

DRUMBEAT NEWSLETTER - JUNE 2020

3160 BLOSSOM DRIVE NE, SUITE 105, SALEM, 97305

(P) 503-390-9494

(F) 503-390-8099



Announcements, News, and Highlights

DUE TO THE COVID-19 VIRUS MANY SERVICES ARE CONTINGENT UPON THE OFFICE BEING OPEN AND THE ABILITY TO PROVIDE SERVICES IN A WAY THAT MAINTAINS THE SAFETY OF THE COMMUNITY AND STAFF.

Important Notice

Economic Impact Checks

Tribal Council has approved an economic impact payment for every tribal adult age 18 as of May 19, 2020. The impact payments will be mailed no later than June 15th. Make sure your address is current with the Enrollment Department, 541-444-8258

Per Capita

Per capita garnishments have been waived for 2020

Cultural Activities 2020

Due to the pandemic, and the inability to effectively practice social distancing measures, all remaining 2020 Cultural Activities have been cancelled. Instead, Tribal Culture Department staff will be providing virtual activities, including a virtual Culture Camp and Run to the Rogue, on the member only portion of the Tribe's website. They will be pulling together some "how to" videos, list of resources, list of YouTube tutorials and more.

Rent and Mortgage Relief Program for Siletz Households

Limited rent and mortgage relief is available to Siletz households negatively impacted by the COVID-19 pandemic (i.e. laid off, reduction in income or hours, etc.). This relief is a one-time payment to Siletz household's Landlord or Mortgage Company. The assistance is available to tribal members in and outside the service area.

RENTAL RELIEF ASSISTANCE

Casey Godwin - (541) 444-8311

Jeanette Aradoz - (541) 444-8316

MORTGAGE RELIEF ASSISTANCE

Brett Lane - (541) 444-8317

Kerry Short - (541) 444-8310

Isaac DeAnda - (541) 444-8314

Assistance is on a first come first served basis and funds are available until expended. Additional information and the application form can be found on the Tribe's website at: www.ctsi.nsn.us

CTSI-Community Message

We are not aware of any cases of coronavirus or COVID-19 in the Siletz Community. However, the safety of our Community, Students, and Staff are a top priority for us. Therefore, we are moving forward with providing services in a manner that will keep you and staff safe. **Beginning March 17th, until further notice, services will be provided via telephone, email and mail; Offices will be closed to walk-in clients.** Payments can be made by telephone with a credit/debit card; by mail via a check or money order. There is a drop box at the rear of the Tribal Administration building to drop off payments, applications, etc. The Clinic will be closing to non-essential appointments, and will work to fulfill your needs – such as Pharmacy – in different ways. Clinic staff will reach out to you to reschedule non-critical appointments.

Our staff are working very hard to continue providing critical services to our community members. As this situation develops, we will continue to update this message.

To access these services, please call:

Siletz Community Health Clinic: (541) 444-1030

Siletz Tribal Housing: (541) 444-8322. Payments can be mailed or put in the Drop Box

477-SSP: (541)-444-8247

USDA Food Program: (541)-444-8393

Human Resources: (541)-444-8274

Indian Child Welfare (ICW): (541)-444-8272

Natural Resources: (541) 444-8227, or (541) 444-8232

Enrollment: (541)-444-8258

Elders: (541)-444-8220

Eugene Area Office - Phone- (541)-484-4234

Portland Area Office -Phone-(503)-238-1512

Salem Area Office -Phone-(503)-390-9494

To access all other services, please visit: www.ctsi.nsn.us



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. Services are provided in ALL area offices, however, to inquire about services, ask to be transferred to the office nearest you.

EUGENE – JERAMIE MARTIN, Program Director

SALEM - TONI LEIJA, Counselor/Job Developer

SILETZ – RACHELLE ENDRES, Counselor/Job Developer

EUGENE AREA OFFICE

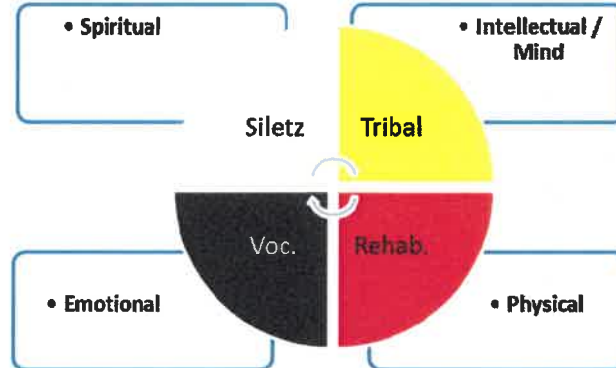
2468 West 11th
Eugene, OR 97402

SALEM AREA OFFICE

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

SILETZ ADMIN. OFFICE

201 SE Swan Ave
Siletz, OR 97380



LIHEAP (Low-Income Home Energy Assistance Program) is a Federally-funded program that helps low-income households with their home energy bills once a year. To be eligible, the applicant, or a child residing in the household, must be an enrolled Siletz tribal member, reside within the 11 county service area, and must meet annual income guidelines established in the LIHEAP Benefit Matrix.

<u>Household Size</u>	<u>Annual Income</u>
1	\$24,550.00
2	\$32,103.00
3	\$39,657.00
4	\$47,201.00
5	\$54,764.00

LIHEAP Assistance: 541-444-8311



COVID-19: Safety Tips for You

CORONAVIRUS SAFETY



Follow these easy steps to help prevent the spread of COVID-19.



Disinfect surfaces around your home and work.



Wash your hands for at least 20 seconds.



Sneeze or cough? Cover your mouth.

CTSI Resource Call Line

To help connect Tribal members and their families to local resources. This could include things such as food, housing, and other essentials.



Call us at 541-444-9613.

We will be taking calls Monday through Friday between 9am-3pm.

Fun Family Recipe

3 minute pita bread pizza

Ingredients

- 2 pita breads
- 1/4 cup marinara sauce
- 1/2 cup Mozzarella or Italian blend cheese

Instructions

- If making the pizza in the oven, preheat oven by turning on the broiler and adjust the rack to the middle. If in the toaster oven turn on the toaster to "toast".
- Place two pitas on a metal pan. Spread half the marinara mixture (about 2 tablespoons) on one pita and the rest on the other. Sprinkle the cheese evenly over both pitas leaving about 1/2 inch for the crust.
- Place pitas in the oven for 2-3 minutes. Check on them every minute to make sure they don't burn.
- Remove from oven and enjoy!





Education News

Sonya Moody-Jurado-Education Specialist

June 2020

EDUCATION PROGRAM COMPONENTS

- Higher Education
- Adult Vocational Training (AVT)
- Adult Education
- Supplemental Education (JOM)

YOUTH SERVICES

The CTSI youth Facebook page offers DIY videos, reading hour, drum circle, homework help and various engagement opportunities.

The Facebook page is available at: www.facebook.com/CTSIyouth

Youth Council Meeting

Virtual Youth Council meeting via zoom. June 20, 2020 at 2:00pm.

Please email sonyamj@ctsi.nsn.us to get the meeting ID and password for the meeting.

Siletz Tribal Youth Activity

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 \$150.00.

Siletz Tribe Head Start Program

Is a preschool program for children 3 to 4 years old. The Salem Center has AM and PM classes. It operates Monday through Thursday for 3.5 hours a day. Transportation depends on residency, which will be determined after acceptance. Register in Spring for the following school year.

All Siletz Tribal applications and forms are posted on the Tribal website at: www.ctsi.nsn.us.

Student Incentive Program

The Siletz Tribal Council desires to reward students for their educational achievement, and encourage them to continue on into higher education by rewarding each milestone. This is a monetary incentive and is awarded by level of education. If you are a Siletz Tribal member and have completed any of these educational milestones-Headstart, Kindergarten, Elementary, Middle, High School, Bachelor Degree, Master's Degree, or Doctorate. Please call Sonya for an application.



Education News

HIGHER EDUCATION/ ADULT VOCATIONAL TRAINING PROGRAM

DEADLINE: JUNE 30, 2020

The next funding cycle will start Fall Term 2020. Applying for Free Application for Federal Student Aid (FAFSA) by January 31, 2020 is a requirement to receive Higher Education or Adult Vocational Training funding. For an application, please call me at (503) 390-9494 or you can download the application at <http://www.ctsi.nsn.us/Siletz-Tribal-Services-Umpqua-Clackamas-County-Tillamook/education/higher-education#content>

If you are not planning on starting college until Winter or Spring term of 2021, you must still meet the one-time per year June 30, 2020 deadline.

TRIBAL SCHOLARSHIPS-DEADLINE: June 30, 2020

Applications are available on the Tribal website at <http://www.ctsi.nsn.us/Siletz-Tribal-Services-Umpqua-Clackamas-County-Tillamook/education/scholarships#content>

Arthur S. Bensell Memorial Scholarship-\$1,000.00-
Major Focus-Education

Pepsi/Craig Whitehead Scholarship-\$1000.00
Major Focus: Open to any Field of Study

Siletz Scholarship-\$500 up to 3 awards
Major Focus: Open to any Field of Study

Cathern Tufts Memorial Scholarship-\$1,000.00
Major Focus: Pre-Law, Law, or in a Natural Resource field

ADULT EDUCATION

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

Behavioral Health - Rachel Adams, Mental Health Specialist

Summer fun, summer challenges:

Summer is a time when the sun is out, and feelings can be at their highest, happiest point. For children and adults still in school, summer can also be a time of turmoil, brought on by the lack of a daily schedule. It may be a time that parents ease their kids off medications that are necessary during the school year. This summer will also be complicated by COVID-19, with the state still in some form of closure throughout the summer.

Here are some things to keep in mind to help summer be enjoyable for all, and a time of mental health (remember to practice social distancing):

- 1) Exercise— Go out and do a fun physical activity; 30 minutes every day can do so much for our mental health.
- 2) Try and create a routine, and stick to it more days than not.
- 3) Sit your children down (or yourself) and discuss goals and expectations for the summer months.
- 4) Take some time each day to give yourself and your family a feelings check-in; this way you can catch depression and anxiety before they get out of hand.
- 5) Meditation, relaxation—take time each day to sit and reflect, and unwind from the day's stresses. Don't forget, if you aren't caring for yourself, it will be harder to care for others.

Upcoming virtual events:

The Mental Health Specialist has been helping out with activities on the CTSI Youth Facebook page, and will continue doing so for the summer months until activities are allowed to be face-to-face again. On the website currently is a Mask-Making tutorial, as well as a snippet of the Mental Health Specialist's ways of staying healthy at home in the PSA put on by the Youth Services team.

Traditional Coping

Traditionally, summer is the time of salmon fishing, clam gathering, and berry picking. There are many plants important to the tribe that get picked during the summer. If you're unfamiliar with such activities, reach out to an elder, for they truly have a wealth of knowledge. As always, smudging, traditional drumming and traditional dancing are ways to reach to our Native ways



FLEX
by FitnessOnDemand™
NOW AVAILABLE
ON-SITE OR ON-THE-GO

NOW AVAILABLE ON-THE-GO

Access is available to all Siletz Tribal Members, Tribal Families, and CTSI Staff in ANY AREA.

Quarantine keeping you out of the gym? No problem! Stream FitnessOnDemand™ virtual workouts directly from your phone or computer, where ever you are.



- Hundreds of classes from the world's top instructors
- Available 24/7
- Strength. Cardio. Yoga. HIIT + more!

How do I get on-the-go access!

Contact

**Chris Sherrod at
541-444-9647**

**or
chriss@ctsi.nsn.us**

**Portland Area Office
Virtual Appointments
8:00 am -4:30 pm
I - (503) 238-1512
X1417**

**Salem Area Office
Virtual Appointments
8:00 am -4:30 pm
(503) 390-9494
x1864**

HOW IS CORONAVIRUS IMPACTING PEOPLE WITH AN ADDICTION

The Loneliness and [isolation](#) are triggers for drug and alcohol abuse. People who are dependent on [12-step meetings](#) are conflicted in this time, asking themselves if there are dangers in attending their normal meetings or if its more dangerous to stay isolated. Symptoms of COVID-19 include fever, cough, and shortness of breath. Those who are higher at risk include older adults, and people with chronic medical conditions like diabetes, lung disease, and heart disease. People battling an [alcohol addiction](#) may be at increased risk, as large alcohol consumption can weaken the immune system and make it difficult for the immune system to fight off infections. [Illicit drugs](#), like [cocaine](#) and [meth](#), leave the body exhausted and dehydrated. Abusing drugs and alcohol also puts individuals more at risk for risky behavior such as unprotected sex or sharing needles.

On March 16th, the General Service Office of [Alcoholics Anonymous](#) released a memo on how groups should respond to the coronavirus. For groups that are still meeting in person, it is recommended to avoid shaking hands, hugging, and holding hands. Hospitality tables should be thoroughly sanitized, or food hospitality should be temporarily suspended. In one article by USA Today, a 12-step meeting attendee said, "I haven't noticed any difference other than lack of handshakes and people putting their arms around each other during prayer. I find people have a positive attitude as a big part of recovery is not embracing fear." Attending meetings is non-negotiable for some recovering addicts, but in some cases, people are left without a choice.

Remote 12-Step Meetings

The memo from Alcoholics Anonymous (AA) recommends that meetings have contingency plans for if in-person meetings must be cancelled. In some areas, buildings that once held meetings are closed, forcing meetings to relocate or go virtual. Creating contact lists with each other's phone numbers, email, and social media is a way to make sure that communication stays open. Various organizations, including AA, are offering phone and online meetings. The Online Intergroup by AA lists an online meetings directory, with an abundance of meetings via phone or webcam. Some meetings are using the video webinar tool Zoom or Google Hangouts so attendees can see each other and receive a visual connection. Meetings vary depending on the group's needs but may start with a 15-minute talk from a speaker, followed by discussion. Some meetings are available 7 days a week, others meet several days a week.

The community Self-Management and Recovery Training ([SMART](#)) offers online meetings that can be found through their website. They host Zoom meetings multiple times a day which are free for anyone to attend. These meetings can provide the interaction and support that is so essential for recovering addicts to receive. Amid the coronavirus, it is important to keep sobriety at the forefront of your mind and know that there are options for attending meetings in person and online. Create contacts with others who you can reach out to if necessary. Battling an addiction during the coronavirus panic can seem daunting, but there are resources that provide an option for even those who are quarantined. [Source: Hayle Hudson](#)



Like Our Facebook Page!
Siletz Health Clinic

If you want to hear about all the great Siletz Health Clinic events happening in your community -

Like the Siletz Health Clinic

Facebook page



#IAmSiletzandICount

Don't miss out on your chance to be heard.

2020 Census

477 – Self Sufficiency Program

The 477-Self Sufficiency Program Is Still Providing Essential Services

Important 477-SSP Dates to Remember:

June 1st-5th
Monthly Contact Appointments

June 5th
Monthly Report Forms, Self Sufficiency Activities
Time Sheets, and Job Search Forms are due

The 477-Self Sufficiency Program (SSP) is open and providing essential services to eligible families and individuals residing in the CTSI 11-County Service Area. Due to Covid-19, all tribal offices are closed to the public. We are still accepting applications and conducting appointments over the phone and through email. The SSP has prioritized the following services:

- **Pre-Temporary Assistance for Needy Families (Pre-TANF) / Non-Recurrent Short Term Benefits:** Siletz families below 185% of the Federal Poverty Level (FPL) may be eligible for short-term financial assistance that doesn't exceed 4 months. The financial assistance is meant to provide basic needs and address short-term emergent needs;
- **Regular Temporary Assistance for Needy Families:** Siletz families below the countable income limits and FPL may be eligible for monthly grant assistance to meet basic needs;
- **General Assistance for Single Adults:** Siletz single adults below the countable income limits and FPL may be eligible for monthly grant assistance to meet basic needs;
- **Emergency Assistance:** Siletz families or single adults may be eligible for support services to prevent eviction or utility shut off. Income guidelines apply;
- **Classroom Training:** the Program is still providing financial assistance (tuition, stipends and support services) to eligible Native Americans attending GED, Higher Education or Vocational/Occupational Training.

If you recently lost your employment due to Covid-19 and need assistance to meet your basic needs, please contact your local CTSI Tribal Office for an application. Additional eligibility criteria apply. SSP staff will reach out to you by phone or email. You can also email 477SSP@ctsi.nsn.us for more information. Please include your name, phone number and the city/county you reside in.

For More Information Contact:

Tribal Service Specialist: Angelica Espino
Phone: 503-390-9494 ext. 1853
Email: Angelicae@ctsi.nsn.us

**Need Help Applying
for OHP or
Medicaid?**

**Do you think you qualify
for OHP?**



Have your info ready:
*Names & Birthdates
*Social Security Numbers
*Insurance and Income info,
if you have them.

**Call Medicaid Direct to Apply:
1-800-699-9075**

**Apply Online:
one.oregon.gov**

**If anyone in the Community needs
help applying for OHP, please contact
Gail Barker: She can process Medicaid
applications entirely over the phone.**

Email: gailb@ctsi.nsn.us

Voice: 541-444-8329

USDA Distribution Dates for June

Siletz

Monday	June 1	9:00 am – 3:00 pm
Tuesday	June 2	9:00 am – 3:00 pm
Wednesday	June 3	9:00 am – 3:00 pm
Thursday	June 4	9:00 am – 3:00 pm
Friday	June 5	9:00 am – 3:00 pm



Salem

Monday	June 15	1:30 pm – 6:30 pm
Tuesday	June 16	9:00 am – 6:30 pm
Wednesday	June 17	9:00 am – 6:30 pm
Thursday	June 18	By appointment only

Salem Warehouse: 503-391-5760

Call the Salem Warehouse only on Salem distribution days/times specified.

A MESSAGE TO ALL USDA CLIENTS:

We are coming out of the covid-19 virus protocols. We are allowing 1 client into the building at a time to do your shopping lists and to bag your own foods. If this changes, we will post it on the warehouse doors. We are accepting hand delivered application packets, but the preferred method of delivery is still email or fax.

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

  "like" us on **facebook** at **"Siletz Tribal FDPIR"** and share your recipes on our page.

Joyce Retherford, FDP Director
joycer@ctsi.nsn.us
541-444-8393

Sammy Hall, Warehouseman/Clerk
sammyh@ctsi.nsn.us
541-444-8279

Fax
541-444-8306 -OR- 503-391-4296



The Salem Area Office invites you to visit our new Facebook page.



The Salem Area Office (SAO) Facebook page provides tribal members and households information about local community events happening in our area.



Find us on Facebook

<https://www.facebook.com/SalemAreaOffice/>

Quit Line

How does COVID-19 affect those who use commercial tobacco products?

The news about the COVID-19 global pandemic has everyone concerned. Those who smoke or vape e-cigarettes, or care about someone who does, may be especially worried because the coronavirus that causes COVID-19 attacks the lungs and could be a particularly serious threat to tobacco users.

While the data is early in terms of the specific impacts of the virus on people using tobacco, there is conclusive evidence that smoking weakens the immune system, increases the risk of infectious diseases and respiratory infections, and is a major cause of chronic health conditions and cancer. The [Food and Drug Administration has stated](#) that "people who smoke cigarettes may be at increased risk of infection with the virus that causes COVID-19, and may have worse outcomes from COVID-19." There is also growing evidence that vaping can harm lung health.

Smokeless tobacco products

Although all tobacco products are not inhaled into the lungs and cause lung specific issues, those that are not inhaled still have ingredients that can cause health problems. Smokeless commercial tobacco products can cause the immune system to weaken, increase risk of disease, chronic health conditions and cancer.

How can I get help and support

Although it may be a little more difficult to see your provider during the pandemic, you still have plenty of resources out there. There are many apps that are easily accessible on Google Play and the App Store. These can help keep you on the right track, but if you are looking for Nicotine Replacement Therapy, I suggest calling our Free Commercial Tobacco Quit-line. This is a great resource and does not cost a single penny. Simply call the number provided below, press "7" if you want to access our Native Quit-line. They can help set you up with Nicotine Replacement Therapy such as Nicotine Gum and/or Nicotine Patches and you can talk personally with a quit coach who can help guide you to a commercial tobacco-free life.

Corey Strong, NCTTP, CRM
TPEP Coordinator
Siletz Community Health Clinic
Confederated Tribes of Siletz Indians

Commercial Tobacco Quitline 1-800-QUIT-NOW
AI/AN Line now available (option 7) 1-800-7848-663

Confederated Tribes of Siletz Indians
Salem Area Office
3160 Blossom Drive NE, Suite 105
Salem, OR 97305

Your Area Office Staff:

Andulia White Elk	Addictions Counselor
Andrew Eddings	Peer Recovery Mentor
Angelica Espino	Tribal Services Specialist
Antonia Leija	Voc Rehab Job Developer
Beverly Owen	Salem Area Office Supervisor
Cecilia Tolentino	Community Health Advocate
Dana Rodriguez	Salem Area Office Clerk
Lori Christy	Home Visitor
Lydia Kentta	Transporter
Rachel Adams	Mental Health Counselor
Sonya Moody-Jurado	Education Specialist