Area Office Newsletter and Events

Eugene • Portland • Salem • Siletz

December 2023

Public Information Department

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

Phone: 541-444-8291

E-mail: pias@ctsi.nsn.us

All news & events

Interested in Volunteering?

You can volunteer for:

The Siletz Community Health

Clinic

The Garden Program
Natural Resources

Behavioral Health

Education

Elders

Special Events And More!

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!

Background checks and drug tests are required!

Apply 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 an 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.

USDA distribution dates for January

Siletz

| Jan. 4 | 9 a.m. – 3 p.m. |
|---------|-----------------|
| Jan. 5 | 9 a.m. – 3 p.m. |
| Jan. 8 | 9 a.m. – 3 p.m. |
| Jan 9 | 9 a.m. – 3 p.m. |
| Jan. 10 | 9 a.m. – 3 p.m. |

Salem

| Jan. 16 | 9 a.m 6:30 p.m. |
|---------|-------------------|
| Jan. 17 | 9 a.m – 6:30 p.m. |
| Ian 10 | 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

2023-2024 CTSI College Information Nights

Sponsored by the Education Department

6PM VIA ZOOM

Topics include: Financial Aid (FAFSA); Oregon Tribal Student Grant; Tribal funding; Meet representatives from colleges here in Oregon and across the nation and more!



College Information Night II

@ 6PM via Zoom

01/25/24

https://zoom.us/j/96048817766



College Information Night III

@ 6PM via Zoom

04/25/24

https://zoom.us/j/97441781453

Contact an Education Specialist to Sign Up!

Jeff Sweet
Siletz & Out-of-Area
JeffS@ctsi.nsn.us

Sonya Moody-Jurado Salem Area SonyaMJ@ctsi.nsn.us Katy Holland
Portland & Washington
KatyH@ctsi.nsn.us

Candace Hill
Eugene Area
CandaceH@ctsi.nsn.us

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

JOM (Johnson O'Malley) Parent Committee

Parents of enrolled JOM students are invited to join the

JOM Parent Committee

Receive program updates; add parent insight & input; help with program development and enjoy time with other JOM parents.

Meeting Location: Zoom





Meeting Dates & Time 6:00 PM

> January 10, 2024 April 10, 2024

Contact your area Education Specialist to sign up!

Sonya Moody-Jurado

Salem Area

sonyamj@ctsi.nsn.us

Katy Holland

Portland Area

katyh@ctsi.nsn.us

Jeff Sweet

Siletz Area

jeffs@ctsi.nsn.us

Candace Hill

Eugene Area

candaceh@ctsi.nsn.us





Tribal Health Scholars (THS) is a paid externship program that supports and inspires AIAN high school students to envision themselves as healthcare professionals and to pursue education required for a career in healthcare.

For more information or to request an application please contact: Katie at <u>murpkati@ohsu.edu</u> or Isaac at butleris@ohsu.edu





PRE-COLLEGE WORKSHOP FOR AMERICAN INDIAN, ALASKA NATIVE, & NATIVE HAWAIIAN HIGH SCHOOL STUDENTS

& NATIVE
STUDENTS

50+ colleges/universities, establish personal relationships with college admission representatives, and experience life on a college campus for a week.

200+ students from across the nation will work in-person with over 70 college professionals to:

- ✓ How to apply for financial aid and complete FAFSA
- ✓ Create a list of 10 suitable colleges to apply to
- ✓ Complete a winning Common Application
- ✓ Write memorable essays and create a resume
- ✓ Receive ACT/SAT test taking strategies and resources
- ✓ Navigate the financial aid and scholarship process
- ✓ Attend a college fair with 50+ of our college partners

Eligibility: Applicants must be American Indian (enrolled), Alaska Native (proof of status) or Native Hawaiian (proof of heritage); maintain a 3.00 GPA, and be in 10th or 11th grade in high school.

At College Horizons, students learn about

Cost of Program: There will be no tuition fees for the CH 2024 program. Airfare will be the only expense to attend, but need-based financial aid is available.

2024 PROGRAM HOST SITES:



UNIVERSITY OF PENNSYLVANIA

Philadelphia, PA **June 22 - 28, 2024**

UNIVERSITY OF NOTRE DAME

Notre Dame, IN July 13 - 19, 2024

Deadline to Apply: January 24, 2024

CTSI VIRTUAL CULTURE NIGHTS

Upcoming Dates:

January 17 at 6 pm: Restoration





IN-PERSON LANGUAGE AND CULTURE CLASSES

December: Nee-dash 'vm-nitlh-ts'it (Learning Feather Dance)

Come and learn our traditional dances. Both sessions open to all:

Valley (Salem Area Office): Tuesday, December 5 at 6 pm Siltez (Community Center): Wednesday, December 6 at 6 pm

January: Bear Grass Braids

Siletz (Community Center)-Monday, January 8 at 6 pm
Portland Area Office -Thursday, January 18 at 6 pm
Eugene Area Office-Monday, January 22 at 6 pm
Salem Area Ofice-Monday, January 29 at 6 pm

Sponsored by the Education and Culture Departments

Contact Nick Viles at nicky@ctsi.nsn.us or 541-484-4234 x1757

SCHC HAS UPDATED PHONE TREE OPTIONS

If you are trying to reach another department in the Siletz
Community Health Clinic, please visit the CTSI website at

www.ctsi.nsn.us/tribal-services/healthcare/

to get the complete listing of Healthcare staff under contact information.



Updated Phone Tree Options

Option 1: Medical

Option 2: Dental

Option 3: Optometry

Option 4: Behavioral Health

Option 5: Transportation

Option 6:

Purchased/Referred Care (PRC)

Option 7: Pharmacy

Option 8: Automated Prescription Refill

PRC can also be reached directly at

541-444-9677 or by email at SiletzPRC@ctsi.nsn.us.

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 Siletz Area Salem Area Office Eugene Area Office
Katy Holland Jeff Sweet Sonya Moody-Jurado Candace Hill
503-238-1512 541-444-8207 503-390-9494 541-484-4234
Katy H@ctsi.nsn.us Jeff S@ctsi.nsn.us Sonya MJ@ctsi.nsn.us Candace H@ctsi.nsn.us

Tribal Election Day

Saturday, Feb. 3rd

Contact the Election Board at <u>Elections@ctsi.nsn.us</u> to register to vote or update your signature card

www.ctsi.nsn.us/tribal-government/tribal-elections/

SAVE THE DATE CTSI PLANNING DEPARTMENT

2024 COMMUNITY MEETINGS

JANUARY 11TH, 2024 EUGENE AREA OFFICE

JANUARY 25TH, 2024 SALEM AREA OFFICE

FEBRUARY 15TH, 2024
SILETZ TRIBAL COMMUNITY CENTER

FEBRUARY 29TH, 2024 PORTLAND AREA OFFICE

MARCH 14TH, 2024 OUT OF AREA/ZOOM



Meetings start at 5:30 PM with a light dinner. Zoom option is also available.

The 'Zoom Only' Out of Area meeting time is 3:00 PM Pacific Standard Time.

For further information, please contact Danise Barker, Planning Assistant 541-444-8257 or Pamela Barlow-Lind, Planning Director 541-444-8361

AFFORDABLE CONNECTIVITY PROGRAM (ACP)

The ACP is a benefit program that helps households afford broadband internet at home. Qualifying households will receive \$30 off their monthly internet bill each month and \$75 each month on their bill if the household is on qualified tribal land.

This is a locked in benefit for a year after approval!

QUALIFYING APPLICANTS ARE THOSE WHO RECEIVE ONE OR MORE OF THE FOLLOWING:



STATE-BASED BENEFITS/ASSISTANCE

Such as Medicaid, SNAP, WIC, Lifeline, etc.

FEDERAL BENEFITS/ASSISTANCE Such as TANE, GA. USDA. Federal Public

Such as TANF, GA, USDA, Federal Public Housing Assistance (FPHA), SSI, Veterans pension or survivors benefits, Federal Pell grant, or has a child/ren in the home that goes to public school and receives free-reduced school lunches.

LIVING ON TRIBAL LANDS



Participates in one of these assistance programs **and** lives on qualifying Tribal lands: Bureau of Indian Affairs General Assistance.

Tribal TANF, Food Distribution Program on Indian Reservations, or Tribal Head Start (income based)

This is not an income based benefit. If none of these benefits apply to you or your household, you can then qualify under income. A household is eligible for the ACP if the household income is at or below 200% of the Federal Poverty Guidelines.

Contact our Affordability Connectivity Program Navigator, Lynetta Cuomo at:

LynettaC@ctsi.nsn.us 541-270-4351

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

Eugene area elder's info, news and events

Hi everyone,

I hope you all had a warm and wonderful Thanksgiving! I was able to get out and about to visit family and friends who are dealing with health issues. It was so nice just spending time with them over the long holiday weekend.

We have December birth-day celebrations to remember this month. Wishing all the Lane, Benton, and Linn County Elders a Happy Birthday. I am sending birthday wishes to: Terry, Cathleen, Lynette, Katherine, Judy, Janet, Bradley, Judy, and James. Warm wishes for good health, wealth, prosperity, and love, a day/year filled with lots of happiness, hugs, laughter, and CAKE! Truly.

I attended the November elders meeting and part of my area representative report included information about what happened to me back in October. I want to share a short version in this newsletter for folks who weren't there or on Zoom listening. I noticed my elder's stipend was not deposited into my bank account. So, I called accounting and found out that someone had put through a change of bank account via email to the accounting department in Siletz. They thought it was me and changed it in their system. Turns out someone had my address and my tribal roll number and submitted a fraud voided check and fraud signature with the correct tribal completed form. It looked like I had requested the change. After talking with accounting and assuring them I had not submitted this form and voided the Green Dot Bank check they changed my information back and sent me checks in the mail. So, I wanted to encourage everyone to check that you are receiving your auto-deposit elder's stipend each month. It's kind of scary that they had my tribal roll number and were able to do this all via email!

Reminders:

Every Thursday you can join the walking group, it starts at 10 a.m. with Jamie Boe.

Also, Diabetes funding for gym memberships are still available. You can call Jamie Boe at 541-484-4234, for more information.

The bead group is on the third Tuesday of each month. Come join us, on December 19, at 12-2 p.m. Then after you can pick up fresh produce before you leave.

The book club will be starting up again soon, I will keep you posted with dates and times.

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

Truly,
Verdene McGuire.
Eugene area Elders Rep
VDenie101@gmail.com
Cell: 503-890-0742

ITEMS AVAILABLE FROM YOUR EUGENE COMMUNITY HEALTH ADVOCATE

Need something that isn't on this list? Please call me and if I can't get it for you, I can help you find a resource!



Just a few of the items you can get from your CHA

Items Currently Available

- COVID-19 Home Tests
- N95 Face Masks
- Toothbrushes for all ages, even babies!
- Dental floss for kids and adults
- Information on proper oral hygiene
- Bicycle Safety Bells
- Bicycle Safety Lights
- Bicycle Safety Helmets
- Oregon Bicycling Manual
- Child Safety Seats and fitting from certified Child Passenger Safety Technician
- Limited supply of some over the counter medications
- MobileHelp medical alert devices (Call for eligibility screening)

Please contact me if you would like to join us for our monthly Diabetes Support Luncheon, or our weekly Walking Group!

Please call Jamie Boe, CHA @ 541-484-4234 Email: jamieboe@ctsi.nsn.us Siletz Community Health Department - Eugene Area Office

Walking Group

When: Every Thursday

Time: 10-11 a.m. (up to 1 hour)



December 2023 - January 2024

Mall walk inside Valley River Center - 293 Valley River Center, Eugene, OR

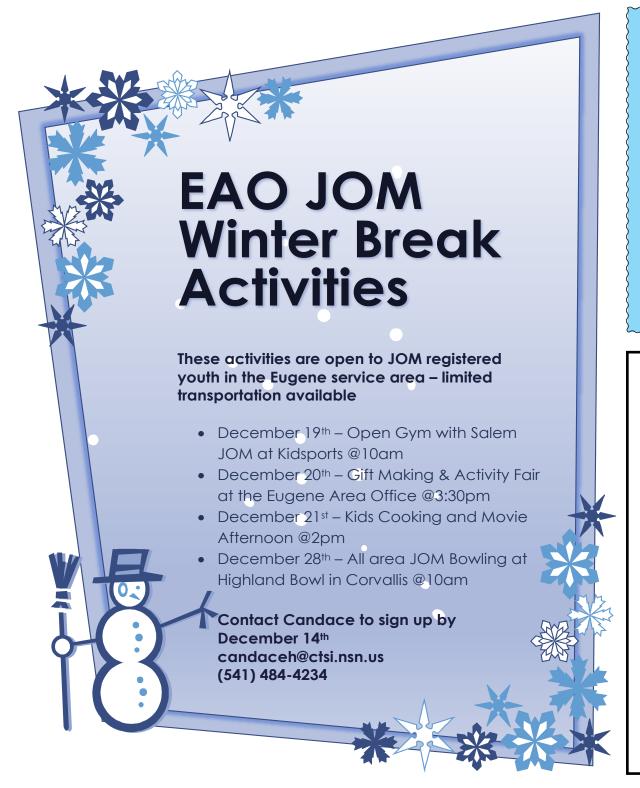
Choose your comfort level. Any pace is the right pace!

Bottled water and snacks will be provided for walkers

NOTE: Please contact me at least 30 minutes in advance if you would like to participate, as we will need at least 1 participant each week in order to meet for walking group.

Thank you!

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



Please join us for this fun and informative cultural opportunity:

Elders led beading group

The beading group is in person and open to all ages. We meet at the Eugene Area Office on the 3rd Tuesday of every month from 12-2 p.m.

For more information please contact Verdene at Vdenie101@gmail.com



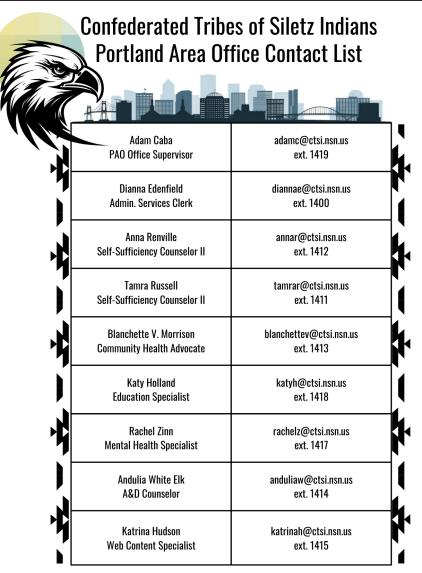
If you or your family would like to share in some <u>FREE</u> fresh produce, you may pick up at the Eugene Area Office on Tuesdays 2:00pm-4:00pm. Any produce not picked up Tuesday will be available for pick-up Wednesday from 9am-4:00 pm and Thursday 9:00am- 4:00 pm.

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.

Portland Area Office News



3220 SW 1st Ave Ste. 200, Portland, OR 97239 (phone) 503-238-1512 (fax) 503-238-2436 (email) ctsi.portland@ctsi.nsn.us

JOM Youth Bowling at

KINGPINS

3550 SE 92nd Ave. Portland, OR 97266



Dec. 28th from 1:30 - 3 PM

Please email Katy to reserve your space at: KatyH@ctsi.nsn.us



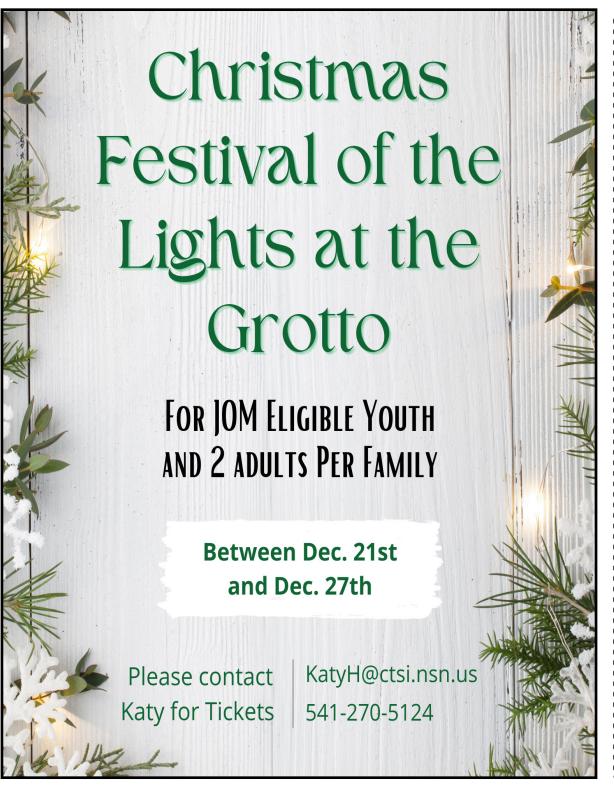
Siletz Tribal Head Start Portland Current Staff Openings:

We have a wonderful Head Start program and are looking for a Teacher and Assistant Teacher, so we can reopen our classroom to serve our tribal families and children.

- Head Start Teacher—Salary/Wage \$25.32 per hour
- Head Start Assistant Teacher/Bus Driver—\$19.85 per hour

Positions are full-time with full benefits and sign-on bonus. Please apply today by contacting CTSI Human Resources at 1-800-922-1399.





PAO Announcements:

- NARCAN is available at the PAO. If you would like to pick some up please stop by the office during our business hours.
- The new PAO address is: 3220 SW 1st Avenue, Suite 200, Portland, OR 97239
- NAYA is seeking artists who can bring their expertise to design and create artwork to be installed in front of Mamook Tokatee on NE 42nd Ave. Join NAYA in creating a cultural corridor in the Cully Neighborhood! With funding from the City of Portland, they are commissioning 3-5 public art installations to highlight Indigenous art and culture. For more information; check out the NAYA Facebook page.

Cirque Dreams Holidaze

December 23-24 at the Arlene Schnitzer Concert Hall. Prices vary. Cirque Dreams Holidaze dazzles with a brilliant and whimsical family holiday spectacular. This annual tradition wraps a Broadway-style production around an infusion of contemporary circus arts. With an original musical score, twists on holiday classics sung live, and new sets, scenery, and storylines; this ultimate holiday gift for the entire family will put a twinkle in your eye.





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 <u>AngelicaE@ctsi.nsn.us</u>

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

Salem Area Office: JOM Activities

We will have JOM youth activities coinciding with the Salem Area Office Activities.

December 18: Holiday Gift Making

December 19: Open Gym-Springfield

December 21: Cultural Activity

December 28: Bowling in Corvallis

Siletz Area Office News



Siletz Tribal Youth **ACTIVITIES AT** THE REC CENTER!

Join Youth Services at the Rec Center weekly for fun activities!

- Sport Games
- Legos
- Beading/Cultural Activities
- · Art and Crafts
- · and more!

Wednesdays

3 - 5 PM

Fridays

10 - 2 PM

Sundays

II - 3 PM

Contact Information

Raina Mason

RainaM@ctsi.nsn.us 541-444-8347

REGISTERED JOM/SILETZ TRIBAL HOUSING RESIDENT YOUTH

For Siletz Area JOM Youth. Transportation is first come first served. Families are also able to meet us there.



REC GAMES

December 18th 11 AM-1 PM Siletz Rec Center

DFFY BEAVERTON

December 20th 11:30 AM-1 PM Depart Siletz Rec Center @ 8:45 AM

REC GAMES

December 26th 2 11 AM-1 PM Siletz Rec Center

CORVALLIS - HIGHLAND BOWLING

December 28th

10 AM - 1 PM
Depart Siletz Rec Center @ 8:30 PM

GIFT MAKING

December 19th 9 AM - 2:30 PM Siletz Tribal Community Center

HOLIDAY MOVIES

December 22nd 9 AM - 2:30 PM Siletz Rec Center

LC REC CENTER - SWIMMING

December 27th
1 PM - 3 PM
Depart Siletz Rec Center @ 12:15 PM

TAKE AND BAKE

December 29th 11 AM - 1 PM Siletz Rec Center

Applications can be picked up at Admin or Emailed Contact: Raina Mason- 541-444-8347 or RainaM@ctsi.nsn.us







