

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

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



## October Highlights

THE SILETZ TRIBE WISHES TO PROMOTE PUBLIC AWARENESS OF THE DIVERSITY, ACCOMPLISHMENTS AND CONTRIBUTIONS OF INDIGENOUS PEOPLES BY RECOGNIZING AND DESIGNATING THE SECOND MONDAY OF OCTOBER AS AN OFFICIAL TRIBAL HOLIDAY.



**ALL TRIBAL OFFICES WILL BE CLOSED FOR THE FOLLOWING HOLIDAY**

**INDIGENOUS PEOPLES DAY—OCTOBER 11TH**



- ♦ Life Alert
- ♦ 477/SSP Core Services
- ♦ JOM Fall Activities (additional information also provided on page 6)
- ♦ Student Laptop Program

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Look inside for more information on these and other services

## MAILING POLICY CHANGES COMING YOUR WAY

**We are pleased to announce that this local newsletter will be available online as your primary reading and viewing option beginning November 2021.**

**You may request that your local newsletter continue to be mailed by calling Bev Owen at 503-390-9494 x 1851.**







## Community Health News

Cecilia Tolentino, CHA  
503-390-9494 X1854  
[Ceciliat@ctsi.nsn.us](mailto:Ceciliat@ctsi.nsn.us)  
Monday-Friday  
8:00AM-4:30PM

### Life Alert

- ⇒ Please contact your local Community Health Advocate (CHA) if you think you or another Siletz tribal elder could benefit from life alert.
- Eligibility criteria:
  - Enrolled Siletz tribal member eligible for Purchased/Referred Care (PRC) benefits
  - Work with your local CHA to determine needs and apply for local services.
- ⇒ **Steps to get life alert**
- Contact your local CHA
  - The CHA will determine if you meet the criteria for Life Alert (examples: live alone, health conditions, etc.)
  - The CHA will assist you in applying for Life Alert at no cost through community resource options. If you do not qualify for Life Alert at no cost, the Siletz Community Health Clinic will cover the cost.
- ⇒ **You can reach Cecilia Tolentino, your Salem Area Office CHA, at 503-390-9494, Ext. 1854, or by email at [ceciliat@ctsi.nsn.us](mailto:ceciliat@ctsi.nsn.us)**

Remember: Your mental health is just as important as your physical well-being, and taking care of your **mind** makes it even easier to take care of your body and soul. If you're feeling down, depressed, anxious, suicidal, or if you're stuck in a cycle of addiction, then we encourage you to seek the help you need.

Remember there is nothing wrong with seeking help, or going to a doctor no matter what type of doctor it is! So be kind to yourself and add some of the items on the next page into your day-to-day life.

Splat  
Rebellious Colors

# SELF CARE CHECKLIST

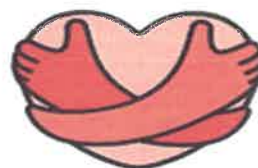
## 20 MENTAL HEALTH TIPS



Practice meditation & breathing exercises



Explore counseling options (including virtual)



Take time to disconnect from social media



Call or text a friend or family member to say hi



Color, draw, or play with art



Ask people for help when you need to



Go for a walk



Practice expressing how you're feeling, without shame or guilt



Get in a quick workout or take time to stretch



Drink more water!



Go outside and get some sunshine



Surround yourself with positive people, places, and things that help you feel good about being YOU



Take a bath – with candles and bath bombs



Practice saying NO to things you don't want or want to do



Unfollow negative accounts and outlets



Read self-help & self-care blogs or articles



Make a list of goals, dreams, or ideals



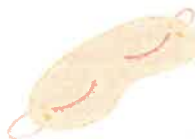
Make a healthy meal from scratch



Journal or write



Declutter or clean up a space



# 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](mailto: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:**

**October 5<sup>th</sup>:** Monthly Report Forms, Self Sufficiency Activities, Timesheets, and Job Search Forms are due.

**October 13<sup>th</sup>:** Transferable Skills (ONLINE Monthly Training)  
10:00am– 11:30 am

**October 20<sup>th</sup>:** Native Games (Online Activity) 10:00am—11:30am

## **For More Information Contact:**

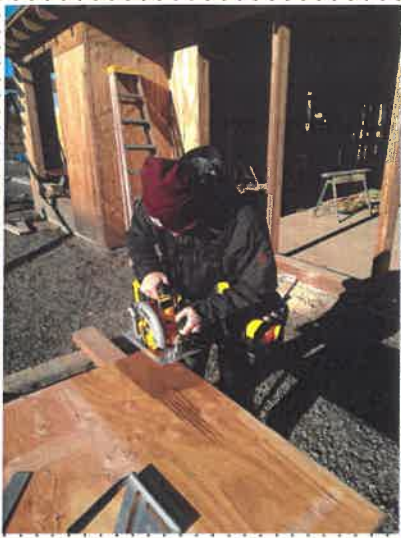
Tribal Service Specialist:

Angelica Espino

Phone: 503-390-9494 ext. 1853

Email: [Angelicae@ctsi.nsn.us](mailto:Angelicae@ctsi.nsn.us)





# 477-SSP Programs

For Enrolled member of Federally recognized tribes or descendants



Are you looking for work?

Why not sign up for **CORE** Services.

- ♦ Job Referrals
- ♦ Resumes
- ♦ Cover Letter
- ♦ Employment Counseling/Coaching
- ♦ Job Search Assistance
- ♦ Mock interview

Once you secure employment, apply  
for **Direct Placement**  
within 7 days of hire date.

***Support Services for:***

- ♦ Required tools
- ♦ Uniforms / Clothing / Boots / Shoes

## Contact your Area Office to Apply

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

### Siletz Administration Office

Lincoln & Tillamook

PO Box 549

Siletz, OR 97380

Phone: (541) 444-2532

### Salem Area Office

Marion, Polk, & Yamhill

3160 Blossom Dr. NE Suite 105

Salem, OR 97305

Phone: (503) 390-9494

### Portland Area Office

Clackamas, Multnomah, &  
Washington

12790 SE Stark Suite 102

Portland, OR 97233

Phone: (503) 238-1512

### Eugene Area Office

Benton, Lane, & Linn

2468 West 11th Ave

Eugene, OR 97402

Phone: (541) 484-4234



**\*\*Check the CTSI website for other services offered  
by the 477-Self Sufficiency Program**

# EDUCATION - *Sonya Moody-Jurado, Education Specialist*

## EDUCATION NEWS

October 2021

### EDUCATION PROGRAM COMPONENTS

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



### JOM

#### FALL ACTIVITY for REGISTERED JOM STUDENTS

Squishy Pumpkin - Paint your own Halloween Squishy Pumpkin. Sign ups open October 1 and close at 4:30 on October 14, 2021.

### TUTORING SERVICES

Sign up for Individualized Tutoring support for all grade levels including college/university students. Services available 24 hours a day/7 days a week. Services include one on one tutoring, test review and ACT/SAT support.

### YOUTH SERVICE

The Youth Services team developed a Facebook page to feature activities. The Facebook page is: [www.facebook.com/CTSIyouth](https://www.facebook.com/CTSIyouth)

### SILETZ TRIBAL YOUTH CONFERENCE

We are still looking to hold our annual Youth Conference this year in the month of December. It will more than likely be held virtually for Siletz Tribal Youth (7<sup>th</sup> - 12<sup>th</sup> Grades). **More information to follow.**

### HIGHER EDUCATION/ADULT VOCATIONAL TRAINING PROGRAM

#### FAFSA

**The applications for FAFSA (Free Application for Federal Student Aid) opens on October 1, 2021 for the 2022/2023 school year.** The Tribal deadline to complete your FAFSA is June 30, 2022, but please turn in your application early. Federal money is on a first come, first serve basis and given out until gone. Without completing your FAFSA by the June 30 deadline, you will be ineligible to apply for Tribal Higher Education funding for fall.

### 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.



# Thinking of attending college during the 2022-2023 Academic year? Here's what you need to know

## ✧ FAFSA Opens for Applications Oct. 1st (at [www.fafsa.ed.gov](http://www.fafsa.ed.gov))

*\*If applying for Higher Education funds for the 2022-2023 academic year, students must complete their FAFSA by June 30th*

## ✧ CTSI Higher Education Grant Application Due June 30th [www.ctsi.nsn.us/wp-content/uploads/2020/12/Higher-Education-Application.pdf](http://www.ctsi.nsn.us/wp-content/uploads/2020/12/Higher-Education-Application.pdf)

## ✧ CTSI Graduate Application Due June 30th

[www.ctsi.nsn.us/wp-content/uploads/2020/12/Graduate-Student-Application.pdf](http://www.ctsi.nsn.us/wp-content/uploads/2020/12/Graduate-Student-Application.pdf)

- Graduate applicants must apply to the American Indian Graduate Center for scholarship funding, to be eligible for CTSI Funding (at [www.aigcs.org](http://www.aigcs.org))
- American Indian Graduate Center applications open as early as December and **close as early as May each year**. It is your responsibility to be aware of and meet the AIGC scholarship deadlines.

**Contact an Education Specialist in your area for more information.**

Siletz Area &  
Out-of-State  
Alissa Lane-Keene  
[AlissaL@ctsi.nsn.us](mailto:AlissaL@ctsi.nsn.us)  
541-444-8373

Eugene Area  
Candace Hill  
[CandaceH@ctsi.nsn.us](mailto:CandaceH@ctsi.nsn.us)  
541-484-4234

Portland Area &  
Washington  
Katy Holland  
[KatyH@ctsi.nsn.us](mailto:KatyH@ctsi.nsn.us)  
503-238-1512

Salem Area  
Sonya Moody-Jurado  
[SonyaMJ@ctsi.nsn.us](mailto:SonyaMJ@ctsi.nsn.us)  
503-390-9494

Visit [www.ctsi.nsn.us/post-secondary-education/](http://www.ctsi.nsn.us/post-secondary-education/) for applications.

# USDA DISTRIBUTION DATES FOR OCTOBER

## Siletz

Monday	Oct. 4	9:00 am – 3:00 pm
Tuesday	Oct. 5	9:00 am – 3:00 pm
Wednesday	Oct. 6	9:00 am – 3:00 pm
Thursday	Oct. 7	9:00 am – 3:00 pm
Friday	Oct. 8	9:00 am – 3:00 pm

## Salem

Monday	Oct. 18	1:30 pm – 6:30 pm
Tuesday	Oct. 19	9:00 am – 6:30 pm
Wednesday	Oct. 20	9:00 am – 6:30 pm
Thursday	Oct. 21	By appointment only



**Salem Warehouse:**  
**503-391-5760**

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

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



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

As you have probably noticed, I am no longer with the food distribution program. It has been a wonderful 20 years and I will miss you. Be kind to Sammy and whoever is in the position. Thank you all for allowing me to be a part of your lives.

~Joyce~



"like" us on  
**facebook**

at "Siletz Tribal FDPIR" and share your recipes.

## JOM FALL ACTIVITIES

Open to JOM registered youth in the 11-  
county service area.

Register each month by the due dates below to receive  
a fun activity package!

Contact your local Education Specialist to sign up.

Candace Hill  
Eugene Area Office  
541-484-4234  
CandaceHectsi.nsn.us

Alissa Lane-Keene  
Siletz Area  
541-444-8373  
AlissaLectsi.nsn.us

Katy Holland  
Portland Area Office  
503-238-1512  
KatyHectsi.nsn.us

Sonya Moody-Jurado  
Salem Area Office  
503-390-9494  
SonyaMJectsi.nsn.us

## DATES

- October: Opens 10/1  
and closes 10/14
- November: Opens 11/1  
and closes 11/15
- December: Opens 12/1  
and closes 12/14

## STUDENT LAPTOP PROGRAM 2021

The Central Administration Office began accepting application on 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*

## Entering fall:

The weather is cooling, the leaves are turning colors, and the rains are coming back. It has been a hot summer, and fires have again devastated the wild areas we hold dear. The Run to the Rogue had to be virtual again, but it was a special event that many participated in!

## An October haiku by the MHS:

October brings us  
Pumpkins, corn mazes, and treats,  
Possibly a trick.

Email Rachel your own haiku and she'll put it in her newsletter; first-come, first-served.

[rachela@ctsi.nsn.us](mailto:rachela@ctsi.nsn.us)

## Coping with the change of season:

- 1) The days are going to start getting shorter, the skies more frequently darkened by clouds, and it will become increasingly important to maximize the daylight hours.
- 2) Exercise remains important but harder to come by with the rain; try inside activities such as using a step or similar to do step aerobics while you watch your favorite shows.
- 3) As the daylight decreases, if you notice your mood decreasing with it, try spending a few moments each day in front of a UV light source.

## Traditional Coping:

The fall is a time for the Siletz people to start preparing for the winter, and in that process comes the importance of making sure our Elders are ready. If you have time, join a wood-cutting event, reach out to the members of the community in the most need and lend a helping hand. The Siletz people are encouraged to keep in harmony with their ancestors' ways; attend sweats, drum circles and smudge, while following social distancing guidelines. Live life in a healthy, good way.

## Mental Health Specialist (MHS) virtual services include:

Brainspotting; couples counseling; 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.



Portland Area Office  
Virtual Appts, Only  
(503) 200-4340

Salem Area Office  
Virtual Appts, Only  
(503) 200-4340

# TOBACCO PREVENTION & EDUCATION

## *What is Second and Third-hand Smoke?*



*S*econdhand 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 developing normally in your body. These changes in cells increase the risk of some cancers and other health conditions.

*T*hird-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.



*B*abies and children can be harmed because they breathe or eat the 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.

*Corey Strong, TPEP COORDINATOR*

*1-800-922-1399 x 1682*

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



## IT'S TREATABLE!

There may be a problem with how neurotransmitter chemicals relay messages between cells. Hormones can also affect mood



The left prefrontal cortex is associated with positive emotions, and the right prefrontal cortex with negative emotions. Depressed people have an imbalance in activity between the left and right.

The hippocampus is responsible for generating new memories. High levels of the stress hormone cortisol damage hippocampus cells and shrink the hippocampus.

The amygdala is associated with fear and anxiety. Depressed people have over-activity here.

### Signs & Symptoms:

- ❖ *Significant weight loss or gain due to appetite changes*
- ❖ *Overtired and decrease in energy levels*
- ❖ *Unable to sleep or too much sleep*
- ❖ *Unexplained crying spells*
- ❖ *Difficulty concentrating, remembering and/or making decisions*
- ❖ *Little or no interest in companionship or physical activities*
- ❖ *Thoughts of death or suicide*

- **Increase awareness of mental health & its connection to chronic diseases**
- **Conduct stigma awareness training**
- **Educate providers about unique mental health issues in Indian Country**
- **Advocate & Implement policies that promote social justice, equity, and equality**
- **Create and provide comprehensive, affordable, health coverage.**

- **Shift the focus of mental health care to prevention and early intervention**
- **Integrate traditional healing and spiritual practices with modern health care**
- **Develop a person-centered care philosophy and respect for family and community**
- **Health care providers treating Indians should familiarize themselves with their belief systems and traditional treatment for mental illness**

**For further information on Depression as a Disability visit:**

**1.2%**  
of the U.S. population  
identifies as Native American  
or Alaskan Native<sup>1</sup>

➔


**21%**  
had a diagnosable  
mental illness in the  
past year.<sup>2</sup>

➔

That is over  
**830**  
thousand people

➔

Enough to FILL EVERY major  
league baseball stadium on the  
East Coast TWICE<sup>3</sup>

 x 2

**SOURCES**  
 1. United States Census Bureau. (2010). American Factfinder. Retrieved from [http://factfinder.census.gov/servlet/data/states?\\_lang=en&\\_ss=US&\\_ds=US&\\_table=00012](http://factfinder.census.gov/servlet/data/states?_lang=en&_ss=US&_ds=US&_table=00012)  
 2. Substance Abuse and Mental Health Services Administration. (2014). Racial and ethnic minority populations. Retrieved from <http://www.samhsa.gov/race-etnicity-groups/mental-illness>  
 3. Wikipedia. (2014). Major League Baseball Stadiums. Retrieved from [http://en.wikipedia.org/wiki/List\\_of\\_Major\\_League\\_Baseball\\_stadiums](http://en.wikipedia.org/wiki/List_of_Major_League_Baseball_stadiums)

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



### **Your Salem Area Office Staff:**

<b>Andulia White Elk</b>	<b>Addictions Counselor</b>	<b>X 1855</b>
<b>Angelica Espino</b>	<b>Tribal Services Specialist</b>	<b>X 1853</b>
<b>Antonia Leija</b>	<b>Voc Rehab Counselor/Job Developer</b>	<b>X 1861</b>
<b>Beverly Owen</b>	<b>Salem Area Office Supervisor</b>	<b>X 1851</b>
<b>Cecilia Tolentino</b>	<b>Community Health Advocate</b>	<b>X1854</b>
<b>Dana Rodriguez</b>	<b>Salem Area Office Clerk</b>	<b>X 1850</b>
<b>Lori Christy</b>	<b>Home Visitor</b>	<b>X 1863</b>
<b>Lydia Kentta</b>	<b>Transporter</b>	
<b>Rachel Adams</b>	<b>Mental Health Counselor</b>	<b>X1864</b>
<b>Sonya Moody-Jurado</b>	<b>Education Specialist</b>	<b>X 1856</b>