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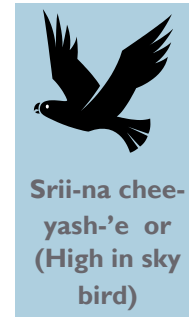
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**Flu Shots
Coming to
PAO
(See page 4
for details)**

Low Income Home Energy Assistance Program (LIHEAP) 2018-2019

What is LIHEAP?

- LIHEAP (Low-Income Home Energy Assistance Program) is a Federally-funded program that helps low-income households with their home energy bills.
- LIHEAP can help you stay warm in the winter. By doing so, you can reduce the risk of health and safety problems (such as illness, fire, or eviction.)



Srii-na chee-yash-'e or (High in sky bird)

What Help does LIHEAP provide?

- Heating Assistance
- Crisis Assistance (Shut off or Final Notice)

To Qualify:

October 2018 is open to **disabled** and **elder** Siletz Tribal members only.

(Continued on page 5)

Important Dates

- Sat., 10/14, Elders Council—1 PM—at Aces Bar & Grill
- Fri., 10/20 Regular Council—8 AM—

Community News

Portland Area Office Beading Group

Each month, all Portland Area Siletz Tribal members are invited to bring their projects or start something new and enjoy a morning of beading and socializing. So, come join us:

**Tues., October 16th
10 AM—2 PM**

For more information, Please call Verdene McGuire at (503) 238-1512.

Elder's Shopping Day

The next elders shopping day will be:

**October 9th & 24th at
10:00 AM**

To reserve your spot on the bus for the next shopping day, please call your Elders program area representative,

October: Domestic Violence (DV) Awareness Month

This year's theme is "Awareness + Action = Social Change." In the spirit of the theme we are asking the Siletz Community and all our area offices to take action and show support by displaying the color purple.

There are many ways you can do this; you can join the CARE Program in wearing purple every Tuesday in October, you could wear a purple awareness ribbon for the month, or use purple Halloween decorations for a festive display. We invite you to get creative to help us spread awareness and show your respect and support for survivors!

For more information about the CARE program, please call Kim lane at the Siletz Community Health Clinic at 1-(800) 648-0449.



Kay Steele at: (503) 760-4746 or Angelina Artiago at 503-760-3899.

PAO Elders Potluck

Season Begins!

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



We will host our first potluck of the season on:

**Monday, Oct. 29th, 2018
5:30 PM —7:00 PM**

Please bring a potluck dish to share. For more information or to request a ride/carpool, please contact the Elders Coordinator or your Elders Representative Kay Steele. Or Cookie Fernandez.

Garden Club Work Party

We encourages all tribal members and their families to support our local community gardens. On:

**Date: TBD, Call PAO for
Date**

Time/Location: 10 AM

at the Gilbert Heights Community Garden. Portland Area Staff we will be at the gar-

dens from 10—11:30 AM. If you're free to join in and help us, please call PAO for more information.



Seeking Siletz Tribal Mem- bers:

Join the Community Vision- ing Team

The Confederated Tribes of Siletz Indians is launching a collaborative community engagement process to gather valuable input for the next comprehensive plan. This comprehensive plan is the official document for guiding Tribal Government and leadership through decisions they will make throughout the next ten years.

We are seeking members to join the Community Visioning Team (CVT) to create the community engagement plan that will inform the comprehensive plan. Responsibilities include:

- Attending up to 6 meetings over the next 6 months (either in person or virtual) and associated tasks (the first meeting will be on November 27, 2018 in the

evening; location TBD with call-in/video option)

- Sharing your ideas and insights on how to engage the whole tribal community,
- Sharing the activities and outcomes of the CVT with the membership, and
- Holding the value of securing historical and future lifeway's.

Our goal is to have broad representation of up to 30 people from throughout the entire tribal community--youth, elders, parents, and more!

Nominate yourself or others by October 12, 2018:

- Going to the Community Visioning Team website at:

<https://tinyurl.com/2018CTSI>

- Complete a Nomination Form at your Area Tribal Office
- Email Project Coordinator Shadiin Garcia at shadiin@thinkshorelines.com
- Call Project Coordinator Jeneen Hartley at 612.250.9949

Community Health

Diabetes Support Group



October Diabetes Support Group will be providing a healthy meal. All tribal and family members are welcome.

**Wednesday October 10th
Noon to 2:00 pm**

Flu Shots at PAO



The Portland area office will be hosting our next flu-shot clinic for all tribal members and their families on:

**Wednesday, October 10th
From 2 to 6 PM**

For more information please call your community health advocate, Verdene McGuire at (503) 238-1512, ext. 1413.

Contract Health Update

Remember to update your Contract Health services form each year! Call the Portland

Area office and we can send you the form. You are always welcome to come in to complete it. Especially if you have moved, have a new phone number or even a new primary care doctor, please update your information with Contract Health.

Over-The-Counter Program

Cold and flu season is fast approaching, so remember the Portland area office has some over the counter (OTC) medications to help you.

5 Tips for Child Safety, To & From School

Fall is here, and with it comes shorter days and the start of the school year. Road travel increases and traffic patterns shift, so this busy time of year can also be a dangerous one – especially for children.

Take advantage of the following tips and resources to strengthen your traffic safety knowledge. Then teach and reinforce your children's pedestrian, bicycle, school bus and/or public transportation safety habits.

Tip #1 – Walking Safely

Pedestrians 10 and younger must be accompanied by an adult or young adult on their way to and from school. Show them how to cross the street by stopping at the curb and looking left-right-left for traffic before crossing.

Tip #2 – Biking Safely

The three best protections when biking to and from school are a properly fitted bicycle helmet, a good grasp of traffic safety rules and inspecting their bikes before hitting the road.

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Athabaskan Language

Nuu-wee-ya' (Our Words)



**Portland Area Office
Monday, Oct. 15th
7:00 – 8:00 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.

www.ctsi.nsn.us

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

www.siletzlanguage.org

“Ch’ee t’ u”

**Siletz
Basketry
Class**

**Monday, Oct.
15th 5-7 PM**

Come and learn how to make Siletz baskets. All ages are welcome. Young people under 10 years old need an adult to accompany and assist them.



The Siletz Culture Department will provide round reed material and instructors. If you have your own materials, please bring them.

Contact: Bud Lane at budl@ctsi.nsn.us;

(541) 444-8320 or (800) 922-1399 ext. 1320.

Sponsored by the Education and Culture Departments.

Words for Relatives or (Da’-ye’)

Ancestor	K’wii-daa-naa~-ye”	Aunt (Paternal)	maa-de’
Mother	K’waa-ga	Aunt (Maternal)	Maa-de’
Father	Ta’	Uncle (Paternal)	mii-te
Son	daa~-ghee-yilh	Uncle (Maternal)	Tr’ii-ne;
Daughter	sii-’e	Wife	tr’aa-ne’
Brother	chee-le/ lha’-’e	Husband	ch’ee-see-
Sister	dee-sre	ne’	
Cousin	see-te’	Grandmother	sru’

A & D Program

Addiction Education

Heroin

Heroin is a dangerous and illegal drug with a high addiction potential. Heroin belongs to the opioid family of drugs, such as Morphine and Codeine, which are natural products of the opiate, Poppy.

Heroin is made from morphine that has been chemically processed, giving it a stronger and more immediate effect. Heroin is converted back into morphine in the brain. In its purest form, Heroin is a fine, white, bitter-tasting crystalline powder that dissolves in water. When it is sold on the street, its color and consistency vary, depending on the manufacturing process and what additives it has been mixed, or “cut,” with. Street heroin may come in the form of a white powder, a brown, sometimes grainy substance or a dark brown sticky gum.

Most common ways of using heroin:

Injection: either into a vein, muscle or under the skin

Snorting: inhaling the powder through the nostril

Inhaling or smoking: this method is also referred to as “chasing the dragon,” and involves gently heating the heroin on aluminum foil and inhaling the smoke and vapors through a tube.

Cause of Overdose:

- The purity of the drug is unknown. Ironically, many overdoses are due to increases in the quality of the drug sold on the street
- Injection, because the drug reaches the brain more quickly than by other ways of taking the drug, and because the dose is taken all at once
- Combining heroin with other sedating drugs, such as alcohol, benzodiazepines and methadone

Heroin dependence, and the medical, social and legal complications that often result from heroin use, can be devastating to the lives of the people who use the drug.

Recovery:

Research using brain scans has revealed that long-term regular use of heroin results in changes in the way the brain works. While the effect of these changes is not fully understood, this research has shown that it may take months or years for the brain to return to normal functioning after heroin use is stopped.

Methadone maintenance treatment, which prevents heroin withdrawal and reduces or eliminates drug cravings, is the most effective treatment for heroin dependence currently available.

If you know anyone that needs support in their addiction or recovery please call our Outpatient services. There is hope and people do recover.

**Recognize
Acknowledge
Forgive Change**

If you or someone you know needs substance abuse treatment, recovery is possible. For drug and alcohol information and treatment referral call Andulia WhiteElk

**Help is
Available &
Confidential**

Behavior Health

Last days of summer:

With the smoke quality being poor at the end of August, the PAO summer picnic got moved from Mt. Scott Park to the office. There was good food and craft to be enjoyed by all, and activities kept everyone busy. Rachel spent her time helping youth make magnets, and hand prints in Plaster. To end out the summer, the area offices headed to the Tillamook Cheese Factory, and Oceanside. Pictured are tribal members gathered for prayer before the meal, Nick Viles saying the prayer in Athabaskan, and youth burying a peer in the sand.

Heading into fall:

As we head into fall, it is a good time to be more mindful of how we spend our daylight hours, as they are starting to shorten. Getting outside is important to get the natural vitamin D our bodies often lack in Oregon. In October, Rachel will get the chance to present at the SSP Conference in Turner about the Mental Health services she provides. If you're curious about this event, contact your local SSP representative for information! I haven't been before but it sounds like a great opportunity.

Mental Health Specialist services include:

Couples counseling, adventure-based therapy, youth, adult and family counseling with emphasis in experiential healing and person-centered therapy.

Traditional Coping

October is a good time to continue gathering wood for our Elders for the winter, which Youth Council participants helped with on September 15th. The rafting trip on September 13th happened, though I

stayed behind to give room to clients. Run for the Rogue was canceled for the second year in a row, which is a big ache for the tribe though necessary for health and safety. As always, smudging, sweat lodges, talking circles and prayer are all traditional ways to connect with the Creator and feel re-centered.



Rachel Adams' Schedule & Contact Information:

Portland Area Office	Salem Area Office
Mon. & Tues.	Weds. & Thurs.
(503) 238-1512	1-(503) 390-9494
X1417	X1864

(LIHEAP Continued from page 1)

The applicant, or a member/child residing in the household, must be an enrolled Siletz tribal member.

Residence Location

The residence must be located within the 11 county service-area.

Income Eligible

The applicant/family must meet the annual income guidelines as determined at the time of intake.

When can I apply?

October 1st—Siletz Tribal Elders and Disabled Tribal Members

November 1st—Other Siletz Tribal Households

Program Key-points:

LIHEAP is divided into two categories: First is heating (A regular bill) and Second, is crisis (Shut-off, disconnect, owing more than you can pay).

Awards will vary depending on family size, income and need. When making your appointment for assistance, please be sure to have all necessary documentation beforehand, or be able to have required documents before appointment time.

Required documentation includes, but is not limited to:

- Social Security Cards for ALL household members (there are no exceptions)

- Most recent utility bill
- Current income documents – for each adult household member (e.g. Social Security award letter, Unemployment print out, paystubs etc.)

If you need documentation from other departments, please be sure to make those requests from those departments prior to your appointment.

Total Gross Household Income for Cannot Exceed:

# Household Members	Income Limit
1	\$22,626.00
2	\$29,587.00
3	\$36,549.00
4	\$43,511.00
5	\$50,473.00
6	\$57,435.00
7	\$58,740.00
8	\$60,045.00
9	\$61,351.00
10	\$62,656.00

Contact your service area for appointment times available. If you have any additional questions, please don't hesitate to call Casey Godwin, Emergency Energy Assistance Program Coordinator (541) 444-8311.

Notice To Applicants

The applicant is responsible for providing their own documentation at the time of the appointment, i.e. SS card, tribal ID or CIB, income documentation and current utility bill. Applications without complete documentation at the time of appointment will be rescheduled.

(Community Health Continued from page 3)

Tip #3 – Riding the Bus Safely

School buses are the safest mode of transportation for getting children back and forth to school. Even so, your kids need to be especially careful around the school bus "danger zone" – 10 feet in front, 10 feet behind, and on each side of the bus. Before they go back to school or start school for the first time, teach your kids these common-sense practices.

Tip #4 – Riding in the Car Safely

Children in the front seat are 40 percent more likely to be injured in crashes? If your kids are 12 and younger, make sure they ride in the back

seat. Learn more about the child passenger safety laws in Oregon to selecting the right seat for your child. Your Community Health Advocate can help.

Tip #5 – Driving Safely

As a parent, you're the #1 influence on the kind of pedestrian, bicyclist and driver your child will become. Set a positive example and keep your children safe. Whether walking, biking or driving, stay completely focused on the road and put your cell phone away when in traffic. Learn about driving safely and find out the laws on distracted driving in Oregon. They call it driving under the influence of an electronic device and it is a huge ticket as if you were driving under the influence of alcohol! So put your cell phone away when driving. Be safe!

Bow & Arrow Culture Club



FRIDAY NIGHT GATHERING'S

<p>October</p> <p>5 Gathering & Potluck</p> <p>12 Gathering</p> <p>19 Gathering</p> <p>26 Gathering</p> <p>November</p> <p>2 NO Gathering: Clark College Powwow</p> <p>9 Gathering & Potluck</p> <p>16 Gathering</p> <p>23 HOLIDAY NO Gathering</p> <p>30 Gathering</p> <p>December</p> <p>7 Gathering & Potluck</p> <p>14 Gathering</p> <p>21 Gathering</p> <p>28 NO Gathering: Holiday Weekend</p> <p>January</p> <p>4 Gathering & Potluck</p> <p>11 Gathering</p> <p>18 Gathering</p> <p>25 Gathering</p> <p>February</p> <p>1 Gathering & Potluck</p> <p>8 Gathering</p> <p>15 Gathering</p> <p>22 Gathering</p>	<p>March</p> <p>1 Gathering & Potluck</p> <p>8 Gathering</p> <p>15 Gathering</p> <p>22 Gathering</p> <p>29 NO Gathering</p> <p>April</p> <p>5 Gathering & Potluck</p> <p>12 Gathering</p> <p>19 Gathering</p> <p>26 Gathering</p> <p>May</p> <p>3 Gathering & Potluck</p> <p>10 Gathering</p> <p>17 Gathering</p> <p>24 NO Gathering</p> <p>31 Gathering</p> <p>June</p> <p>7 Final Gathering & Potluck of the Season</p>
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6:30pm - 9:00 pm

At NARA Wellness Center
12360 E. Burnside
Portland 97233

The Native community's oldest and longest running organization. Offering a gathering for Native art and crafts, sharing and learning of culture and traditions. Drumming and Dance practice too!

Become involved in the area's largest Powwow:

The Annual City of Roses DELTA PARK POWWOW
June 14-16, 2019!

6/13 Set up. Everyone help!
6/17 Clean up day. Everyone Help!

Contact:
Sande Bea 503-984-7303
uncibea@gmail.com
Updated: 09/01/18

"Like" & "Follow" our Facebook page "Bow & Arrow Culture Club" for updates!

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.

October 2018

SUN	MON	TUE	WED	THU	FRI	SAT
	1 LIHEAP OPENS For Households with Elder & Disabled Siletz Tribal Members FAFSA OPENS 2018-19	2	3	4	5	6
7	8	9 Elders Shopping Day 10 AM	10 Diabetic Support Group Noon—2 PM PAO Flu Shots 2–6PM	11	12 Community Visioning Team Nominations Due (See Page 3 for details)	13 Elders Council At Aces, Lincoln City, OR 1 PM
14	15 Basketry & Language Class 5-8 PM	16 Beading Group 10 AM –2 PM	17	18 Ribbon Skirt Class	19 Regular Council Siletz, OR— 8 AM	20
21 Pumpkin Patch Adventure 8:30 AM	22	23 SSP, Increasing Your Success Conference (IYS)	24 Elders Shopping Day 10 AM	25 Family Culture Night 5:30—7:30 PM	26	27
28	29 Elders Potluck 5:30—7 PM	30	31  Halloween			

477 Self-Sufficiency Program

Increasing your Success Conference (IYS)

Date: October 23-24 2018

There will not be a CAN meeting for the month of October 2018.

We will be hosting our annual IYS conference, in Turner, OR.

For all SSP clients, please contact your case worker for more details at (503) 238-1512.

Anna Renville X 1412

Tamra Russell X 1411

Upcoming CAN Meeting:

Mark Your calendar. The 477 Self Sufficiency Program's (SSP) upcoming CAN meetings:

- **November 9th**

These mandatory monthly meetings will allow clients to talk and share what is happening on their journey to self sufficiency. This will support clients in knowing that they are not alone and they have the same issue, concerns, questions and struggles as others. This will empower clients to talk

with each other and come up with solutions together.

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.

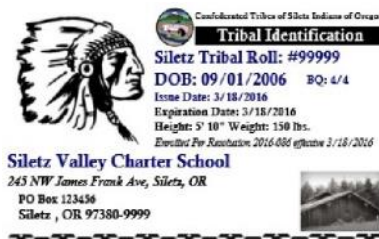
The Program Manual lists all available components in detail and the requirements of each which is also available at

Your Success is Important to Us

If you have questions or to apply, please call the Portland Area Office (503) 238-1512 and speak with Anna Renville X1412, or Tamra Russell X1411.

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.



Tribal Identification
 Siletz Tribal Roll: #99999
 DOB: 09/01/2006 BQ: 4/4
 Issue Date: 3/18/2016
 Expiration Date: 3/18/2016
 Height: 5' 10" Weight: 150 lbs.
 Exempted For Resubmission: 2016-004 effective 3/18/2016

Siletz Valley Charter School
 243 NW James Frank Ave, Siletz, OR
 PO Box 123456
 Siletz, OR 97380-9999

Natural Resources

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

At (541) 444-8232 or e-mail at mikek@ctsi.nsn.us or Denise Garrett at (541) 444-8227 or e-mail at deniseg@ctsi.nsn.us

2018 Archery Tags, Late Season

Deer and Elk

First Distribution will be:

October 15 – October 28, 2018

Issued to those who have not received a deer archery tag or any elk tag in 2018

Second Distribution:

October 29 – December 9, 2018. Remaining tags issued to any eligible Siletz Tribal member, 2018/2019.

If you have questions, please contact: Mike Kennedy (541) 444-8232 mikek@ctsi.nsn.us

Tobacco Prevention Education Program (TPEP)

What is Second and Third-hand Smoke?



Second hand smoke is the smoke that comes from the burning end of a cigarette, cigar, pipe or even an E-cigarette. It is also the smoke/vape that smokers breathe out (exhale). Even smoke/vape that is exhaled contains substances that irritate the lining of your lungs and other tissues, such as your eyes and throat. These substances cause changes that interfere with cells de-

veloping normally in your body. These changes in cells increase the risk of some cancers and other health conditions. What is third-hand smoke? Third-hand smoke is the invisible tobacco “dust” (or chemical) that settles in the environment and stays there even after a cigarette has been put out. Third-hand smoke contains more than 250 chemicals. We know that children exposed to third hand smoke are at risk, because they have higher levels of cotinine (the by-product of nicotine) in their urine and blood. These harmful chemicals stay on your clothes, hair, carpet, toys, coat, chair, couch and every surface in your home and car. Babies and children can be harmed because they breathe or eat the

(Continued on page 10)

Education and Youth Update

Siletz Education Program

The Siletz Education and Youth Program assists adults & youth with their educational and enrichment needs. If you are in need of assistance or planning ahead for school and college please contact your local Education Specialist Katy Holland. You can email Katy at:

katyh@ctsi.nsn.us



October Events for Families:

Family Culture Night at the Siletz Area Office, You're Invited!

Pumpkin carving and decorating with prizes. Making pumpkin cookies. Pumpkin Walk. Activities for everyone—a light dinner will be provided. We would also like parents to take the time to share with us what they would like the JOM Program to provide this year for our children.

5:30—7:30 PM, Thurs., Oct. 25th

Portland Siletz Tribal Community Room
12790 SE Stark Street, suite 102.

Girls & Women Ribbon Skirt Class

We will be hosting our first ribbon skirt class, open to all Siletz tribal members on, **Thursday, October 18th** at the Portland area office. Class space is limited, so please

contact Katy Holland if you would like to sign up and join us to make your own ribbon skirt.

Pumpkin Patch Adventure:



Join us for our annual fieldtrip to the Pumpkin Patch and Maize. There is no cost, and all youth get to take home a pumpkin.

Sunday, October 21st at 8:30 AM

We are meeting at the Portland Area Office at 8:30 AM. Lunch is Provided. To attend, please contact Katy and sign up.

Portland Nursery Annual Apple Tasting Event

This event is a Food Drive to Benefit Oregon Food Bank. There will be lots of fun activities for kids. There will also be a scarecrow contest for both Adults and children, face painting, scavenger hunt, pumpkin carving, music, dance and tasting over 60 variety of apples.

- **Friday-Sunday, October 12-14th, 2018 Free**
- **Friday-Sunday, October 19-21st, 2018 Free**

Portland Nursery; 5050 SE Stark, street.

Don't forget to bring your can of food!

West Coast Giant Pumpkin Regatta & Festival



Fun for the whole family! Pumpkin bowling, pumpkin golf, tic Tac toe, Pumpkin checkers, Kids' Costume Contest, arts and crafts and watch the Giant Pumpkin Race, in Tualatin OR. For more information and schedule please go to:

www.tualatinoregon.gov/pumpkinregatta

Salmon Home Coming at Oxbow Park—Oct. 13-14th



Sponsored thru Metro—nothing says "Pacific Northwest" like the annual return of the salmon from the ocean; fighting up-

stream to spawn and dying in the rivers of their birth. Come and view this ancient, iconic phenomenon at Oxbow Regional Park along the Sandy River. In addition there will be cultural activities, hikes and walks. For a list of events, please visit:

www.oregonzoo.org/events/salmon

Financial Aid: FAFSA



Did you know you can file your Free Application for Federal Student Aid (FAFSA®) form to apply for federal aid for college, career school, or graduate school beginning October 1st, 2018 for the 2018-2019 school year?

www.fafsa.ed.gov

This program can provide grants, work-study funds, and loans. Complete the FAFSA® form to see may be eligible for and to complete the Tribal requirement that students

Most Often Requested Numbers

Confederated Tribes of Siletz Indians	(800) 922-1399	Siletz Behavior Health	(800) 600-5599
Salem Are Office	(503) 390-9494	Chinook Winds Casino Resort	(888) 244-6665
Eugene Area Office	(541) 484-4234	Chemawa Health Clinic	(800) 452-7823
Contract Health Services	(800) 628-5720	Grand Ronde Health & Wellness Center	(800) 775-0095
Siletz Community Health Clinic	(800) 648-0449	Bureau of Indian Affairs	(800) 323-8517

USDA Distribution Dates

Siletz	Monday	October 1	9 AM — 3 PM
	Tuesday	October 2	9 AM — 3 PM
	Wednesday	October 3	9 AM — 3 PM
	Thursday	October 4	9 AM — 3 PM
	Friday	October 5	9 AM — 3 PM
Salem	Monday	October 15	1:30 PM—6:30 PM
	Tuesday	October 16	9 AM — 6:30 PM
	Wednesday	October 17	9 AM — 6:30 PM
	Thursday	October 18	By Appointment Only

Once again, USDA Food & Nutrition Services has increased the income guide rate to receive foods from our program. If you think you might be eligible, call our offices and we can help you.

FDPIR INCOME GUIDE RATE EFFECTIVE 10/01/2018	
HH SIZE	NET MONTHLY INCOME STANDARD
1	\$ 1,176
2	\$ 1,536
3	\$ 1,896
4	\$ 2,266
5	\$ 2,656
6	\$ 3,046
7	\$ 3,406
8	\$ 3,766
EACH ADDITIONAL MEMBER	\$ 360

LIKE us on Facebook at Siletz Tribal FDPIR. We would like to see more people sharing their recipes on our FB.

Joyce Retherford
FDP Director
(541) 444-8393

Lisa Paul
FDP Clerk/ Warehouse
(541) 444-8279

Vocational Rehabilitation (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. Services are provided in all area offices, however to inquire about services, ask to be transferred to the office nearest you that is listed below.

Salem Area Office:

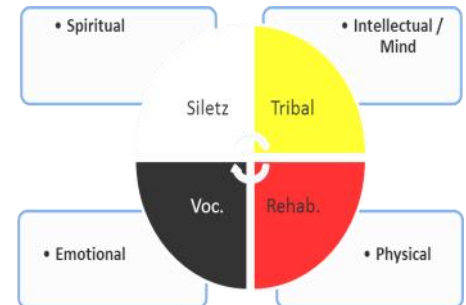
Dana Rodriguez, Program Aide;
Toni Leja, Counselor/Job Developer
(503) 390-9494
3160 Blossom drive NE, ste. 105
Salem, OR 97305

Eugene Area Office:

(541) 484-4234
Jeramie Martin, Program Director
2468 West 11th
Eugene, OR 97402

Siletz Admin. Office:

(800) 922-1399
Rachelle Endress, Counselor/Job Developer
201 SE Swan Ave
Siletz, OR 97380



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. Your worker is assigned to you by your last name. Please refer to the list

below to determine who you need to speak with when contacting contract health.

Trish Carey A-G X1651
Chrissy Marceau H-O X1622
Joella Strong P-Z X1649

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**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



BEAR SV-GVS

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

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.

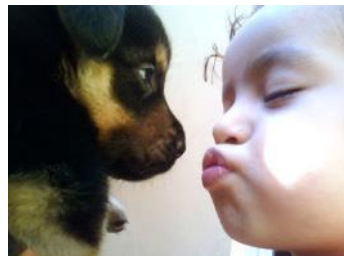
Is Your Newsletter Coming to the Right Address?

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.



(Tobacco prevention Continued from page 7)

toxins when they crawl on floors, sit on car seats, or cuddle adults, where toxins may have built up over time. Pets are also at risk because the toxins stay on their fur. Pets are also vulnerable to health conditions including cancer's caused from second-hand smoke exposure.



Portland Area Office Staff:

Name/ Title	Contact Information
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 andrewe@ctsi.nsn.us

Other CTSI 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			