



NEWS FROM THE CONFEDERATED TRIBES OF COOS, LOWER UMPQUA & SIUSLAW INDIANS

## *Looking Forward to Weaving Workshops in 2021*

Dear Coos, Lower Umpqua, and Siuslaw people,

If you do not know me yet, I am Sara Siestreem (Hanis Coos). I am an artist and educator and I run our Tribal Weaving Program. I am writing to you today to let you know I am thinking of you and holding you close in my thoughts and prayers as we pass through these difficult times. I watch reports of our home community closely and am so proud of how safe you are all staying and how rapidly our tribal leaders moved to protect us. Please keep wearing your masks and practicing social distancing. Reports are still confirming these tactics are working in places affected before us.

I want to let you know that our Weaving Program will resume in 2021 when it is safe for us to gather in person again. In preparation for this, I am creating a cache of weaving materials for you and thinking hard on ways to meet your needs to connect with the earth, your culture and each other now when we need it more than ever.

First up, it is a great time to access some of the digital resources we created for you so you can practice your culture from wherever you live and within the safety of your own homes. There are weaving tutorials, a gathering handbook,

Story continues on page 10, Weaving 2021



Photograph and basket weave start by Sara Siestreem

## *Also in this Edition: Lamprey Work Continues in the Tenmile Basin*



John Schaefer releasing tagged lamprey in Tenmile creek

Contributed by John Schaefer, Biologist and Water Protection Specialist

The Department of Natural Resources and Culture was fortunate enough to secure another USFWS Tribal Wildlife grant to continue our studies of Pacific lamprey in the the Tenmile lakes basin. The prior Tribal Wildlife grant funded a lamprey passage structure (LPS) at Eel Lake in Tugman park. This second grant is for monitoring the effectiveness of the LPS, as well as documenting lamprey spawning habits and locations within Eel creek. Supporting funds for the purchase of radio tags for lamprey tracking was provided by the CTCLUSI Three Rivers Foundation.

Earlier designs of a removable trap box within the LPS either failed to capture lamprey or failed to retain them once captured. ODFW provided new designs

and rebuilds of the trap box with the final iteration installed in early February. Lamprey retention was proven by placing two lamprey within the trap box with no escapees over 3 days. In addition, the USFWS generously installed a motion sensing camera system at the entrance of the LPS and a WiFi hotspot to alert us when lamprey enter the the LPS.

Richard Litts, formerly the Monitoring Coordinator for the Tenmile Lakes Basin Partnership (TLBP), was hired as our lamprey biologist in late February. The first task was to build passive lamprey traps out of 8 inch diameter plastic drain pipe and funnels to capture Pacific lamprey in lower Tenmile creek. The intent is to radio tag lamprey soon after they migrated into the creek from the ocean. These early

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1245 Fulton Avenue  
Coos Bay, OR 97420



June 15, 2020

Tribal Government Office's  
Tentative reopening

Social Distancing guidelines will  
be followed and required, please  
call ahead before visiting the  
office



Tribal Council Business

Activity of Elected Tribal Council Members form April 10 – May 10, 2020. All Meetings via teleconference or by video.

Chief Doc Slyter:

4-13-20 BIA Northwest phone conference 11:00am-12:00pm  
4-14-20 Oregon Tribal Gaming Alliance phone conference 10:00am-10:10am; Another phone conference 10:00am – 10:20a,  
4-16-20 Senator Merkley staff phone conference 12:30 pm – 1:30 pm; Leader Circle phone conference 5:15pm – 7:15pm  
4-17-20 BIA Northwest phone conference 11:00am-12:00pm; Oregon State Government phone conference 3:00pm-4:00  
4-20-20 Senator Ron Wyden’s staff phone conference 1:00pm – 1:45pm; BIA Northwest phone conference 2:00pm – 3:00pm; Special Council Meeting – Swearing in of Tribal Chief and Chairperson 5:00pm – 6:00pm  
4-21-20 ATNI - CARES Act update phone conference 9:00am – 10:45am  
4-22-20 EPI – CD Covid 19 phone conference meeting 2:00pm – 2:45pm  
4-23-20 Washington, DC Whitehouse phone conference 1:00pm – 2:15pm; Special Council Meeting 5:15pm – 7:00pm  
4-24-209 Tribes phone conference 9:00am-10:30am; BIA Northwest phone conference 11:00am-12:00pm; Oregon State Governor phone conference 3:00pm-4:00pm  
4-26-20 Small Business Administration-PPE phone conference 2:00pm-3:00pm  
4-27- 20 BIA Northwest phone conference 11:00am-12:00pm  
4-28-20 Town Hall Congressional Congress phone conference 9:00am-10:00am  
4-29-20 ATNI phone conference 9:00am-11:00am; Congressman Peter DeFazio staff phone conference 2:00pm-3:00pm; Reopening Oregon phone conference 3:00pm-3:40pm  
4-30-20 Washington, DC phone conference 10:20; Leader Circle Meeting phone conference 5:15pm – 7:00pm; Special Council Meeting phone conference 7:00pm-7:30pm  
5-1-20 BIA Northwest phone conference 11:00am-11:40pm; Oregon State Governor staff phone conference 3:00pm-4:15pm  
5-3-20 Special Council Meeting phone conference 1:00pm – 1:15pm; Talking Circle phone conference 1:15pm – 1:30pm  
5-4-20 BIA Northwest phone conference 11:00am-11:35pm  
5-5-20 ATNI phone conference 9:00am-10:00am; Leader Circle phone conference 5:45pm-6:30pm  
5-6-20 HR Dept phone conference 3:30pm-4:30pm  
5-7-20 Washington DC phone conference with Tyler Fish 1:00pm – 2:30pm; Leader Circle phone conference 5:15pm-7:00pm  
5-8-20 BIA Northwest phone conference 11:00am-12:00pm; NOAA Fisheries phone conference 1:30pm-2:00pm; Oregon State Governor Brown’s office phone conference 2:00pm-2:45pm; Oregon State Governor Brown’s office phone conference 3:00pm-3:55pm  
Estimated hours for meetings, reading emails, phone calls and research – 90

Debbie Bossley, Chair:

4-10-20 State & 9 Tribes Meeting  
4-12-20 SBA & BIA  
4-16-20 Senators Merkley & Wyden ; Leaders Circle  
4-17-20 State & 9 Tribes Meeting  
4-20-20 Special Tribal Council Meeting  
4-21-20 ATNI  
4-23-20 Indian Country & Special Meeting  
4-24-20 BIA; 9 Tribes; State & 9 Tribes  
4-26-20 ATNI  
4-27-20 BIA  
4-28-20 NCIA  
4-29- DeFazio & State & 9 Tribes  
4-30-20 NCIA; 2 Special Meetings; Leaders Circle  
5-1-20 BIA ; State & 9 Tribes  
5-3-20 Special Council Meeting  
5-4-20 BIA  
5-5-20 ATNI/Leaders Circle  
5-7-20 White House Covid -19 ; Leaders Circle ; Special Meeting  
5-8-20 BIA; Governor; State & 9 Tribes Meeting  
Estimated hours for meetings, reading emails, phone calls, signing documents – 65

Iliana Montiel:

4-13-20 CHAP Board Advisory Zoom Meeting  
4-14-20 Treasury/SBA Tribal Consultation re: CARES Act ppp

4-15-20 White House Covid-19 Briefing Call  
4-16-20 I ndian-Country Covid-19 Update Call; TC Leader’s Circle Call  
4-17-20 State-Tribal call re: Covid-19  
4-20-20 Special TEAMS Council Meeting  
4-22-20 White House State, Local, Tribal National Covid-19 Briefing Call  
4-23-20 Indian-Country Covid-19 Call; Special Tribal Council Meeting; Leader’s Circle  
4-24-20 State-Tribal Call re: Covid-19 response efforts  
4-29-20 National Covid-19 Briefing Call w/ State, Local and Tribal Officials; Tribal-State video meeting re: Reopening Oregon  
4-30-20 Indian Country Covid-19 update; TC Leader’s Circle Call  
5-1-20 State-Tribal call re: Covid-19 response efforts 1 hour  
5-3-20 Special Meeting teleconference  
5-5-20 Tribal Council Teleconference  
5-6-20 National Covid-19 Briefing call with State, Local and Tribal Officials  
5-7-20 IHS All Tribal and Urban Indian Organization Leaders call; Indian Country Covid-19 Update; TC Leader’s Call; TC Special Meeting  
5-8-20 Governor Brown Leadership Meeting; State-Tribal call re: Covid-19 response efforts  
Estimated Hours of Council Work phone meetings, reading/drafting emails and research - 60

Josh Davies:

4-10-20 BIA Northwest – COVID -19; State-tribal call re: COVID-19 response efforts  
4-12-20 SBA; Tribal Election; BIA  
4-13-20 BIA Northwest - COVID 19  
4-14-20 Treasury /SBA Tribal Consultation regarding CARES Act PPP; Education Committee Meeting  
4-16-20 Tribal Council Leaders Circle; Town Hall Meeting  
4-17-20 FW: BIA – COVID -19; State-tribal call re: COVID-19 response efforts; USDA COVID update; WREN EAC Meeting  
4-20-20 BIA Northwest - COVID 19; Special Tribal Council Meeting  
4-21-20 WREN Coordination Body Meeting; ATNI  
4-23-20 Tribal Council Leaders Circle; Special Meeting; Conference HIS  
4-24-20 9 Tribes Meeting; FW: BIA Northwest - COVID 19 (Teleconference); State-tribal call re: COVID-19 response efforts  
4-26-20 USDA/SBA Accession SBA PPP; ATNI  
4-27-20 BIA Northwest – COVID -19  
4-28-20 WREN Coordination Body Meeting; COVID – 19 Update: NCIA Congressional Town Hall  
4-29-20 Tribal –State video meeting re:”Reopening Oregon” discussion; ATNI CARES Act Update; PPP Loan Application/Best Accounting Practices For Tribes During Disasters; Town Hall Meeting  
4-30-20 Teleconference; WREN Driver Collaboration 3:30pm - 4:30pm; Tribal Council Leader’s Circle; Special Meeting x2; NCIA  
5-1-20 BIA Northwest – COVID 19; State-tribal call re: COVID-19 response efforts; Coastal Corral - Legislative Meet Up for Entire Coast  
5-3-20 Tribal Council Special Meeting  
5-4-20 BIA Northwest – COVID -19  
5-5-20 WREN Coordinating Body Meeting; ATNI  
COVID-19 Response Video; TC Teleconference; COVID-19 Town Hall  
5-7-20 Tribal Council Leaders Circle; Special Meeting; Indian Country COVID -19 Update  
5-8-20 BIA Northwest – COVID -19; Governor Brown Leadership Meeting; State-tribal call re: COVID-19 response efforts; ODE Indian Education Meeting; Reopening Oregon: What Small Businesses and Startups Need to Know  
5-10-20 Happy Mother’s Day  
Estimated hours for meetings, reading emails, phone calls and research – 123.5

Doug Barrett:

4-10-20 Covid-19 update with Treasury consultation call – SBA & PPP  
4-12-20 Council Meeting Canceled.  
4-13-20 Department of Treasury Cares Act – Tribal Consultation of the PPP (Paycheck Protection Program)  
4-14-20 Department of Treasury Cares Act – Tribal

Consultation of the ERC (Employee Retention Credit)  
4-15-20 White House Covid-19 briefing with State, Tribes and Local governments.  
4-17-20 BIA Northwest Covid-19 Briefing with Federal, State & Tribes.  
4-20-20 U of O Covid -19 Call – Response, Impact & Mitigation; BIA Northwest Covid-19 Briefing with Federal, State & Tribes; Special Tribal Council Leaders Circle.  
4-21-20 ATNI Tribal Covid-19 Conference call.  
4-22-20 National Covid – 19 Briefing call with State, Local & Tribal officials call; OYA (Oregon Youth Authority) Covid – 19 Update; Business Council Meeting Canceled.  
4-23-20 Indian Country Covid – 19 Conference call; Special Tribal Council Meeting.  
4-24-20 BIA Northwest Covid-19 Briefing with Federal, State & Tribes; State – Tribal Call – Covid – 19 response efforts; Oregon Tribes Call.  
4-25-20 Native Wellness Power Hour.  
4-26-20 Covid -19 update with USDA / SBA Tribal teleconference.  
4-27-20 BIA Northwest Covid-19 Briefing with Federal, State & Tribes; Suicide Prevention during the Pandemic.  
4-28-20 NCIA – Congressional Town Hall Covid – 19 ; NCJTC webcast – Protections for Children & Families when Social Distancing.  
4-29-20 National Covid – 19 briefing call – State, Tribal & Local officials; PPP Loan Applications & Best Account; 2020 Tribal Energy Web; OYA Stakeholders – Corona Virus Update; State – Tribal – Reopening Oregon – Video meeting / discussion.  
4-30-20 Tribal Government in Action.  
5-1-20 Native Wellness Power Hour; Coastal Corral – legislative Meet up for the entire coast; BIA Northwest Covid-19 Briefing with Federal, State & Tribes; State – Tribal – Covid – 19 Call.  
5-2-20 TTAV 2020 – Vaccine roundtable Part – 1 ; Chinook Canoe Family Zoom Call; Native Wellness Power Hour.  
5-3-20 Special Council meeting; Native Wellness Power Hour.  
5-4-20 National Act weekly meetup – Covid – 19; Challenges & Opportunities for work environments; BIA Northwest Covid-19 Briefing with Federal, State & Tribes; Native Wellness Power Hour.  
5-5-20 ATNI Cars Act update call.  
5-6-20 National Covid – 19 briefing call – State, Tribal & Local officials; OYA Stakeholders – Corona Virus Update.  
5-7-20 Indian Country Covid – 19 call; Governors Reopening Video Conference; Tribal Councils Leaders Circle. / Tribal Council Special Meeting.  
5-8-20 The Federal Response to this Covid – 19 Public Health Emergency, Community care for patients with substance use disorders; BIA Northwest Covid-19 Briefing with Federal, State & Tribes; Rain Personal Services Guidelines – What does reopening look like? Panel with Arnie Roblin; Governor Brown Leadership Covid – 19 call. State – Tribal Covid – 19 call.  
Total Estimated Hours of Council Work - 75 hours

Mark Petrie, Vice-Chair:

4-10-20 COVID BIA Call/COVID State Call  
4-13-20 COVID BIA Call  
4-14-20 Treasury Call/CLUSI Education Committee  
4-16-20 OCEAN OSW Call/Leader’s Circle  
4-17-20 COVID BIA Call/COVID State Call  
4-20-20 COVID BIA Call/Special Council Meeting  
4-22-20 COVID WH Call  
4-23-20 OCEAN OSW Call/Leader’s Circle/Special Council Meeting  
4-24-20 Nine Tribes Call/COVID BIA Call/COVID State Call  
4-26-20 COVID USDA & SBA Call  
4-27-20 COVID BIA Call  
4-28-20 Congressional Town Hall call on COVID in Indian Country  
4-29-20 Tribal Energy Webinar Series/Tribal-State Reopening Oregon discussion  
4-30-20 Tribal Governments in Action Webinar/Leader’s Circle/Elliott State Forest Video Conference/Special Council Meeting  
5-1-20 COVID BIA Call/COVID State Call  
5-3-20 Special Council Meeting  
5-4-20 COVID BIA Call  
5-5-20 Leader’s Circle  
5-6-20 WH State, Local, Tribal Call/NPAIHB Tobacco Prevention Webinar Series planning  
5-7-20 OCEAN OSW Call/WH Indian Country COVID Update Call/Leader’s Circle/Special Council Meeting  
5-8-20 COVID BIA Call/COVID State Call  
Total Estimated Hours of Council Work - 65 hours

Information

QUESTIONS OR SUGGESTIONS?

The CLUSI Tribal Council welcomes your ideas, comments, criticisms, etc.  
Please write to: Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians  
ATTN: Tribal Council 1245 Fulton Ave.  
Coos Bay, Oregon 97420

COMMITTEE INTEREST LIST

If you are a Tribal member and interested in being on a committee, please contact Jeannie McNeil, 541-888-7506. We are currently keeping a list of those interested so that when a committee vacancy occurs we can fill it as soon as possible, so please contact us whether there is a vacancy or not.

ATTENTION VETERANS AND FAMILIES

Veterans we need your help. Veterans are honored at the Salmon Ceremony each year. Please contact Jan Lawrence at 541-888-7538 or at [jlawrence@ctclusi.org](mailto:jlawrence@ctclusi.org) for new requirements needed to be honored.

US FOREST SERVICE  
NORTHWEST FOREST PASSES

Now available at the Tribal Administration Building, Florence and Eugene Outreach offices.  
Requirements are: 1. Must be a CTCLUSI Tribal member. 2. Must be over 16 years old. 3. You may only be issued one per year. The passes hang from the rear view mirror and are good for access to some Forest Service fee areas. Area maps available.

CHANGES?

Please let us know if you have a change in address, phone number, name or addition to your family. Changes should be submitted to Enrollment Dept., either online at [www.ctclusi.org/enrollment](http://www.ctclusi.org/enrollment) or mail to Enrollment Dept., 1245 Fulton Ave., Coos Bay, OR 97420. Phone: 541-888-7506 or Fax: 541-888-2853.

TRIBAL COUNCIL MINUTES

Full video available at [www.ctclusi.org](http://www.ctclusi.org)  
If you would like to receive typed copies or an audio CD of the Tribal Council meeting minutes send a written request, including your current address to Jeannie McNeil, 1245 Fulton Ave. Coos Bay, OR 97420.



Tribal Council

Doc Slyter, Chief

Tribal Chief  
541-808-7625 (cell)  
[dslyter@ctclusi.org](mailto:dslyter@ctclusi.org)

Vacant

Position #1 Council

Debbie Bossley, Chair

Position #2 Council  
541-294-3972 (cell)  
[debbie.bossley@ctclusi.org](mailto:debbie.bossley@ctclusi.org)

Mark Petrie, Vice-Chair

Position #3 Council  
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Josh Davies

Position #4 Council  
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Iliana Montiel

Position #5 Council  
541-217-4613 (cell)  
[iliana.montiel@ctclusi.org](mailto:iliana.montiel@ctclusi.org)

Doug Barrett

Position #6 Council  
541-297-2130 (cell)  
[doug.barrett@ctclusi.org](mailto:doug.barrett@ctclusi.org)

Council Meeting

June 14, 2020  
10:00 a.m.

To practice safe social distancing guidelines, this meeting will be streamed online. Please log on to [www.ctclusi.org/councilmeeting-mintues](http://www.ctclusi.org/councilmeeting-mintues) for information on how to attend this online meeting

Agenda:

1. Call to Order
  2. Invocation
  3. Approval of Minutes as needed
  4. Tribal Council Reports
  5. Tribal Chief Executive Officer Report
  6. Chief Financial Officer Report
  7. Old Business
  8. New Business
  9. Other
  10. Good of the Tribes
  11. Executive Session as needed
- Council meeting video available to view at [www.ctclusi.org](http://www.ctclusi.org)

Upcoming Events

June 14<sup>th</sup> - Tribal Council meeting, 10:00 a.m.

To practice safe social distancing guidelines, this meeting will be streamed online. No in person attendance.

Please log on to [www.ctclusi.org/councilmeetingmintues](http://www.ctclusi.org/councilmeetingmintues) for information on how to attend will be posted as soon as it becomes available.  
You may be required to register to receive a meeting link to attend.

June 15<sup>th</sup> - Tribal Government Office's

Tentative reopening  
Social Distancing guidelines will be followed and required, please call ahead before visiting the office.

June 21<sup>st</sup> - Father's Day

Be sure to check the Tribal website [www.ctclusi.org](http://www.ctclusi.org) for digital copies of The Voice of CLUSI monthly newsletter and more Tribal Government Information.

Visit <https://ctclusi.org/health-alert-notifications> for more information and links to the CDC concerning the Covid-19 Pandemic.

If you are a Tribal member who needs assistance getting signed up for full access to [www.ctclusi.org](http://www.ctclusi.org) please e-mail [mgaines@ctclusi.org](mailto:mgaines@ctclusi.org) or call (541) 808-7918.



THE VOICE OF CLUSI

If you or anyone in your Tribal family has had any recent special awards or achievements that you would like to share, please submit your information and photos to the newsletter. I look forward to hearing from you! -Morgan Gaines

Join a Committee

Enrollment, Housing, Education, Culture, Health, Elders, Budget, Investment, and Garden Committees are always accepting letters of interest. Would you like to serve on a Tribal committee? Submit your letter of interest to Jeannie McNeil at [jmcneil@ctclusi.org](mailto:jmcneil@ctclusi.org). All letters of interest are kept on file for one year.

CTCLUSI Departments, Services & Offices

Government Office  
Alexis Barry  
Chief Executive Officer  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone 541-888-9577  
Toll free 1-888-280-0726  
Fax 541-888-2853  
[abarry@ctclusi.org](mailto:abarry@ctclusi.org)

Health Services Division  
Vicki Faciane - Director  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone 541-888-7515  
Toll free 1-888-280-0726  
Fax 541-888-5388  
[vfaciane@ctclusi.org](mailto:vfaciane@ctclusi.org)

Department of Human Resources  
Stephanie Watkins - Director  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone: 541-888-7508  
Toll Free: 1-888-280-0726  
Fax: 888-723-3270  
[swatkins@ctclusihr.org](mailto:swatkins@ctclusihr.org)

Tribal Housing Department  
Linda Malcomb - Director  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone 541-888-1310  
Fax 541-435-0492  
[lmalcomb@ctclusi.org](mailto:lmalcomb@ctclusi.org)

Purchased/Referred Care (FKA Contract Health Services)  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone 541-888-4873  
Toll free 1-800-227-0392  
Fax 541-888-5388  
[sarnold@ctclusi.org](mailto:sarnold@ctclusi.org)

Education Department  
Karen Porter, Education Dept  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone: 541-888-9577  
Toll free 1-888-280-0726  
Fax 541-888-2853  
[education@ctclusi.org](mailto:education@ctclusi.org)

Family Support and Behavioral Health Services  
2110 Newmark Avenue  
Coos Bay, OR 97420  
Phone 541-888-1311  
Toll Free 1-800-618-6827  
Fax 541-888-1837

Tribal Dental Clinic  
Dr. Sarah Rodgers  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone 541-888-6433  
Toll free 1-877-688-6433  
Fax 541-888-7505

Elders Activities  
Iliana Montiel  
Assistant Director of Health Services  
1245 Fulton Ave.  
Coos Bay, OR 97420  
Phone 541-888-7526  
Fax 541-888-5388  
Toll Free 1-888-280-0726  
[imontiel@ctclusi.org](mailto:imontiel@ctclusi.org)

Tribal Court  
J.D. Williams  
Chief Judge  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone 541-888-9577  
Toll Free 1-888-280-0726  
[tribalct@ctclusi.org](mailto:tribalct@ctclusi.org)

Cultural Department  
Jesse Beers,  
Cultural Stewardship Manager  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone 541-888-1319  
Fax 541-888-2853  
[jbeers@ctclusi.org](mailto:jbeers@ctclusi.org)

Eugene Outreach Office  
135 Silver Lane, Suite 200  
Eugene, OR 97404  
Phone 541-744-1334  
Toll Free 1-800-877-2718  
Fax 541-744-1349

Florence Outreach Office  
Physical: 3757 Hwy. 101  
Mailing: P.O. Box 2000  
Florence, OR 97439  
Phone 541-997-6685  
Toll Free 1-866-313-9913  
Fax 541-997-1715

Tribal Gaming Commission  
Brad Kneaper  
Executive Director of the Gaming Commission  
5647 Hwy 126, Suite 100  
Florence, OR 97439  
Phone 541-997-2830  
Fax 541-997-7293  
[bkneaper@ctclusi.org](mailto:bkneaper@ctclusi.org)

Tribal Police  
Brad Kneaper  
Chief Law Enforcement Officer  
5647 Hwy 126, Suite 100  
Florence, OR 97439  
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Fax 541-902-6507  
[bkneaper@ctclusi.org](mailto:bkneaper@ctclusi.org)

Department of Natural Resources  
Roselynn Lwenya, Ph.D.  
Director of Natural Resources  
1245 Fulton Avenue  
Coos Bay, OR 97420  
Phone 541-888-9577  
Toll Free 1-888-280-0726  
Fax 541-888-2853  
[rlwenya@ctclusi.org](mailto:rlwenya@ctclusi.org)



Council Corner

dai, niishanax Tribal Membership,

Although these past few months have been difficult, I hope you all are staying safe and well. Whether it's not being able to work due to layoffs/furloughs, or having to work in uncomfortable working conditions, to worrying about how you're going to make ends meet at the end of the week/month, please understand this crisis won't continue forever. If you or someone you know is in need of help, reach out to our **Family Support and Behavioral Health Services at 541-808-7688**. They are here to assist our families, especially in the trying times we are experiencing now.

To the tribal families who have gone above and beyond to voluntarily provide assistance to our tribal communities out of the goodness of their hearts during this tough time, the Tribal Council sends a big gele/luuwii/hiisa (thank you) to you all. I love to see and hear about these stories. If you have received community support during this pandemic, we encourage you to write some words of appreciation about your positive experience and send it in to be published in our Tribal Newsletter. You can find a link to submit a Communication Form on <https://ctclusi.org/communications>. Positivity is the best kind of contagion that we all need right now to keep our people together.

A quick update on the Tribe's COVID-19 response:

1. The Tribe recently secured Federal funding from the 2nd PPP (Paycheck Protection Program) offering. The PPP provides funding to pay employee wages while a business is in a recession due to the coronavirus pandemic. Our Tribe was informed by the SBA (Small Business Administration) and the U.S. Treasury that we were not eligible for the first PPP. Tribal Council disagreed with this ruling, and after letters to the SBA and the Secretary of the Treasury and numerous phone conferences, the Tribe was finally granted eligibility for the second funding of the PPP. A special thank you to Senator Ron Wyden, Senator Jeff Merkley and Representative Peter DeFazio for their support during this trying time of the coronavirus.

2. The Federal Treasury Department recently released 60% of

the \$8 billion from the Federal COVID-19 Relief Bill allocated to all the 574 recognized Native Tribes in the United States. The other 40% of these funds has been tied up in litigation due to the fact that the ANCs (Alaska Native Corporations) wants to be part of the distribution. We are still working out some of the Federal guidelines that are delaying implementation of the funds for essential Tribal member services; including Elder Stipends and College Student Stipends. Tribes throughout the U.S. are having similar issues with restricted use of these relief funds, due to the federal guidelines. We are doing all we can to find ways to fund these services that many of you rely on.

3. We are actively working with the Administration staff on creating a safe, science informed, reopening plan for the Casinos (which are our main source of revenue for the Tribal Government programs and services) and the Tribal Government Offices. We will be using phased reopening plans to ensure we are taking every precaution to keep everyone safe as we return to some sense of normalcy.

Chief Daloose's dream power song has been on my mind often, in these recent months.

*hli'in hel hantl tuuwitiniye* – "We're not going to fall down"

As you know, our people are no strangers to disease and disruption. We survived then, and we will survive this pandemic.



Mark Petrie, Vice-Chair

Resolution Summaries

**RESOLUTION NO.:** 20-019  
**Date of Passage:** March 19, 2020  
**Subject (title):** Declaring State of Emergence due to COVID – 19 Pandemic  
**Explanation:** The Tribal Council approves to declare a state of emergency due to the threat posed by COVID-19 and authorized to execute any and all documents and take any and all action necessary to facilitate the Tribes access to and participation in tribal , state, and federal emergency and disaster relief efforts . **Vote 7-0-0**

**RESOLUTION NO.:** 20-020  
**Date of Passage:** March 19, 2020  
**Subject (title):** Temporary Emergency Amendment to the Tribal Code Chapter 7-3 Elections  
**Explanation:** The Tribal Council approves due to the state of emergency and to protect its membership, the April 12 Election will be by mail only, the polling location will be closed. Due to time restrictions, this was done on an emergency basis and passed by unanimous vote. **Vote 7-0-0**

**RESOLUTION NO.:** 20-021  
**Date of Passage:** April 3, 2020  
**Subject (title):** Protection Application for Three Rivers Casino Florence and Coos Bay  
**Explanation:** The Tribal Council approves the submission of application. **Vote 7-0-0**

**RESOLUTION NO.:** 20-022  
**Date of Passage:** April 3, 2020  
**Subject (title):** Stay Home, Stay Safe: Ordering Residents to Stay at Home and Requiring Social Distance Measures due to COVID -19 Pandemic.  
**Explanation:** The Tribal Council has determined that for the protection of all membership, staff and visitors, all Tribal members, Tribal employees and residents of and visitors to the CTCLUSI reservation and trust lands should follow CDC Social Distancing guidelines. **Vote 7-0-0**

**RESOLUTION NO.:** 20-023  
**Date of Passage:** April 9, 2020  
**Subject (title):** Establishment of Language Committee  
**Explanation:** The Tribal Council approves the request to establish this committee. **Vote 7-0-0**

**RESOLUTION NO.:** 20-024  
**Date of Passage:** April 9, 2020  
**Subject (title):** Eugene 4J School District, Title VII, NATIVES Program Support  
**Explanation:** The Tribal Council approves to support the 2020-21 School year, program goals of the NATIVES Program. **Vote 7-0-0**

**RESOLUTION NO.:** 20-025  
**Date of Passage:** April 9, 2020  
**Subject (title):** Transfer Property from Blue Earth Service and Technology to CTCLUSI and place land into trust.  
**Explanation:** The Tribal Council approve. **Vote 7-0-0**

**RESOLUTION NO.:** 20-026  
**Date of Passage:** April 9, 2020  
**Subject (title):** Fee to Trust Request  
**Explanation:** The Tribal Council motioned and votes to Table Resolution. **Vote 7-0-0**

**RESOLUTION NO.:** 20-027  
**Date of Passage:** April 9, 2020  
**Subject (title):** Culture Committee Vacancy  
**Explanation:** The Tribal Council appoints Scott Slyter to the Culture Committee. **Vote 6-1-0**

*In this public paper, some Resolution titles and explanation will not be displayed or display minimal details due to confidentiality.*

# Tribal Government Tentative Reopening June15<sup>th</sup>

The Tribal Government Headquarters and outreach offices were closed March 18<sup>th</sup> in response to the COVID 19 Pandemic. During the closure, only essential staff were working to continue to maintain basic governmental services and emergency needs of the community. During the closure, staff have continued to monitor the situation in our 5-County service area.

With an abundance of caution, recognizing that Tribal communities are those most hard hit by the virus, we have decided to reopen tentatively on June 15<sup>th</sup>.

We are excited to see everyone, however you will see changes at all the government offices. We will be deep cleaning government offices. We will be asking all staff and visitors to wear masks. There may be other protective measures we may institute to protect both staff and community members.

Please be patient with us as we navigate through this challenging time. If you have questions please reach out to us.

- Purchase & Referred Care  
1-800-227-0392
- Family Support Services  
541-808-7699
- Coos Bay Community Health Aide  
541-435-5223
- Eugene Community Health Aide  
541-808-8684
- Florence Community Health Aide  
541-297-2391
- Housing 541-808-4104
- For: Emergencies please call 911



EMAIL PHOTOS TO  
MGAINES@CTCLUSI.ORG  
OR TEXT TO (541) 808-7918

QUARANTINE  
PHOTO CONTEST

Deadline:  
Monday, June 22, 2020 by 5:00 pm

Top 3 winners photos will receive a  
prize and be featured in an upcoming  
edition of The Voice of CLUSI

THEME: SUMMER SOLSTICE AND SELF CARE

Show us how you're celebrating the Summer Solstice at home and/or the self-care activities you're doing during quarantine that are helping you through these difficult times.

Include with your photo entry your name, Tribal affiliation, contact information including email, phone number, and mailing address, and a brief description of your photo. 1 photo entry per person

Posted JUNE 1, 2020

## ENROLLMENT APPLICANTS FOR TRIBAL MEMBERSHIP

<b><u>Sherrill Lorraine Brainard</u></b>	<b><u>Jusin Tyee McGuire</u></b>
Parent: James W. Brainard	Parent: Christopher McGuire
Lineal Descendant: Abbigail Brainard	Lineal Descendant: Anna Campbell
Tribe: Coos	Tribe: Lower Umpqua
<b><u>Cooper Dean Boccard</u></b>	<b><u>Zachary Daniel Schutz,</u></b>
Parent: Sadie Boccard	Parent: Abigail Schutz
Lineal Descendant: Pamela Stoehsler	Lineal Descendant: Maxine Marlow
Tribe: Lower Umpqua	Tribe: Coos
<b><u>Myla Lynn Brainard</u></b>	
Parent: Joshua Brainard	
Lineal Descendant: Stephen P. Brainard	
Tribe: Coos	

CLUSITC 7-1-37(a), Tribal Members shall have the right to protest the recommendation of the Committee approving an application and must file a written, signed protest with the Committee stating their reasons for believing that an Applicant(s) is not entitled to enrollment. The protest must be filed with the Committee within twenty-eight (28) days after notice of the proposed enrollment is posted as described in CLUSITC 7-1-36(i).



## łe' łəx (Medicine) of the Month: Yarrow

Contributed by Ashley Russell, Water Protection Specialist

**Parts of Plant Used:** Leaves, Flowers, and Roots

**Herbal Actions:** Also known as field hops for reasons I will not discuss in this article, the use of this medicinal and ceremonial herb spans millennia. Yarrow is antimicrobial, anti-inflammatory, decongestant, and diaphoretic, which makes it great at alleviating colds and the flu. Because yarrow is also styptic (stops bleeding), antihemorrhagic, astringent, and vulnerary, the fresh or dried leaves of this feathery beauty are a useful first-aid/emergency herb when applied as a poultice for cuts and scrapes as well as muscle and joint pain and inflammation. Lastly, yarrow is a bitter and antispasmodic and can improve digestion if taken before a meal. Moreover, it is effective in easing stomach and menstrual cramps and intestinal flus.

**Other Uses:** The root of yarrow, when chewed, can help lessen teething/tooth pain and alleviate gum problems. Yarrow can also be bundled and burned as a smudge.

**Precautions:** Yarrow should not be used internally if you are pregnant as it is an emmenagogue, meaning that it stimulates/increases menstrual flow. It is still safe to use externally.

**Scientific Name:** *Achillea millefolium*



Photograph by Morgan Gaines

### Good news, COVID-19 will not stop Summer Solstice!

Contributed by Jesse Beers, Cultural Stewardship Manager

During these uncertain times it is nice to be able to celebrate and hold ceremony on holidays such as Summer Solstice. These are holidays that will happen whether we recognize them or not, it is simply part of us living on this beautiful planet we call tl'da, tla'ai, or Earth. The Summer Solstice will soon be here, the longest day of the year. It is the time of year where we mark the transition towards shorter days, give thanks to the creator for the blessings of the spring and the warmth of the sun. It is also time to start thinking of all the work and games that need to be done over the summer months and the hunts of the early fall.

While there is plenty of hardship out there and many are having difficulty with quarantine or being an essential worker there is also plenty to be thankful for. As an example I am very thankful that this has given us all a chance to observe the changes in our planet's environment when we aren't all travelling all the time. We are seeing, around the world; air is cleaner, water is cleaner, and wildlife is rebounding. As we sit down with our families, in front of a computer, or in the woods for this Summer Solstice I pray we learn these lessons deep and bring them with us in to a new normal that is better and more sustainable than the old normal.

Normally, many would be gathering in the Plankhouse in Coos Bay to play games, sing, dance, and have a ceremonial fire. As of yet, we are still not gathering due to the threat of the current pandemic, however, this does not have to stop your celebration. What a great opportunity to either continue or start the traditions with your family at home or with others over an online platform. Traditional game descriptions and songs are available online on our Hanis.org website. We are also working towards building more online learning opportunities of many more cultural aspects for the CTCLUSI website alongside the existing weaving tutorials. So, enjoy the longer days to come, give thanks for the sun (when it arrives), learn the games, and learn the songs. Challenge others to a game online or at home amongst your quarantined roommates, whether it be Lamtlam (Kuukshuu), bones, or monopoly and have a happy Summer Solstice!

### Learn Our Languages Online - make it fun and interactive!

Contributed by Tribal Linguists, Patricia Phillips and Enna Helms

Not long after quarantine began in mid-March, we began tossing around ideas on how to teach language online. During the month of June, we look forward to connecting tribal members to online language learning resources and to provide some background, history, and educational resources on our languages.

Here is a list of some options available for online language learning through the use of multiple platforms. We hope these options will help to increase user access and language visibility.

- **CTCLUSI.org:** The tribes website language page <https://ctclusi.org/language> will be used as a single hub for finding all of the language learning resources, curriculum, and additional online zoom links to class times and social media groups. This page will be updated regularly!
- **Zoom:** We will be utilizing Zoom at <https://zoom.us> to host online language classes. During the month of June we will try our best to accommodate a class time that works best with interested language learners. Classes start the week of July 1st.
- We will be utilizing two social media outlets; Facebook and Instagram. You may follow one group or all three if you like!
- **Facebook:**
  - Facebook Group "Miluk tliis": <https://www.facebook.com/groups/miluktliis/>
  - Facebook Group "Hanis tl'ii'is": <https://www.facebook.com/groups/hanistliiis/>
  - Facebook Group "Sha'yuushtl'a uhl Quuiich wa'as": <https://www.facebook.com/groups/shayuushtlauhlquuiichwaas/>
- **Instagram:** Follow Language through the instagram portal by searching 'miluk\_tliis', 'hanis\_tliiis' and 'shayuushtla\_uhl\_quuiich\_waas'

We want to acknowledge some language activist friends that we have met through our work. The inspiration for a facebook community page came from the Wailaki language from the Round Valley reservation in California, Wailaki Kunnes Bakang Ishjii Naagai. Round Valley community members work with the local school district and post short videos to teach words and phrases. Searching facebook brings up numerous other pages dedicated to native languages, like Lakota, Cherokee and Diné.

This month is focused on connecting tribal members to online resources and starting the first week of July we will begin some language lessons. Stay tuned...

These materials and resources will make learning new words and phrases fun! For questions, comments or input please contact us at Patty Phillips, Tribal Linguist, at [miluk.language@gmail.com](mailto:miluk.language@gmail.com) or (707) 812-0705 and Enna Helms, Tribal Linguist, at [enna.helms@ctclusi.org](mailto:enna.helms@ctclusi.org) or (541) 297-7538.

Check out page 5 for a Summer Solstice & Self-Care themed photo contest flyer



# Lamprey Work Continues in the Tenmile Basin

Story continued from cover page...

migrants would give the most information on movement within the Tenmile basin before they eventually spawn and die. The drain pipe traps were placed in Tenmile creek around mid-March and so far we have only caught a single lamprey using this method.

Unfortunately, the COVID-19 pandemic interrupted our work on March 18<sup>th</sup> and we had to cancel our popular lamprey capture and radio tagging events due to social distancing concerns and park closures. This means we aren't getting the numbers of radio tagged lamprey that we planned to track over the summer. We were able to tag the single lamprey captured in the drain pipe trap with a minimal surgical team assisted by Richard Litt's wife Kathy Litts. This lamprey was released lower in Tenmile Creek and was last tracked heading upstream towards Tenmile Lake.

In early May, we started getting reports of the LPS camera recording lamprey attempting to get into the trap box. Our very first successful capture with the LPS was on May 7<sup>th</sup> with an additional three lamprey captured over the next few days.. Three of these lamprey were considered large enough to tolerate the surgical implantation of a radio tag and were then released into Eel lake. Also on May 7<sup>th</sup>, shoreline observations of Pacific lamprey spawning in Eel creek was noted. Traditional knowledge says that lamprey appear in the rivers when the eel flies are present. "Eel flies" are the large black flying ants that swarm in the warm days of spring, commonly known as carpenter ants. Richard noted and photographed a winged carpenter ant on May 8<sup>th</sup>.

Despite the difficulties of working during this pandemic, we will endeavor to safely continue our research of the Pacific lamprey in the Tenmile basin. Now that Tugman park has reopened and we have a few radio tagged lamprey in Eel lake, it will be important to track where they go and if they can successfully spawn after entering the lake.



Richard and Kathy performing radio tag surgery on a lamprey



Lamprey ready for radio tag surgery



Richard Litts checking the drain pipe trap. Below: lamprey spawning



First Lamprey caught in LPS



# Is your relationship based on power and control?

Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that allow others to become aware of the problem. However, regular use of other abusive behaviors by the batterer, when reinforced by one or more acts of physical violence, make up a larger system of abuse. Although physical assaults may occur only once or occasionally, they instill threat of future violent attacks and allow the abuser to take control of the woman's life and circumstances.

The Power & Control diagram is a particularly helpful tool in understanding the overall pattern of abusive and violent behaviors, which are used by a batterer to establish and maintain control over his partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.



Domestic Abuse Intervention Project | 206 West Fourth Street | Duluth, Minnesota 55806 | 218/722-4134  
NATIONAL DOMESTIC VIOLENCE HOTLINE • 1.800.799.SAFE (7233) • WWW.THEHOTLINE.ORG

## Mental Health and Coping During COVID-19



The Coronavirus disease (COVID-19) has caused additional hardships for many people. While everyone reacts differently to stressful situations, we encourage our Tribal community members to take care of themselves during this time, including taking care of your mental health.

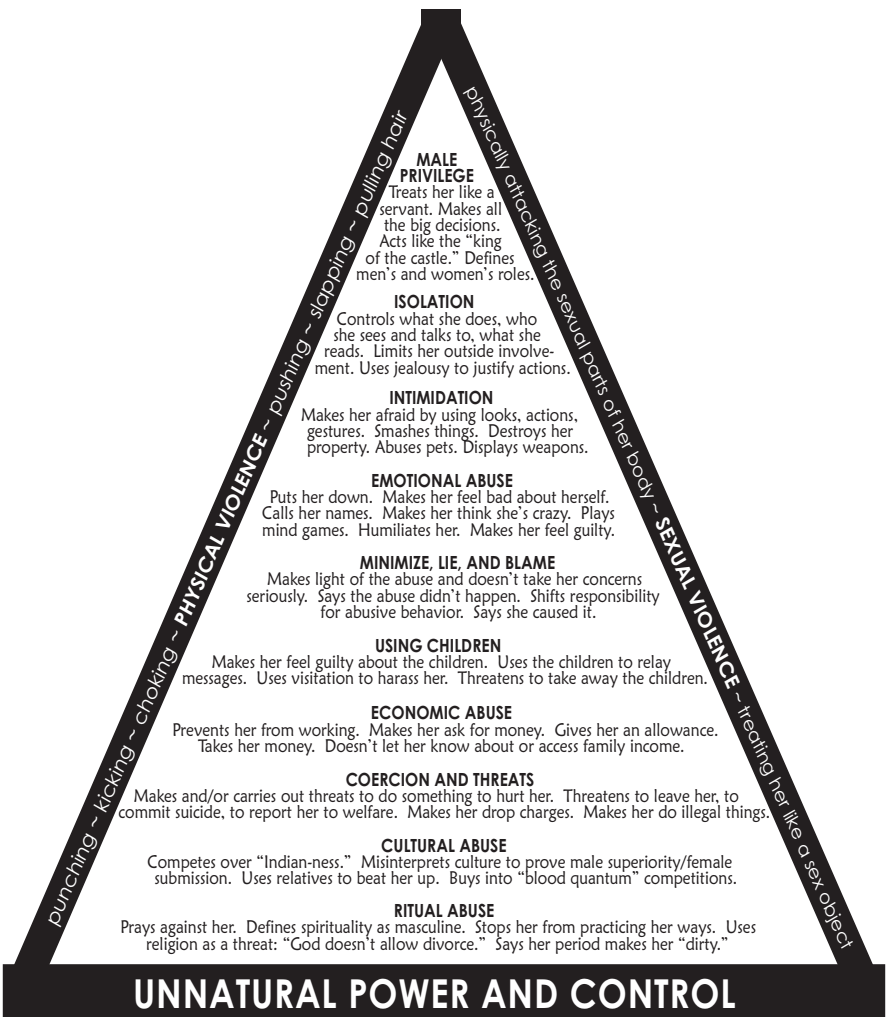
Some ways to cope with stress may include:

- Taking breaks from watching, reading or listening to the news and other media
- Taking care of your physical health (ex. stretching, eating healthy, exercise)
- Make time to unwind
- Connect with others
- Beading, Singing, Dancing, Drumming, and other cultural activities

If you are experiencing depression and need someone to talk to immediately please contact the National Suicide Prevention Lifeline at 1-800-273-8255 or your local emergency care provider.

To connect to mental health resources, including in-person counseling services, telehealth, cultural healing and wellness materials and other resources, please contact CarolAnn Young at 541-435-5417 or cyoung@ctclusi.org.

## VIOLENCE AGAINST NATIVE WOMEN: BATTERING



Produced and distributed by:

Developed by:  
Sacred Circle • National Resource  
Center to End Violence Against  
Native Women

**NATIONAL CENTER**  
on Domestic and Sexual Violence  
training • consulting • advocacy  
4612 Shoal Creek Blvd. • Austin, Texas 78756  
512.407.9020 (phone and fax) • www.ncdv.org



# *“In the Loop” with the Circles of Healing Program*

## Resources for Survivors in times of COVID-19 Pandemic

Staying home doesn't always mean staying safe. If you are experiencing domestic violence and need help, there are still a lot of resources out there for you. If you're a recent survivor of domestic violence or sexual assault (DVSA) and still seeking stabilization, there is help available for you too. Below is a list of many of the resources available in our area, state, and nationwide for DVSA survivors. Due to generational trauma, complex trauma, and other factors, sometimes the survivor becomes the abuser or batterer. If you (or someone you know) find yourself in triggering situations in which you become the abuser, there are resources

for help that are included in this comprehensive list (see Batters Intervention Programs and Resources). Survivors and victims of domestic violence, sexual assault, intimate partner violence, dating violence, stalking, and/or human trafficking are always invited to reach out to a Circles of Healing advocate who can help you connect to meaningful resources and services to help you on your path to safety, wellness, and healing. Our main program line is 541-888-1309. All of our services are trauma informed, safety and survivor centered, and confidential.

Other resources available to you now include:

### **CTCLUSI Mental Health Resources**

Ctclusi.org Family Support and Behavioral Health Services  
541-888-6169  
Substance Abuse Support  
541-888-6169

### **Coos County Mental Health Resources**

Coos Health and Wellness  
cooshealthandwellness.org 541-266-6700; Crisis Line: 541-266-6800

Waterfall Community Health Center wfall.org 541-756-6232

### **National Mental Health Resources**

covidmentalhealthsupport.org

### **State Resources**

Oregon Coalition Against Domestic and Sexual Violence  
ocadsv.org

For a local Native American helpline 503-318-5213

### **Statewide Domestic Violence Resources**

Portland area DV crisis line—refers to shelters across the state 1-888-235-5333.

### **Community-based shelters and advocacy programs**

Bradley Angle (Multnomah County) 503-232-1528  
Call to Safety (Multnomah, Washington) 503-235-5333  
Program Line: 503-232-9571  
Canyon Crisis and Resource Center (Marion) Crisis Hotline: 503-897-2327

Center Against Rape & Violence (Benton, Linn)  
Crisis Hotline: 541-754-0110  
Program Line: 541-758-0219

Center for Hope and Safety (Marion, Polk) Crisis Hotline: 503-399-7722

Program Line: 503-378-1572  
Clackamas County Women's Services Crisis Line: 503-654-2288 Program Line: 503-655-8600

Community Works (Jackson) Crisis Line: 541-779-4357  
Program Line: 541-779-2393  
Domestic Violence Resource Center (Washington) Crisis Line: 503-469-8620  
Program Line: 503-640-5352  
Domestic Violence Services Inc. (Morrow, Umatilla) 24/7 crisis line: 800-833-1161  
Program Number: 541-276-3322  
Family Justice Center of Washington County 503-430-

8300

Gateway Center for DV Services (Multnomah) 503-988-6400

Harney Helping Organization for Personal Emergencies (Harney) Crisis: 541-573-7176 Program Line: 541-573-2726

HAVEN From DV and Sexual Violence (Gilliam, Sherman, Wasco, Wheeler) Crisis Line: 541-298-4789

Program Line: 541-296-1662  
Heart of Grant County Crisis Line: 541-620-1342 Main Line: 541-575-4335

Helping Hands Against Violence, Inc. (Hood River) Crisis Line: 541-386-6603  
Program: 541-386-4808

Henderson House (Yamhill) Crisis: 503-472-1503 Program: 503-472-0244

Illinois Valley Safe House Alliance (Josephine) 541-592-5332

IMPACT NW – Parent Child Therapeutic Services (Multnomah) 503-721-6776  
Jackson County Sexual Assault Response Team (SART) 541-840-0904

Lake County Crisis Center Crisis Line: 541-947-2449 Program: 651-947-2498

Marta's House/Klamath Crisis Center Crisis Hotline: 541-884-0390 Program: 541-850-8939

MayDay, Inc. (Baker) Crisis Line: 541-523-4134 Program: 541-523-9472 My Sister's Place (Lincoln) Crisis Line: 541-994-5959 Program: 541-574-9424

Native American Youth and Family Healing Center (Multnomah) Crisis Line: 503-318-5213 Program Line: 503-288-8177

New Beginnings Intervention Center (Lake) Crisis Line: 800-850-4838 Program: 541-576-3009

Oasis Shelter Home (Curry) Crisis Line: 541-247-7600  
Program Line: 541-425-5238

Peace at Home Advocacy Center (Douglas) Crisis Line: 541-673-7867 Program: 541-957-0288  
Project Dove (Malheur) Crisis Line: 541-889-2000 Program: 541-889-6316

Raphael House of Portland (Multnomah) Crisis Line: 503-222-6222\* Program: 503-222-6507

SABLE House (Polk) Crisis Line: 866-518-0284 Program Line:

503-623-6703

Safe Harbors (Wallowa) Crisis Line: 541-426-6565 Program Line: 541-426-4004

Safe of Columbia County Crisis Line: 503-397-6161 Program Line: 503-397-7110

Salvation Army West Women's & Children's Shelter (Multnomah) Crisis Line: 503-224-7718

Saving Grace (Crook, Deschutes, Jefferson) Crisis Line: 541-389-7021 Program: 541-382-9227

Self Enhancement, Inc. (Multnomah) 503-285-0439

Sexual Assault Support Services (Lane) Crisis Line: 541-343-7277 Program: 541-484-9791

Shelter From the Storm (Union) Crisis Line: 541-963-9261 Program: 541-963-7226

Siuslaw Outreach Services (Lane) Crisis Line: 541-997-4444 Program: 541-997-2816

The Harbor (Clatsop) Crisis Line: 503-325-5735 Program: 541-325-4962

The SAFE Project (Coos) Crisis Line: 541-756-7000 Program: 541-888-1048

Tides of Change (Tillamook) Crisis Line: 503-842-9486 Program: 503-842-5168

Volunteers of America Oregon – Home Free (Multnomah) Crisis Line: 503-771-5503 Program: 503-239-3929

Women's Crisis Support Team (Josephine) Crisis Line: 541-479-9349 Program: 541-476-3877

Womenspace (Lane) Crisis Hotline: 541-485-6513 Program Line: 541-485-8232

YWCA of Greater Portland (Multnomah) 503-294-7400

### **National Domestic Violence Resources**

Strong Hearts Native Helpline 844-762-8483

The National Domestic Violence Hotline thehotline.org 800-799-SAFE (7233)  
Or text: LOVEIS to 22522

The National Sexual Assault Hotline 800-656-HOPE (4673)  
National Council Against Domestic Violence (NCADV) ncadv.org

### **Food Box and Food Pantry Resources**

SNAP Benefits: Now applying for SNAP benefits, if you do not already receive them, is simplified: Complete an online application at: <https://apps.state.or.us/onlineApplication/> Or call 1-855-626-2050

### **Parenting Resources**

For some parenting during times of COVID-19 tips and resources, see: [www.families-first.org/](http://www.families-first.org/) or connect w/ CTCLUSI Family Support and Behavioral Health Services 541-888-6169 ctclusi.org

### **Financial Resources**

Stimulus Checks: Below is the link to the new IRS portal that will allow you to see the status of your check. You are also encouraged to sign up for direct deposit with the IRS if you have not already done so. <https://sa.www4.irs.gov/irfofwmsp/e:jse:ssionid=uLKTh5qHDj1BLdiOF3n4ubX4.f7>

If coronavirus has impacted your income, and you need financial counseling and planning, DevNW is now offering full scholarships for annual Dev NW Memberships through August 31st, 2020. You can Engage in phone or web-based financial counseling and financial wellbeing classes.

**devNW.org To start**, use coupon code: **wellbeingK7**  
<https://devnw.org/accounts/login/>

541-345-7106 or 503-779-2682  
DHS TADVS (temporary assistance for DV survivors) can help with paying costs to help you and your child(ren) be safe. This could include: - Rent, utilities, and moving costs (including costs to move to a new town or out of state). - Help to buy locks or pay for a post office box. - Help to set up a household or replace personal items left behind when you fled the abuse. To apply for this funding, call your local DHS Self-Sufficiency Office.

### **More National Resources**

To understand more about COVID-19 and how to further protect yourself, you can see: National Indian Health Board <https://www.nihb.org/covid-19/>



## Weaving 2021 *continued from cover page...*

articles, and some of my institutional research as well, all available for your use. These practices have always soothed and uplifted us, I hope that during these trying times, this practice will bring additional solace to you and your loved ones. You can find all these resources by logging onto the tribal website and typing Basketry into the search box at the top right-hand corner of the log in page.

If you are without weaving materials please feel free to substitute other things you may have around the house (yarn, wire, rope mop heads-but ask mom first). Don't let anything get in your way, our people are great inventors and have always found a way to invent new forms in the face of adversity. There could be marvelous things to come from this we have never seen before and it may happen in your own kitchen, who knows? Please also reach out to me and I will work to connect you with natural materials in a "no contact" way. I want you to know that I am standing by to support you as you embark on this work, I am just a video chat, email message, or phone call away. I am on facebook too, so find me and put me to work!

Stay safe and know we are working to find ways to keep our hearts connected to one another.

Luwii,

Sara siestreem (Hanis Coos)

[sarasiestreem@hotmail.com](mailto:sarasiestreem@hotmail.com)



Sara Siestreem gazes at basket materials drying  
Photograph by Brian Capati



Pictured above: Kaiā Russell wearing a woven basket hat standing in front of Tribal Hall

Pictured left: Woven yarn basket shows us that we can use materials around the house to practice and make beautiful pieces

Photographs by Sara Siestreem




Photographs of Sara Siestreem digging and peeling a stick taken by Kaiā Russell

Above photo of Talice Russell carrying sticks into Tribal Hall by Sara Siestreem

Small photo far left by Sara Siestreem showing us the diversity of materials we can use for basket weaving







## ATTENTION CLASS OF 2020

The closing of schools and universities across the nation due to the Covid 19 pandemic have left a lot of us sad that you'll be missing your commencement ceremonies celebrating your academic accomplishments.

We still want to celebrate you! Help us do that by sending us a photo of you, perhaps in the cap and gown you would have worn to your graduation, along with information of your degree or certificates and your plans moving forward.

Submissions for the July 2020 newsletter are due by 5:00 p.m. on June 15th.

Send information to Morgan Gaines at [mgaines@ctclusi.org](mailto:mgaines@ctclusi.org) or by calling or texting 541-808-7918

# Educational Community Resources


During this time, we would like to highlight the resource that North Bend and Coos Bay school districts are offering K-12 students.

- The Coos Bay School district is currently offering take home packets and schedules, as well as an online learning option. This information can be found at [\*\*cbd9.net\*\*](http://cbd9.net) < [\*\*COVID-19 Resources\*\*](http://cbd9.net/COVID-19-Resources), or [\*\*cbd9.net< Student Portals\*\*](http://cbd9.net/Student-Portals)
- The North Bend School district is currently offering distance learning for students.

This information can be found at [\*\*nbend.k12.or.us\*\*](http://nbend.k12.or.us)

- South Coast ESD is offering online student resources at [\*\*scesd.k12.or.us/online-student-resources/\*\*](http://scesd.k12.or.us/online-student-resources/)

If additional educational supplies are needed during this time or if you need assistance connecting your student to distance learning options please contact Kevin Gowrylow at 541-297-3479 or send an email to [\*\*kgowrylow@ctclusi.org\*\*](mailto:kgowrylow@ctclusi.org)



## Native Youth Wellness Warrior Camp 2020


From a place of love and care, the Native Wellness Institute has decided to cancel our annual Native Youth Wellness Warrior Camp that was to be held June 29 - July 2, 2020 in Grand Ronde, Oregon. The global pandemic has struck Indian Country in such a way that we have to be mindful of the safety of our loved ones. We are sad as this is such an amazing gathering of young people and the healing that happens is indescribable. However, we know that we will be back next year and the goodness will continue.

On June 29 and 30, 2020, NWI will offer a virtual Youth Wellness Warrior Camp. The details will be forthcoming.

If your tribe or youth program are interested in financially sponsoring a portion of the virtual Native Youth Wellness Warrior Camp, please contact us!


We wish you well, please stay safe.

Native Wellness Institute




## WELLNESS COURT


Are you in trouble with the law?  
Are you suffering with drugs, alcohol or addiction?  
Are you ready to make a change?  
What does true Wellness look like for you?  
A life without drugs or alcohol is possible for you.  
Make the choice for a better life.



Confidential

Contact Tribal Wellness Court.  
(541) 888-1307





## PEACEGIVING

Peacegiving is a traditional Restorative Justice option available to you for the resolution of conflict.

All Peacegiving issues are confidential.




Photo by Morgan Gaines

For more information about Peacegiving, please visit the [\*\*Peacegiving Website\*\*](http://www.ctclusi.org/peacegiving) or contact the [\*\*Peacegiving Coordinator\*\*](mailto:Peacegiving@ctclusi.org) at the address listed below.

Peacegiving Coordinator  
1245 Fulton Avenue  
Coos Bay, OR 97420  
PHONE: (541) 888-1306 or (541) 888-1316  
EMAIL: [\*\*Peacegiving@ctclusi.org\*\*](mailto:Peacegiving@ctclusi.org) Website: [\*\*http://ctclusi.org/peacegiving\*\*](http://ctclusi.org/peacegiving)



# Purchased/Referred Care Update

Contributed by Vicki Faciane, Director of Health Services

The CTCLUSI Tribal Government offices have been closed to all but essential services since March 17, 2020. However, the Purchased/Referred Care staff continues to work from home to provide services to Tribal members living in the five-county service delivery area (Coos, Curry, Douglas, Lane, and Lincoln counties). PRC services continue to be available Monday through Friday from 8:00 AM until 5:00 PM. Here is a listing of the services available and how to access them:

▪ **Purchase Orders for Medical Services:** You must still call to get a purchase order (PO) for any medical/dental/mental health appointment, include telehealth. You must call the main number at (541) 888-4873 and leave a message with your name and phone number for call-back. Someone from PRC will return your call. They are checking voice mails several times a day. Make sure you leave your number because staff do not have

access to Tribal member information from home. **Please remember: you need to call at least 72 hours ahead for a PO.**

▪ **Prescription Medications:** If you have a prescription that is being denied, have the pharmacist call PRC for assistance. Most pharmacy issues can be resolved the same day; however, some may take longer. Please do not wait until the last minute for refills. If there is a problem with a refill which might cause you to run out of your medication, we can authorize a limited refill (5-7 days) to give us time to work through the issue. **Note: Do not pay for a pharmacy refill of an approved medication – we cannot reimburse you for your out-of-pocket expenses.**

▪ **PRC Applications:** If you have still not turned in your CY2020 PRC application, it is not too late. You can submit your application online. If you need assistance with this, call PRC and leave a message.

▪ **Medicaid/CHIP/OHP Applications:** If your employment situation has changed, such as being laid off or fired, you and your family may have become eligible for health insurance through the Oregon Health Plan (OHP or Medicaid/CHIP). Our staff are all Certified Application Assistors who can help you enroll in this program during a short phone call. Please have your household income information available when you call us. **Note: Under Federal law, if you are eligible for an alternate resource, such as Medicaid, you are required to apply for and to use that resource for eligible medical expenses before using PRC funding.**

Your Purchased/Referred Care staff is here to assist you. For the above services, as well as for any other questions you may have, call (541) 888-4873 to leave a message. To get a call-back from our staff, you must leave your name and good phone number to call you.

## Dental Clinic Update

Contributed by Vicki Faciane, Director of Health Services

Due to concerns over the safety of our patients and our staff, we closed the Dental clinic beginning on March 16. As I am writing this today, the clinic remains closed and we do not have a reopening date yet. Although Governor Brown has issued an Executive Order allowing dental clinics to reopen, we must ensure that we have appropriate PPE (personal protective equipment) and that we have policies in place to protect patients and staff when we begin seeing patients again. We are working on a plan for reopening and once we have a date, we will post it at [www.ctclusi.org](http://www.ctclusi.org). We will also call patients to begin rescheduling canceled appointments.

When the clinic reopens you will see some changes. Again, these changes are to ensure your safety and that of our staff. Here are few of the changes you will notice:

• **Virtual Waiting Room.** Until we are past concerns about coronavirus transmission, we will not open our physical waiting room. You will be instructed to call us from your car when you arrive for your appointment. When you call, a staff member will ask you some screening questions. Then, while still in your car, a staff member will come to you to complete the screening process, which will include a temperature check and issue of a mask. You will continue to wait in your car until you are called to come into the building. Please put your mask on before entering the building. If anyone has accompanied you to your appointment, they will not be allowed to come into the building.

• **Reduced Use of Dental Chairs.** We will not be using all our available dental chairs. To ensure that we are practicing social distancing, we will only use every other dental chair. There will not be another patient within 6 feet of you while you are in the clinic.

• **Mouth Rinse.** When you are seated in the dental chair, you will be given a mouth rinse to help kill any germs that may be in your mouth.

• **Staggering Appointments.** We will be staggering appointments so that we will not have patients arriving and leaving at the same time. Upon checking out of the clinic after your appointment, you may have to wait for a few minutes until the prior patient has left. We apologize for any inconvenience, but we do not want people standing in line at the window to make their next appointment.

• **Increased Usage of PPE (Personal Protection Equipment).** Staff will be wearing more PPE than usual. This is for your protection as well as theirs.

This is just the highlights of the changes we are making for your safety. Please be assured that when we reopen the clinic, it will be safe for you and your family to see us for your oral health care needs. We appreciate your understanding while we get the clinic ready to reopen. We hope you and your family remain safe! If you have any questions, you can send me an e-mail at [vfaciane@ctclusi.org](mailto:vfaciane@ctclusi.org), or you can call me at (541) 808-8732.

## Chair Yoga at Home

CTCLUSI Circles of Healing Program is hosting a

**1 Hour Chair Yoga Session via Zoom**

*Taught by guest instructor Libby Cox  
from Two Birds Yoga Training*

**Wednesday, June 10th at 6:00 p.m.**

This course is for all levels and abilities!

To RSVP please call  
Jamie Broady at 541-435-8795

\*Sponsored by the Northwest Portland Area Indian Health Board Response Circles



# Elders Corner

The Elders Spotlight of the Month will feature a new Elder each month. Elders are selected from a list of the Eldest to the Youngest Elder, starting with the Eldest. Elders will be contacted by Kimmy Bixby of Community Health Services with information for an article to be published in a future edition of The Voice of CLUSI newsletter. Many thanks go out to our Elders for all that they have done for our Tribal community. We hope to use this opportunity to highlight a few of your many accomplishments. *Thank you Elders!*

Contributed by Kimmy Bixby, Community Health Aide



Claudette Lum

**Favorite Hobbies:**

- Playing Tennis.
- Playing Pickle Ball (as pictured).
- Cycling.
- Hiking and daily walks.

**Bucket List:**

- Hike up Coco Head in Honolulu, Hawaii.
- Visit the Tribal Reservation in Coos Bay because she's never been there.
- Come together for a full family reunion.
- "Dance down to Chinatown."

*Claudette Lum*

**Coos**

**Immediate Family:**

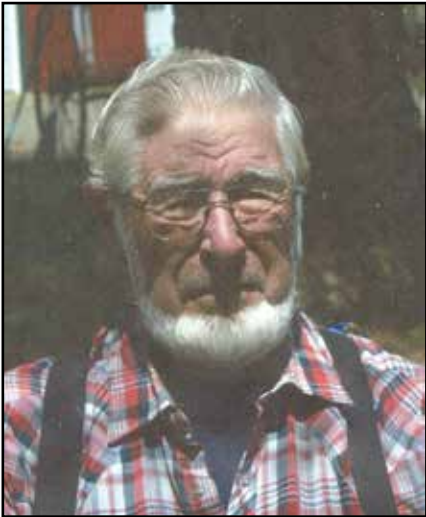
• Daughter of Mabel and Bill Wong. Widow to Harry Lum. Sister to a total of ten siblings, two surviving – Bill Wong and Danielle Weaver. Great grandmother to Hudson, Abigail, and Wesley. Grandmother to Josh Cline, Sydney Lum, Cecilia Lum, Kirsten Casillas, Amanda Hondros, Carly Hudson, and Clayton Branco. Mother to Richard Lum, Lisa Hudson, Diane Cline, Teri Branco. Long-time friend of Horst Schwandt.

**Proudest Accomplishments:**

- Raising her family.
- Worked at Trader Vick's Restaurant as Matre De for 57 years.
- Ran the event Beta Breakers in San Francisco for 25 years.
- Precious relationships with her nieces and nephews.
- Hiked to the top of the Hollywood Hills sign in Los Angeles at 80 years young.

**Favorite Sayings:**

"And you know what..."



George Harper

**Favorite Hobbies:**

- Hunting and Fishing
- Camping
- Hiking

**Bucket List:**

- Go on a trophy mule deer hunt.
- Win the Lottery

*George Harper*

**Lower Umpqua**

**Immediate Family:**

• Son of June Roberts and grandson of Margaret Perry. Brother of Pam Stoebsler. Husband to Alice Harper (Lakota Sioux).

**Proudest Accomplishments:**

- Graduated from OSU with a Bachelor of Forestry degree.
- Became a District Ranger in California on the Modoc and Klamath National Forests.

**Favorite Sayings:**

"Don't fix it if it ain't broken."



*Welcome New Tribal Elders*

*Franklin Elliott  
Kerri Lahue*

*Thomas Lewis Jr.*

## ELDER MENTAL HEALTH DURING COVID-19



**ADDRESS THE RISK**  
The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for elders. Older adults are particularly vulnerable to COVID-19 given their weaker immune systems, the higher COVID-19 mortality rate found in the older population, and their limited information sources. Providers should be aware of especially high-risk groups such as low-income elders, those living alone, and those suffering from other health conditions such as cognitive decline, dementia, or other mental health conditions.

**MANAGE STRESS**

- Share simple facts about the COVID-19 outbreak, including symptoms, treatment, and effective strategies to reduce risk of infection in words older people can understand. Consider whether they have cognitive impairments when speaking about risk.
- Communicate instructions in a clear, concise, and respectful way. Information may be displayed in writing or pictures.
- Engage families with information and help them practice prevention measures such as handwashing.
- Contact elders via landline phones.
- Encourage family or friends to call their elders regularly and teach elders how to use video (chat).

**Ways to Support Elders with Medical Needs**

Elders with mild cognitive impairment or early stages of dementia need to be informed of what is happening within their capacity and provided support to ease their anxiety and stress. For people at moderate and late stages of dementia, their medical and daily living needs need to be met during the quarantine time.

- Medical needs of older adults with/without COVID-19 need to be met during the outbreak. This includes uninterrupted access to essential medicines (for diabetes, cancer, kidney disease, HIV). Telemedicine and online medical services can be used to provide medical services.
- Isolated or infected older people should be presented with truthful information on risk factors and chances of recovery.
- During quarantine, adjust respite or home care services to use technology (WeChat, WhatsApp) to provide trainings/counseling for family caregivers at home, and include psychological first aid training for family caregivers.

Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for your patients as you did before the outbreak.

SAMHSA's Disaster Distress Helpline  
Toll-Free: 1-800-985-5990 (English and Español)

**Ways to Support Elders in Residential Care**

Nursing home populations are at the highest risk of being affected by COVID-19. If infected, residents are at increased risk of serious illness.

- Facilities should take these steps before there are confirmed cases in the community:**
1. Educate residents, healthcare personnel, and visitors on COVID-19.
  2. Provide hygiene and cleaning supplies for recommended infection prevention and control practices.
  3. Evaluate and manage providers with symptoms of COVID-19. Symptoms may include fever, cough, trouble breathing, headache, chills, muscle pain, sore throat, or loss of taste/smell.
  4. Consider new policies and procedures for visitors.
  5. Evaluate and manage residents with symptoms of COVID-19.
  6. Minimize group activities inside the facility or field trips outside of the facility.
  7. Develop criteria for halting group activities and communal dining, closing units or the entire facility to new admissions, and restricting visitation.
  8. Create a plan for grouping residents with symptoms of COVID-19, including dedicating providers to work only on affected units.

- Facilities should take these steps when there are confirmed cases in community:**
1. Implement policies and procedures for limiting visitors.
  2. Implement healthcare personnel monitoring and restrictions.
  3. Monitor residents for symptoms and apply appropriate restrictions of communal activities.

## DEFINITIONS

Communities, families, and elders must take steps to protect elders:

**What is Social Distancing?**

Social distancing means remaining out of settings with large groups of people and maintaining distance (approximately 6 feet) from others when possible. People can practice social distancing while remaining connected to others through the phone and other forms of technology.

**What is Isolation?**

Isolation means the separation of a person or group of people known or reasonably believed to be infected with a communicable disease and potentially infectious, from those who are not infected, to prevent spread of the disease. Someone infected with COVID-19 may show the following symptoms: fever, cough, trouble breathing, headache, chills, muscle pain, sore throat, or loss of taste or smell. Isolation for public health purposes may be voluntary or compelled by federal, state, or local public health order.

**What is Quarantine?**

Quarantine means the separation of a person or group of people reasonably believed to have been exposed to a communicable disease but not yet symptomatic. The person or group of people must be separated from others who have not been so exposed to prevent the possible spread of the disease.

This publication was supported by Cooperative Agreement U254HS0001-01-00, funded by the Indian Health Service.

Updated March 19, 2020. Learn more: [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)

## Activities That Support Elder Well-being During Isolation or Quarantine

- Physical exercise like yoga, tai chi, and stretching.
- Cognitive exercises such as word search, Sudoku, and crossword puzzles.
- Relaxation exercises including breathing, meditation, and mindfulness.
- Reading books and magazines.
- Reducing the time spent looking at fearful images on TV.
- Reducing time listening to rumors.
- Searching information from reliable sources such as CDC.gov.
- Reducing time looking for information—1-2 times per day, rather than every hour.

Visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus) for additional information.



Photos by Ed Cunicelli



## Talking to Kids about Coronavirus (COVID-19)

People everywhere are talking about coronavirus (COVID-19) on the news, social media, television commercials and more. Adults aren't the only ones hearing about it, and just like adults, kids may be overwhelmed, stressed, and frightened about what they are hearing. Parents, family members, and other trusted adults can help them understand what they hear in a way that is honest, accurate, and reduces anxiety or fear.

### Tips for talking with kids

**Remain calm and reassuring.** Kids hear not just what you say but how you say it. Use a calm voice and try not to seem worried.

**Be available to listen and to talk.** Schedule time each day to relax and connect with your children. Make sure they know they can come to you any time they have questions. Talk together about fears, worries and other feelings. Encourage them to call or video chat with friends and family to check on others and stay connected.

**Pay attention** to what they see or hear on television, radio, or online. Limit what they watch. Point them to age-appropriate content so they don't end up finding news shows or outlets that scare them or have incorrect information. Talk together about what they are hearing and correct any false information.

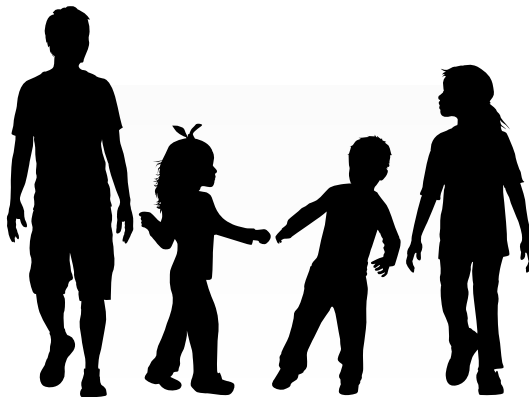
**Watch for changes in behavior.** This may mean that they are anxious or not coping well. They may have trouble sleeping, complain of headaches or not feeling well, get cranky, be more clingy, or seem distracted. Keep reassuring them, talk to them about their feelings, and try to stick to your normal routines.

**Provide facts.** Give them honest, direct answers and facts that are appropriate for their age. Explain that some stories on the Internet and social media may be based on rumors and incorrect information.

**Give them some control.** Tell them what they can do to reduce the spread of germs and keep themselves and others safe.

- Stay home and away from people who are sick.
- Cough or sneeze into their elbow or a tissue, then throw the tissue into the trash.
- Wash hands with soap and water for at least 20 seconds, especially after coughing or sneezing, going to the bathroom, and before eating or making food.

**Be a good role model.** When you show empathy and support to those who are sick, they will too. Pay attention to your own healthy habits, technology use and mental health. Show them that taking a break and protecting your own mental health is important. Let your kids know that it's normal to feel worried and stressed out sometimes. Share with them how you deal with stress in a healthy way.



### Getting the conversation started

**Start by asking a child what they've already heard.** Most children will have heard something, no matter their age.

**Ask what questions they have.** Keep the conversation direct and easy to understand. Answer their questions, but don't offer more detail than they are interested in.

**Follow your child's lead.** Some kids may want to ask lots of questions and talk every day about COVID-19. Others may not be interested in talking about it much at all. Both are ok.

**It's ok to say "I don't know."** If your child asks about something and you don't know the answer, find the answer together. Check [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus) for up-to-date, reliable information.

**Keep checking in.** Talk about current events and what they are hearing about, their questions, and their feelings. Help them think through stories they hear about. Ask questions like: What do you think about this story? Why do you think this happened?

**Keep explanations age-appropriate.** Balance simple, direct facts with reassurances that they are safe and will be taken care of, especially for younger children.

Older children may need more discussions and information. Help them identify facts from rumors.

For more information:  
**CDC.gov/coronavirus**  
**healthychildren.org**



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Effective April 10, 2020  
Source: CDC, AAP

## Remote Work During COVID-19 Closure

Contributed by Tara Vrell, Family Support Services Program Assistant

Hello all, I hope you are doing well. I work in the Family Support and Behavioral Health Services Department. One of the tasks I complete is processing invoices for the Child Care and Development Fund (CCDF). If you have questions or concerns about child care or need to update your financial or contact information with us, please contact me, [tvrell@ctclusi.org](mailto:tvrell@ctclusi.org) or (541) 808-7841.

I have also been attending meetings on zoom and involved in webinars in order to stay informed of changes with the State and CARES Act related to resources for our families during this time. If you have questions please feel free to reach out to me and we will work on getting through the resources together.

If you weren't aware there are big changes with SNAP benefits and you may want to browse their website or call their offices and see what may be available to your household:

<https://apps.state.or.us/onlineApplication/>  
Self Sufficiency SNAP DHS  
1431 Airport Ln, North Bend, OR 97459  
(541) 888-6155

If there are any other resources your household needs please feel free to contact me and I will do my best to work with you to get access to the resources needed for your family. Remember we are in this together. I hope you and yours are getting through this shutdown together. Keep yourselves well and strong.

## GARLIC MUSHROOM QUINOA

Recipe from <http://danmdelicious.net>

Contributed by Armando Martinez, CHA and Diabetes Coordinator

### INGREDIENTS:

- 1 cup quinoa
- 1 tablespoon olive oil
- 1 pound cremini mushrooms, thinly sliced
- 5 cloves garlic, minced
- 1/2 teaspoon dried thyme
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons grated Parmesan

### DIRECTIONS:

1. In a large saucepan of 2 cups water, cook quinoa according to package instructions; set aside.
2. Heat olive oil in a large skillet over medium high heat. Add mushrooms, garlic and thyme, and cook, stirring occasionally, until tender, about 3-4 minutes; season with salt and pepper, to taste. Stir in quinoa until well combined.
3. Serve immediately, garnished with Parmesan, if desired.

### Nutrition Information: (Per Serving)

1/6th Recipe  
155 calories  
5 g Fat  
23 g Carbohydrate  
7 g Protein

YIELD: 6 Serving  
PREP TIME: 10 Minutes  
COOK TIME: 25 Minutes  
TOTAL TIME: 35 Minutes



## Ginormous Fruit Salad Surprise

Recipe by <http://www.hungry-girl.com/>

Contributed by Armando Martinez, CHA and Diabetes Coordinator

Prep: 15 minutes Chill: 1 hour or more

### INGREDIENTS:

- 1/4 cup freshly squeezed orange juice
- 1 tsp. seasoned rice vinegar
- 1 tsp. granulated sugar
- 2 cups peeled and diced cucumber
- 1 cup blueberries
- 1 cup diced strawberries
- 1 large Fuji apple, chopped
- Optional garnish: fresh mint

### DIRECTIONS:

In a small bowl, combine orange juice, vinegar, and sugar. Stir until blended and set aside. Place cucumber, blueberries, strawberries, and apple in a large bowl. Top with the orange juice mixture and stir gently to coat. Cover and refrigerate for at least 1 hour (overnight is best). Stir gently just before serving. Garnish with mint, if using. Enjoy!

### MAKES 6 SERVINGS:

1/6 of recipe, about 1 Cup: 0 g Fat  
55 Calories 14 g Carbohydrate  
0.5 g protein





# Indoor Air Pollution and Health - Should you be Concerned about this?

Contributed by Roselynn Lwenya, Director Department of Natural Resources & Culture

### What is Indoor Air Quality?

According to the Environmental Protection Agency, Indoor Air Quality refers to the air quality within and around buildings and structures, especially as it relates to the health and comfort of building occupants. Understanding and controlling common pollutants indoors can help reduce your risk of indoor health concerns. Health effects from indoor air pollutants may be experienced soon after exposure or, possibly, years later. Some pollutants in the air are especially harmful for children, elderly people and those vulnerable. They may cause health problems such as sore eyes, burning in the nose and throat, headaches, fatigue, allergies, respiratory illnesses (such as asthma), cancer and other serious long-term conditions. Sometimes individual pollutants at high concentrations, such as carbon monoxide, cause death.

### Why should we be Concerned about Indoor Air Quality?

- With the COVID-19 pandemic, we are spending most of our time indoors.
- Vulnerable populations spend even more time indoors.
- The air inside your home, offices, and other buildings can be more polluted and harmful to your health than the air outside.
- Many “new” pollutants are associated with modern living.

### Primary Causes of Indoor Air Problems

- Indoor pollution sources that release gases or particles into the air.
- Inadequate ventilation.
- High temperature and humidity levels can also increase concentrations of some pollutants.

### Pollutant Sources

It is not always easy to tell if your home has poor air quality. You may notice bad smells or see smoke, but you cannot see or

smell other dangers like carbon monoxide and radon. Here are examples of pollutant sources:

1. Fuel-burning combustion appliances such as water heaters, gas stoves, clothes dryers and fire places.
2. Tobacco products – cigarette smoking etc.
3. Building materials and furnishings as diverse as:
  - a. Deteriorated asbestos-containing insulation.
  - b. Newly installed flooring, upholstery or carpet.
  - c. Cabinetry or furniture made of certain pressed wood products.
4. Products for household cleaning and maintenance, personal care, sprays and air fresheners.
5. Central heating and cooling systems and humidification devices.
6. Excess moisture.
7. Outdoor sources such as:
  - a. Radon
  - b. Pesticides
  - c. Outdoor air pollution.
8. Biological agents, such as pet dander, dust and mold. Pets can cause and trigger asthma.

### Basic Ways for Improving Indoor Air Quality

- Source control - eliminate individual sources of pollution or to reduce their emissions.
- Improved ventilation.
- To increase the amount of outdoor air coming indoors.

## Ten Things You Should Know about Mold

Contributed by the Natural Resources Department

Mold is a type of fungus. These small organisms can be black, white, orange, green, or purple and live almost anywhere indoors and outside. Molds thrive on moisture and reproduce through lightweight spores that travel through the air. You're exposed to mold every day. They're usually harmless in small amounts. But when they land on a damp spot in your home, they can start to grow. They release spores that you might breathe in. If you're sensitive to mold and inhale a lot of spores, it could make you sick. Information is from <https://www.webmd.com>.

Here are ten things you should know about mold which are from the EPA website <https://www.epa.gov/mold/ten-things-you-should-know-about-mold>

- |  |   |   |
|--|---|---|
| <ol style="list-style-type: none"><li>1. Potential health effects and symptoms associated with mold exposures include allergic reactions, asthma and other respiratory complaints.</li><li>2. There is no practical way to eliminate all mold and mold spores in the indoor environment; the way</li></ol> | <p>to control indoor mold growth is to control moisture.</p> <ol style="list-style-type: none"><li>3. If mold is a problem in your home or school, you must clean up the mold and eliminate sources of moisture.</li><li>4. Fix the source of the water problem or leak to prevent mold growth.</li><li>5. Reduce indoor humidity (to 30-60%) to decrease mold growth by:<ul style="list-style-type: none"><li>○ Venting bathrooms, dryers and other moisture-generating sources to the outside</li><li>○ Using air conditioners and de-humidifiers</li><li>○ Increasing ventilation</li><li>○ Using exhaust fans whenever cooking, dishwashing and cleaning</li></ul></li><li>6. Clean and dry any damp or wet building materials and furnishings within 24-48 hours to prevent mold</li></ol> | <p>growth.</p> <ol style="list-style-type: none"><li>7. Clean mold off hard surfaces with water and detergent, and dry completely. Absorbent materials such as ceiling tiles, that are moldy, may need to be replaced.</li><li>8. Prevent condensation: Reduce the potential for condensation on cold surfaces (i.e., windows, piping, exterior walls, roof, or floors) by adding insulation.</li><li>9. In areas where there is a perpetual moisture problem, do not install carpeting (i.e., by drinking fountains, by classroom sinks, or on concrete floors with leaks or frequent condensation).</li><li>10. Molds can be found almost anywhere; they can grow on virtually any substance, providing moisture is present. There are molds that can grow on wood, paper, carpet, and foods.</li></ol> |
|--|---|---|



# How to Make the Best of Your Time at Home

Contributed by Kimmy Bixby, CHA

“Stay home and save lives.” That’s what we’ve been hearing for the past few months and although it seems simple enough, it can cause strain on us mentally and physically. Socializing is a basic need in our lives, no matter how introverted or extroverted we may be. Without it we can become bored, unmotivated, depressed or anxious. We miss our friends and relatives outside of our homes.

Luckily, with technology these days, we have many ways to communicate, including video chats such as FaceTime or Zoom. I know it’s a huge adjustment, but it really can help us by seeing the faces or hearing the voices of our loved ones. There are also many offices doing counseling sessions over the phone and through video chat, so if you ever need someone to talk to, please don’t hesitate.

If boredom creeps up on you, here are a few things you can do to keep yourself busy, engaged and/or moderately active:

- **Gardening.** Even if you have a small yard, getting your hands in the dirt can help tremendously with depression and anxiety. Do something simple like plant a flower or pull a few weeds. It will give you a great feeling of accomplishment and could even motivate you to do more. Don’t have a yard? You can use that old flower pot you’ve had lying around.
- **Journaling.** Writing down things that have been on your mind can help clear space for more creating thinking.
- **Meditate.** This helps promote emotional health and well-being, reduces depression/anxiety, lengthens attention span, enhances self-awareness, and can even possibly reduce age-related memory loss.
- **Mindful breathing.** This can be done along with meditation and have similar effects, including stress reduction and regulating your body’s reaction to fatigue. It also can lower your heart rate, blood pressure, improve diabetic symptoms, and better manage chronic pain.
- **Walk around the house or walk in place.** Get your joints moving and your blood flowing so you don’t get stiff and sore from sitting too much. Movement is so important for your body and mind.
- **Do some easy indoor exercises.** Don’t overdo it, but try to make sure you’re working those muscles to keep up your strength and endurance. Try a few squats or use some hand weights or wrist-weights while moving around.
- **Read that book you’ve been holding onto.** Exercising your mind and staying sharp during this time is crucial. Do you have a good mystery or Sci-Fi book you’ve been wanting to read but haven’t had the time? Some may even want to look into the self-improvement or spiritual genres to help with encouragement and motivation. If you’re more hands-on, you can look into activity books such as adult coloring, Sudoku or crossword puzzles.
- **Write a letter.** Looking to do something you might not have done in quite a while? Write to a friend or relative and send it in the mail. Receiving letters these days is not so common anymore, and can be a nice surprise for someone when they open their mail box to a personalized letter. Sometimes it’s the tangible things that hold the most sentimental value to others.

- **Start those small home projects you’ve been needing to get done.** Clear out some of your old wardrobe and set it aside for a time to donate. Fix that leaky faucet. Reorganize your bedroom or office area. Purge the extra junk laying around. Rearrange furniture to change things up a bit — just don’t hurt yourself in the process.
- **Take up a hobby, or pick up an old hobby, such as painting, knitting, crocheting, etc.** Do a jigsaw puzzle — the more pieces the better.
- **If you have kids, remember to have fun.** Pull out a board game, play some music, as it can release mood-enhancing chemicals in your brain. Have a mini dance party in the living room with your kids, they will love it.
- **Watch a funny movie and have a good laugh.** They always say that laughter is the best medicine, so finding a good comedy can really help lighten the mood. Watch it with another member of your household if you want — laughing together is even better.

The suggestions above are just a fraction of ideas you can choose from while self-quarantined during these strange times. If you need more ideas, visit [usatoday.com](https://www.usatoday.com) and look up “100 things to do while stuck inside due to a pandemic”.

Remember that you are not alone — we are all in this together and will come out stronger, and hopefully with a feeling of self-worth, gratitude and a new outlook on life.

Last but not least, take care of yourself. Have patience, be forgiving. Love one another and stay safe. We care about you.

## Managing Stress During COVID-19 (Coronavirus)

### Stress during COVID-19 (Coronavirus)

The spread of a new virus like COVID-19 can be stressful. It is normal to feel fear and anxiety about COVID-19 as positive cases appear in local communities, and as routines are disrupted by social distancing and home isolation.

Stress during this time can have a big impact on home lives. It is normal to feel like things are out of control, but there are ways to bring down stress levels. To reduce stress, it is important to learn how to recognize the signs of stress and to learn strategies for managing stress. For some people - like those who experience violence at home - more help may be needed to support a safe home environment.

### Recognizing the signs of stress

A person’s body can react to stress in strong ways. People have different signs of stress, but they may include:

- An increase or decrease in energy and activity levels
- An increase in frustration, with outbursts of anger and frequent arguing
- Having trouble relaxing or sleeping
- Not wanting to eat or eating too much
- Worrying much more than usual
- Wanting to be alone most of the time
- Not able to feel pleasure or have fun
- Feeling depressed, anxious, or fearful
- An increase in alcohol use or use of illegal drugs

### Strategies to manage stress

Stress can be managed, even when it feels like it’s impossible to deal with. Here are some strategies to reduce stress at home:

- Take breaks from watching, reading, or listening to news stories, including social media. Instead, read a book or watch a show that takes the mind off the news.
- Care for the body! Take deep breaths with eyes closed, stretch, or meditate. Try to eat healthy, well-balanced meals, get plenty of sleep, and avoid alcohol and drugs.
- Exercise! Get outside for a walk, or do an in-home workout.
- Connect with others through a phone call or video chat! Share concerns and feelings with a friend or family member.
- Try to laugh! Humor is a great way to calm the mind.



### Support for those at risk of violence in the home

People who experience violence or abuse at home may be experiencing increased stress and danger during this period of social distancing and home isolation.

If someone is experiencing violence or abuse in their home, they are not alone. There are many resources available to help:

- The **National Domestic Violence Hotline** is 24/7, confidential and free: **1-800-799-7233** and through chat.
- The **National Sexual Assault Hotline** is 24/7, confidential and free: **800.656.HOPE (4673)** and through chat.
- The **StrongHearts Native Helpline** for domestic/sexual violence is available 7am-10pm CT, confidential, and specifically for Native communities: **1-844-762-8483**.
- The **SAMHSA Disaster Distress Helpline** offers 24/7, confidential and free crisis counseling: **1-800-985-5990**.
- They can also reach out to a friend, co-worker, or family member who can check in with them about their safety and support needs, and help them make plans for staying somewhere else if their situation becomes dangerous.

We all can support those at risk by reaching out to loved ones, friends, neighbors, and coworkers to see if they have the care and support they need, and if they feel safe at home. If you suspect someone you know may be experiencing violence or abuse at home, consider reaching out to let them know you are available to talk. You can also call the free, confidential **National Domestic Violence Hotline** 24/7 at **1-800-799-7233**.

For more information: [www.CDC.gov/coronavirus](https://www.CDC.gov/coronavirus)



JOHNS HOPKINS  
CENTER FOR AMERICAN  
INDIAN HEALTH

This publication was supported by  
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HS0001-01-00, funded by the Indian  
Health Service.

Effective May 6, 2020  
Sources: CDC, Futures Without Violence:  
[www.futureswithoutviolence.org](https://www.futureswithoutviolence.org)



# Road to Recovery

During this pandemic we would like to highlight some virtual recovery resources.

### Online groups

- **Narcotics Anonymous:** Online meeting worldwide for people struggling with substance abuse.
- **SMART Recovery:** A international organization that uses a cognitive behavioral therapy tool kit is also offering online meetings.
- **Recovery Dharma:** A organization uses Buddhist practices and principles to support people in recovery. This organizations has a directory of daily online meditationa and meetings.
- **Women for Sobriety:** A dedicated group to help women recover from substance use disorder by offering online groups.

### Free Apps

- **Connections:** This app is to help track sobriety and connect with supportive peers.
- **I Am Sober:** App used for planning an d maintaining recovery.
- **SoberGrid:** Large online support community and peer counseling.

If you have any questions, or are look for more information please contact Devynne Krossman at 541-404-0153 or email [dkrossman@ctclusi.org](mailto:dkrossman@ctclusi.org)

Site: New York Times, Online help to Stay Sober During Pandemic



Social distancing is beautiful.

Get close to what matters, and save lives. #DistanceToGetClose

#WellnessWarriors  
#DistanceToGetClose  
[caih.jhu.edu](http://caih.jhu.edu)



# Tips for Safe Grocery Shopping During COVID-19



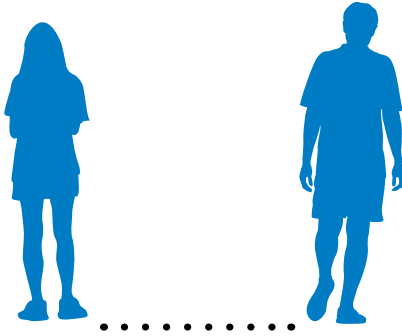
## Before Leaving the Home

- Write down a shopping list on paper to avoid touching your phone in the store.
- **Stay home if feeling sick with fever, cough, difficulty breathing, headache, muscle pain, chills, or sore throat.**
- Bring your own hand sanitizer, wipes, or cloth with cleaning solution if you have them.
- **Go alone** to the store to reduce risk to others in the home.
- Go when store is less crowded.
- **Contact store about new hours, and if there are special times for seniors or other groups.**



## Before Entering the Store

- **Wear a mask or bandana**, and make sure that it **covers both the mouth and nose.**
- **Wipe down shopping cart or basket handles** with disinfectant wipe or cloth with cleaning solution.
- Leave your reusable bags behind. Use plastic or paper bags from the store instead.



## When Inside the Store

- **Do not touch your eyes, nose, or mouth.**
- **Keep a distance of 6 feet from others at all times**, especially in the aisles and at checkout. Stores may also have additional distancing rules.
- **Cough or sneeze into a tissue or the inside of your elbow.**
- Use a debit card instead of cash when at the register.
- Clean your hands with hand sanitizer after paying at the register.



## When Entering Home

- Remove shoes and leave outside.
- **Wash your hands immediately upon returning home.**
- **Wipe down phone, wallet, debit card, and other objects touched** while in store with disinfectant wipes or cleaning solution.
- **Wipe down countertops** with disinfectant wipes or cleaning solution after unpacking food.
- Put empty grocery bags in the trash.
- **Wash hands again after unpacking food.**
- Do not use disinfectant wipes or cleaning solution to clean food. Instead, rinse fruits and vegetables with water before eating.

**Tips in bold** are the most important steps for staying safe from COVID-19 in public.

For more information, visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus).



## Coronavirus (COVID-19) and Stigma Viruses Don't Discriminate, and Neither Should We

Stigma is a strong feeling of disapproval that is often based on unfair judgment or misinformation about a group of people or certain actions or activities. The stress, fear, and anxiety about a disease, like COVID-19, can lead to stigma toward people or places. Stigma hurts everyone by creating fear and anger. Stigmatized people are hurt emotionally and mentally, and may be rejected by others, denied healthcare, education, housing or employment, or even face physical violence. We can all do our part to reduce stigma.



### Coronavirus doesn't recognize race, nationality, or ethnicity.

Diseases can make anyone sick regardless of their race or ethnicity. COVID-19 started in China, but that's just geography. Having Chinese ancestry (or any other ancestry) does not make a person more likely to get COVID-19. Likewise, being from a place where people have COVID-19 doesn't mean the person has the disease.



### Wearing a mask does not mean a person is ill.

We should not judge someone for wearing a mask/bandana or assume they are sick. People wear masks for a variety of reasons, including to avoid pollen and air pollution, for cultural and social reasons, or they may be wearing the mask because they (or someone they care for) are at higher risk for getting sick, and they are trying to protect themselves. They may be a health care worker doing their best to keep everyone safe.



### You can interrupt stigma. Start by sharing information that is true.

Know the facts and avoid spreading misinformation. Stay informed through trusted sources like the Centers for Disease Control and Prevention (CDC.gov), Indian Health Service (IHS.gov), Johns Hopkins University (JHU.edu), etc.



### Speak up if you hear, see, or read false information or mistreatment of others.

Gently correct false information, and remind the speaker that speaking badly of others and treating them unkindly makes us all less safe. If serious mistreatment occurs, report it to authorities or call 911.



### Show compassion and support for those most closely impacted.

Listen to, acknowledge and, with their consent, share the stories of people experiencing stigma, along with a message that treating people this way is not acceptable in your community. Create learning opportunities for youth and others to identify and correct racist and misinformed ideas.



### We're all in this together.

Everyone can do their part to help slow the spread of coronavirus. There are things you can do to help keep yourself and others healthy. Stay home, wash hands often with soap and water for at least 20 seconds, avoid touching eyes, nose and mouth, and clean and sanitize commonly-touched items in the home frequently. When sick, stay away from others and cover coughs and sneezes with a tissue, then throw the tissue in the trash and wash hands.



JOHNS HOPKINS  
CENTER FOR AMERICAN  
INDIAN HEALTH

This publication was supported by Cooperative Agreement  
U254IHS0001-01-00, funded by the Indian Health Service.

Effective March 31, 2020

Source: CDC & King County, WA <https://kingcounty.gov/depts/health.aspx>

For more information:  
**CDC.gov/coronavirus**

# LIHEAP

## Low Income Home Energy Assistance Program

The Family Support and Behavioral Health Department continues to offer Heating Assistance for qualifying households. To receive heating assistance contact the FSBH Department or fill out an application on the CTCLUSI website at <https://ctclusi.org/family-services>. Eligible households must reside within the five county service area of Coos, Curry, Lincoln, Douglas, and Lane, and fall into 60% of the Estimated Oregon State Median Income as listed below. To qualify, your yearly income needs to be at or below the following:

1 Person Family	\$24,549
2 Person Family	\$32,103
3 Person Family	\$39,656
4 Person Family	\$47,210
5 Person Family	\$54,764
6 Person Family	\$62,317



In order for your application to be processed and determine qualification you must provide:

Proof of Income (Pay Stub)	Social Security Card
Copy of your utility bill	SSI or SSDI Statement of Benefits
Tribal Enrollment Card	Child Support Statement
Oregon Trail Card	Current Oregon Health Plan Card

No appointment is necessary, Tribal Households can obtain and fill out the application on-line at <https://ctclusi.org/family-services> or contact a Family Support and Behavioral Health staff for assistance. If you have any questions regarding the LIHEAP program you can also contact Shayne Platz at 541-297-3450.

\*Note that available funding can be subject to change .

Updated 01-10-2019

### FOOD BOX SITES

#### BANDON

##### Bandon Restoration Worship Center

Service Days: 4<sup>th</sup> Thur. each Month. 4pm-6pm  
89 North Ave NE, Bandon, Oregon 97411  
(541) 347-4900 x3

##### Bandon Good Neighbors

Service Days: 1<sup>st</sup> Tue. of each Month 9am-12pm  
1100 11<sup>th</sup> St. SW, Bandon, Oregon 97411  
(541) 329-2399 or (541) 347-8406

#### BROOKINGS

##### Brookings-Harbor Community Helpers

Service Days: Mon-Fri 10am-1pm  
539 Hemlock St. Brookings, Oregon 97415  
(541) 469-6988

#### CHARLESTON

##### Charleston Food Pantry

Service days: Wednesdays 10am- 1 pm  
63081 Crown Point Rd. Charleston, Oregon 97420  
541-756-4920

#### COOS BAY

##### Coos Bay SDA Food Pantry

Service days: Tuesdays 9:30am- 12pm  
2175 Newmark Ave. Coos Bay, Oregon 97420  
(541) 756-5812

##### Coos Food Cupboard

Service Days: Mon/Wed/Fri 12-2pm  
370 Market St. Coos Bay, Oregon 97420  
(541) 217-0258

##### Salvation Army

Service Days: Tue-Thurs 9:30am-11am  
1155 Flanagan Ave. Coos Bay, Oregon 97420  
(541) 888-5202

##### ORCCA Produce Program

Service Day: Wed & Fri 9:30am to 5pm  
1855 Thomas Ave. Coos Bay, Oregon 97420  
541-435-7080

#### COQUILLE

##### Bear Cupboard

Service Days: 1<sup>st</sup> Tuesday 4-6 pm  
All other Tuesdays 11am - 1pm  
790 W 17<sup>th</sup> St. Coquille, Oregon 97423  
541-824-1455

## Coos/Curry Food Resources

#### GOLD BEACH

##### Gold Beach Christian Help

Service Days: Mon, Wed & Thurs. 8am-2pm  
Friday 8am-11:00pm  
29813 Colvin St. Gold Beach, Oregon 97444  
(541) 247-4054

##### Gold Beach SDA

Service Days: Tuesdays 9am-1pm  
94191 3<sup>rd</sup> St. Gold Beach, Oregon 97444  
(541) 247-2057

#### MYRTLE POINT

##### Myrtle Point Food Pantry

Service Days: 1<sup>st</sup> & 3<sup>rd</sup> Thursdays 10am-2pm  
1320 Maryland Ave. Myrtle Point, Oregon 97458  
(541) 260-4370

#### NORTH BEND

##### North Bend Presbyterian Church

Service Days: Mon. & Wed 9:30am-12pm  
2238 Pony Creek Rd. North Bend, Oregon 97459  
(541) 756-4155

#### PORT ORFORD

##### The Common Good

Service Days: Wed. 10am-12pm & 1pm-3pm  
2015 Washington St. Port Orford, Oregon 97456  
(541) 332-1365

#### POWERS

##### Powers Food Pantry

Service Day: 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays-times vary  
510 2<sup>nd</sup> Ave. Powers, Oregon

#### REEDSPORT

##### AARP Food Pantry

Service Days: Thursdays 11am-2pm  
810 Greenwood Ave. Reedsport OR 97467  
(541) 271-3609

##### Project Blessing

Service days: Tue & Wed 1-3pm, Fri 11am-1pm  
150 S 20<sup>th</sup> St. Reedsport, OR 97467

### MEAL SITES

#### BANDON

##### E.A.T. (Everyone At Table) @ The Bandon Barn

Service Days: Tuesdays from 5:30-6:30pm  
1100 11<sup>th</sup> St. SW Bandon, Oregon 97411

#### BROOKINGS

##### Chetco Senior Center - Low Cost Meals

Service Days: Mon-Fri 11:15am-12:30pm  
550 Chetco Ln. Brookings Oregon 97415  
(541) 469-6822

##### Brookings Community Kitchens

Mon. - Brookings SDA 12 - 1  
541-469-3030 (2<sup>nd</sup> and 4<sup>th</sup> only)  
Tue. - St. Timothy's Epis. 12 - 1  
541-469-3314  
Wed. - Star of the Sea Cath. 12 - 1  
541-469-2313  
Thu. - Brookings Pres. 12 - 1  
541-469-3725  
Fri. - Trinity Lutheran 12 - 1  
541-469-3411  
Sat. - St. Timothy's Epis. 12 - 1  
Sun. - St. Timothy's Epis. 12 - 1

#### COOS BAY

##### Bay Area Senior Center -Low Cost Meals

Service Days: Tues-Fri 11:30am-12pm  
866 S. 4<sup>th</sup> St. Coos Bay, Oregon (entrance in rear)  
(541) 269-2626

##### College Park Church Community Breakfast

Service Days: Saturdays 7am-9am  
2548 Newmark Ave. Coos Bay, Oregon 97420  
(541) 290-1463

##### The Devereux Center (Breakfast and Lunch)

Service Days: Mon/Tues/Wed/Fri 9am-2pm  
Thurs. Waffle Brunch 10am-12pm  
1200 Newmark Center, Coos Bay, Oregon 97420  
(541) 888-3202

##### South Coast Gospel Mission

(Shelter and Free Meals)  
Service Days: Mon-Fri 7-7:30am, 12-1pm, 5-6pm  
Sat 7:30-8am & 5-6pm  
1999 North 7<sup>th</sup> St. Coos Bay, Oregon 97420  
(541) 269-5017

#### Mingus Park

Service Days: Thursday 1pm-2pm  
Ends February 2019

#### North Bend Senior Center -Low Cost Meals

Service Days: Mon-Thur 11:30am-12:30pm  
170 Airport Lane, North Bend, Oregon  
(541) 756-7622

#### United Methodist Church

Service Days: Saturday 11am-1pm  
123 Ocean Blvd. Coos Bay, Oregon 97420  
(541)267-4410

#### GOLD BEACH

##### Gold Beach Senior Center - Low Cost Meals

Service Days: Tues-Fri 11:30am-12:30pm  
29841 Airport Way, Gold Beach, Oregon 97444  
(541) 247-7506

### OTHER RESOURCES

#### ORCCA - [www.orcca.us](http://www.orcca.us)

Energy Assistance, Housing Assistance, Heads Start, South Coast Food Share, Weatherization, CASA, Great Alternatives  
1855 Thompson Ave. Coos Bay Oregon 97420  
(541) 435-7080

#### Bay Area First Step (Formerly T.H.E. House)

Temporary Shelter - applications accepted Mon-Fri 2pm to 4pm at  
745 Koois Bay Blvd, Coos Bay, Oregon 97420  
(541) 267-5331

#### Aging and People with Disabilities

(541) 756-2017  
2675 Colorado Ave. North Bend, OR 97459

#### Western Oregon Advanced Health (WOAH)

Oregon Health Plan - 541-269-7400  
289 LaClair St. Coos Bay, Oregon 97420

#### Coos Health and Wellness (County Health Dept.)

281 LaClair St. Coos Bay, Oregon 97420  
(541) 266-6700

#### Department of Human Services- SNAP, TANF,

Child Care - 541-808-6155  
1431 Airport Ln. North Bend, Oregon 97

#### Bay Area Church of the Nazarene

1850 Clark (off Broadway) warming, sundries

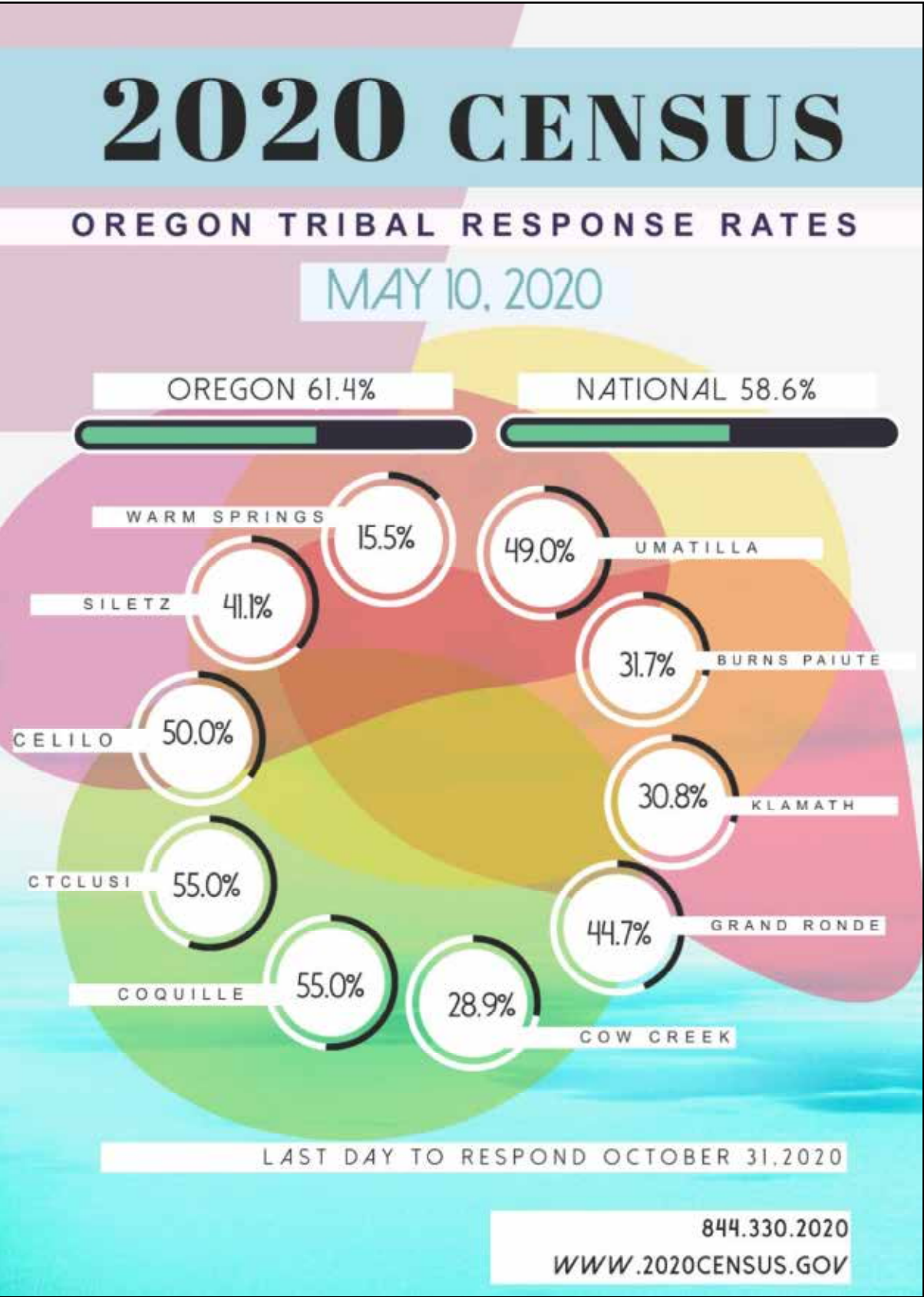
"ORCCA is an Equal Opportunity Provider and employer"

"ORCCA es un proveedor de igualdad de oportunidades y el empleador"

If there is something we have missed or updates to or information are needed please contact us at [southcoastfoodshare@orcca.us](mailto:southcoastfoodshare@orcca.us)

\*All services are free unless noted otherwise





*On the 2020 Census  
The Tribal Member  
MUST list “Head of  
Household” as Native  
American and write:  
Confederated Tribes of  
Coos, Lower Umpqua  
and Siuslaw Indians,*

**Ways to take the  
2020 census:**

**By Mail:** Simply mail in the census questionnaire that was sent to your household.

**By Phone:** Call (844) 330-2020 to speak to a Census hotline representative.

**Online:** go to [www.2020census.gov](http://www.2020census.gov) to fill out your census online.

**Do you need help filling out your census?**

Call Jeannie McNeil  
at (541) 888-7506

**Contact Information**

Have you updated your new contact information and address yet?

This information will help the CTCLUSI staff contact you. Without this information, you may not be aware of the current services that many programs are offering during the COVID-19 pandemic.

To update your information please use the Change of Address Form on CTCLUSI.org < Tribal Enrollment

If you have trouble or would like assistance please call Devynne Krossman at 541-808-5146

Be sure to check the Tribal website [www.ctclusi.org](http://www.ctclusi.org) for digital copies of The Voice of CLUSI monthly newsletter and more Tribal Government Information.

Visit <https://ctclusi.org/health-alert-notifications> for more information and links to the CDC concerning the Covid-19 Pandemic.

If you are a Tribal member who needs assistance getting signed up for full access to [www.ctclusi.org](http://www.ctclusi.org) please e-mail [mgaines@ctclusi.org](mailto:mgaines@ctclusi.org) or call (541) 808-7918.



# Health & Safety Measures at Three Rivers Casino Resort

As we begin the process of reopening our facility, the safety of our staff, guests and community is our number one priority. Our commitment is to make Three Rivers Casinos cleaner and safer than ever. In order to accomplish this, we are making a number of changes to our operation that you will notice when visiting property. We feel these changes are necessary to offer appropriate levels of protection to everyone visiting our facility. We appreciate your patience as we move implement these processes and look forward to seeing all of our friends again soon!

Sincerely,  
*Daniel Condry, Chief Executive Officer*

**Effective May 22, 2020 & Until Further Notice**

**\*Be advised, this information was posted 5/15/20 and may be subject to change after this publication has gone to print. Please check for current information on [www.threeriverscasino.com](http://www.threeriverscasino.com)**

## TRCR Florence Casino Facility

- Casino hours of operation will be 7am – 3am daily in Florence. These reduced hours will provide appropriate time for deep cleaning and sanitation at the end of each business day.
- Temperatures will be taken of each guest entering the casino using a touchless thermometer. Any person found to have a temperature in excess of 100.4 degrees will be asked to leave premises until their fever subsides.
- Protective face coverings must be worn by all team members and guests while inside the casino.
- Latex gloves are available to any guest upon request but are not required.
- Presentation of valid photo identification will be mandatory for all guests. You will be asked to lower your mask at the security check point to validate your photo ID.
- Roughly one third of our slot machines will be placed out of service and chairs will be removed to encourage responsible social distancing practices by our guests. Many of our machines have been repositioned to ensure we are offering as many of our most popular machines as possible. Both smoking and non-smoking areas of the casino are open for guests.
- Table games will be open from 10am to 1am, Sunday through Thursday; and 10am until 3am, Fridays and Saturday. Table games will have limited seating and are non-smoking.
- Poker is closed until further notice.
- Sanitizing stations have been placed throughout the property and we encourage frequent use by all guests.

## Restaurants

- Blue Bills will be open daily from 7am to 10pm with limited, socially distanced seating.
- Riverside Food Court will be open daily from 7am to 10pm with limited, socially distanced seating.

## RV Parking

- RV parking will be available with socially distanced spaces

## Hotel

- The hotel will be operating at limited capacity to provide the safest environment possible for our guests.
- Early check in and late check out will not be permitted.
- Room amenities (coffee, water bottles, toiletries and extra pillows/blankets) will only be available by request from the hotel front desk.

## TRC Coos Bay Casino Facility

- Casino hours of operation will be 7am – 2am. These reduced hours will provide appropriate time for deep cleaning and sanitation at the end of each business day.
- Temperatures will be taken of each guest entering the casino using a touchless thermometer. Any person found to have a temperature in excess of 100.4 degrees will be asked to leave premises until their fever subsides.
- Protective face coverings must be worn by all team members and guests while inside the casino.
- Latex gloves are available to any guest upon request but are not required.
- Presentation of valid photo identification will be mandatory for all guests. You will be asked to lower your mask at the security check point to validate your photo ID.
- Roughly one third of our slot machines will be placed out of service and chairs will be removed to encourage responsible social distancing practices by our guests. Many of our machines have been repositioned to ensure we are offering as many of our most popular machines as possible.
- Sanitizing stations have been placed throughout the property and we encourage frequent use by all guests.

## Restaurants

- Café 1297 will be open daily from 7am to 10pm with limited, socially distanced seating.

**\*Be advised, this information was posted 5/15/20 and may be subject to change after this publication has gone to print. Please check for current information on [www.threeriverscasino.com](http://www.threeriverscasino.com)**

**Due to Covid-19, some of our positions may not be actively interviewing; however, we are accepting applications for these important jobs.**

**Please visit the website (jobs updates daily) or contact Recruitment for additional information.**



## Department of Human Resources

Current Openings at CTCLUSI and All Other Tribal Entities

### Three Rivers Casino Resort ~ Florence

Director Management Information Systems  
Food & Beverage Supervisor  
Bartender  
Hotel Front Desk Lead  
Hotel Front Desk/PBX Clerk  
Guest Room/Laundry Attendant  
Player Services Representative  
Table Games Pit Manager  
Table Games Dealer  
Golf Course Golf Shop Assistant

### Blue Earth Services & Technology

No Openings

### Tribal Government Offices

Director of Education, Coos Bay  
Director of Family Support and Behavioral Health Services, Coos Bay  
Assistant Planner, Coos Bay  
Payroll Specialist, Coos Bay  
Special Events Employee, Assignment Varies



<http://ctclusi-int.atsondemand.com/>

Go to **Job Opportunities** on the website for full job posting and to Apply Online

**Updated Daily**

Or call Recruitment at 541-999-7860

