

Area Office Newsletter and Events

Eugene • Portland • Salem • Siletz

May 2023

All news & events

SIGN UP TODAY FOR SPRING ON-LINE LANGUAGE CLASSES

**LEARN
NUU-WEE-YA'**
(OUR LANGUAGE)

TUESDAYS, APRIL 4-JUNE 13

NEW TIME

6:00 PM-BEGINNING CONVERSATION 1
6:45 PM- BEGINNING CONVERSATION 2

THURSDAYS, APRIL 6-JUNE 15

12:30-LANGUAGE AND LUNCH
5:00 PM-ONGOING CONVERSATION

SATURDAYS 5/6, 5/27, 6/10

NOON-IMMERSION CONVERSATION HOUR

TO SIGN UP CONTACT NICK VILES AT nickv@ctsi.nsn.us OR 541-484-4234 X1757

Public Information Department

P.O. Box 549
Siletz, OR 97380-0549

Phone: 541-444-8291

E-mail: pias@ctsi.nsn.us

Tipi Drawing

Name: _____

Address: _____

Phone: _____ Roll #: _____

For Siletz Tribal members to use during the Nesika Illa-
hee Pow-Wow on Aug 11-13, 2023. One entry per household.
Must be a Siletz Tribal member to enter.

Deadline for entries is June 9, 2023. Names will be drawn
soon after the deadline. Return the form to Siletz Pow-Wow,
Attn: Tipi Drawing, P.O. Box 549, Siletz, OR 97380-0549.
Applications are located on the Tribal website under the Pow-
Wow tab, <https://www.ctsi.nsn.us/heritage/pow-wow/>.

**Note: You do not win the tipi. The drawing is only for
a stay in the tipi over pow-wow weekend.**

2023-2024 Siletz Royalty Applications

Applications are being accepted for 2023-2024 Miss
Siletz, Junior Miss Siletz and Little Miss Siletz.

Applications must be turned in by the end of the work-
day (4:30 p.m.) no later than June 1, 2023. Applications can
be sent to Siletz Pow-Wow Committee, P.O. Box 549, Siletz,
OR 97380-0549.

Applications can be downloaded from the Tribal web-
site located under the pow wow tab – <https://www.ctsi.nsn.us/heritage/pow-wow/>.

If you have any questions, contact Buddy Lane at 541-
444-8230; or buddyl@ctsi.nsn.us.

USDA distribution dates for June

Siletz

June 2	9 a.m. – 3 p.m.
June 5	9 a.m. – 3 p.m.
June 6	9 a.m. – 3 p.m.
June 7	9 a.m. – 3 p.m.
June 8	9 a.m. – 3 p.m.

Salem

June 13	1:30 – 6:30 p.m.
June 14	9 a.m – 6:30 p.m.
June 15	Appt only

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

Sammy Hall, USDA Director,
541-444-8279;
sammyh@ctsi.nsn.us

Fax: 541-444-8306 or
503-391-4296



INTERESTED IN VOLUNTEERING?

Feel Free to Reach Out!

How to Apply

You must contact the department you wish to volunteer for and let them know your interest and contact information. Department contact information can be found on our website at ctsi.nsn.us.

The department will then forward your request to the relevant staff to begin your application process.

Volunteers will need to fill out a *Volunteer Application and Agreement Form*, a background check and a drug test.

Interested in Knowing What You Can Volunteer for?

You can call the department you're interested in to see what volunteer opportunities there are!

You can volunteer for:

- The Siletz Community Health Clinic
- The Garden Program
- Natural Resources
- Behavioral Health
- Education
- Elders
- Special Events
- and More!

BACKGROUND CHECKS AND DRUG TESTS ARE REQUIRED!

Changes Coming for CTSI Childcare Assistance Program

Beginning May 1, 2023 changes to the CTSI Childcare Assistance Program will be in effect. These changes include the return of Co-payments for families with incomes above the Federal Poverty Level and new Payment Rates for Providers.

Co-payments are based upon household income and household size, and range from 1% up to 4%. Payment Rates for Providers are based on the geographic area or zip code of the Provider and their qualifications and training.

The CTSI Childcare Assistance Program helps CTSI tribal families living in the CTSI 11 county service area to pay for their childcare expenses while they participate in a work activity.

Work activities include working, looking for work, students, or participating in a job training program. To be eligible, children must be 12 years of age or younger, and either an enrolled member of the CTSI, or eligible to enroll in the CTSI, or be the descendant or dependent of an enrolled member of the CTSI.

For more information about the CTSI Childcare Assistance Program, please call DeAnn Brown, Head Start Director, at 541-444-2450 or email at deannb@ctsi.nsn.us.

Ortho screenings for braces

2023

June 15-16

8:30 a.m. - 4:30 p.m.

Siletz Community Health Clinic



Ortho screenings are by appointment only. Call 541-444-9681 to schedule.

Open to CHS eligible Siletz Tribal members of any age (can't be in braces currently or have been in braces before)

Supplemental Education Program or Johnson O'Malley (JOM)

We would like to encourage all of our tribal families with enrolled Siletz children from Pre-K-12 to sign up or our JOM Supplemental Education Program.

JOM can assist youth to pay for registration for sports, music and/or other activities such as: academic supplies, sport specific shoes of up to

\$50 per request and more.

The program can also provide school supplies if you have not received school supplies this year.

JOM can also help to purchase cultural supplies.

To digitally fill out an application or to print one visit the CTSI website at, <https://www.ctsi.nsn.us/youth/>

Siletz Community Health Resource Line

has a new name and phone number starting June 1st, 2022

541-444-9636

**SILETZ CLINIC
COVID RESOURCE LINE**

Confederated Tribes of Siletz Indians

ANNUAL NESIKA ILLAHEE POW-WOW

AUGUST 11TH - 13TH, 2023

Pauline Ricks Memorial Pow-Wow Grounds
Government Hill, Siletz, OR

Alcohol &
Drug Free
Event



All are
welcome to
attend!

CATEGORIES

Golden Age/Adult | \$600, \$500, \$400, \$300, \$200

Teen | \$300, \$250, \$200, \$150, \$100

Youth | \$150, \$100, \$75, \$50, \$25

Teen & Youth Preliminaries Occur Friday Night

SPECIALS

Team Dance | Women's Basket Cap Special (Open) | Round Bustle (Open)

Jackson Fancy Dance Memorial

ALL DANCERS & DRUMMERS WELCOME!

Drummers- please bring your own chairs

Vendor registration is required.

Camping Fee \$25; \$5 pet fee/ per pet (camping area) Camp Grounds Open Thursday at 8 AM
Drug & Alcohol-Free Event. For more info, call: 800-922-1399, Buddy Lane Ext. 1230

www.ctsi.nsn.us/heritage/pow-wow

THURSDAY

August 10th

Royalty Pageant
6 PM

FRIDAY

August 11th

Memorial/Giveaways
Noon - 5 PM

Presentation of Crowns
6 PM

Grand Entry
7 PM

SATURDAY

August 12th

Parade
10 AM
Points Awarded for
Participation

Grand Entry
1 PM &
7 PM

SUNDAY

August 13th

Grand Entry
12 PM
Salmon Dinner to Follow

Sponsored by
Chinook Winds Casino Resort
& Pepsi Bottling Co.

Hosted by the
Indigenous Gardens Network

Limited Spots Available!

Register ASAP

Camas Restoration Camp

Dv-ne-Tillicum

June 2nd - June 4th

Vesper Meadow in Ashland, OR

Deadline to Register is: May 30th, 2023

Available to Siletz & Grand Ronde Tribal members and their families

*Practicing stewardship and positive
relationships with the land.*

Contact to Register

For Siletz: Jacob Reid
JacobReidsi.nsn.us

For Grand Ronde: Cristina Lara
Cristina.Lara@grandronde.org

Drug and alcohol free event.
Please plan for limited cell service.
Gas cards will be provided. Camping is available.



Apply now for Siletz Tribal Head Start

The Siletz Tribal Head Start program is accepting applications now for the 2023 -2024 school year.

We have classrooms in Siletz, Lincoln City, Salem and Portland and offer services to promote children's school readiness skills and to assist families with supporting their child's lifelong learning.

Classrooms are in session Monday - Thursday, we provide roundtrip transportation, and developmentally appropriate activities to promote each child's success.

To qualify, children must be age 3 or 4 years of age by the local school districts age cut-off date, and income limits may apply.

Head Start applications can be found on the CTSI website, or can be requested by calling 541-444-2450 and asking for Head Start.

Youth Antlerless Elk Hunt

Applications Due

July 7, 2023

3 Tags

Hunt runs from Aug. 15 - Dec. 31, 2023

Applications available at the kiosk at the back door of the Tribal Admin office in Siletz, on the Tribal website under Natural Resources and in the Natural Resources office beginning June 1, 2023

Open to Tribal youth age 12-17 who have a valid Hunter Safety Card

Call Natural Resources Manager
Mike Kennedy at 541-444-8232 if you have questions



Culture Camp July 11th, 12th and 13th

Registration forms are available on the CTSI website at www.ctsi.nsn.us/culture-language or at your area office.

**If you have any questions, contact Buddy Lane at:
1-800-922-1399 or 541-444-8230 BuddyL@ctsi.nsn.us**

Applications can be submitted via online or mailed to:
PO Box 549, Siletz, OR 97380 or faxed to 541-444-8392

Siletz Education Programs Serving Our Tribal Members

Higher Education assists Tribal Members to attend college towards their Bachelors Degree (up to 5 years of educational support funding). To be eligible for the next academic year, the deadline is June 30, 2023.

Applications to apply for Federal student Aid (FAFSA is required for all students) opens October 1, 2023

Adult Vocational Training Program: Supports Tribal Members for up to two years of specific vocational training.

Adult Education Program:

For Siletz Tribal Members 16 years or older who are not already enrolled in a formal education program.

This program can assist with GED, certificate and licensing programs, classes and more. The programs primary purpose is to improve

and maintain employment status of all of our Tribal Members. No deadline applies to this.

For more information please contact your area office education specialist, or visit our website, www.ctsi.nsn.us.

Most requested numbers

Administration -
541-444-2532

Purchase/Referred Care -
541-444-1236

Community Health Clinic -
541-444-1030

Siletz Behavioral Health -
541-444-8286



Siletz Community Health Clinic

PATIENT PORTAL Self-Enrollment

- 1 From your phone, tablet, or computer's web browser go to www.ctsi.nsn.us
- 2 Click on **Tribal Services**
- 3 Click on **Healthcare**
- 4 Click on **Patient Portal**

In the section "**Don't have an Account? Fill Out the Fields Below**" fill in your information, skip the insurance section, then complete the enrollment. Once your request is reviewed we'll send a verification email and you'll be ready to log on.



"IS MY ENROLLMENT INFORMATION SAFE?" YES! YOUR PORTAL SELF-ENROLLMENT INFORMATION IS VERIFIED AGAINST OUR PATIENT DATABASE. IF IT DOES NOT MATCH WE WILL CALL YOU USING THE PHONE# ON RECORD. Note: changes to email and other personal information must be made in person at the clinic, or through your portal account once the enrollment is complete.

Run to the Rogue 2023 Update

This year, R2R will take place
October 13th, 14th & 15th

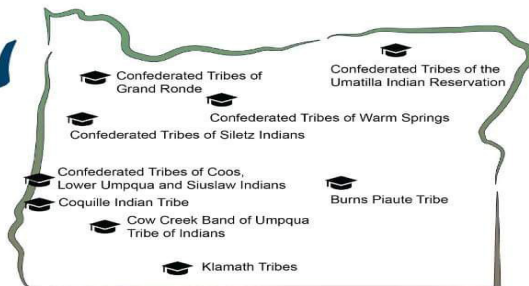
This change is to avoid cancellations
due to wildfire season.

We look forward to seeing you for
Run to the Rogue in October!

Oregon Tribal Student Grant

Are you an enrolled
TRIBAL MEMBER
GOING TO COLLEGE?

From one
of these
tribes



Pursuing an
Associate,
Bachelor's or
Graduate
degree in
Oregon

You may be eligible for the
Oregon Tribal Student Grant.



OregonStudentAid.gov/oregon-tribal-student.aspx

ARE YOU PRE-DIABETIC AND TRYING TO START NEW HEALTH GOALS? JOIN A PRE-DIABETES GROUP LED BY LIFE COACHES!

If you are interested and live in the Salem, Portland,
Eugene or Siletz service areas:

Email KimberlyL@ctsi.nsn.us or call 541-444-9679



Disability Awareness: Strokes

Strokes are a disease that affect the arteries and brain. Strokes damage the brain tissue from the loss of blood flow to the brain. A stroke is a medical emergency. Prompt treatment is crucial. Getting treatment early can reduce brain damage and other complications.

Types and Causes:

- **Ischemic Stroke:** A clot obstructing flow of blood to the brain. It happens when the brain's blood vessels become narrowed or blocked. This causes severely reduced blood flow. This is the most common type of stroke.
- **Hemorrhagic Stroke:** Blood vessels rupturing and preventing blood flow to the brain.
- **Transient ischemic attack (TIA):** This is sometimes known as a mini stroke that is a temporary period of symptoms similar to those in a stroke. This type of stroke does not cause permanent damage. It is caused by a temporary decrease in blood supply to the brain. This can last as little as five minutes.

Symptoms:

- **Paralysis:** Face Drooping
- **Confusion:** This can cause disorientation and fogginess in the mind.
- **Slurred speech:** A person may be unable to speak coherently

with words overlapping others. They may be unable to remember words from their memory.

- **Numbness in Limbs:** Numbness in the limbs will occur on the onset of a stroke. The numbness typically affects one side of the body. It depends on the location of the clot.

- **Blurred Vision:** A person's sight may blur and have a temporary loss of vision. It may also cause a person to blackout.
- **Headache:** A stroke can cause pain in the head region.
- **Dizziness:** Vertigo may present from visual disturbance and confusion.
- **Gait Disturbance:** Coordinated movements can be lost in the body, which can cause the person to not walk properly.

Other stroke facts:

- Stroke kills twice as many women each year than breast cancer.
- Strokes in children are increasing at an alarming rate. Up 50 percent, among young boys over 12 years.
- The average stroke patient pays more than \$140,000 in lifetime medical bills.
- Every 40 seconds someone in the U.S. has a stroke, nearly 800,000 in 2012.

Risk factors:

- High blood pressure
- Smoking

- Diabetes
- High cholesterol levels
- Obesity
- Heart disease
- Heavy or binge drinking
- Use of illegal drugs
- Personal or family history of stroke

What about prevention? Up to 80% of strokes can be prevented by controlling risk factors such as:

- Controlling High blood pressure.
- Lowering the amount of Cholesterol and saturated fat in your diet.
- Quitting tobacco use.
- Managing diabetes.
- Maintaining a healthy weight.
- Eating a diet rich in fruits and vegetables.
- Exercising regularly.
- Treating obstructive sleep apnea.

A stroke requires immediate medical attention. If you think you or someone else is having a stroke, have someone call 911 right away. Prompt treatment is key to preventing the following outcomes:

- Brain damage
- Long-term disability
- Death

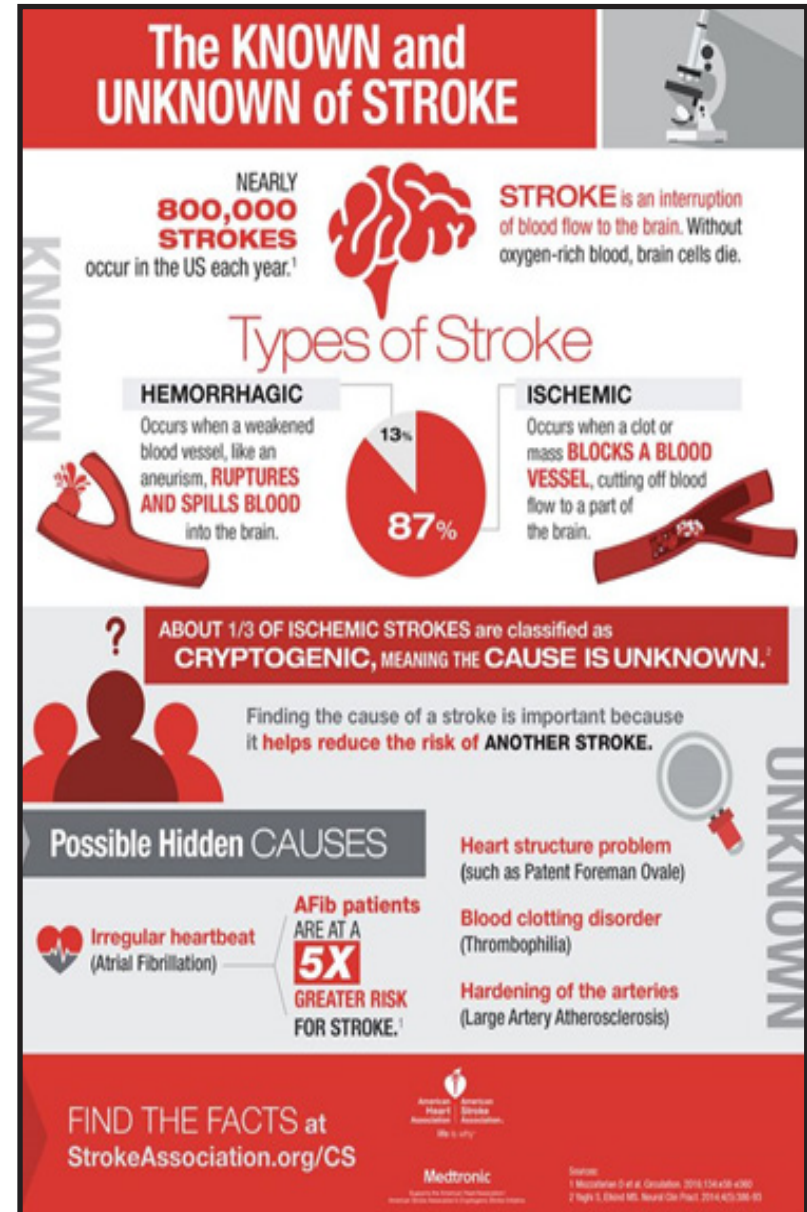
If you have a stroke or other disability, that inhibits your ability to work, contact your local Job Development Specialist:

Jamie Bokuro
Siletz Area Office
541-444-8213

Makayla Jackson
Eugene Area Office
541-484-4234 ext. 1752

Toni Leija
Salem Area Office
503-390-9494, ext. 1861

Tamra Russell
Portland Area Office
503-238-1512, ext. 1411



SAVE THE DATE

THRIVE CONFERENCE 2023



JUNE 26-30
PORTLAND, OR

Who - American Indian and Alaska Native youth 13-19 years old

What - Four to five interactive workshop tracks

Where - PSU Native American Student and Community Center
- Portland, OR

Why - Participants will:

- Build protective factors through creative self-expression using traditional learning strategies
- Connect with other Native youth and mentors
- Learn about healthy behaviors and develop healthy coping mechanisms
- Embrace their cultural pride and enhance resiliency

REGISTRATION IS FREE AND WILL OPEN THE FIRST WEEK OF APRIL

Northwest Portland Area Indian Health Board
THRIVE Project
Ph: (971) 282-4010
Email: mnoorenpaihb.org
Website: www.npaihb.org/THRIVE



New Beginnings for Tribal Students (NBTS) and the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians (CTCLUSI) present

SAVE THE DATE

OSU Indigenous Youth Summer Camp August 20-25, 2023

Hands-on FUN outdoor field trips to learn about
ENVIRONMENTAL SCIENCE AND CAREERS.

Designed for Indigenous youth entering 9th – 12th grades.

Open to self-identifying Indigenous youth in Oregon.

- Learn about going to college and how to get help with financial aid, scholarships, and explore majors!
- Field trip activities to include freshwater snorkeling, Hatfield Marine Science Center, ethnobotany, traditional canoeing and much more.
- Stay in the dorms at Oregon State University in Corvallis, Oregon.
- FREE and all meals and 24-hour supervision provided.

REGISTRATION WILL BE OPEN SOON.

MORE INFORMATION AT

<https://ely.oregonstate.edu/indigenous-youth-program/>

This camp is a partnership of CTCLUSI, OSU and SWOCC with support from a USDA New Beginnings for Tribal Students (NBTS). Co-sponsored by the OSU Department of Fisheries, Wildlife and Conservation Sciences, Oregon Sea Grant and the Calapooia Watershed Council.



FOR QUESTIONS CONTACT:

CTCLUSI
Jemiah Wassman or
Jesse Beers
(541) 888-9577

Bessie Joyce
NBTS Program Manager
bessiejoyce4@gmail.com
(541) 743-6106



CTSI STUDENT LAPTOP STIPEND PROGRAM

2023 Application Period:
June 1st - June 30th

Eligibility:

- Enrolled Siletz Tribal Member and enrolled full/part time college student
- Submit completed application (with required documentation) by the deadline
- Can not have received a laptop stipend within the last 4 academic years

Contact your Education Specialist for an application.

Katy Holland	Sonya Moody-Jurado	Candace Hill	Jeff Sweet
Portland Area	Salem Area	Eugene/Out of Area	Siletz Area
KatyH@ctsi.nsn.us	SonyaMJ@ctsi.nsn.us	CandaceH@ctsi.nsn.us	JeffS@ctsi.nsn.us
503-238-1512	503-390-9494	541-484-4234	541-444-8207

Funding is limited: stipends will be awarded on a first come, first served basis.

IMPORTANT PRC UPDATE!

**STARTING
MAY 1ST, 2023**

Save Our
New Number

**541-
444-
9677**

SILETZ COMMUNITY HEALTH CLINIC
200 GWEE-SHUT RD SILETZ, OR



**THE PURCHASED/REFERRED CARE
PHONE NUMBER IS CHANGING!**

STARTING MAY 1ST, YOU CAN CALL PRC DIRECTLY AT
541-444-9677

All other PRC phone numbers will be deactivated within the coming months. Until then, an automated voice message will direct callers to contact PRC using our new number.

**This update allows you to contact PRC directly-
no more transferred calls or phone trees!**

DID YOU KNOW?

You can also contact PRC by email at
SILETZPRC@CTSI.NSN.US

CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

June 7 at 6 pm: Nee-dash

Sponsored by the Education and Culture Departments
Contact Nick Viles at nickv@ctsi.nsn.us or 541-484-4234 x1757 to sign up

Family Support Education Program

Our certified Family Support Specialists are ready to present lessons promoting family strengthening with learning how to parent your child in confident ways that works best for you and your family and ensures the best start to your child's life. **LESSONS ARE DELIVERED PRENATAL THROUGH CHILD'S 3RD BIRTHDAY AND INCLUDE:**



- ◆ **PRENATAL CARE:** Information to prepare for delivery, know what to do during pregnancy, and how to take care of herself and baby.
- ◆ **INFANT CARE:** Information to help adapt to life with a new baby, learn infant care skills, and how to respond to baby's wants or needs.
- ◆ **YOUR GROWING CHILD:** Development Information from 7 months until the child's 3rd birthday.
- ◆ **TODDLER CARE:** Information to build confidence in parenting skills and form healthy habits to last a lifetime.
- ◆ **MY FAMILY AND ME:** Information to develop life skills and prepare for preschool with activities and play
- ◆ **HEALTHY LIVING:** Information on how to cope with difficult situations, goal setting, family planning and resources for continued success.

THE SILETZ HOME EDUCATION PROGRAM IS SEEKING FAMILY PARTICIPANTS



- ◆ Are you a **FIRST TIME MOTHER** expecting a child in the next 6 months or **MOTHER/FATHER/CARETAKER** of a child age 12 months or younger?
- ◆ Are you an **ENROLLED MEMBER** of a Federally recognized tribe, Alaskan Native and/or Native Hawaiian?
- ◆ Do you live within the **SILETZ TRIBE'S 11-COUNTY SERVICE** area (Marion, Polk, Yamhill, Clackamas, Multnomah & Washington, Benton, Linn, Lane, Lincoln or Tillamook)?

If you answered "YES" to these questions you may be **ELIGIBLE** for the Home Education Program.

**FOR INFORMATION AND TO SIGN UP
CONTACT OUR FAMILY SUPPORT SPECIALISTS IN YOUR AREA**

Lincoln and Tillamook	Marion, Polk, Yamhill, Clackamas, Multnomah & Washington	Benton, Lane & Linn
Kelley Ellis, 541-444-8222	Lori Christy, 503-390-9494	Cathy Ray, 541-484-4234



We're Back!

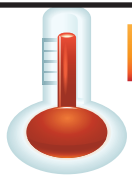
Calling All Gamers K-12

CTSI

Minecraft Gathering

MAY 20, 2023 @ 10:30 AM

Contact Elizabeth Madden @
elizabethm@ctsi.nsn.us for details or
questions



BEAT THE HEAT: Extreme Heat

Heat-related deaths are preventable

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.



Children

WHO:

More males than females are affected



Older adults



Outside workers



People with disabilities

WHERE:



Houses with little to no AC



Construction work sites



Cars

HOW to AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area



Wear lightweight, light-colored, loose-fitting clothes

Outside Temperature 80°



Time Elapsed: 20 minutes



Time Elapsed: 40 minutes



Time Elapsed: 60 minutes

During extreme heat the temperature in your car could be deadly!

HEAT ALERTS: Know the difference.

HEAT OUTLOOK

Minor

Excessive heat event in 3 to 7 days

HEAT WATCHES

Excessive heat event in 12 to 48 hours

HEAT WARNING/ADVISORY

Major

Excessive heat event in next 36 hours

DID YOU KNOW?

Those living in **urban areas** may be at a greater risk from the effects of a prolonged heat wave than those living in rural areas.

Sunburn can significantly slow the skin's ability to release excess heat.

Most **heat-related illnesses** occur because of overexposure to heat or over-exercising.

During 1999–2009, an average of **658** people died each year from heat in the United States.

\$30 BILLION estimated total cost of the 2012 US drought and heatwave.

For more information on ways to beat the heat please visit:
<http://www.cdc.gov/disasters/extremeheat>



Centers for Disease Control and Prevention
Office of Public Health Preparedness and Response

280609-B

Family Fishing Trip Wednesday, June 21st

Ages 8 - 17 must be accompanied by an adult

First come, first served - limited spots available

Check in a 6 AM, boat launches at 6:30 AM

Tradewinds- 118 S HWY 101 in Depoe Bay

North end of Depoe Bay Bridge

Ages 12 & Older are

required to have a fishing license

To register, provide names, roll number, and phone number to:
JeffG@ctsi.nsn.us or 541-444-9613

In partnership with: Community Health Department, Diabetes Department, Behavioral Health, Commercial Tobacco Prevention & Education, and Natural Resource Department



SILETZ CARE PROGRAM

**In Person & Virtual
Trauma Recovery
Support Group**

SELF Curriculum, Art Journals
Vision Boards & Native Medicine

This group is available to anyone age 18 and up who has experienced any form of trauma. We will follow the SELF Curriculum.

This will be a closed group, if you are interested please contact Rachelle
RachelleE@ctsi.nsn.us

**IN-PERSON WEDNESDAYS
AT 1:00PM IN BEHAVIORAL
HEALTH CONF. ROOM**

**VIRTUAL THURSDAYS
AT 5:30PM**




kayaks rafts paddleboards lifejackets transportation accessories & more

**REC CENTER
RENTALS**

Outdoor recreation equipment is available to check-out for Siletz Tribal Members & CTSI Staff

For FREE

For More Information

Call
541-444-9656

Email
TillicumFitnessCenter@ctsi.nsn.us

To rent, visit:
confederated-tribes-of-siletz-indians.booqable.shop

You are only charged if you fail to return equipment.




2023

***Confederated Tribes of Siletz Indians
Memorial Day Ceremony***

May 29, 2023
11 a.m.
Government Hill
Siletz, Oregon

Procession to Veterans Memorial – Honor Guard
Dancing Again Singers

The Lord's Prayer – Siletz Royalty
Welcome – Tribal Council Chairman Delores Pigsley
Memorial Day Address – Guest Speaker
Presentation of Flowers
Gun Salute – Honor Guard
Taps

Closing – Dancing Again Singers
Lunch at the Tribal Community Center
Provided by the Cultural Heritage Committee – Noon

Eugene Area Office News

The Confederated Tribes of Siletz Indians

The Eugene Area Office Staff

541-484-4234

1-800-922-1399

Jessica Hibler

Supervisor: x1751

jessicah@ctsi.nsn.us

Nick Viles

Instructor-Tribal Language/Culture: x1757

nickv@ctsi.nsn.us

Candace Hill

Education Specialist /JOM: x1763

candaceh@ctsi.nsn.us

Jenifer Jackson

Self Sufficiency Counselor II/477SSP: x1755

jeniferj@ctsi.nsn.us

Cathy Ray

Job Development Specialist/477SS:P x1756

catheriner@ctsi.nsn.us

Makayla Jackson

Job Development Specialist

Voc. Rehab: x1752

makaylaj@ctsi.nsn.us

Jamie Boe

Community Health Advocate: x1753

jamieboe@ctsi.nsn.us

Ro Zientara

Mental Health Therapist: x1758

rzientara@ctsi.nsn.us

Robert Jackson

Peer Recovery Mentor: x1764

robertj@ctsi.nsn.us

Stormie Ehret

Administrative Services Clerk: x1750

stormiee@ctsi.nsn.us

Verdene McGuire

EAO Elders Rep.

udenie101@gmail.com

Vacant, Elder on-call Transport

April 22nd, 2023

Alcohol and You

April is alcohol awareness month. We would like to invite you to a presentation on the effects of alcohol addiction in our lives. Whether for yourself, a loved one, or simply to find a better understanding of how historical trauma can shape the future, we hope to share something that will help. Join our new Peer Support Mentor, Robbie Jackson and Community Health Advocate Jamie Boe, as we learn and share resources in a judgement free setting. There will be opportunity to share stories, support each other, and to ask questions. A meal will be provided.

Please call or email to sign up

Robbie Jackson: RobertJ@ctsi.nsn.us

Jamie Boe: JamieBoe@ctsi.nsn.us

541-484-4234

Eugene Area Office

6:00pm – 7:30pm



EUGENE NATIVE AMERICAN ARTS & CRAFTS MARKET

To be held on the
FIRST SUNDAY of the month!

- JUNE 4
- JULY 2
- AUGUST 6
- SEPTEMBER 3
- OCTOBER 1

10 AM TO 4 PM

FOR Vendor information and application:
Email: eugenenaacm@gmail.com
Phone: 1(458) 205-9022

FARMERS MARKET PAVILION
8TH & OAK ST.
DOWNTOWN EUGENE, OR



Eugene Area Office **INDIAN TACO NIGHT**

Join the Eugene Area Office
for an Indian Taco dinner and
necklace kits!

May 24th, 2023 from 5 to 7pm
at the Eugene Area Office
2468 W. 11th Ave.
Eugene, OR 97402

RSVP by May 18th by
calling the Eugene Area Office
at (541) 484-4234





Community Health: May 2023



Jamie Boe, Community Health Advocate Phone: 541-484-4234 • Email: JamieBoe@ctsi.nsn.us

Siletz Community Health Phone Numbers

- Siletz Community Health Clinic
1-800-648-0449
- Purchased/Referred Care (PRC)
1-800-628-5720
- CTSI Resource Call Line
541-444-9613
- CARE Program
541-444-9680

Siletz Mail Order Pharmacy

For prescription refills, please call the Siletz Community Health Clinic Pharmacy 7-10 days before you run out of your prescription. This allows the pharmacy time to contact your health care provider, if necessary, and mail it to you. Pharmacy Refill Line: **541-444-9624**

**At home COVID-19 Tests
and masks are available at
the Eugene Office!**

Siletz Community Health Clinic (PRC) Registration forms are available at the Eugene Area Office, and online at: <https://www.ctsi.nsn.us/schc-forms-policies/>

Asthma and Allergy Awareness Month

By Jamie Boe, CHA

Asthma affects more than 25 million Americans, and between February and early summer is when seasonal allergies can really give asthma suffering people the most trouble. Asthma is a chronic disease that causes the airways to become inflamed, making it hard to breathe. There is no cure for asthma, however, it can be managed by avoiding triggers such as pollen, smoke, dust, and whatever you could be allergic to. It's best to carry your asthma medication when you're out and about just in case, and be mindful of symptoms like coughing, wheezing, or shortness of breath. With allergies being a big trigger for asthma, it's important to understand how allergies can affect us. Allergies occur when our body's immune system overreacts to a substance it sees as harmful. The immune system makes antibodies called immunoglobulin E (IgE), which respond to allergens. The resulting symptoms are an allergic reaction. People can be allergic to almost anything including pollen, food, pets, mold, and latex. Symptoms can include sneezing, hives or rash, swelling in the throat and mouth, and even anaphylaxis, which is a life threatening reaction. The best way to prevent allergies is to avoid allergens, and be sure to carry allergy medications you may need with you. Talk to your primary care provider if you have asthma or allergy concerns.

<https://www.aafa.org/>

*Please join us for this fun and
informative cultural opportunity:*

ELDERS LED BEADING GROUP
*is in-person and open to all ages!
We meet at the Eugene Area Office
(EAO) the 3rd Thursday of every
month, from 10a.m. - noon.*

FOR MORE INFORMATION: CONTACT VERDENE
VDENIE101@GMAIL.COM

SOBRIETY TALKING CIRCLE

You're invited to join us for a sobriety talking circle.
Every week we will meet to discuss various topics
surrounding our recovery. COFFEE AND DOUGHNUTS!

6:30 p.m. • Thursday's
2468 West 11th Ave Eugene OR 97402
@ CTSI Eugene area office

Open group: Everyone is welcome
[Info@ RobertJ@ctsi.nsn.us](mailto:Info@RobertJ@ctsi.nsn.us)
541-484-4234 Ext. 1764

Eugene area elder's info, news and events

Hi Everyone,

Here it is May already. I missed the new date for the April newsletter, I apologize. I was on a trip to the Midwest to visit a friend that has lived there for the last 15 years, and I missed the newsletter due date. It was an amazing 13-day adventure!

We have our April and May birthday celebrations to acknowledge this month. I want to wish all my Lane, Benton, and Linn County Elders a Happy Birthday for the month of April. Happy Birthday wishes to Tonya, Michael, Stella, and Sandra. And our May elders, Marc, Bonnie, Dennis, Tammie, Tami, and Huey. With warm wishes for good health, wealth, prosperity, love, a day, and year - filled with lots of happiness, hugs, laughter, and CAKE! Truly.

Well, I finally looked at the first new on-line newsletter for April that came out on April 15, just last month. I heard that it was done nicely, and it was. But what about the elders who don't do digital? Good news, the Eugene area office has let me know that anyone wishing to receive a paper copy can call in to the area office to get on the new list for paper copies. If you wish to receive a paper copy, you need to call in to the Eugene area office clerk, Stormie. She will add your name and address to the

new current list for paper copies.

Reminders:

Indian taco night May 24, from 5-7 p.m., at the Eugene area office. See you there.

Every Thursday there is a walking group you can join, starting at 12:15 p.m., with Jamie Boe. Also, the sobriety talking circle at 6:30 p.m. with Robbie Jackson.

The beading group is the third Thursday of each month. This month it lands on May 18, from 10 a.m. - Noon. Veteran pin beading kits are available for anyone if you do not have a project to work on. All ages are welcome.

To request diabetes funding for a gym membership, call Jamie Boe at 541-484-4234.

The Book Club on the 2nd and 4th Thursday of each month. Let AJ Warren know you want to join and he will send out a zoom link. We are currently reading, Home Made of Dawn by N. Scott Momaday.

Be well and stay positive and kind. Till next month...

Truly,
Verdene McGuire
Eugene area Elders Representative
VDenie101@gmail.com
Cell: [503-890-0742](tel:503-890-0742)



Tribal members please come join us!

Walking Group

At the Siletz Eugene Area Office
2468 W. 11th Avenue

When: Every Thursday beginning
Thursday, May 4, 2023
(Meet in the front lobby)
Time: 12:15-12:45 p.m.



Walk your way to better health!

Where: Walking path behind the Siletz office. Choose your comfort level. Any pace is the right pace!

We will be walking rain or shine.

Bring a friend!

For more information, you may contact
Jamie Boe at 541-484-4234 or JamieBoe@ctsi.nsn.us



If you or your family would like to share in some FREE fresh produce, you may pick up at the Eugene Area Office on Tuesdays 2 p.m. – 4 p.m. Any produce not picked up Tuesday will be available for pick-up Wednesday from 9am-4:00 pm and Thursday 9 a.m. - 4 pm.

Please bring your own bag or box to transport your food. You may call ahead to check availability of food.

Eugene area office: 541-484-4234
2468 W. 11th Ave, Eugene OR 97402

This food is collected and distributed by Food for Lane County through the Trillium Produce Plus program. The Siletz Tribe and FFLC are working in a joint effort to alleviate hunger in our community.

CTSI Eugene Area Office 2468 W. 11th Ave. Eugene OR 97402

Counseling Services

The Confederated Tribes of Siletz Indians Eugene Area office is offering mental health counseling services to enrolled tribal members and their families, both virtually and in-person. For more information, please contact us today:

541.270.6219 – rzientara@ctsi.nsn.us

Portland Area Office News

Portland Area Office Staff Contact List

Adam Caba Office Supervisor	503-238-1512 x 1419 adamc@ctsi.nsn.us
Dianna Edenfield Administrative Svs. Clerk	503-238-1512 x 1400 diannae@ctsi.nsn.us
Anna Renville Self-Sufficiency Counselor II	503-238-1512 x 1412 annar@ctsi.nsn.us
Tamra Russell Self-Sufficiency Counselor II	503-238-1512 x 1411 tamrar@ctsi.nsn.us
Katy Holland Education Specialist	503-238-1512 x 1418 kathyh@ctsi.nsn.us
Andulia White Elk A & D Counselor	503-238-1512 x 1414 anduliaw@ctsi.nsn.us
Rachel Zinn Mental Health Specialist	503-238-1512 x 1417 rachelz@ctsi.nsn.us
Vacant Community Health Advocate	503-238-1512 x 1413
Vacant Case Manager I / II - BH	503-238-1512 x 1420

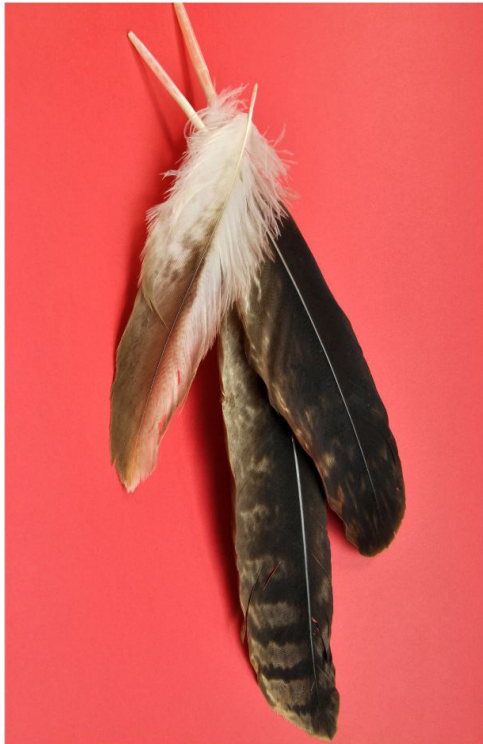


Siletz Tribal
**PORTLAND
AREA OFFICE**

12790 SE Stark St.
Suite 102
Portland, OR 97233
(503) 238-1512

EAGLE FEATHER/PARTS ORDERING WORKSHOP

DATE: JUNE 10, 2023 10AM - 12PM
AT THE PORTLAND AREA OFFICE



COME AND JOIN US FOR A WORKSHOP ON COMPLETING
THE APPLICATION PROCESS FOR ORDERING EAGLE
FEATHERS/PARTS FOR ENROLLED SILETZ TRIBAL
MEMBERS.

FOR QUESTIONS, PLEASE CONTACT ADAM CABA AT
503-238-1512 EXT. 1419



IS YOUR PHONE NUMBER CURRENT WITH THE ENROLLMENT DEPARTMENT?

PAO will be using an automated call list to inform Portland Area Tribal Members of any last minute events or giveaways we are planning!

To update your phone number, address or email you **MUST** fill out a form for Enrollment.

To update your address or phone number please visit the CTSI website, click the Enrollment tab and then Address Update to access the form.

If you haven't updated your current phone number with Enrollment, please do so ASAP!

PAO has a Siletz Tribal Member ID Card Machine!

The Portland Area Office recently received a Siletz Tribal Member ID card machine. We can print out the cards here. If you are in need of a new Siletz Tribal ID, please call our office (503) 238-1512 to schedule an appointment.

Any and all Siletz Tribal Member ID cards issued at the Portland Area Office will be BY APPOINTMENT ONLY, no walk-ins.

PORTLAND JOM FAMILIES

Join us for our Culture Night Gatherings!

JUNE 8TH AND JUNE 22ND

6PM-8PM IN THE PAO COMMUNITY ROOM



PLEASE JOIN US AS WE PREPARE OUR REGALIA FOR SUMMER POW WOWS AND GATHERINGS. THERE WILL BE HANDS ON ACTIVITIES FOR YOUTH! SEWING MACHINES WILL BE AVAILABLE.

CONTACT KATY FOR MORE INFORMATION AT:
KATYH@CTSI.NSN.US

Siletz Tribal
Portland Area Office



WE ARE HIRING!

Open Positions at PAO

Community Health Advocate

Case Manager I/II - BH

Head Start Teacher

Child Development Aide

For job descriptions or to apply, please visit:
<https://www.ctsi.nsn.us/tribal-employment/>

Salem Area Office News

Salem area contact info:

Andulia White Elk

Addictions Counselor, X 1855

AnduliaW@ctsi.nsn.us

Angelica Espino

Self Sufficiency Counselor, X 1853

AngelicaE@ctsi.nsn.us

Antonia Leija

Voc Rehab Counselor/
Job Developer, X 1861

AntoniaL@ctsi.nsn.us

Beverly Owen

Area Office Supervisor, X 1851

BevO@ctsi.nsn.us

Cecilia Tolentino

Community Health Advocate, X1854

CeciliaT@ctsi.nsn.us

Dana Rodriguez

Administrative Services Clerk, X 1850

DanaR@ctsi.nsn.us

Isaac Palomo

Re-Entry Mentor, X 1852

IsaacP@ctsi.nsn.us

Lori Christy

Family Support Specialist, X 1863

LoriC@ctsi.nsn.us

Lydia Kentta

Transporter

Rachel Zinn

Mental Health Counselor, X1864

RachelZ@ctsi.nsn.us

Sonya Moody-Jurado

Education Specialist, X 1856

SonyaMJ@ctsi.nsn.us

Talking to Kids About Difficult Topics: Serious Illness, Death & Grief



Kinship Caregivers are invited to this free presentation to learn more about talking to and supporting children facing the serious illness or death of a loved one.

Participants will:

- Recognize the typical responses of children experiencing grief
- Identify ways to support children that are grieving
- Learn communication tools to use when discussing death, illness, and grief with children
- Leave with tools to support children facing a loved one's serious illness, death, or grief

**May 17, 2023
10:00-11:00 am**

Space is limited and
registration is required.

NorthWest Senior and Disability Services
3410 Cherry Ave NE
Salem, OR 97303

**Contact Suzy to register at
503.304.3429**



**Willamette
Vital Health**

Previously known as Willamette Valley Hospice

Siletz Area Office News

CALLING ALL SILETZ COMMUNITY YOUTH OF ALL AGES!

GAME night



*A night for
Family Fun*

Monday's from 4 pm to 6 pm
Starting February 6, 2023

Location: Siletz Public Library

Variety of Family Board Games Available To Enjoy

To register please contact:

Elizabeth Madden: elizabethm@ctsi.nsn.us



Feel free to bring family, friends,
and community youth of all ages



BERRY SEASON IS RIGHT AROUND THE CORNER!

JOIN THE GARDEN PROGRAM TO PICK BERRIES AT THE FARM PROPERTY ALL SEASON LONG!

The Garden Program will open up for Tribal members and their families this season to pick and eat berries all season.

KEEP AN EYE OUT FOR NOTICES VIA THE
CLINIC'S DIGITAL NEWSLETTER AND
SOCIAL MEDIA PLATFORMS FOR UP-TO-
DATE INFORMATION ON SEASONAL
HARVESTS AND PICKING DATES!



June is the target
window for Strawberries,
with Blackberries being
ready shortly after.

YOU CAN REACH OUT DIRECTLY
TO US AT
JAMESM@CTSI.NSN.US TO SIGN
UP FOR UPDATES AS WELL!

**Biscuits
And
Gravy
FUNDRAISING**

**JUNE
3RD
3pm - 7pm**

YOU'RE INVITED



In support of
Toledo Summer Fest

Visit Us
Cup of sass
297 N Main St
Toledo, Oregon

Menu
Half \$7
Full \$10
Meal \$15

**Check out our Facebook
For more info!**



PUBLIC NOTICE | SILETZ TRIBE

**EXCESS
SURPLUS
SALE**

FRIDAY, MAY 26TH 8:30 AM - 1:30 PM

297 SE Swan Ave Siletz, OR 97380 (back)
Next to CTSI Admin Building

Sold As Is - Used Office Furniture
Misc file cabinets, desks, chairs

Purchaser will be responsible for haul away on sale day
only. CTSI staff is not responsible for personal sale
home deliveries or storage of any items.

CASH or local checks – no checks under \$10.

Direct all questions to

Violet Lafferty (800) 922-1399 x 1303 or VioletL@ctsi.nsn.us

We Need Volunteers
for our

ELDERS WOODCUT

Save the Date!

HELP IS NEEDED

Cut, split and deliver firewood to our Tribal elders.

If you can, please bring chainsaws, hydraulic wood
splitters, splitting mauls and axes!

Lunch, drinks and snack will be provided.

On Saturday

MAY 20TH, 2023

8:00 AM – 2:00 PM

At the Tribe's Logsden Road Property
to the right of the Tribal Food
Distribution Warehouse in Siletz



WE HOPE TO SEE YOU THERE!

Community Garden Opens May 5th

Garden spots are available!

Contact: Kathy 541.444.9627 email: kathyk@ctsi.nsn.us

Container Gardening and Plant giveaway!

May 19-20th 3-6pm

Open to Siletz Tribal members and their families!

Hazel Stick Season!

If you are interested in learning traditional Siletz basket weaving, it all starts with gathering your materials and processing them.

Hazel sticks are only available one time during the year. We have a co-managed area that we have been preparing for stick harvesting for several years.

Contact Kathy if you would like to be notified when we are going to the area.

***This activity is open to Tribal members and their families**

