3160 Blossom Drive NE, Suite 105 Salem, Oregon, 97305



Phone: 503-390-9494 Fax: 503-390-8099



- OFFICE CLOSURES DUE TO HOLIDAYS OBSERVED THIS MONTH -

September 6 - Labor Day

September 10 - All Treaty Day

Classroom Training—477/SSP Pg. 5 CTSI Virtual College Info Nights - Session 1 Pg. 6 Digital Run to the Rogue Step Challenge Pg. 6 Virtual Culture Night Pg. 6 Pg. 6 Language Classes JOM School Supplies Stipend (Deadline toapply Pg. 7 is September 20) 2021 Elk Tag Drawing Info Pg. 7 Parenting Workshop Series Pg. 8 Student Laptop Program Pa. 10 Look inside for more information on these and other services

Bead Group!

We will be starting up our flat Peyote bead group again this month!

Due to COVID, if you are interested in kits, or hopefully groups, please call 503-390-9494

We will use the mini projects for one final project at the end of 6 sessions.

Space is limited so call early!



Fish Distribution

We will be distributing fish during the month of September. Due to the COVID-19 related office closures we will be taking sign-ups of tribal members wanting to receive fish until September 10th. Once we have a date and schedule we will notify the adult contact person of a pick-up date and time for their household. We will not be able to serve walk-ins at this time. This is to protect staff and tribal members while we follow the rules of social distancing. Call soon as fish is limited and will be first call, first served.

For more information, please contact Beverly at 503-390-9494.

Community Health News

Start the school year with a smile:

4 back-to-school tips

It's the start of a new school year, and your kids are set with new clothes and school supplies. But don't forget about oral health! Add these dental health tips to your back-to-school checklist.

Cecilia Tolentino, CHA 503-390-9494 X1854 Ceciliat@ctsi.nsn.us

> Monday-Friday 8:00AM-4:30PM

1. Well Child checks and Immunizations

During the Covid Pandemic your Childs pediatrician should be scheduling well child and immunization appointments. Don't forget to keep your child up to date on their health exams and physicals.

2. Dentist check ups

Start the school year right with a <u>dental cleaning</u> and <u>exam</u>. Ask your child's dentist about sealants and fluoride treatments to prevent decay. These treatments are easy ways to stop cavities before they start. And they can even improve your child's performance at school.

3. Pick the right snacks

Swap out <u>lunchbox no-no's</u> with healthy alternatives. Instead of chips or crackers, try nuts. Salty snacks may seem healthy because they don't contain sugar, but simple starches can be just as bad. These snacks break down into a sticky goo, coating teeth and promoting decay. Avoid candies and granola bars, offering crunchy snacks like celery sticks, baby carrots and cubes of cheddar cheese.

4. Make brushing and flossing fun

To keep their mouths healthy, kids need to brush twice a day for two minutes at a time. They should also floss every day, preferably after dinner. Try these tricks to make oral hygiene more exciting:

Use a sticker calendar. Let your kids place stickers on each day to represent brushing and flossing.

Play music. Collect your kids' favorite two-minute songs and make sure they brush the whole time.

Personalize. Help your child pick a themed toothbrush in his or her favorite color.

Provide a kid-friendly floss holder. These Y-shaped devices make flossing more comfortable.

USDA DISTRIBUTION DATES FOR SEPTEMBER

Siletz

Monday	Sept. 13	9:00 am - 3:00 pm
Tuesday	Sept. 14	9:00 am - 3:00 pm
Wednesday	Sept. 15	9:00 am - 3:00 pm
Thursday	Sept. 16	9:00 am - 3:00 pm
Friday	Sept. 17	9:00 am - 3:00 pm



Salem

Monday	Sept. 20	1:30 pm - 6:30 pm
Tuesday	Sept. 21	9:00 am - 6:30 pm
Wednesday	Sept. 22	9:00 am - 6:30 pm
Thursday	Sept. 23	By appointment only

Salem Warehouse: 503-391-5760
Call the Salem Warehouse only on Salem distribution days/times specified.

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



Fax

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

Siletz: 541-444-8306 -OR - Salem: 503-391-4296

Staff will be attending the annual conference of Food Distribution Programs on Indian Reservations (FDPIR), so the first week of the month is not available for distribution. Please, check your appointment slips and try to keep your scheduled appointments.

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



at "Siletz Tribal FDPIR" and share your recipes.

Most Often Requested Numbers

Confederated Tribes of Siletz Indians

800-922-1399

Portland Area Office

503-238-1512

Eugene Area Office

541-484-4234

Purchased Referred Care (PRC)

800-628-5720

Siletz Community Health Clinic

800-648-0449

Siletz Behavioral Health

800-600-5599

Siletz Tribal Housing Department

541-444-8322

Elders Program

541-444-8220

Enrollment

541-444-8258

Chinook Winds Casino Resort

888-244-6665

Chemawa Health Clinic

800-452-7823

Website - www.ctsi.nsn.us

477 – SELF SUFFICIENCY PROGRAM - Angelica Espino, TSS

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.

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 Siletz tribal members we offer:

Pre-Temporary Assistance for Needy Families (Pre-TANF), Temporary Assistance for Needy Families (TANF), General Assistance for Single Adults (GASA), Emergency Assistance, and Diverted Services.

We also offer the following programs to any Native American (enrolled in a federally recognized tribe or descendant of a federally recognized tribe):

Classroom Training, Direct Placement, and On the Job Training. Other services such as Work Experience and On-the-Job Training may be available on a limited basis.

Participants in 477 - Self Sufficiency Programs must meet the eligibility requirements.

Core Services

Need assistance with finding a JOB??? Core Services is what you need.

Services:

Job Referrals, Resumes, Cover Letter, Employment Counseling/Coaching, Job Search Assistance, Mock Interviews

Support Services:

Interview Clothing, Transportation Directly tied to a job opportunity





Emergency Assistance: Siletz families or single adults may be eligible for support services to prevent eviction or utility shut off. Income guidelines apply.

Direct Placement: Support services (work clothing, tools, transportation assistance etc.) for eligible Native Americans that recently gained employment. Must apply within 7 days of hire.

Classroom Training: Financial assistance (tuition, stipends and support services) to eligible Native Americans attending GED, Higher Education or Vocational/Occupational Training.

Diverted Services: This service is available to Siletz tribal members who have been employed for a minimum of 45 calendar days, are below 185% of the federal poverty level, and are at risk of losing their employment.



Important 477-SSP Dates to Remember:

September 5th: Monthly Report Forms, Self Sufficiency Activities,

Timesheets, and Job Search Forms are due

September 8th: 477-SSP Orientation (ONLINE) 11:00 AM – 1:00 PM

For More Information Contact:

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

Confederated Tribes of Siletz Indians

Classroom Training

For federally recognized Tribal members and descendants

GED / Adult Basic Education

- Assistance with enrollment
- Tuition assistance
- Support Services for books, supplies, fees, etc.
- Classroom-training stipend (limited to 15 paid hours each week)

Higher Education Assistance:

- Assistance with enrollment
- Tuition assistance
- Support Services for books, supplies, fees, etc.
- Education stipend (limited to 15 paid hours per week)

Vocational Education / Occupational Training

- Vocational degrees / certifications from accredited institutions
- Pre-apprenticeship / apprenticeship programs
- Occupation specific certifications / trainings

Apply Today!!

Must meet eligibility criteria and services are available on a budgetary basis.



CTSI - Salem Area Office

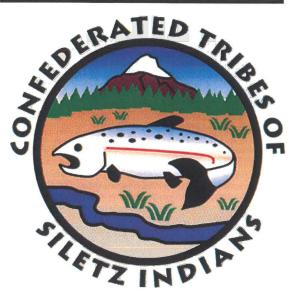
Marion, Polk, & Yamhill County 3160 Blossom Dr. NE, STE 105 Salem, OR 97305

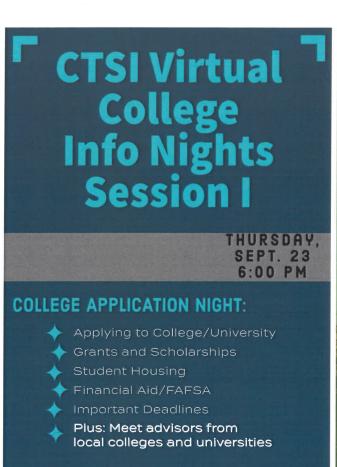
For more information call Angelica Espino

Phone: (503) 390-9494 ext. 1853

Fax: (503) 390-8099

AngelicaE@ctsi.nsn.us









All Students and Families Welcome



SUMMER SESSION CONTINUES THRU MID-SEPTEMBER
THURSDAYS AT 5:00 PM-INTERMEDIATE CONVERSATION
THURSDAYS AT 5:45 PM- BEGINNING CONVERSATION

Please contact Nick Viles (nickv@ctsi.nsn.us) with questions and to sign up



Virtual Culture Nights

While tribal offices remain closed virtual culture nights will focus on gathering, storing, and preparing materials for traditional arts and foods. All Siletz Tribal members and their families are welcome to log on to these virtual events.

Upcoming Dates:

September 29, 6-7 pm: Acorns

Contact Nick Viles, nickv@ctsi.nsn.us or 1-800-929-1399, x1757 for login information

SPONSORED BY THE EDUCATION AND CULTURE DEPARTMENTS

School Supply Stipend

Program Extension!

Steps to Register

- 1.) Contact your area Education Specialists
- 2.) Parents must complete a new <u>JOM Application</u> for the
- 2021-2022 academic year, to be eligible for JOM program services
- 3.) Parents must complete a JOM Request for Services form to register for School Supply Stipend

Candace Hill	Alissa Lane-Keene
Eugene Area Office	Siletz Area
2468 W. 11th	P.O. Box 549
Eugene, OR 97402	Siletz, OR 97380
(541) 484-4234	(541) 444-8373
candacehaoctsi.nsn.us	alissalaoctsi.nsn.us

Sonya Moody-Jurado	Katy Holland
Salem Area Office	Portland Area Office
3160 Blossom Drive NE,	12790 SE Stark Street,
Suite 105	Suite 102
Salem, OR 97305	Portland, OR 97233
(503) 390-9494	(503) 238-1512

sonyamjaoctsi.nsn.us

Enrolled JOM students in Head Start – 12th grade living in the Tribe's 11 county service area are eligible for a School Supply Stipend.

We are accepting applications through September 20th, 2021 at 4:30 PM. Stipends will be issued in the name of the parent who completes the JOM Request for Services form.

Deadline: September 20th @, 4:30 PM

2021 Elk Tag Drawing Info

katyhaoctsi.nsn.us

The annual drawing for the Tribe's elk rifle tags will be held on Monday, October 4th at the virtual Natural Resources Committee meeting. Applications will be available starting on August 30th and are due September 24th in the Natural Resources office. Applications can be picked up at the kiosk at the back of the Admin Building, downloaded from the Tribe's website (Tribal Services/Other Departments/Natural Resources), or they can be mailed to you by calling the Natural Resources office. Each person must fill out, sign and turn in their <u>own</u> application. This year we have 25 tags each for the first and second season bull hunts and 15 tags for the various cow hunts. If you have any questions, call Natural Resources Manager Mike Kennedy at 541-444-8232 or 1-800-922-1399 ext. 1232.

HOME VISITING PROGRAM - Lori Christy, Home Visitor



Parenting Workshop Series







Presented by the CTCLUSI Health and Human Services in Partnership with
The Confederated Tribes of Siletz Indians and
Cow Creek Band of the Umpqua Tribe of Indians

GUEST PRESENTER LORRAINE BRAVE

TOPICS TO INCLUDE:

Childhood Development for All Ages
Self-Care and Family Time (Talking Circles)
Native American Story Telling in Today's
Family

ATTEND 5/6 WORKSHOPS
AND BE ENTERED FOR
GRAND PRIZE!

RSVP BY 9/10/21 TO: Jessica 541-484-4234 or Lori 503-390-9494 **WEDNESDAYS**

6:00 pm

to

7:15 pm

SEPTEMBER 15

to

October 20, 2021

EDUCATION NEWS - Sonya Moody-Jurado, Education Specialist



EDUCATION NEWS

Hours are: Monday - Thursday 8:00 AM - 4:30 PM

EDUCATION PROGRAM COMPONENTS

-Higher Education -Adult Vocational Training (AVT) -Adult Education -Supplemental Education (JOM) -Tribal Youth Employment & Education (TYEE)

JOM

Each year students will have to fill out a new JOM application. You can call me to request an application, or they are available on the Tribal website. http://www.ctsi.nsn.us/uploads/downloads/Education/JOM-Application.pdf

School Supplies

The deadline to sign up for school supplies has been extended. The deadline is now September 20, 2021.

Please call or email me to get an application. 503 390-9494, or sonyamj@ctsi.nsn.us

HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM

The deadline for Fall Term 2021 was June 30, 2021. This deadline was for the academic school year 2021-2022. The deadline for the next funding year will be June 30, 2022.

Applications for Federal Student Aid (FAFSA) open October 1, 2021.

Virtual College Night

On September 23, 2021-6:00 pm, Come join us to meet college advisors, learn how to apply to college and for scholarships.

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.

STUDENT INCENTIVE - SILETZ TRIBAL MEMBERS

http://www.ctsi.nsn.us/uploads/downloads/Education/Student-Incentive-Program-App.pdf

If you have completed any of these educational milestones-Headstart (Only available 1 year of Headstart), Kindergarten, Elementary, Middle, High School, Associates/Transfer Degree, Bachelor Degree, Master's Degree, or Doctorate, we have a program to recognize your educational achievement. Please call Sonya for an application for the Student Incentive Program.



STUDENT LAPTOP PROGRAM 2021

The Central Administration Office is accepting applications beginning August 1, 2021 for the Student Laptop Program. This program is specifically for Higher Education and AVT students who meet the following eligibility requirements and have not previously received a student laptop.

- ~ Must be an enrolled Siletz Tribal Member.
- Must provide copy of current term class schedule of 6 credit hours or more.
- Must provide an unofficial transcript/grade report of successful completion of 2 consecutive quarters/ semesters (6 credit hours or more) of Higher Education/AVT Program with a minimum 2.0 GPA.
- ~ Proof of residence is required.

Applications are available on the Tribe's Website, or by contacting April Middaugh
Or Shantel Hostler

1-800-922-1399 or direct at 541-444-8201 and 541-444-8200.



Behavioral Health - Rachel Adams, Mental Health Specialist



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 spotting, Gottman-style couples counseling, adventureshorten. Spending time outside is important to get the natural vitamin D our bodies often lack in Oregon. With smoke from wildfires making the air quality a bit worse at times, be sure to look at the Air Quality Index (AQI) before venturing outside.

Suicide Prevention

With the darker weather, and unnaturally dark weather due to smoke, moods can take a turn for the worse without warning. If you or a loved one is experiencing thoughts of ending their life, or just feeling like they need someone to talk to, please reach out to the 24/7 National Suicide Prevention line:

1-800-273-8255

You can also text NATIVE to 741741 and be helped by a trained Native person, 24/7.

Coming Soon

A virtual Youth Conference will be provided this year, so check with your local area office staff to find out more details!

The Youth Services Team is continuing on with monthly Minecraft events, so check in about the next activity!



Mental Health Specialist Services

Services include: Video-counseling/Telehealth, Brainbased therapy (post-pandemic), youth, adult and family counseling with emphasis in experiential healing and person-centered therapy. Rachel likes to meet people where they are at, and help them be the best they can be with what they have. She is taking new clients at this time (currently providing only virtual and phone services), so please call and book an appointment today!

Traditional Coping

October is a good time to continue gathering wood for our Elders for the winter. Run for the Rogue will be happening in a virtual/remote style this year due to the pandemic, so keep your eyes open as some people will be sharing photographs of their experiences. Let's pray that next year the Run can happen as it used to. As always, smudging, sweat lodges (keeping in mind social distancing), talking circles (virtually when necessary) and prayer are all traditional ways to connect with the Creator and feel recentered.



Portland Area Office Virtual Appts, M-F 8:00 am - 4:30 pm (503) 200-4340

Salem Area Office Virtual Appts, M-F 8:00 am - 4:30 pm 1-(503) 200-4340

STVRP - Toni Leija, Vocational Rehabilitation Counselor



SEPTEMBER AWARENESS: PERIPHERAL ARTERY DISEASE

Peripheral Artery Disease (also called Peripheral Arterial Disease) is a common circulatory problem in which narrowed arteries reduce blood flow to your limbs. When you develop Peripheral Artery Disease (PAD), your legs or arms usually your legs - don't receive enough blood flow which may lead to leg pain when walking (claudication), cold and swollen feet due to poor blood flow, and/or poor healing sores or wounds that can potentially lead to amputation, if not properly

https://standagainstamp utation.com/ Peripheral artery disease is also likely to be a sign of a buildup of fatty deposits in your arteries

(atherosclerosis). This condition may narrow your arteries and reduce blood flow to your legs, feet, arms, and believe it or not, your brain may get affected, jestokes.

Successful treatment of Peripheral Artery Disease involves exercising, eating a healthy diet, and quitting tobacco in any form. Not all people with PAD or other leg impairments will need accommodations to perform their jobs and many others may only need a few accommodations.



SIGNS AND SYMPTOMS OF PAD MAY INCLUDE:

- Painful cramping of your hips, thighs or calf muscles
- Leg numbness or weakness
- Coldness in your lower leg or foot
- Sores on your toes, feet or legs that won't heal
- A change in the color of your legs
- Hair loss or slower hair growth on your feet and legs
- Slower growth of your toenails
- Shiny skin on your legs
- No pulse or a weak pulse in your legs or feet
- Pain when using your arms, such as aching and cramping when knitting, writing or doing other manual tasks (Mayo Clinic)

If peripheral artery disease progresses, pain may occur when you're at rest or lying down. It may be intense enough to disrupt sleep. Walking around your room may temporarily relieve the pain.

If you or a loved one is experiencing signs and symptoms of PAD, please see a doctor. If this is a long-standing issue and it's impacting your work performance, then inquire if the Siletz Vocational Rehabilitation Program staff may be able to assist you with vocational rehabilitation options.

Contact Rachelle Endres, VRC (Siletz), 541-444-8213 Toni Leija, VRC (Salem), 503-390-9494



HISTORY OF TOBACCO

Economic history in the American colonies

In <u>Thirteen Colonies</u>, where gold and <u>silver</u> were scarce, tobacco was used as a currency to trade with <u>Native Americans</u>, and sometimes for official purposes such as paying fines, taxes, and even marriage license fees.

The demand and profitability of tobacco led to the shift in the colonies to a <u>slave</u>-based labor force, fueling the <u>slave trade</u>. Tobacco is a labor-intensive crop, requiring much work for its cultivation, harvest, and curing. With the profitability of the land rapidly increasing, it was no longer economically viable to bring in indentured servants with the promise of land benefits at the end of their tenure. By bringing African slaves instead, plantation owners acquired workers for long hours in the hot sun without paying them, providing only a bare subsistence to workers who could not leave or appeal to laws.

The uncultivated Virginia soil was reportedly too rich for traditional European crops, especially cereals like barley. Tobacco "broke down the fields and made food crops more productive" by depleting the soil of nutrients.

Tobacco's impact on early American history

The cultivation of tobacco in America led to many changes. During the 1700s tobacco was a very lucrative crop due to its high demand in Europe. The climate of the Chesapeake area in America lent itself very nicely to the cultivation of tobacco. The high European demand for tobacco led to a rise in the value of tobacco. The rise of value of tobacco accelerated the economic growth in America. The cultivation of tobacco as a cash crop in America marks the shift from a subsistence economy to an agrarian economy. Tobacco's desirability and value led to it being used as a currency in colonies. Tobacco was also backed by the gold standard, with an established conversion rate from tobacco to gold.

The increasing role of tobacco as a cash crop led to a shift in the labor force that would shape American life and politics up through the <u>Civil war</u>. In order to keep up with demand tobacco plantation owners had to abandon the traditional practice of <u>indentured servitude in the Americas</u>. In order to pursue maximum profits, the plantation owners turned to slavery to supply them with the cheap, <u>fungible</u> labor that they needed to keep up with increasing production.

Commercial Tobacco Quitline 1-800-QUIT-NOW Al/AN Line now available (option 7) 1-800-784-8669

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





Your Salem Area Office Staff:

Addictions Counselor	X 1855
Tribal Services Specialist	X 1853
Voc Rehab Counselor/Job Developer	X 1861
Salem Area Office Supervisor	X 1851
Community Health Advocate	X1854
Salem Area Office Clerk	X 1850
Home Visitor	X 1863
Transporter	
Mental Health Counselor	X1864
Education Specialist	X 1856
	Tribal Services Specialist Voc Rehab Counselor/Job Developer Salem Area Office Supervisor Community Health Advocate Salem Area Office Clerk Home Visitor Transporter Mental Health Counselor