know you plan
to attend at
503-390-9494





Language & Culture Class

Bud Lane 1-800-922-1399 ext 1320

budl@ctsi.nsn.us

Nuu-wee-ya' (Our Words)

When: December 12th 6:00 – 8:00 pm

These classes will begin with basic instruction and will progress over the year. It will also be a refresher course for those more advanced students. Come and join other members of your community and Tribe in learning to speak one of our ancient languages. We also have equipment in the Culture Department available for use in grinding and drilling shells or pine nuts or other applications. If you have a need for using the equipment, call and I can set up an appointment during regular business hours or after hours.

USDA Salem Warehouse

CTSI FDP Director
LISA PAUL
CTSI FDP Clerk
800-922-1399 (Siletz)
503-391-5760 (Salem)

JOYCE RETHERFORD



Monday December 18th Tuesday December 19th Wednesday December 20th Thursday December 21st 1:30 – 6:30 pm 9:00 am – 6:30 pm 9:00 am – 6:30 pm 9:00 – 11:00 am



SILETZ TRIBAL FDPIR

We would like to see more people sharing their recipes on our Facebook page.

I hope everyone has had a chance to check out the new income guidelines and the increased (up \$50 to \$400) standard deduction. Remember, we take your gross income and multiply it by 20% tax deduction and then do the deductions, like child care, child support and the standard deduction if you pay rent or utilities. Of you are over 62, and have out of pocket medical expenses we can also deduct a portion of that. All we need is 1 Tribal ID (any federally recognized Tribe) in the household and we can certify the entire household. If you have foster children that are tribal, we can also certify the household and we count the payments that are received for those children.

We also count adoption subsidies if you have adopted tribal children.

FNS HAN (Rev. 09/20)	DBOOK 501 EX 17)	нівіт м						
FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS (FDPIR) FY 2018 NET MONTHLY INCOME STANDARDS (Effective October 1, 2017 to September 30, 2018)								
The net monthly income standard for each household size is the sum of the applicable Supplemental Nutrition Assistance Program (SNAP) net monthly income standard and the applicable SNAP standard deduction.								
	uous United SN				FDPIR Net Monthly			
States: Us		ome Standard	Deduction	1	Income Standard			
Amount Household								
Size								
1	\$1,005	+	\$160	=	\$1,165			
1 2	\$1,354	+	\$160	=	\$1,514			
3	\$1,702	+	\$160	=	\$1,862			
<u>4</u>	\$2,050	+	\$170	=	\$2,220			
s	\$2,399	+	\$199	=	\$2,598			
6	\$2,747	+	\$228	=	\$2,975			
7	\$3,095	+	\$228	=	\$3,323			
Ŕ	\$3,444	+	\$228	-	\$3,672			
each additional member \$349								



Angelica Espino
Tribal Service Specialist
angelicae@ctsi.nsn.us
503-390-9494 x1853

Our Program offers a variety of services on a budgetary basis. We offer Cash Assistance, Emergency Assistance, Classroom Training, Work Experience and On The Job Training. Participants in 477/SSP Programs must meet the eligibility requirements.

IMPORTANT DATES TO REMEMBER

December 1st ~ 5th

December 5th

December 6th

December 8th

December 25th

December 25th

December 31st

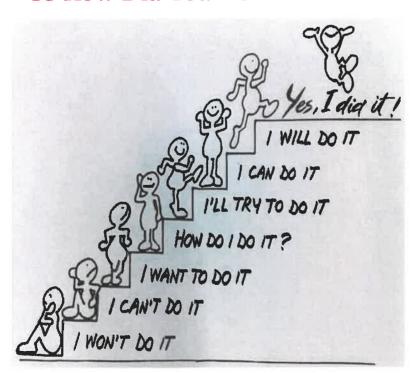
December 31st

NARA Clean and Sober Powwow

New Years Day 2018 – ALL Tribal Offices Closed

Mandatory

So How Did You Do This Year??



IMPORTANT REMINDERS FOR 477/SSP

- > SSP STAFF WILL RETURN CLIENT PHONE CALLS WITHIN 24 BUSINESS HOURS.
- > SSP STAFF WILL ADDRESS CLIENT REQUESTS FOR SUPPORT SERVICES AND OTHER REQUESTS WITHIN TWO BUSINESS DAYS.
- ➤ SUPPORT SERVICES REQUEST FORMS ARE KEPT IN THE LOBBY.
- ➤ YOU MUST COMPLETE THE SUPPORT SERVICES REQUEST FORM FOR GAS CARDS, BUS PASSES, ETC.
- ➤ OFFICE STAFF DO NOT TAKE MESSAGES. YOU MUST LEAVE A VOICEMAIL ON YOUR WORKER'S LINE. IF YOU DON'T

LEAVE A CURRENT PHONE NUMBER WE CANNOT RETURN YOUR CALL SO PLEASE BE SURE TO DO SO.

PLEASE CALL BEFORE COMING ALL THE WAY HERE FOR YOUR CHECK.



Community Health

CECILIA TOLENTINO, CHA
503-390-9494 x1854
ceciliat@ctsi.nsn.us
Monday - Friday
8.00am - 4.30pm





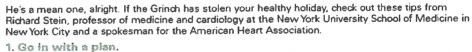
Monthly Diabetes Support and Prevention Group

This month we will providing a diabetic friendly refreshment at the annual Salem Area Office Open House Event. Our next regular Diabetes Support Group will be

> When: Wednesday, January 18th Where: Salem Area Office Time: 5pm-6pm

For more information or to sign up call Cecilia at the Salem Area Office (503) 390-9494





For example, make a pact with yourself during the holidays: "For these three weeks I will get at least 30 minutes of activity per day, I'll have a reasonably healthy breakfast and lunch and limit the sweets. And I'll leave my meds out on the dresser so I won't leave the house without having taken them."

2. Beware of party perils.

Special holiday events often serve up extra helpings of high-fat foods. If you're a guest, plan on eating a healthy snack before you go and consciously choose to eat less at the event. If you're the host, challenge yourself to whip up a delicious and heart-healthy menu. Your guests will probably thank you!

3. Stay active—even in the hustle and bustle of the season.

Sprinkle in some healthy behaviors with your daily activities. If dinner is going to be a feast, opt for a light lunch, then take a vigorous walk. When the kids are home from school, squeeze in some active chores and trips to the park.

4. But not too active.

Give yourself the gift of peace Control your own schedule and don't overbook yourself.

5. Lay out a plan for January, February and beyond.

Your poinsettia's pooped and the eggnog's gone. Now what? It's great that you want to start doing healthy things—like exercising 30 minutes a day or making an appointment to get your blood pressure checked—but don't go dashing through your to-do list too fast or you might not stick to your plan. Lay out realistic steps for the months ahead. For example, instead of joining a gym, you might want to start a vigorous walking program first. It's free, and it's a great way to fit in more physical activity.

(source: heart.org)





EDUCATION PROGRAM COMPONENTS: Higher Ed • Adult Vocational Training (AVT) • Adult Education Supplemental Education • (JOM) • Tribal Youth Employment & Education (TYEE)

My office hours are Monday-Thursday 8:00-4:30pm. I do not work on Friday.



When calling, if I am not available, please leave a message. For JOM activities youth must be nine years old to attend without a chaperone. You must call Sonya to sign up for all JOM activities.

Tutoring is held on Tuesdays from 4:30-6:30pm here in the Area Office.

Craft Make and Take

We will be joining the Portland Area Office for a Craft Make and Take on December 19, 2017. We will have limited transportation, youth must be 9 years old to ride unchaperoned. Please call Sonya to sign up.

Bowling Trip

We will be joining the Portland Area Office for a bowling Activity on December 28, 2017. We will have limited transportation, youth must be 9 years old to ride unchaperoned. Please call Sonya to sign up.

HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM

The deadline to apply for 2017/2018 year was June 30, 2017. The next deadline to apply is June 30, 2018. It is a requirement that you complete your FAFSA by January 31, 2018 to be eligible to receive tribal assistance.

The applications for FAFSA (Free Application for Federal Student Aid) opened on October 1, 2017. The Tribal deadline to complete your FAFSA will remain January 31st, but please turn in your application early. Federal money is on a first come first serve basis and given out until gone. Without completing your FAFSA by the January 31 deadline, you will be ineligible to apply for Tribal Higher Education funding for fall.

ADULT EDUCATION

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

Siletz Tribal Youth Activity Fund

Helps to fund programs for Siletz tribal youth in the many areas such as: sports, music, camp fees, lab fees, shop supplies, graduation, educational /scholastic materials, cultural supplies and materials, correspondence courses, and extra-curricular supplies. Siletz Tribal members from kindergarten to high school can access up to \$75.00.

Save the date!

JANUARY 15, 2018

WE WILL BE HAVING A COLLEGE NIGHT TO GO OVER THE TRIBE'S EDUCATION PROGRAMS AND FUNDING.

Home Visiting Program

Lori Christy
loric@ctsi.nsn.us
Home Visitor
503-390-9494 x1863
8.00am - 4.30pm



Tribal Maternal, Infant, & Early Childhood Home Visiting Program

Naytlh - 'a "We Carry the Children"



Our home visiting program provides parenting and life skills for successful and positive parenting. We serve native families that are either expecting or have infants under the age of twelve months, continuing through the child's third birthday. We travel throughout the 11 county service areas of the Confederated Tribe of Siletz Indians. The model and curriculum we provide is called Family Spirit and was developed by the John Hopkins Center for American Indian Health. We are funded by the Tribal Maternal, Infant, Early Childhood Home Visiting Program (TMIECHV).

Family Spirit is Evidence based and culturally sensitive to native families. Parents gain knowledge and skills for their developing infant through 36 months of age. We also focus on goals and healthy living for parents as a support system for the family as a whole. The program consists of 63 lessons over a 39 month period and is divided into six modules. The modules are broken into these categories: Prenatal care (9 lessons), infant care (16 lessons), your growing child (11 lessons), toddler care (9 lessons), my family and me (6 lessons), and healthy living (12 lessons). While this may seem like a big commitment the lessons vary from 30 minutes to 90 minutes and some can be combined together as we work with your schedule. Family Spirit suggests we deliver at least 32 lessons to our families in order for families to benefit from the evidence based curriculum. For the full benefits of the program we would like to provide all 63 to our families. As a thank you for participating in our program we offer some incentives which we will be happy to share with you upon enrollment in our program.

During your participation if you feel like the timeline of lessons is too often we can adjust the home visits to accommodate your schedule while still keeping the program's timeline in mind. We are a voluntary program that delivers home visits in the comfort of the homes of our families. If you would like to get more information and or meet our home visiting staff we would love to schedule a home visit to give you a full overview of the program.

CONTACT INFORMATION

2468 11th Ave., Eugene, Oregon (Covering Eugene and surrounding areas)

Jessica Phillips, Program Coordinator/Home Visitor: (541) 484-4234 or (541) 222-9503

201 SE Swan Avenue, Siletz, Oregon (Covering Siletz and the coastal range)

Danelle Smith, Home Visitor: (541) 444-9603 or (541) 270-1027

3160 Blossom Drive NE Ste. 105, Salem Oregon (Covering Salem, Portland and surrounding areas)

Lori Christy, Home Visitor: (503) 390-9494 or (541) 272-2241



Home Visiting families join us
December 13th from 5:00-7:00 for
Christmas crafts and snacks. We will
make salt dough ornaments and other
handprint crafts while enjoying some
snacks together. Hope you can come!





MENTAL HEALTH

Rachel Adams rachela@ctsi.nsn.us Mental Health Counselor 503-390-9494





Behavioral Health

Coming to Siletz in January:

A Gottman-inspired Couple's Retreat given further instructions... is currently under preparations for Friday, January 12th, 2018. It's the start of a new year, New Year's Resolutions are underway, why not work on your relationship while you're feeling that motivation?

What is a Gottman-inspired Couple's Retreat?

- 1) An opportunity to reconnect with your partner and work on little issues before they become big.
- 2) A day to relax, enjoy your time with your partner, eat good food and learn how to take your relationship to the next level.
- 3) An opportunity to learn new tools from Gottman's proven methods to help your relationship become what you and your partner agree you want.

How do we register to go?

All couples wanting to attend the retreat will need to be registered by myself, Rachel Adams, the Mental Health Specialist for the PAO and SAO. Once registered, couples will be asked to complete a survey online. Once the survey is completed, couples approved for registration will be

Transportation to Siletz?

It is currently under research to see if transportation can be made available to all registered couples, from both the Portland and Salem area offices.

Childcare?

Childcare is not likely at this time, but is still under research as well.

Traditional Coping

While Gottman's methods are tried and true, the Siletz peoples are still encouraged to participate in traditional methods of healing. It is a good time to attend a sweat and pray for clarity on new goals to set. As always, drum circles, talking circles, and smudging are different ways to stay connected with our ancestors and pay tribute to our roots. Some people find peace in calling on Creator for clarity and health.

Portland Area Office

Mondays & Tuesdays (503) 238-1512 X1417

Salem Area Office

Wednesdays & **Thursdays** 1-(503) 390-9494 ×1864

GOTTMAN METHOD

This is an evidence based practice that helps couples work on their relationships. It starts with an extensive survey that provides detailed information to the therapist and is used to create the ultimate and unique treatment plan for the couple. Topics explored include: (a) The Four Horsemen (the 4 factors most likely to cause friction in a relationship - Criticism, Defensiveness, Contempt and Stonewalling; (b) Aftermath of a Fight and (c) Love Maps.



Siletz Tribal Head Start - Salem

Teacher Jenn Teacher Jennifer



November was a fun filled month for us here at Head Start! Some of our events throughout the month of November our students participated in were we had a Crazy Pizza Party, Dental Screenings, a Siletz Presentation by Grandma Cindy, Picture Day, A Traditional Foods Party, and a Special Guest Reader Lori Christy. We are looking toward an exciting December! This month we are learning about other cultures, children around the world, and celebrating the holiday season.



Thank you for our in-kind classroom supplies that have been donated. We really appreciate all of the help to keep our school running smoothly.



Find us on Facebook

DECEMBER

出一時 我一時 明日時 我一時 我一時 我一時 我一時

Saturday	2	6	16	23	30
Friday	1 Monthly Cash Grants (TANF & GA)	Winter All Staff ALL TRIBAL OFFICES CLOSED	15 Cultural Salmon Fishing ends today	22	Virber Reals
Thursday		7	14	21 USDA	28 JOM Bowling Trip
Wednesday		Relapse Prevention 10:00-11:00am MAPS Training 9-11am SAO Holiday Event 4:00-6:30pm	Relapse Prevention 10:00-11:00am Home Visiting Program Christmas Event 5-7pm	20 USDA Relapse Prevention 10:00-11:00am	27
Tuesday	Happy Holicays:	5 SSP Monthlys Due	12 JOM (Portland & Salem) Craft Event Language Class 6-8pm	USDA	26
Monday		4	11 Craft Class 4:00-7:00	18 USDA	ALL TRIBAL OFFICES CLOSED FOR CHRISTIMAS
Sunday		83	10	17	Christmas Eve New Years Eve Gean & Soher

Clean & Sober Powwow at NARA







Beverly Owen
Cindy Jackson
Angelica Espino
Cecilia Tolentino
Andulia White Elk
Rachel Adams
Andrew Eddings
Sonya Moody-Jurado
Dana Rodriguez
Toni Leija
Jeramie Martin
Lori Christy

Salem Area Office Supervisor
Area Office Secretary
Tribal Service Specialist
Community Health Advocate
Addictions Counselor
Mental Health Counselor
Peer Recovery Mentor
Education Specialist
VocRehab Aide
VocRehab Job Developer
VocRehab Director
Home Visitor



Confederated Tribes of Siletz Salem Area Office 3160 Blossom Dr N Suite 105 Salem, Oregon 97305

