

Area Office Newsletter and Events

Eugene • Portland • Salem • Siletz

Public Information
Department

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

Phone: 541-444-8291

E-mail: pias@ctsi.nsn.us

July 2023

All news & events

Siletz, Portland, Salem and Eugene Areas



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!

2023
ELDER'S WOODCUTS

Saturdays 8:00 a.m. – 2:00 p.m.
Near USDA on Logsden Road in Siletz

Join us to split, load & deliver firewood to Tribal Elders

Rain or Shine

~~MAY 20~~
~~JULY 15~~
SEPT 9

Snacks, water, and PIZZA lunch provided

Bring your own gloves.
Bring axes and chainsaws if you have them.
Wood splitters and tools are provided on site.

**Tribal Elders who need firewood delivered must call
A.J. in the Elders Program to be added to the list.
(541) 444-8212**

USDA distribution dates for August

Siletz

Aug. 3	12:30 – 3:30 p.m.
Aug. 4	9 a.m. – 3 p.m.
Aug. 7	9 a.m. – 3 p.m.
Aug. 8	9 a.m. – 3 p.m.
Aug. 9	9 a.m. – 3 p.m.

Salem

Aug. 23	9 a.m. – 6:30 p.m.
Aug. 24	9 a.m. – 6:30 p.m.
Aug. 25	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

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 ser-

vice 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.

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.

SUMMER BUCKET LIST

100 fun things to do before summer kicks the bucket!

Meet a new person
Overcome a fear
Read at least 10 books
Have a water balloon fight
Go to the beach
Go to the park
Ride on a carousel
Fly a kite
Collect seashells
Watch fireworks
Make S'mores
Roast marshmallows
Stay up super late
Go to a fair
Have a pillow fight
Play mini golf
Make homemade pizza
Make an outdoor fort
Catch a lightening bug
Go swimming
Slide down a water slide
Go to a BBQ
Go to the movies
Eat a snow cone
Play flashlight tag
Take a mini road trip
Blow bubbles
Make lemonade
Pick wildflowers
Play in the rain
Camp indoors
Play with sidewalk chalk
Potato sack race
Donate food to animal shelter
Get ice cream from ice cream man

Run through a sprinkle
Play frisbee
Have a water gun fight
Drink a slurpee
See a magic show
Watch a sunrise
Watch a sunset
Plant flowers
Bake cupcakes
Feed ducks
Paint rocks
Scavenger Hunt
Climb a tree
Go to a farmers market
Go on a hike
Visit a toy store
Have family game night
Visit a relative
Help cook dinner
Picnic in a park
Visit mom or dad at work
Make homemade jam
Go to the zoo
Family bike ride
Play catch
Make root beer floats
Make a journal
Go bowling
Watch a movie outdoors
Have a cousin sleepover
Play on monkey bars
Build a sandcastle
Eat watermelon

Go to Library
Go on date with mom or dad
Wash a car
Bake cupcakes
Play in a puddle
Ice cream for dinner
Movie night with snacks
Take a picture of a butterfly
Pajama Day
Make lemonade
Breakfast in bed
Skip rocks
Hula Hoop
Make handprint art
Go on a nature walk
Make popsicles
Have a relay race
Have breakfast for dinner
Treasure Hunt
Play hide and seek
Visit a local farm or petting zoo
Star Gaze
Jump on a trampoline
Make a fruit salad
Dinner at the beach or lake
Play in kiddie pool
Play jump rope or hopscotch
Watch a thunderstorm
Go to a new park
Go to Amusement or water park
Do a fun summer craft
Unplug for one full day (no TV, computer, tablet, or cell phone).

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.

For an application, go to
www.ctsi.nsn.us/heritage/pow-wow/

2023

NESIKA ILLAHEE POW-WOW HIRE DATE

Hourly Rate

\$17.00

Positions

Maintenance/Security &
Kitchen (Multiple Shifts)

Bring

Valid Photo ID and
SS Card

Per the I-9 form, there are other
forms of identification that can
suffice

WEDNESDAY, AUGUST 9TH

10:00 AM - 4:30 PM

SILETZ COMMUNITY CENTER

402 GOVERNMENT HILL DR.
SILETZ, OR 97380

Pow-Wow Dates - Aug 11th 12th & 13th
Work Shifts Start - Thursday August 10th

For questions or more information, contact Buddy Lane at
BuddyL@ctsi.nsn.us or 541-444-8230; 800-922-1399, ext. 1230

Enrolled JOM Students

Pre-school - 12th Grade in the 11-County Service Area

School Supply Stipend Program

Applications open July 3rd

Enrolled JOM Students are eligible to apply for the School Supply Stipend Program for the 2023-2024 school year.

These funds are to ensure students can purchase traditional school supplies.

Deadline to submit your application is

August 1st at 4:30 PM

The Microsoft Form must be completed by **August 1st at 4:30 PM**

Contact the Education Specialist in your service area to request an application.

Candace Hill Eugene Area CandaceH@ctsi.nsn.us 541-484-4234	Katy Holland Portland Area KatyH@ctsi.nsn.us 503-238-1512	Sonya Moody-Jurado Salem Area SonyaMJ@ctsi.nsn.us 503-390-9494	Jeff Sweet Siletz Area JeffS@ctsi.nsn.us 541-444-8207
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All students must have a JOM application on file for the 2023-2024 academic year to be eligible for a school supply stipend. Contact your Education Specialist at any time to renew your JOM application for the upcoming school year or visit our webpage to access our JOM Application.

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.

NON-EMERGENCY MEDICAL TRANSPORTATION



**ALL REQUESTS MUST
BE MADE 48 HOURS
AHEAD OF TIME**

The Transportation program provides non-emergency medical transportation for Siletz Tribal Members in the 11 county service area. You must make your request to Richard Faber 48 hours in advance to your appointment.

To request a transport, please call Richard Faber at
(541) 444-9633

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

Spinal Muscular Atrophy

Signs, Symptoms & Resources

Spinal Muscular Atrophy (SMA) is a rare neuromuscular disorder that affects nerves and muscles leading to muscle wasting. It is usually diagnosed in infancy or early childhood, but it sometimes manifests in adults, usually in a milder form of the disease.

SMA is known for a progressive weakness of muscles, with arm, leg and respiratory muscles being affected first. Some noticeable problems are poor head control, difficulties swallowing, scoliosis, and joint contractures.

Spinal muscular atrophy is due to a mutation which affects the spinal cord and prevents “signaling” or communication between the neurons in the brain and skeletal muscles. The diagnosis of SMA is based on the types of symptoms and confirmation via genetic testing.

In 2016, development of treatments has significantly improved the outcomes for adults and children. Medications, gene therapy, physical, occupational therapy, respiratory support, nutritional support, orthopedic interventions, and mobility supportive treatments can certainly lead to a better quality of life for individuals dealing with this progressive disease (Wikipedia). People who develop SMA during adulthood (type 4) often lead normal and active lives and may enjoy a normal life expectancy.

What are the complications of spinal muscular atrophy? (Cleveland Clinic 2023)

- Bone fractures, hip dislocation and scoliosis (curvature of the spine).
- Malnutrition and dehydration due to problems eating and swallowing that may require a feeding tube.
- Pneumonia and respiratory infections.
- Weak lungs and breathing problems that may require breathing support (ventilation) (Cleveland Clinic 2023).

You should call your doctor if a family member is presenting with SMA experiences:

- Difficulty breathing, cough or other signs of pneumonia.
- Fever.
- Nausea, vomiting or diarrhea.
- Signs of dehydration: dark-colored urine or extreme fatigue (Cleveland Clinic 2023)

If SMA runs in your family, contact your doctor to lower the chances of getting this disease (Cleveland Clinic 2023). Your Job Development Specialists are available to facilitate referrals to specialists, so that you may get the appropriate therapies and assistive technology and other accommodations to be successful in the workplace.

Resource links:

<https://my.clevelandclinic.org/health/diseases/17873-dislocation>
<https://www.hopkinsmedicine.org/health/conditions-and-diseases/spinal-muscular-atrophy-sma>

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

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

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

Supplemental Youth Program

*Formerly the
Summer Youth
Program*

The 477 Self Sufficiency Program has made a change to the Summer Youth Program. It is now the Supplemental Youth Program that will be available all year, not just in the summer.

We will continue to have WEX and CRT.



For more information, please contact your area office.

Portland: 503-238-1512
Salem: 503-390-9494
Eugene: 541-484-4234
Siletz: 541-444-2532

Siletz Tribal Youth Programs— Supporting Our Siletz Tribal Youth

• Johnson O'Malley Program (JOM) Supplemental Education Programs:

The Supplemental Education Program or JOM benefits Pre-K-12 Native American students in support of their intellectual growth, vocational goals and cultural enrichment. Basic services such as tutoring, cultural enhancement, recreational activities and college preparation classes are provided to supplement existing educational programs. The program also advances the participants physical, social and emotional growth. Youth must be currently attending a public school, enrolled in a federally recognized tribe or possess ¼ blood quantum and reside in the 11 county service area to qualify. Download the application on the Tribes web page.

• Siletz Tribal Youth Activity Fund

A program for Siletz Tribal youth. The funding from this program helps to provide academic and leisure time activities in a supervised setting and young people participate in constructive pursuits after school and on weekends. This program can fund students in a variety of programs such as: sports, music, camp, science, cultural supplies/materials, shop, lab fees, and extra curricular and more. Download the Youth Activity Fund Application on line at www.ctsi.nsn.us. Applications can be downloaded off the Tribes web site under services for youth or contact your local Education Specialist in your area.

Siletz Home Visiting

Help your child form healthy habits from an early age. Habits formed early in life are more likely to continue into adulthood. Here are a few ideas:

- Oral health care – From birth until they get their first tooth, wipe your baby's gums with a wet washcloth. Once they have their first tooth, brush with a soft toothbrush with a small amount of fluoridated toothpaste (no bigger than a grain of rice).
- Healthy drink choices – Babies only need breast milk or formula for the first six months of life. After six months you can give some water to your baby if needed. Avoid sweet sugary drinks. If babies are given sugary drinks when they are young they may prefer them over water as they grow. It is best to avoid fruit juice until your child is one. Even then it is recommended to give only small amounts. Juice lacks the fiber that is found in whole fruit so is sweeter and less nutritious. Fruit is a better option than fruit juice.
- Be a role model. What your children see you doing they are likely to do as well. Here are some examples of things you can do:
 - Take care of yourself, your health, your mental health
 - Make healthy food choices
 - Move and exercise regularly
 - Be safe – wear a seat belt, a helmet when riding a bike, etc.
 - Avoid alcohol and drugs
 - Set goals and stay on target for reaching them
 - Have a routine for you and your family to provide predictability and stability

If you are expecting a baby or have a baby under 1 year...

If you have questions about how to care for your little one...

If you interested in gaining skills for successful and positive parenting...

Home Visiting may be just right for you!

We serve Federally Recognized and Alaskan Native families who live in our 11 county service area and meet eligibility criteria. Our program provides parenting and life skills for successful and positive parenting. We use a culturally sensitive curriculum developed by the John Hopkins Center for Indigenous Health.

For more information contact:

Siletz & Coast Range - Kelley Ellis, 541-444-8222 or 1-800-922-1399, Kelleye@ctsi.nsn.us

Salem, Portland & Surrounding Areas - Lori Christy, 503-390-9494, loric@ctsi.nsn.us

Eugene & Surrounding Areas - Cathy Ray, 541-484-4234, catheriner@ctsi.nsn.us



**YOUTH
SUMMER
LANGUAGE
CLASSES**

**THURSDAYS JULY 27-AUGUST 31
AT 11 AM**

- Open to all tribal youth
- Fun, games, and language learning
- On-line over Zoom

TO SIGN UP CONTACT NICK VILES AT NICKV@CTSI.NSN.US OR 541-484-4234 X1757



**SIGN UP TODAY FOR SUMMER ON-LINE
LANGUAGE CLASSES**

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

TUESDAYS, JULY 25-AUGUST 29

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

THURSDAYS, JULY 27-AUGUST 31

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

TO SIGN UP CONTACT NICK VILES AT NICKV@CTSI.NSN.US OR 541-484-4234 X1757

Behavioral Health

Currently in summer:

It has gotten hot, and people are looking for places to cool down. In some areas, there are cooling stations or parks with water features available, and there are places one can go in nature near bodies of water, such as lakes and rivers. In this heat, it is easier for our bodies to dehydrate, which can make people more irritable. To help combat that irritability, remember to drink more water than you want to, take breaks, and seek out shade to rest in.

Ways to reduce irritability:

Figure out what is causing you to be irritable—Are you hungry, tired, thirsty, lonely? If so, try and address it.

Reduce caffeine—Yes, it's a touchy subject. But, if you're already irritated, it's not going to help to add this substance.

Find a way to give yourself compassion—a gentle word you would say to a friend to comfort them, think it in your head. Wrap yourself with your arms for a self-hug or squeeze. It does wonders!

Take five minutes for a little exercise—do whatever you can to increase your heartrate, or, if it's already racing, how about a bit of a leisurely stroll and a few deep breaths?

Find a few moments to be alone and do something that makes you smile—look at photos of your loved ones, listen to your favorite song or grab a little treat to eat.

A summer haiku, by Rachel Zinn:

*Golden sunbeams dance,
Nature's canvas breathes with life,
Community thrives.*

Send a haiku/poem to the MHS and get it published (first-come-first-served):

rachelz@ctsi.nsn.us

Traditional Coping

The Siletz people are encouraged to seek traditional methods of healing and wellness. Smudging, sweats, and prayer are good ways to connect to one's culture. Also, look for talking circles and other such gatherings, like powwows. As always, be sure to remember our Elders, making sure they stay cool and hydrated and get their daily needs met. Remember, this heat can make our Elders more irritable too, so give them extra grace, and be extra kind.

Mental Health Specialist Rachel Zinn's Hours:

Portland Area Office in-person – Fridays
Salem Area Office in-person – Wednesdays
Virtual Appointments – Mondays, Tuesdays, Thursdays
Working hours: 8:00 AM – 4:30 PM
Best contact number: 503-200-4340



The red raft is guided by Rachel Zinn, and is one of two rafts down the McKenzie River June 16, 2023 for the Behavioral Health Dept., to say a warm goodbye to Jeramie Martin.

The blue raft is our second group, being guided by Sissy Rilatos, for the same event.



JOM BEACH TRIP

In Lincoln City

All Areas - Salem, Portland, Siletz and Eugene



* Enjoy a fun day at the beach with games, kites, challenges, building sand castles, and maybe getting wet. Lunch provided. Your invited to join us for the day.

**Wednesday, August 30th;
Lincoln City, OR**

**Meet up at D River Wayside
Beach Access & Parking
at 11 a.m.**

Sign up with your local Education Specialist at your area office.



JOM FAMILIES

Follow the CTSI Education department on the CTSI Youth Facebook page and in your local area newsletter for monthly youth program information.



@CTSIYouth

Email your local Education Specialist to be added to our email list:

Portland Area Office

Katy Holland

503-238-1512

KatyH@ctsi.nsn.us

Siletz Area

Jeff Sweet

541-444-8207

JeffS@ctsi.nsn.us

Salem Area Office

Sonya Moody-Jurado

503-390-9494

SonyaMJ@ctsi.nsn.us

Eugene Area Office

Candace Hill

541-484-4234

CandaceH@ctsi.nsn.us

FAMILY LANGUAGE IMMERSION PILOT PROJECT

- at-home language learning techniques
- weekly check-ins with language staff
- free at home learning kit
- PLUS earn a stipend for completing project goals

apply by September 15, 2023

- project runs October 1-December 10
- space is limited for this initial pilot project
- if interests exceeds capacity participants will be selected via random drawing

**for more information and to apply contact
Nick Viles at 541-270-5814 or nickv@ctsi.nsn.us**

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

nicku@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

Eugene area elder's info, news and events

Hi Everyone,

Here it is July and Culture Camp time already. June was graduation month. It is such a fun and exciting for the kids and the teachers. My oldest granddaughter graduated at Camas Ridge from the fifth-grade class. It's kind of amazing to think she will be in middle school next year, and my youngest will be in first grade. Two seniors in my family graduated this past June as well, they just grow up too fast.

Here in Eugene, the Lane County Native program hosted by Roshelle Weiser-Nieto held a dinner for all the tribe's native youth that graduated. It was held at the Lane Community College long-house. It is a lovely building and my first time visiting there. Nick Six-killer presided and said a prayer to start the evening program off. His son's drum group did a blessing song and several more throughout the evening. Each graduate received a graduation certificate and several gifts. It was so nice being together and honoring our youth in our native ways.

We have July birthday celebrations to acknowledge this month. Wishing all of our Lane, Benton, and Linn County Elders a Happy Birthday for the month. Happy Birthday wishes to Karen, Adrienne, Henry, Kelly, Robert, Roylynda, and Stanley. With warm wishes for good health, wealth, prosperity, and love, a day/year filled with lots of happiness, hugs, laughter, and CAKE! Truly.

I hope everyone has been listening in on the Elder's council meetings each month. There are a lot of exciting things happening with summer being here, and now that

gathering has become the norm once again.

Our monthly diabetic luncheons will start again at each area office. EAO will host on Friday, July 21, from 12-1:30 p.m.

Reminders:

Bike Rodeo on July 15, from 2-4 p.m. hosted by Jamie and Candace.

Each Thursday now is a Walking group starting at 12:15 p.m. with Jamie Boe. Each month he takes the group to a different park. July will be Skinners Butte Park. 130 Cheshire Ave, Eugene.

Sobriety Talking Circle at 6:30 p.m. with Robbin Jackson every Thursday.

The beading group is on the third Thursday of each month. This month it's on July 20, from 10 a.m.-12 p.m. The Veteran pin beading kits are still available for anyone if you do not have a project to work on. All ages are welcome. I am happy to help you get started.

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 is postponed till further notice.

I hope to see you all at culture camp enjoying the native crafts and music and foods and always visiting.

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

Truly,

Verdene McGuire

Eugene area Elders Representative

VDenie101@gmail.com

Cell: 503-890-0742



Community Health: July 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)
541-444-9677

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

Did you know?

You can also contact
PRC by email at:
SiletzPRC@ctsi.nsn.us

Pre-authorization and
notification within 72 hours is
still required.

In your email include the
following information:

- Subject (ex: Authorization number or Billing Inquiry)
- Name of Clinic
- Name of Provider
- Date of appointment

UV Safety Month

July is Ultraviolet Safety Month. In the summer months it's important to remember to protect our eyes and skin from the side effects of UV rays. Over exposure can lead to cancers that can occur in our skin, lips, and even in our eyes. Lengthy exposure to UV rays whether it's natural, or artificial like in a tanning bed, can cause most skin cancers including melanoma, basal cell, and squamous cell cancers.

People who spend too much time in the sun may also experience premature aging of the skin, which can lead to wrinkles, and leathery skin. Too much UV exposure can cause a weakened immune system in people, causing vaccines to become less effective.

Many of us have experienced a sunburn at some point in our lives. Sunburn can be very painful, and very dangerous, but the good news is these things are preventable if we take precautions.

- **Use Sunscreen:** SPF 15 & up
- **Cover up:** Wear proper clothing such as pants, long sleeved shirts, hats, and sun glasses to protect you from harmful rays.
- **Stay in the Shade:** Try staying in shaded areas from 10am to 4pm to help protect your skin.

For More Information Visit:
<https://www.aao.org/eye-health/tips-prevention/sun>

Tribal members... please join us!

Walking Group

When: Every Thursday

Time: 12:15-1:15 p.m. (up to 1 hour)



Walk your way to better health!

Where: For the month of July we will be at Skinners Butte Park
130 Cheshire Avenue, Eugene, OR 97401

Choose your comfort level. Any pace is the right pace!

Participants receive a raffle ticket each week they attend walking group.
The drawing for a prize will be held on the last Thursday of each month ☺

***** Note:** Please contact me if you would like to participate, as we will need
at

least 1 participant each week in order to meet for walking groups

Jamie Boe, Community Health Advocate at 541-484-4234
Or by email at JamieBoe@ctsi.nsn.us

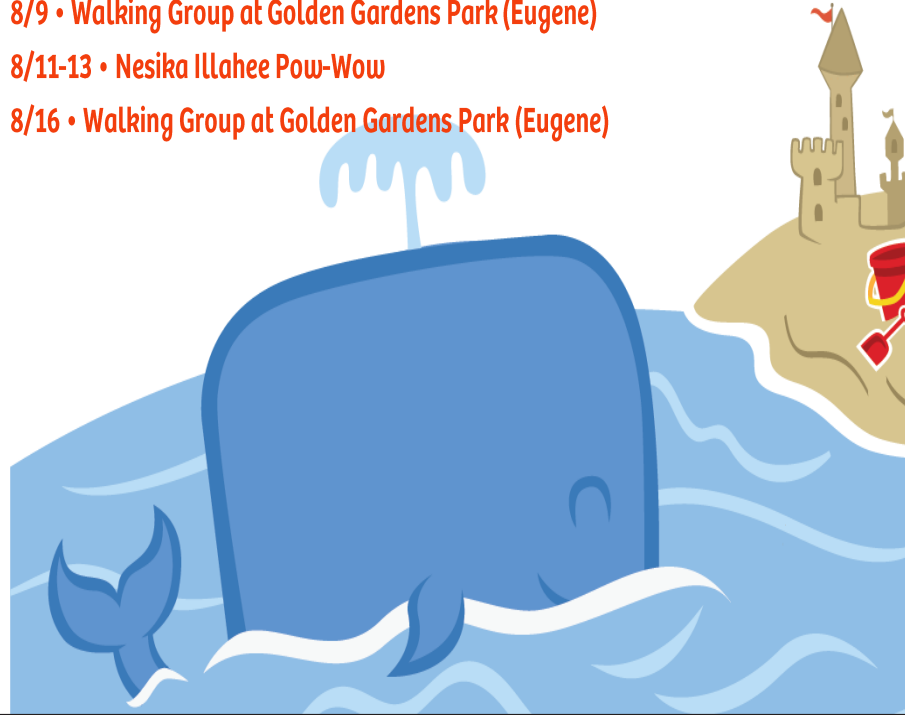
EAO JOM July/August Summer Events!

July

- 7/15 • Bike Rodeo at EAO @ 2-4 p.m.
- 7/19 • Walking group at Skinners Butte Park @ 10 a.m.
- 7/21 • Open Gym at Bob Keefer Center @ 1:30-4:30 p.m.
- 7/25 • Swimming at Amazon Pool 1:30-4:30 p.m.
- 7/26 • Walking Group at Talking Water Gardens (Albany) @ 10 a.m.

August

- 8/3 • Sandboarding in Florence
- 8/8 • Hike at Beazell Memorial Forest @ 10 a.m.
- 8/9 • Walking Group at Golden Gardens Park (Eugene)
- 8/11-13 • Nesika Illahee Pow-Wow
- 8/16 • Walking Group at Golden Gardens Park (Eugene)



EUGENE AREA OFFICE DIABETES LUNCHEON

HOSTED BY HEALTH PROMOTION

FRIDAY, JULY 21ST 2023
12 PM - 1:30 PM

LUNCH WILL BE PROVIDED! COME JOIN US TO
SUPPORT, LEARN, AND HAVE A GOOD TIME!

SPACE IS LIMITED. PLEASE SIGN UP BY CONTACTING
JAMIE BOE, COMMUNITY HEALTH ADVOCATE.

EMAIL: JAMIEBOE@CTSI.NSN.US
PHONE: 541-484-4234

CTSI EUGENE AREA OFFICE
2468 WEST 11TH AVE.
EUGENE, OR 97402



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

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
VDENIEI01@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
541-484-4234 Ext. 1764

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 katyh@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



Update Your Email

The Portland Area Office uses email to inform Portland Area Tribal Members of any events or giveaways we are planning! To update your email address, phone number or mailing address, you **MUST** fill out the address update form for Enrollment. You can find this form on the CTSI website by clicking the Enrollment tab, then by clicking 'Address Update' to access the form.



Flat Twined Bag Class

**Saturday, August
26th
10am - 2pm**

We will be offering a class on how to weave a flat twined bag at the PAO!
6 spots are available. To sign up,
email Dianna: diannae@ctsi.nsn.us

Make sure to bring a sack lunch or
snack !

SALEM/PORTLAND AREA JOM STUDENTS

July Activities

BERRY PICKING AND PIE/JAM MAKING

Wednesday, July 19th

at South Barlow Berries in Canby

Join us to pick berries and come back for pie and jam making!

SILVER FALLS HIKE

Wednesday, July 26th

at Silver Falls (East of Salem)

Times TBD

To sign up, email:

Portland - Katy Holland at KatyH@ctsi.nsn.us

Salem - Sonya Moody-Jurado at SonyaMJ@ctsi.nsn.us



CTSI JOM Program

Oregon State Fair Tickets

Salem Oregon • Aug. 25 - Sept. 4

Enjoy a day at the Oregon State Fair in Salem, Oregon.
Tickets will be available through the JOM program.



Sonya Moody Jurado
Katy Holland

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.

NAYA DRUMMER'S AWARENESS CLASS

**MONDAY FROM
5:30-7:00 P.M.**

5135 NE COLUMBIA BLVD

FOR AGES 5+



SING HARD. BE RESPECTFUL. LISTEN. HAVE FUN.

QUESTIONS?

**CONTACT MARLIN SUPPAH:
(971)323-3969**



Dave's Killer Bread Donation Distribution at the Portland Area Office!

*Come get your
killer bread!*



We received a generous donation of bread from Dave's Killer Bread that we will be giving out to Portland Area Tribal Members on Friday, July 21st from 1pm - 4pm and Monday, July 24th from 9am - 4pm

First-come-first-served until we run out!

NEW LIFE IN THE GARDEN!

The 2nd week in June, the Spotted Towhee couple that live in The Lori Johnson Memorial Garden welcomed 4 new baby birds into this world!



(Photo by Rachel Zinn)



Saturday, July 22nd at 4:30pm
Gateway Discovery Park
10520 NE Halsey St.

People of the Drum is a FREE community event featuring live music and drumming/dance workshops by Hula Hālau 'Ohana Holo'oko'a, Mexica Tiahui, Alex Addy Drummers and Portland Taiko. Bring your picnic blanket or lawn chairs and enjoy a wonderful afternoon of drumming and dance from different cultural traditions. Presented by Portland Taiko and sponsored by Portland Parks & Recreation

RIBBON SKIRT CLASS

**JULY 18TH 1PM-6PM AT THE PORTLAND
AREA OFFICE ON STARK ST.**

Supplies are limited. Please bring your own supplies and sewing machine if possible. You will need 2 yards of cotton fabric, and the ribbons you would like to use.



We have 6 open spots. Please contact Dianna if you would like to sign up for a spot;
diannae@ctsi.nsn.us

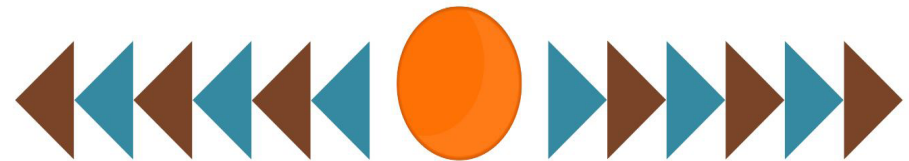
Make sure to bring a sack lunch as this is a long class!

TATTOO 34
P • D • X

**Walk-In
Wednesdays**

The following description was submitted by the event organizer.

Tattoo 34, Portland's only Indigenous and Black-owned tattoo shop, offers Walk-in Wednesdays starting at noon. Walk-in tattoos are small, simple flash or custom tattoos that take two hours or less. No appointment is necessary, but patience is required.



ACKNOWLEDGMENT OF THE ORIGINAL PEOPLE OF THE LAND (LAND ACKNOWLEDGMENT)

To acknowledge the ancestors that were here before us, to pay respect to those who were colonized through forced relocation and displacement AND to acknowledge the Native/Indigenous people who survive, resist and are part of our community today, despite the intentional attempts at genocide.

We acknowledge that the land we now call Portland, OR and Multnomah County where our tattoo shop is located, are stolen lands that are the traditional lands and village sites of the Multnomah, Kathlamet, Clackamas, Cowlitz bands of Chinook, Tualatin, Kalapuya, Molalla and many other Tribes who made their homes along the Columbia and Willamette Rivers.

Today, people from these bands have become part of the Confederated Tribes of Grand Ronde, the Confederated Tribes of Siletz Indians, as well as the Chinook Nation and Cowlitz Nation in Washington State.

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

ATTENTION TRIBAL MEMBERS

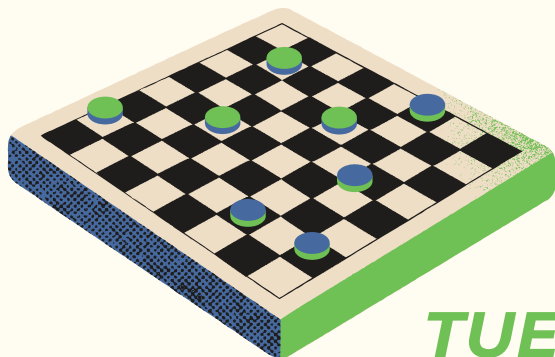
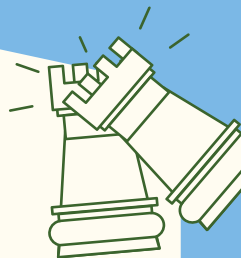
The SAO will be holding the following upcoming classes:

Dentalium Shell Necklace and how to do a Beaded Edge



Call the Salem area office by July 24 to save your spot, 503-390-9494.

Siletz Area Office News



OPEN TO
YOUTH AGES
3 TO 24!

TUESDAY GAME NIGHT 3 PM - 5 PM

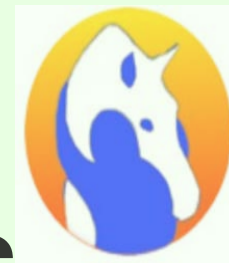
MOVIES, VIDEO GAMES, BOARD GAMES,
OPEN GYM, AND MORE FOR FREE!

.....
SPACE IS LIMITED. FOR MORE INFORMATION,
CONTACT SARHP@OLALLACENTER.ORG.



OPEN TO
YOUTH AGES
3 TO 24!

EQUINE ASSISTED ACTIVITIES



WITH BRIGHT HORIZONS



THURSDAYS

10 AM - 12 PM



SPACE IS LIMITED. FOR MORE INFORMATION,
CONTACT SARHP@OLALLACENTER.ORG

YOUTH & FAMILY FUN DAYS AT YAKONA!

ACTIVITIES

- PAPERMAKING
- BIRDHOUSE DECORATING
- NATURE COLLAGE
- NATURE JOURNALING
- TREE DISCOVERY
- SIGN UP FOR ONE OR ALL!

DETAILS

- July 21 ~ 8:30 am - 11:30 am AND 1 pm - 4 pm
- July 22 ~ 8:30 am - 11:30 am
- August 4 ~ 8:30 am - 11:30 am AND 1 pm - 4 pm
- August 5 ~ 8:30 am - 11:30 am

Events are open to participants aged 8+

Youth must be accompanied by a responsible adult

Events are held at Yakona Nature Preserve & Learning Center

All events are free; donations welcome

Space is limited, sign up now!

Visit www.yakonaoregon.org/events-1 for more information

REGISTRATION FOR JULY EVENTS END JULY 7
REGISTRATION FOR AUGUST EVENTS END JULY 21

YAKONA

NEWPORT, OREGON

Find Your Voice Toledo!

Summer Reading Program 2023



Toledo Public Library www.cityoftoledo.org/library 541-336-3132



Summer Reading Program

June 1st–August 31st

Register online or in person

Tween Book Club Kickoff Pizza Party

Tuesday, June 20th 12:00PM
Everyone who sign up gets the book and a bag full of fun to use with the book! Ages 8-12.



Kids Ukulele Workshop

Join us for an introduction to the Ukulele! Meets 4X:
Thursday July 13, 20, 27, and August 3rd.



Libraries Have Talent!

Join in on the fun as we end the summer with a Talent Show!
August 10th 10:30AM

Teen Lego Challenge

We supply the materials, you supply the manpower! Cool Lego Set prize!

Toledo Public Library and Crow's Nest Gallery and Studio present:



Make and Take Musical Instruments!

Friday, June 30, 1PM at
The Crow's Nest 305 N Main St

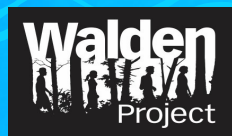
Performers every Thursday 10:30AM.
June 22nd-August 10th



Toledo Teen Mural Tour!

Teens: Join us for a walking tour of our town murals followed by an ART/PIZZA PARTY at the library! Thursday, June 22nd@6PM

All Summer program activities are FREE and open to those who register. Limited space available. Please call the library to register for any of the activities, or if you have any questions.



Survival Swimming

PRESENTED BY THE OLALLA CENTER

In partnership with the Newport
Recreation Center

Offering free lessons for youth to learn
beginning swimming skills for their
enjoyment and safety.

9:30 AM
Tuesdays
6.20-8.29

Rec Center
225 SE Avery St.
Newport, OR

Come Join Us for Pow-Wow Dance Classes

Date: Every Wednesday

Time: 5:00 – 6:00 PM

Location: Siletz Rec Center



FOREST EXPLORER CLUB

WEDNESDAYS

3 PM TO 5 PM

LOCATIONS VARY. SPACE IS LIMITED.
MUST BE AGES 3 TO 24 TO PARTICIPATE.

.....
FOR MORE INFORMATION,
CONTACT SARAH@OLALLACENTER.ORG



Rec Games



Join us during summer
Break every
Monday & Wednesday
10:00am at the rec center.
We will play a variety of
games, cant wait to see
you all here!



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.

BERRY PICKING IS LIKE CEREMONY, IT
HAPPENS WHEN IT HAPPENS. PLEASE
KEEP AN EYE OUT ON SOCIAL MEDIA AND
THE SILETZ READERBOARD FOR WEEKEND
PICKING DATES AND TIMES!



July will be full of
Blackberries and
Strawberries for Tribal
members and their families.



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

Siletz Valley School

SUMMER LUNCH PROGRAM

Starting July 5th, FREE lunch will be served at the Siletz Library, Monday through Thursday from 11:00am-1:00pm. Summer lunches are open to anyone in the community under 18 years of age.



Walden
Project



Beach Explorer Club

Enjoy agate hunting, sand castle building, surfing, beach clean-ups and more for free.

Locations vary and space is limited.

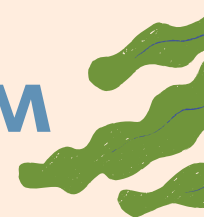
Must be ages 3-24 to participate.

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Mondays
10 AM - 12:30 PM

.....

FOR MORE INFORMATION,
CONTACT SARAH@OLALLACENTER.ORG.



OPEN FARM EVENT

SEED GARLIC HARVESTING

SATURDAY
JULY 8TH
10 AM- 2 PM

We are going to be
harvesting seed
garlic to cure that will
be replanted later in
the fall.

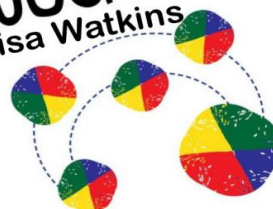
ALSO: U-PICK VEGETABLES FOR
TRIBAL MEMBER FAMILIES

Friday
July 21st
10:30-
11:30AM



Teen/Tween Circus Day
At The Library!

LEARN TO
JUGGLE
With Lisa Watkins



Snacks



Register Today!

Toledo Public Library

541-336-3132

