

# Portland Potlatch

NOVEMBER 2020

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## Salmon Distribution at PAO

By Appointment Only

A limited supply of frozen salmon will be available by appointment beginning November 2nd on a first come first served basis to those Tribal Members who **did not** receive any salmon from the last distribution at the PAO in August.

Please bring a signed note if picking up for another Tribal Member. Call the Portland Area Office at 503 238-1512 and speak to any staff member to schedule a pick up time.

## November 7th, 2020 General Council Meeting

The November 7, 2020 General Council Meeting will be a recorded video presentation. The recorded video presentation will be available to review November 7-12, 2020 on the Tribal Website, under the Member Only Area. Candidates that have chosen to run for Tribal Council will have their statements read at the General Council Meeting.

## COVID LAPTOP APPLICATIONS

The Confederated Tribes of Siletz Indians (CTSI) has CARES funding to assist tribal member households with expenses directly related to COVID-19. CTSI wants to support tribal member households who are affected by COVID-19 to connect with telehealth, schooling or work by providing 1 laptop per household. Completed applications must be received at the Tribal Administration Office by December 1, 2020. This program will run on a first come first served basis. We will make every effort to serve all tribal households while our budget and stock are available. Applications were mailed to each household on 9/30/2020 and are available on our tribal website [ctsi.nsn.us](http://ctsi.nsn.us). Please call Shantel Hostler 541-444-8200 or April Middaugh 541-444-8201 if you have questions.



## Notice to Tribal Members about COVID-19 Relief Programs

COVID-19 Relief Programs funded by the CARES Act have a **deadline of December 1st** to apply. Funds from the US Treasury CARES Act are set to expire December 31st, 2020, and we will need time to process these applications and final payments.

Programs funded from sources other than the CARES Act will still be available to Tribal Members—please contact the department they are ran through to determine availability and eligibility.



## COVID-19 Relief Programs for Tribal Members

The Tribe has multiple programs right now to help with the negative impacts of the COVID-19 pandemic.

### COVID-19 Housing Relief Assistance

Limited rent and mortgage relief is available to Siletz households negatively impacted by the COVID-19 pandemic. Assistance is a one-time payment to Siletz household's landlord or Mortgage Company and is available anywhere in the United States. It is available to low-income and non-low-income households.

For **mortgage relief** contact: Jeanette Aradoz 541-444-8316 or Cecelia DeAnda 541-444-8315.

**Rent relief** contact Brett Lane 541-444-8317, Isaac DeAnda 541-444-8314 or K.C. Short 541-444-8310.

### Water/Sewer Relief Program

The water/sewer relief program is for Siletz Tribal households who are experiencing a negative impact due to the COVID-19 pandemic. It is open to applications and will stay open until all funding has been exhausted. This program is operated on a first-come, first-served basis

### COVID-19 Food Assistance

The purpose is to provide Siletz

Tribal households experiencing negative impacts due to the COVID-19 pandemic with food assistance. Funding for the COVID-19 Food Assistance Program is operated on a first come, first served basis. Services are available throughout the United States of America. This program will remain open until funding is exhausted.

### COVID-19 Energy Assistance

Energy assistance is available for Siletz Tribal households who are experiencing a negative impact due to the COVID-19 pandemic. This program is through the Housing Department. There are no income restrictions.

### Property Tax Assistance

To be eligible for property tax assistance, clients must meet HUD low income criteria and be impacted by the COVID-19 Pandemic. Property taxes are **not** eligible to be paid from US Treasury – CARES Act funding. For assistance with property taxes, please contact Jeanette Aradoz at (541) 444-8316.

**All COVID-19 Relief Program policies, information and applications are accessible on the CTSI website. Be sure to check the website periodically as updates are posted there.**

## Most Often Requested Numbers

Siletz Clinic	(800) 648-0449	Chemawa Clinic	(800) 452-7823
Siletz Admin	(800) 922-1399	Chinook Winds	(888) 244-6665
CTSI, Eugene Area Office	(541) 484-4234	CTSI, Salem Area Office	(503) 390-9494
NARA	(503) 224-1044	NAYA	(503) 288-8177

# COVID-19 Relief Assistance Programs

## COVID RELIEF ASSISTANCE PROGRAMS

There is limited assistance available for Siletz Tribal households that have been negatively impacted by the COVID-19 pandemic. Examples of being impacted include being laid off, a reduction in income or hours, pay reduction/cut, increase in household/utility/food expenses, etc.

This special assistance is available to Siletz Tribal members **WITHIN AND OUTSIDE** the service area—**income is not necessarily an excluding factor. If you are having difficulty meeting your basic needs, CALL!**

Assistance is available for rent/mortgage, energy, purchasing food, water & sewer, childcare and property taxes. *The rent/mortgage relief is a one-time payment to the household's landlord/mortgage company.* Assistance for these special COVID related programs is on a first come, first serve basis with funds available until expended. For more information or to obtain the application for these programs, you can directly email/call the staff listed below or go to the Tribal website and click on the "Coronavirus Updates & Resources" link on the homepage and scroll to the desired program.

**NOTE: Applications have different due dates - review policies**

<b>Siletz Tribal COVID Relief Assistance Programs</b> <b>800.922.1399</b> <b>www.ctsi.nsn.us</b>	<b>Rental Relief Assistance</b> Brett Lane (541) 444-8317 brettl@ctsi.nsn.us Kerry Short (541) 444-8310 kerrys@ctsi.nsn.us Isaac DeAnda (541) 444-8314 isaacd@ctsi.nsn.us
<b>Energy Assistance</b> Casey Godwin (541) 444-8311 caseyg@ctsi.nsn.us Kerry Short (541) 444-8310 kerrys@ctsi.nsn.us Valerie Hibdon (541) 444-8322 valerieh@ctsi.nsn.us	<b>Mortgage Relief Assistance</b> Jeanette Aradoz (541) 444-8316 jeanettea@ctsi.nsn.us Cecelia DeAnda (541) 444-8315 ceceliad@ctsi.nsn.us
<b>Food Assistance</b> Kurtis Barker (541) 444-8247 kurtisb@ctsi.nsn.us Danelle Smith (541) 444-9603 danelles@ctsi.nsn.us	<b>Water &amp; Sewer Assistance</b> Jenifer Jackson (541) 484-4234 jeniferj@ctsi.nsn.us Cathy Ray (541) 484-4234 catheriner@ctsi.nsn.us
<b>Childcare Assistance</b> DeAnn Brown (541) 444-2450 deamb@ctsi.nsn.us (541) 444-2532	<b>Property Taxes*</b> <i>*HUD Low Income criteria (not CARES Act funded)</i> Cecelia DeAnda (541) 444-8315 ceceliad@ctsi.nsn.us
<b>Laptop Assistance</b> April Middaugh (541) 444-8201 Laptops@ctsi.nsn.us Shantel Hostler (541) 444-8200	<b>Tribal Youth Assistance</b> Darcy Jimenez (541) 444-9685 darcyj@ctsi.nsn.us
<b>Emergency Assistance Payment</b> Enrollment (541) 444-8258 CARES@ctsi.nsn.us	

**Information and Resource Help Line**  
**Monday - Friday, 9AM to 3PM**  
**(541) 444-9613 or (800) 648-0449 ext. 1613**

# 477 Self-Sufficiency Program

## 477 Self Sufficiency 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 Families
- Native American
- Alaskan Native
- Native Hawaiian

The available components through the Program are cash grant services, emergency utility assistance, job training, job retention services and supportive

services.

The Program Manual lists all available components in detail and the requirements of each. All components of the 477 SSP are available on a budgetary basis.

Contact a Tribal Services Specialist for more information about current components that are available.

### Your Success is Important to Us!

Contact a Tribal Services Specialist for more information about current components that are available.

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



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



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



## Behavioral Health

### The rain is here:

While the leaves around us have turned to pretty colors, the rains have also increased. While rain is essential to keeping Oregon green, gray days with little to no sun can feel quite gloomy.

### Ways to cope with rainy day blues:

- 1) Watch a movie—get on Netflix, rent a movie at your local library, or use a Redbox. Fill those rainy hours with some light entertainment.
- 2) Be good to yourself—Do some sort of pampering; bubble-bath, meditate, light a scented candle. The Dollar Tree has pampering products cheap.
- 3) Don't wait for spring cleaning; a rainy day is a great time to re-organize a cluttered closet, sort and fold your laundry, or do that other cleaning project you've been putting off. And, mental health bonus: The more clean and organized your house, the better you feel in your head!

### Mental Health Specialist services include:

Couples counseling, adventure-based therapy, youth, adult and family counseling with emphasis in experiential healing and person-centered therapy. The Mental Health Specialist holds an Oregon Professional Counseling License (LPC). She recently received Phase 1 and 2 of

Brainspotting Training, a procedure based off of EMDR. It is great for helping people process trauma without even having to talk about it.

### Check in with your local Education Specialist to find out about our Virtual Youth Conference coming soon!

### Traditional Coping

Winter preparations should now be well underway, and the Elders in our thoughts. Try and find ways to reach out to the members of the community in the most need and lend a helping hand, keeping social distancing in mind. Traditional ways that have helped the Siletz people find peace and harmony include: attending sweats, drum circles, talking circles, and smudging. Many of these activities have virtual components! Live life in a healthy, good way.



### Portland Area Office

Mondays &  
Tuesdays  
(503) 238-1512  
X1417

### Salem Area Office

Wednesdays &  
Thursdays  
1-(503) 390-9494  
x1864

## Siletz Community Health Clinic

### Siletz Clinic provides mental health services to children, adolescents and adults

The Siletz Community Health Clinic offers mental health services in the Siletz, Salem and Portland area offices, providing individual and family therapy to Tribal children, adolescents and adults. Mental health staff offer trauma informed approaches while addressing community needs. In the Portland and Salem area offices, Tribal children can receive art and play therapy, and all Tribal members can receive person-centered therapy, mindfulness, cognitive behavior therapy, etc. All mental health staff use dialectical behavior therapy (DBT) and motivational interviewing (MI) techniques. The main office additionally offers trauma-focused approaches, acceptance and commitment therapy (ACT), psychoeducation, narrative

therapies, as well as shame and resilience techniques to help individuals and families move toward their own healthiest selves. Please call your local office if you need assistance and we can help:

Siletz MH: 541-444-8286

Portland MH: 503-238-1512

Salem MH: 503-390-9494

Heidi Martin, LPC MH Clinical Supervisor/Therapist

Rachel Adams, LPC Mental Health Therapist



### Flu Shot Access

In response to COVID-19, the Siletz Clinic is unable to offer flu clinics in the area offices.

You can use your Pequot card at YOUR local pharmacy:

Pequot is accepted at all CVS network pharmacies that currently accept your Pequot Card.

You or your pharmacist can contact Pequot at 888-779-6638 if you have any questions.

Using your Pequot card will NOT reduce your annual Pequot benefit.



To our Tribal Families,

We would like to offer you new resources you may want to add to your home library of digital resources with activities for your children. Please check out the following:

- Khanacademy.org: Free online lessons from K-12th through early college, science, math, history, grammar, SAT.
- Wideopenschool.org: A collection of free distance learning activities for kids.
- Storylineonline.net: Award winning children's literacy website—streams videos featuring celebrated actors reading children's books.

If your child is in need of additional resources or tutoring please contact Katy who will be able to assist you.

### File Your FAFSA!

Reminder: Apply for the Free Application for Federal Student Aid at [www.fafsa.ed.gov](http://www.fafsa.ed.gov). (2021-2022) For assistance please contact Katy

### Educator in the Park! At Oxbow Park—Nov. 5th, 6th, 12th and 13th.



A Metro nature educator will be on site on these days to share information about Oxbow Park, the river and natural areas. For more information about safety standards, times and other locations please call (503)270-2782 or email: [Natureeducator@oregon.metro.gov](mailto:Natureeducator@oregon.metro.gov).

Oxbow Regional Park  
3010 SE Oxbow Park Rd,  
Gresham.



Katy Holland, Portland Area Office  
Education Specialist  
(503)238-1512  
[katyh@ctsi.nsn.us](mailto:katyh@ctsi.nsn.us)

### Johnson O'Malley Supplemental Education Program

Funding Is Available for Youth Activities from the Tribe's Johnson O'Malley Youth Program.

Youth can apply for funding for youth activities/registration, culture supplies, classes, camps, and more. For an application or if you would like more information about the program please email Katy.

### CTSI VIRTUAL COLLEGE INFO. NIGHT COMING— DECEMBER 3RD PLEASE PLAN TO ATTEND

#### Get Information about:

- Applying to College/University
- Tribal Grants & Scholarships
- Student Housing
- Financial Aid/FAFSA
- Important Deadlines

**Plus: Meet advisors from local colleges/universities in Oregon .**

**More information to come or contact Katy at Portland area office.**




### Salmon Celebration Youth Activity Bags Give Away.

Normally in October we have events that celebrate the return of the salmon. This year to celebrate the salmon return we will be distributing Salmon Homecoming Activity Bags filled with fun and interesting, cultural activities and natural gifts. If you would like to receive a bag for your children please call or email Katy

### Tribal Virtual Reading Program For Tribal Youth: Books sent to your home!

K-12 students can still sign up to receive free books and attend weekly meetings (through zoom) with tribal staff and many other tribal youth each Wednesday at 4pm. If you are interested please email us at [katyh@ctsi.nsn.us](mailto:katyh@ctsi.nsn.us) or [Jacobr@ctsi.nsn.us](mailto:Jacobr@ctsi.nsn.us).

# November 2020

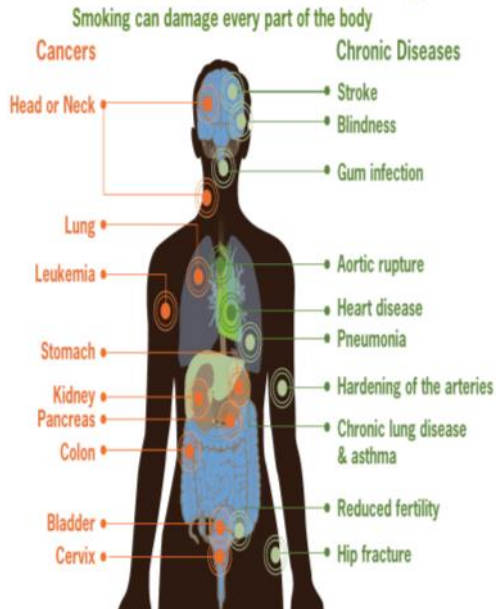
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 Virtual General Council meeting
8	 <p><b>ATTENTION</b> <i>please</i></p> <p>All Tribal Offices have been closed since March 17th 2020, until further notice.</p> <p>Services will be provided via telephone, email and mail; Offices will be closed to walk-in clients.</p>	10	11 Veteran's Day Offices Closed	12	13	14
15		17	18 Restoration Day Offices Closed	19	20	21
22		24	25	26 Thanksgiving Day Offices Closed	27 Offices Closed	28
29		30				

## Tobacco: More than just Nicotine



## Health Benefits of Quitting Smoking

- **20 Minutes after quitting**—Your heart rate drops. (CDC)
- **12 hours after quitting**—Carbon monoxide levels in your blood drops to normal. (CDC)
- **A few months after quitting**—Your sense of smell and taste may improve. (National Cancer Institute)
- **2 weeks to 3 months after quitting**—Your heart attack risk begins to drop. Your lung function begins to improve. (CDC)
- **1 to 9 months after quitting**—Your coughing and shortness of breath decreases. (CDC)
  - **1 year after quitting**—Your added risk of coronary heart disease is half that of a smoker. (CDC)
  - **5 years after quitting**—Your stroke risk is reduced to that of a nonsmoker, 5-15 years after quitting. (CDC)
  - **10 years after quitting**—Your lung cancer death rate is about half that of a smokers. Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases. (CDC)
  - **15 years after quitting**—Your risk of coronary heart disease is back to that of a nonsmoker. (CDC)



## A Guide to Accessing Athabaskan Language Online



Ch'ee-la xwii-t'i  
(Greetings everyone)

To assist Tribal Members during this time of social distancing and the interruption of our normal schedules, this tutorial on how to access language materials and recordings from the Tribal website has been developed.

I hope you and your families are safe and healthy during this time. Hopefully many folks can access these materials from the safety of their homes. Go to [www.ctsi.nsn.us](http://www.ctsi.nsn.us). Enter in your roll number and last four digits of your Social security number to log on to the Tribal member access area. Click on "Our Heritage." On the drop down, click on "Language."

Lots of written and recorded materials are available in this section. The Nuu-weeya' (Our Words) Language Dictionary is on this page. You can click on the selection A to Z to look up written English language words and their Athabaskan equivalent.

Also on this page are Siletz Dee-ni Volumes 1, 2 & 3. Just click on "Study Materials" and scroll down. Volume 1

contains lessons on body parts, counting, relatives, foods and table talk.

In these lessons, the written word on the screen is accompanied by audio of the word's pronunciation. Volume 2 contains animals, birds, colors, fish, greetings and goodbyes, insects, and trees and brush. Volume 3 contains lessons on sentence structure and word order.

Each lesson has a complete practical alphabet sound chart. All three volumes have a word document and audio recording for each lesson. Tests are available if you want to use them.

To access the Siletz Talking Dictionary, click on Siletz Language website. Drop down three lines and click on [www.siletzlanguage.org](http://www.siletzlanguage.org), go to the Talking Dictionary tab and click on it. The Siletz Talking Dictionary Page will appear.

Just below the words "Search for" is an empty white box. Type in the word you are searching for and click on the "search" button just below the box. The word and the Athabaskan equivalent will appear just below the search box. To hear the word being spoken, simply click on the red ear icon on the left side of the page.

You may have to wait a few seconds for the page and sound to load, depending on your connectivity. Some of the words also have pictures.

Also on the [www.siletzlanguage.org](http://www.siletzlanguage.org) website are 14 Language learning videos and many other culture-related videos, materials and curriculum.



## Loneliness and Recovery

Addiction is often the result of feeling lonely or depressed. Turning to drugs or alcohol is a tactic for many individuals to escape that isolating emotional pain. But when the self-medication turns into a substance abuse problem, the addict suddenly finds him or herself lonelier than ever. This is why finding a supportive community is such a vital part of the addiction recovery process.

Social support plays a powerful role in empowering you to face obstacles and overcome challenges. With the support of family, friends, therapists, counselors and other individuals in recovery, you are able to tap into strength beyond your own. You are able to rely on a community of support.

The importance of social support includes:



- **A sense of belonging.** Spending time with others wards off loneliness by reinforcing that you are never alone. As part of a group, you have a network of support whenever you need it.
- **Increased sense of self-worth.** Having people who call you a friend reinforces that you are a valuable and irreplaceable individual. This creates a feeling of security, minimizing unnecessary stress or self-doubt.
- **Resources for advice and information.** It's important to have a mentor you respect and can go to at any time for advice. Counsel from someone who's "been there" puts your situation into perspective and allows you to approach it from a different angle.

If you feel lonely in a drug or alcohol addiction rehab treatment program, it's important to know how to stop these feeling. Below are a few tips to stop feelings of loneliness or depression during addiction recovery:

- **Make the most of group therapy.** Whether it's 12-step based meetings or experiential therapy, it's important to give your all to group sessions. These are prime opportunities to become part of the community and

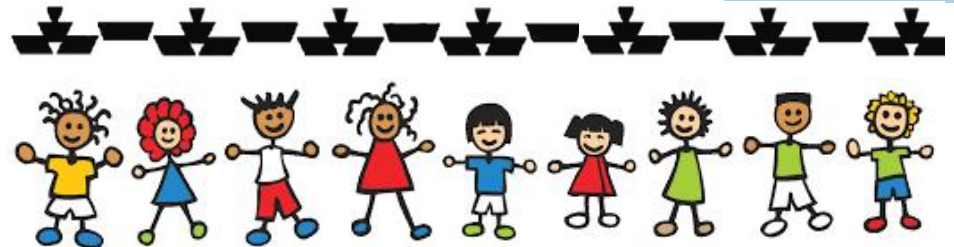
connect with others facing the same challenges as you. When you make the most of group therapy, you understand that you are never alone.

- **Restore damaged relationships.** Chances are that you pushed away family, friends and loved ones during addiction. During recovery, you have the opportunity to mend any frayed relationships and start a new chapter with those you love. Give your personal relationships new life and find the support and community you deserve.
- **Accept your emotions.** Even if you have a healthy support system in place, it's normal to feel lonely from time to time. Unpleasant emotions are a part of life for everyone. If you are seeking treatment for a dual diagnosis, rest assured that your treatment is addressing any unnatural or excessive emotions.
- **Give back.** Being a good friend is a two-way street. It requires that you give and take. Yes, you should reach out to others when you feel lonely. It's equally important, however, to listen actively and be present when someone else needs you for his or her own support.

**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**



## CTSI Childcare Assistance Program

CTSI Childcare Assistance Program has expanded services and can now serve children that are under the age of 13 years and who are descendants and/or dependents of enrolled tribal members. Families must reside in the eleven county service area and parents must be working or enrolled in higher education or job training. For more information or to request an application call DeAnn Brown at 541-444-2450 or 1-800-922-1399.



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 Siletz Indians of Oregon  
 Portland Area Office**

**Portland Area Office**  
 12790 SE Stark St., Suite 102  
 Portland, OR 97233

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

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

**www.ctsi.nsn.us**



**EAGLE t'a'-lhki**

## CTSI Resource Call Line

We are here to connect Tribal members and their families to local resources. This includes food, housing, and other essentials. In addition, we are providing households with hard to find hygiene and sanitation items.

*\*Disclaimer: Supplies are limited but we will do our best to meet your needs.*

Call us at 541-444-9613.  
 We will be taking calls Monday through Friday between 9am-3pm.

## Portland Area Office Staff:

Name/ Title	Contact Information
Rebecca Downey Area Office Supervisor	(503) 238-1512, X1419 rebeccad@ctsi.nsn.us
Katy Holland Education Specialist	(503) 238-1512, X1418 katyh@ctsi.nsn.us
Andrew Johanson Community Health Advocate	(503) 238-1512 x1413 andrewj@ctsi.nsn.us
Dianna Edenfield Area Office Clerk	(503) 238-1512, X1400/ diannae@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
Rachel Adams Mental Health Specialist	(503)238-1512 X1417 rachela@ctsi.nsn.us
Andulia WhiteElk A & D Counselor	(503)238-1512 X1414 anduliaw@ctsi.nsn.us

## Other Numbers:

Name/ Program	Number	Name/ Program	Number
K.C. Short	800-922-1399	Mike Kennedy	800-922-1399
Anita Bailor—Programs I Director/ Elders Program	800-922-1399 X1220	Angelina Artiago Portland Elder's Rep	(503) 760-3899
Rachel Adams Mental Health Specialist	(503)390-9494 X1864 Salem X 1417 Portland	Kay Steele Portland Elder's Rep	(503) 760-4746
Angela Ramirez	(800)922-1399	DeAnn Brown	(800)922-1399