

# Portland Potlatch

FEBRUARY 2018

## Inside This Issue:

Community News	1-3
Elders News	4
Community Health	5
Education	6-7
Behavioral Health	8-9
Calendar	10-11
USDA	13
477/SSP	14
Athabaskan Language	15
Staff Directory	19

## February Closure:

All Siletz Tribal offices and CTSI Head Starts will be closed on:

**Monday, February 19, 2018**  
**President's Day**



## Free Tax Resources for Low-Income Households

It's tax season again! Which means it's that time of the year to start preparing your tax return. This year, all income eligible households will be able to receive assistance filing for their tax returns from "Cash Oregon". Cash Oregon volunteers are trained and certified to prepare most individual tax returns and limited self-employment returns. Please consult with Cash Oregon by calling (503) 243-7765 or visiting their website for more information at:

**SRII-NA CHEE-  
YASH-'E or  
EAGLE**  
High in Sky Bird

[www.cashoregon.org](http://www.cashoregon.org)

## Important Dates

- Sat. 2/3, General Council—1 PM
- Fri., 2/16, Regular TC—8 AM
- Sat., 2/17, Elders Council—1 PM

Energy Assistance  
program (LIHEAP)  
Still Open

(See Page 3 for details)

## Healthy Traditions (HT)

February in Portland; the weather can run the full gambit from cold and wintery to lovely spring days. It also signals the beginning of the gardening season, with things to keep gardeners busy. For example, attend the "home and garden shows" to get inspiration, sharpen tools, start seedlings indoors and out, and attend Healthy Traditions Garden Club.

Our second meeting of the year will be held:

**Tues., Feb 27th**  
**5:00—7:00 PM**



### At each meeting:

We share a light meal, feature gardening information, and host a garden activity to support your home gardens and our community garden. If you would like more information, please call Sherry Addis, Andrew Johanson or Verdene McGuire.



## LIHEAP

### Funding Still Available! Low Income Heating & Energy Assistance Program (LIHEAP)

If you are a Siletz Tribal Member, and have **NOT** applied for, or received assistance for Heating between October 2017 to present, you may be eligible to apply for funding.

Generally Funds are available from October/November until exhausted.

Assistance and funding are available on a first come, first served basis. Applications for assistance are available by appointment only. For more information or to apply, call the Portland Area Office, and speak with Andrew Johanson, Area Office Clerk.

Do you value Siletz Tribal Native culture and want to help preserve it? If so, please consider Fostering for the Tribe. The Siletz Tribe needs loving, stable, nurturing homes in all areas. If you are interested, please contact:

Indian Child Welfare Program (ICW) (541) 444-8236 or 800-922- ext. or visit at:

[www.ctsi.nsn.us/icw.html](http://www.ctsi.nsn.us/icw.html)

## Community News

### Portland Area Office Beading Group

You are invited to join us for an informal gathering, to bead, learn and visit. Generally, each participant self supplies their own beading materials. For more information, Please call Sherry Addis.

**Tues., Feb. 13th 2018,**  
**10 AM—2 PM**

### Free Fix-It Fair



Many exhibitors will be at the Fix-It Fair to share information on water and energy savings, safe and healthy homes, food

and nutrition, community resources, home weatherization, Gardening and much more!

**Date: Saturday, Feb. 24th**

**Time: 9:30 AM—2:30 PM**

**Location: Madison High School**  
**2735 NE 82nd Ave**

There will also be a bike repair for students & families. You can find more information about Fix-It Fairs at:

[www.portlandoregon.gov/](http://www.portlandoregon.gov/bps/41892)  
[bps/41892](http://www.portlandoregon.gov/bps/41892)

### Spay N' Save, Pet Assistance

Spay & Save is a Portland metro area-wide program that aims to assist low income families and their cats by offering affordable spay & neuter surgeries for those who qualify. They serve the following four counties: Multnomah, Washington, Clackamas or Clark County.



Individuals receiving qualifying government assistance programs such as Medicaid, food stamps, SSI, TANF, General Assistance, etc. May qualify for the \$10 cat spay or neuter:

For more information about other qualifying programs please call (503) 802-6755 or visit:

[www.asapmetro.org](http://www.asapmetro.org)



### Portland's Rebuilding Center!

Do you have an aspiring building project such as a raised garden bed, but are short on funds for the materials? The Rebuilding Center may be just what you need. They carry the region's largest volume of used building and remodeling materials. It provides resources that make home repairs affordable to everyone, with the goal of promoting the reuse of salvaged and reclaimed materials. They also offer a free-pick up service, numerous volunteer opportunities, donations of used building materials for community projects, as well as workshops. For more information, visit or call:

Portland Rebuilding Center - 3625 N. Mississippi Ave. (503) 331-1877.

## Community Health

### Wisdom Warriors

The Group will meet at 11:00 AM on February 14th, 2018. Bring your books and your goals, and if your schedule allows, we welcome you to stay for our diabetes support group/ luncheon.



### Diabetes Support Group

Our February Diabetes Support Group will be providing healthy salads, fruits and veggies. All tribal member are welcome:

**Wed., Feb. 14th. 2018  
Noon to 2:00 PM**

### Contract Health Update

Remember to update your contract health services form each year! Call the office and we can send you one, you can also come in and complete it. If you have moved, gotten a new phone number or even a new primary care doctor, you need to update your information.

### It's Cold & Flu Season

Remember that the Portland area office distributes Over The Counter Medication's (OTC'S) to each tribal member. We have:

- Pain Relievers/Fever Reducers
- Antihistamines
- Cough Suppressants
- Antacids
- Topical Agents/Creams
- Pedialyte

- Children and Adult Multivitamins
- Nasal Spray

Just check with Verdene McGuire your Community Health Advocate.

### Happiness

What is happiness? Why Practice it? And how do I cultivate it? Below are the four keys to building a love that lasts! Taking cues from positive psychology research can help us avoid the pitfalls of long-term relationships.

By Suzann Pileggi Pawelski, James Pawelski

1. **Harmonious Passion:** Healthy relationships involve interdependence in which we can be secure, mature, and whole in ourselves while at the same time being vulnerable and open to our partner and appreciating his or her unique strengths and gifts. To have this kind of relationship, we must continue to engage in our individual interests while also taking up new and exciting activities together as a couple to help foster a healthy passion that can sustain us over time.

2. **Cultivating Positive Emotions:** Positive emotions are important to our well-being, helping us build specific and enduring physical, psychological, and social resources that can prepare us for more difficult times, Positive emotions such as interest, hope, gratitude, and awe, in addition to joy or happiness.

3. **Savoring the Good Times:** Savoring is related to positive emotions; but it's more about strengthening their impact. It helps us to appreciate our partner over time if we remember to attend to his or her good qualities and the good times we had together,

*(Continued on page 4)*

## Elders News



### PAO Elders Potluck

Ch'ay-yii-ne Ghu'-'alh

Weather permitting, we will next meet:

**Tues., Feb 20th  
5:30 PM — 7 PM  
PAO Community Room**

Please bring a potluck dish to share. Rides are available, first come first serve.



### Elder's Shopping Day

**Feb 6th and  
21st**

Please call Elders Representatives Kay Steele (503) 760-4746 or Cookie Fernandez (503)863-4310 if you would like to join the group.

## Home Visiting Program

On February 21<sup>st</sup> from 5:30-7:30 PM at the Portland Area Office. The Home Visiting families will gather to share a meal, make memory wire bracelets and enjoy time together. We hope you can join us! Please let Lori know if you are coming (541) 272-2241.

Our Home Visiting program is for parents of infants and toddlers. A family can begin in the program prenatally or until their child turns one. Home visits continue until the child turns three years old. Our home visiting program provides parenting and life skills for successful and positive parenting. The model and curriculum we use is "Family Spirit", developed by the John Hopkins Center for American Indian Health. Family Spirit is evidence based and culturally sensitive to native families.

Parents in the Siletz Home Visiting Program have said:

*"As a first time mom, Siletz Home Visiting Program has been a good addition to my support system, not only emotionally, but also mentally."*

~ Janet, 1 year and 11 month in the Program

*"It has been helpful for me because I now know how*

*to soothe my child in many ways and learn new things I never knew before with my other children and have good company!"*

~ Adrianna, 7 months in the Program

*"As first time parents, it has helped us tremendously! We love the program and have learned a lot on what to expect next from our little bugger."*

~ Melissa and David, 1 year and 11 months in the Program

*"Home visiting is a wonderful program that helps parents learn how to care for their children. It's like the guidebook you wish babies came with. I appreciate the lessons from the home visiting!"*

~ Allison, 1 year in the Program

*"As a first time mom, it has helped to learn how to establish a routine that is healthy for my child. As well as setting goals for my family."*

~ Cristian, 1 year and 11 months in the Program

For more information about the Siletz Home Visiting Program please contact Jessica Phillips, Program Coordinator, (541) 484-4234.

can enter high school with one credit completed. The program is free for 8th grade students or in the summer before 9th grades. If you would like more information please contact:

Kelly.rosteck@portlandoregon.gov

## Apply For Scholarships for 2018-2019

Now through March is the most important time for students to be applying for scholarships and internship opportunities.

Scholarships abound for every type of student. Below is a small sample of scholarships available.

**Veryyl & Dorothy Miller Native American Scholarship:** for students seeking vocational training or attending a community college. (Up to \$3,000 a year). Please visit:

[www.oregoncf.org](http://www.oregoncf.org)

[www.cobellescholar.org](http://www.cobellescholar.org)

- **Indian Health Service Scholarships:** For students pursuing degrees in the medical field.
- **American Indian College Fund:** [www.collegefund.org](http://www.collegefund.org)
- **AISES** Google Scholarship
- **Oregon Office of Student Access and Completion:** over 400 scholarships available: [www.oregonstudentaid.gov](http://www.oregonstudentaid.gov)
- **The Ford Family Scholarship at:** [www.tfff.org](http://www.tfff.org)
- **American Indians in Science and Engineering scholarships:** [www.aises.org](http://www.aises.org).
- **Daughters of the American Revolution:** one time scholarships of \$4,000.

Go to: [www.dar.org](http://www.dar.org).

- **The Oregon Promise Grant**

If you would like help finding the right scholarship for you or for applying for and/ or writing a scholarship application please contact Katy Holland.

## Kid Fest 2018

### The Largest Family Expo

Entertainment stage, sports demos, inflatables, games, kids' activities, a petting zoo, food exhibits, and vendors at Portland Expo Center. Feb. 17-18th. Please contact Katy early if you would like tickets.

## Illuminated Art at OMSI

### Portland Winter Light Festival

See dozens of illuminated artworks plus performance artists on the waterfront outside OMSI. Come wearing lights! Free Event.

### February 1st to 3rd at OMSI

1945 SE Water Ave. in Portland

## Attention Siletz Tribal Teens

Our next Youth Council Meeting is scheduled for:

**Saturday, February 10, 2018  
Salem Area Office - Salem, OR**

Election of officers will be held at this meeting. We will be leaving from the Portland area office at 9 AM. Please contact Katy for transportation and to confirm you will be attending.

*(Community Health Continued from page 3)*

rather than to fixate on problems or to take one another for granted.

4. Knowing and Building on Your Character Strengths: you can be rewarded with a longer lasting love if you understand the importance of building and supporting the unique character strengths in yourself and your partner.

Positive psychology gives us a wealth of evidence-based approaches for helping us find and feed the good in our partners and

work to become better ourselves. By fostering more harmonious passion, positive emotion, savoring, and mutual growth, we can support our marriages and partnerships in ways that can have a real impact down the road.

We just have to remind ourselves, that except in fairytales, happily ever after doesn't just happen. In real life, it's healthy habits that help us become happy together over the long haul.

## Education & Youth Update

### Programs For Youth 2018

#### Greenspaces Restoration and Urban Naturalist Team (GRUNT)

This is a volunteer environmental science and job skills program that connects youth to nature and environmental careers. During the program, participants go on exciting environmental adventures, conduct real scientific research and discover a variety of natural resources, career options.

Successful completion of this fun, FREE training leads to eight weeks of paid summer work with Nature Day Camp or the Youth Conservation Crew. Alumni are eligible to continue with paid internships and job opportunities until they are 25 years old.

High School sophomores and juniors can apply. Teens of all races, ethnicities, religions, genders, abilities, english language proficiency and economic backgrounds are

encouraged to apply. Youth must be able to walk three miles on uneven ground and safely handle sharp tools.

All eligible applicants who turn in a complete application before the deadline will be offered an interview. Twelve teens will be selected to join GRUNT. The deadline to apply is Feb. 21st, 2018.

#### For 8th Grade level students (Jr. GRUNT)

This program mentors teens through an environmental education program teaching stewardship and conservation with an emphasis on job skills and responsibility. Explore nature through science, adventure and environmental college and career discovery.

Jr. GRUNT is a partner of Ninth Grade Transition (All Hands Raised), which is community-wide initiative to increase graduation rates by supporting summer learning and keeping more kids on track through the transition into high school. Students who participate in the summer program

# Behavioral Health—Mental Health

## Coming to Siletz in March:

The Gottman-inspired Couple's Retreat did not occur as planned on Friday, January 12th, 2018. We did not have enough couples register for the event. A new retreat is being planned for March 9th. Please spread the word. Spring is in the air, is it time to give your relationship a tune-up?

## About the 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 an ultimate and unique treatment plan for the couple. Topics explored include 1. The four horsemen: the four factors most likely to cause friction in a relationship which is: Criticism, Defensiveness, Contempt and Stonewalling. 2. Aftermath of a Fight and 3. Love maps.

## 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 ones.
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 given further instructions..

## 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.



## Rachael's Work Days/Hours

**Portland Area Office**  
 Mon & Tues  
 (503) 238-1512

**Salem Area Office**  
 Weds. To Fri.  
 | (503) 390-9494

# Behavioral Health—Alcohol & Drug Program

## Codependency and Addiction

Codependency is a relationship pattern where one person is putting another's needs before their own. When codependency and addiction occur together, the two behaviors can reinforce one another. For example: two people are dating. The first person has an addiction to alcohol. In codependent relationships, this is the "addict." The second person focuses on the addict's needs to the extent that they don't even think about their own needs.

## Example Codependent Behaviors:

- Low self-esteem due to deeply held feelings of shame, guilt, inadequacy, and a need for perfection.
- A need to make other people happy and a difficulty saying "no."
- Difficulty creating healthy boundaries and distinguishing responsibility for actions.
- A need to control situations, people, and their own feelings.
- Poor communication skills.
- Obsessively thinking about other people and their own anxieties and fears.
- Their own dependency on other people.
- Fear of and issues with intimacy.
- Negative and painful emotions such as depression, resentment, and despair.

## Steps to Recover from Codependency

**Abstinence:** For both the addict and the caretaker, sobriety is necessary for significant changes to the codependent relationship. As long as needs for health are ignored and submerged in alcohol or drugs, there will be little opportunity to make relationship changes. Naturally, this is complicated as often the codependent relationship itself helps maintain

the substance abuse disorder.

**Awareness:** Important and lasting changes begin with awareness, that there is a problem. Awareness can come in major insights or through smaller clues, but the point is that it starts desire for change. Though it may be challenging to acknowledge a problem, it is essential for making positive changes in the relationship.

**Acceptance:** Changes begin with awareness, and they continue with acceptance. This can be understood in two ways. First, accepting that there is a problem, that there is unhappiness and suffering, and that you have had a role in that suffering. But second, accepting the work and changes that must occur for a healthier, happier life.

**Action:** Talk can only go so far, for at the core of codependency and addiction are patterns of behavior. To change the relationship and the addiction, there must be changes in behaviors. Such changes include better communication, decreasing behaviors which contribute to addiction, and increasing those behaviors which support a healthy relationship.

If you think that you may be involved in a codependent relationship – whether with an addict or as the addict, contact a qualified psychologist or drug and alcohol rehab center for help.

## Generally, PAO Counselor Andulia WhiteElk Hours are:

<b>Salem Office</b>	<b>Mon.—Weds.</b> <b>8— 4:30PM</b>
<b>Portland Office</b>	<b>Thursday and Friday</b> <b>8— 4:30PM</b>

# February 2017

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 General Tribal Council—1PM
4	5	6 Elder's Shopping Day—10AM	7	8 SSP—CAN Meeting 1:30— 3 PM	9	10 Youth Council Salem ,OR
11	12 Language Class 6 – 8 PM	13 Beading Group 10 AM—2 PM	14 Wisdom Warriors 11 AM Diabetic Lunch Noon– 2 PM	15	16 Regular Tribal Council—8AM	17 Elders Council 1 PM
18	19 Holiday All CTSI Offices Closed President's Day	20 Elder's Potluck 5:30 PM	21 Elder's Shopping Day—10AM	22	23	24
25	26	27 Garden Club 5:30—7 PM	28	Inclement Weather Conditions  This time of year, the weather outside can be frightful. For the safety of all, we sometimes close our office due to weather conditions. So, if it is snowing, icy or unusually cold, please call the office and listen to the message before coming to the office to make certain we are open. We will update our phone message to reflect any modification of our office hours.		

## USDA Distribution Dates

Siletz

Monday	February 5th	9 AM — 3PM
Tuesday	February 6th	9 AM — 3 PM
Wednesday	February 7th	9 AM — 3PM
Thursday	February 1st	9 AM — 3PM
Friday	February 2nd	9 AM — 3PM

Salem

<b>Monday</b>	<b>February 19th</b>	<b>HOLIDAY (Closed)</b>
Tuesday	February 20th	1:30 PM — 6:30 PM
Wednesday	February 21st	9 AM — 6:30 PM
Thursday	February 22nd	9 AM — 6:30 PM
Friday	February 23rd	9 AM — 11 AM

### Ham and Rice bake

22 oz. box cream of chicken soup*	1 Cup broccoli florets*
1 cup sliced carrots*	1 cup cooked rice*
1 cup cubed fully cooked ham*	1 tablespoon butter*

#### Directions:

Sauté the carrots in butter until they are beginning to get soft. Add the soup and ½ cup of the cheese. Cook and stir until the cheese is melted. Stir in the vegetables, rice and ham.

Transfer to a greased 1-1/2 qt. baking dish. Sprinkle with remaining cheese. Bake, uncovered, at 350\* for 25-30 minutes or until heated through.

\*Indicates Food available in the food package.

Joyce Retherford: CTSI FDP Director  
(541) 444-8393.

Lisa Paul: CTSI FDP Warehouseman/Clerk  
(541) 444-8279.

## Parking at the Portland Area Office (PAO)

When visiting the Portland Area Office, please note that **Blue** parking spaces are for siletz tribal members, staff and visitors. Overflow parking is available on SE 128th Ave.

## Siletz Tribal Vocational Rehabilitation Program (STVRP)

STVRP is here to assist members of any federally recognized Tribe to overcome barriers to employment. We work with individuals who have disabilities and are living within the Confederated Tribes of Siletz Indians 11 county service area.



### Examples of Services:

- Guidance and Counseling
- Referral to Services
- Employment Services
- Resume Writing
- Interviewing Techniques
- Job Coaching
- Culturally Relevant Individualized

Services

- Evaluations and Assessments
- Training Placement Opportunities
- Adaptive Equipment

For more information about the STVRP, please inquire at 1-800-922-1399. We maintain resource and employment boards, so please stop by if you're interested. Services are provided in all area offices, however, to inquire about services, please contact your closest office listed below.

### Salem Area Office

**1-(503) 390-9494**

3160 Blossom Drive NE, Ste. 105  
Salem, OR 97305

Program Aide— Dana Rodriguez

Counselor/Job Developer—Toni Leja

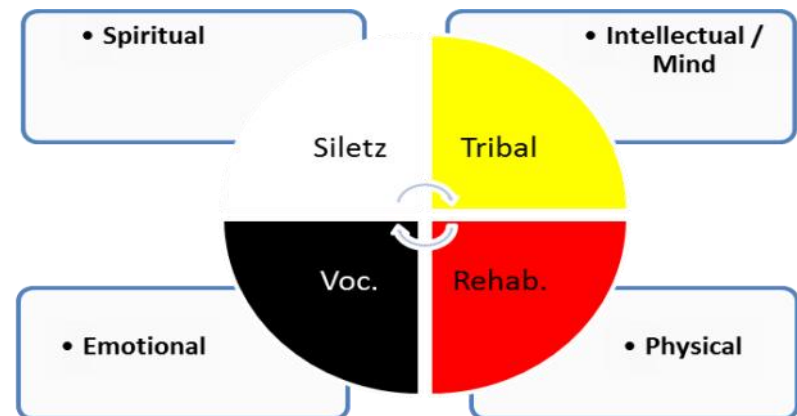
### Siletz Area Admin, Office

**1-(800) 922-1399**

201 SE Swan Ave Siletz, OR 97380

Counselor/Job Developer— Rachelle Endres

Program Director—Jeramie Martin



## Athabaskan Language Class



**NAA-GHAA-YVSH-NE  
WOLF**

**Nuu-wee-ya!  
(Our Words)**

**Monday, Feb. 12th, 2018**

**6 PM—8 PM**

These classes begin with basic instruction and progress over the year. They are also a refresher course for more advanced students.

Come and join other members of your community and tribe in learning to speak one of our ancient languages.

Any tribal members who need assistance with cultural projects, please bring them prior to class if possible.

We also have equipment in the Cultural Department available for use in grinding and drilling shell or pine nuts or other applications. If you need to use the equipment, call the number below to set up an appointment. For more information, please contact Bud Lane. Many Athabaskan language lessons are available to tribal members, in print and audio at the CTSI web site at:

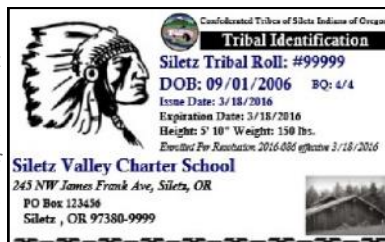
[www.ctsi.nsn.us](http://www.ctsi.nsn.us)

The language samples are provided for your use online. To confirm proper pronunciation go to the Siletz Talking Dictionary at:

## Need A New Tribal ID?

### Let PAO Help

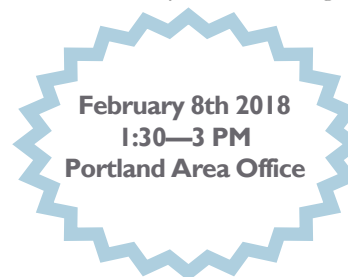
The Portland area office (PAO) is now set up to assist tribal members with obtaining their tribal ID from the enrollment department. Tribal members are encouraged to call PAO ahead of time to ensure staff are available. If you have any questions about our new process please feel free to call Andrew Johanson at PAO (503) 238-1512 X 1400.



## 477 Self-Sufficiency Program

### SSP Monthly CAN Meeting

The 477 SSP monthly CAN meeting will be on:



Our guest speaker this month is Rayven Setter with Legal Aid Services of Oregon. Come learn about expunging criminal records, and other Native American legal services.

This is a good opportunity to meet and learn from others like you who are working toward their goals!

### 477-SSP Mission Statement:

To assist eligible clients in attaining self-

sufficiency. The 477 Self Sufficiency Program will serve the following groups as they work towards this goal: Siletz needy families, Native American, Alaskan Native, Native Hawaiian.

Program components include: cash grant services, emergency utility assistance, job training, job retention services and other supportive services which are subject to budget cycle availability.

The Program Manual lists all available components in detail and the requirements of each which is also available at the CTSI website:

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

### Your Success is Important to Us

Questions or to apply, please call the Portland Area Office (503) 238-1512 and speak with Anna Renville, or Tamra Russell.

### Most Often Requested Numbers

Siletz Administration	(800) 922-1399	Salem Office	(503) 390-9494
Eugene Office	(541) 484-4234	Siletz Community Health Clinic	(800) 648-0449
Pharmacy Refill Line	(800) 648-0449 X 1625	Siletz Behavioral Health	(800) 600-5599
Chemawa Health Clinic	(800) 452-7823	Grand Ronde Health Center	(800) 775-0095
NARA	(503) 230-9875	NARA Dental	(971) 347-3009



## Summer Internship Program

### 2018 College Students Summer Internship Program

#### New Deadline!

The deadline to apply for the Tribe's 2018 College Students Summer Internship Program has been moved up to March 16, 2018. Selecting students earlier will allow more time to develop relevant work site placements so students can start internships in late June or early July.

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 Bonnie Petersen or the Education Specialists at any tribal Area Office to request an application.

This program assists tribal students with locating internship placements to gain work experience in their field of study. There are ten slots available for 2018. Students may work up to 360 hours at tribal minimum wage and can be placed within or outside of the Tribe. Students selected for the pro-

gram 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, but must be completed by September 28, 2018.

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

By Mail:

Attn: College Internship Program

P.O. Box 549

Siletz, OR 97380

By Fax: (541) 444-2307

By E-mail: [collegeinterns@ctsi.nsn.us](mailto:collegeinterns@ctsi.nsn.us)

Deadline for applications to be received at the Siletz Central Administration building is 4:30 PM on March 16, 2018.



### Tribal Children Need Foster Parents

Do you value Siletz Tribal Native culture and want to help preserve it? If so, please consider Fostering for the Tribe. The Siletz Tribe needs loving, stable, nurturing homes in all areas. If you are interested, please contact:

Indian Child Welfare Program (ICW) (541) 444-8236 or 800-922- or visit at:

[www.ctsi.nsn.us/icw.html](http://www.ctsi.nsn.us/icw.html)

Will It Be  
Easy?

**NOPE.**

Worth It?

**Absolutely.**

## Winter Preparedness

### Create an Emergency Power Outage Kit

To ensure you and your families are ready for a power outage, Portland General Electric suggests every home have an outage kit and that all members of the household knows where to find it. It should include:

- Flashlights and battery powered or hand-crank radio
- Extra batteries
- Car chargers for cell phones and laptop or tablet computers
- A battery powered clock
- Emergency phone numbers including PGE outage numbers
- Bottled water (if you rely on electricity to pump water)
- A manual can opener
- Disposable plates and utensils
- Extra blankets or sleeping bags
- Battery-powered camp lantern
- Comfort items like playing cards or favorite books

You may need to personalize your kit if you have any special/medical needs, especially if they require electricity.

No one can predict when an outage might happen. Whether you depend on life-support or other medical equipment or refrigeration for life-sustaining medications, it's important that you're prepared.

For more information about emergency kits, go to:

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

[www.fema.gov](http://www.fema.gov)

[www.ready.gov](http://www.ready.gov)

[www.redcross.org](http://www.redcross.org)

### Reminder from the Siletz Clinic

The Siletz Clinic would like to remind parents and guardians that if you send your child to an appointment with someone other than yourself or other legal guardian, you will need to sign a "Release of Information".

This gives permission for another person to bring your child to appointments and for your child's provider to discuss the child's care with them.

If you have any questions, please call (541) 444-1030 or (800) 648-0449.

Thank you

## Portland Area Office Staff:

Name/ Title	Contact Information
Sherry Addis Area Office Supervisor	(503) 238-1512, X1419 sherrya@ctsi.nsn.us
Katy Holland Education Specialist	(503) 238-1512, X1418 katyh@ctsi.nsn.us
Andrew Johanson Area Office Clerk	(503) 238-1512, X1400 andrewj@ctsi.nsn.us
Verdene McGuire Comm. Health Advocate	(503) 238-1512, X1413 verdenem@ctsi.nsn.us
Anna Renville Tribal Service Specialist	(503) 238-1512, X1412 annar@ctsi.nsn.us
Tamra Russell Tribal Service Specialist	(503) 238-1512, X1411 tamrar@ctsi.nsn.us
Andrew Eddings Peer Recovery Mentor	Work Cell: (541) 270-9717 andrew@ctsi.nsn.us

## Other Staff Numbers:

Name/ Program	Number	Name/ Program	Number
Bud Lane	800-922-1399	Jeremy Martin	800-922-1399
Cultural Program	X1320	Voc. Rehab. Direct.	X1385
K.C. Short	800-922-1399	Mike Kennedy	800-922-1399
Finance Manager	X1316	Natural Resources	X1232
Cecelia DeAnda	800-922-1399	Andulia WhiteElk	(503) 238-1512
Elders Program	X1261	A&D Counselor	X 1414
Rachel Adams	(503)390-9494	DeAnn Brown	(800)922-1399
Mental Health Specialist	X1864	Siletz HS Program	X1510
Angela Ramirez	(800)922-1399	Kay Steele	(503) 760-4746
Enrollment Clerk	X 1258	Portland Elder's Rep	
Angelina Artiago	(503) 760-3899		
Portland Elder's Rep			

Published by the  
**Confederated Tribes of  
Siletz Indians of Oregon  
Portland Area Office**

**Portland Area Office**  
12790 SE Stark St., Suite 102  
Portland, OR 97230

**Phone: (503) 238-1512**  
**Fax: (503)238-2436**

**Hours:**  
Mon—Friday  
8:00 AM—4:30 PM

[www.ctis.nsn.us](http://www.ctis.nsn.us)



**BEAR SV-GVS**



## Is Your Newsletter Coming to the Right Address?

We frequently receive new mailing address lists from Enrollment. If you have not updated your new address with enrollment your newsletter could be misdirected. If you or someone you know is not currently receiving their newsletter (we send one per household), please contact Enrollment: (800) 922-1399, X1258 to update your mailing address.

## How to Get Your Newsletter Faster and In Color?

All Area Office newsletters are now posted for immediate downloading at our tribal website:

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

Any tribal member who would like to be notified when the new issues is posted may contact Andrew Johanson, PAO clerk to be added to the notification email. Then you can download and print a color version with a few clicks of your computer keyboard.



## Need to Call Contract Health?

If you have questions about your eligibility for Siletz, Contract Health Services (CHS), please call your assigned CHS technician. at (800) 628-5720.

<b>Trish Carey</b>	<b>A-G</b>	<b>X1651</b>
<b>Gail Barker</b>	<b>H-O</b>	<b>X1329</b>
<b>Joella Strong</b>	<b>P-Z</b>	<b>X1649</b>