



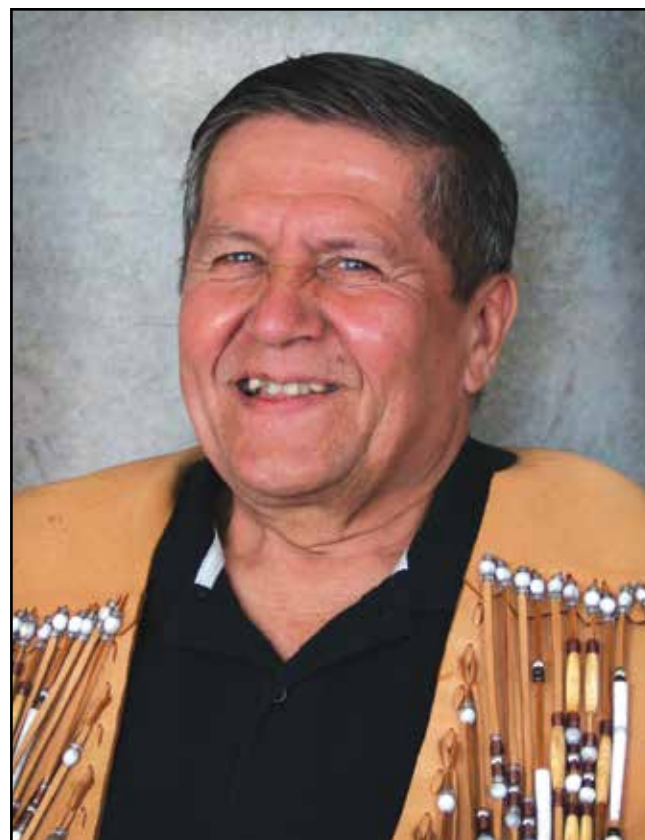
Chief Doc Slyter Elected April 11, 2020

Daii Tribal Members,

I would like to say "thank you" to the Tribal community for electing me as your new Tribal Chief. Along with that, I would like to say **Thank You** to Chief Warren Brainard for his 12 years serving as your elected Tribal Chief. We all appreciate the time and effort he gave to our Tribe. His willingness to always step forward to attend meetings that no one else could attend, the numerous trips he drove weekly to attend meetings and the sacrifices he made to be present for his Tribal community will always be remembered. A special thank you to the Chief's wife, Marjene Brainard, for her endless support and involvement with the Chief and the Tribe the last 12 years, too.

The Tribal Council will be filling the vacancy on council that was the result of myself, Chairman Doc Slyter being elected as Tribal Chief. Anyone interested in serving on Tribal Council for the remaining 3 years of this term, please send a letter of intent to Jeannie McNeil c/o Confederated Tribes of Coos, Lower Umpqua, and Siuslaw Indians, 1245 Fulton Avenue, Coos Bay, OR 97420. If at all possible, please practice safety guidelines and social distancing and e-mail your letter of interest to jmcneil@ctclusi.org. Letters of interest for serving on Tribal Council are due by May 31st.

We would like to make all the General Tribal Members aware that we, your elected Tribal Council, have decided to close both of our Tribal Casinos on March 18th for not only the safety of our employees, but the general public as well. Also, as of April 5th we have furloughed most of our casino staff. As you may be aware, our main cash flow for the General Fund comes from the casino profits. Therefore we are trying to keep important programs that depend on the General Fund for their financing available to our Tribal members during these difficult and unprecedented times.



On behalf of your Tribal Council and Administration staff we hope everyone is staying safe, healthy and practicing social distancing. Chief Daloose Jackson who passed on in 1906 gifted us his power dream song –

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

Please remember this positive energy that we all need in these trying times.

-Chief Doc Slyter

Also in this Edition: Covid-19 Pandemic Tribal Response



Family Support Services Response to Pandemic page 5

Important Purchase/Referred Care information page 10

CDC How to make face covering (sew and no sew) and how to use them properly page 7

Educational Community Resources page 20

Pictured left: Family Support Services staff members Shayne Platz and Jamie Broady pick up food boxes for delivery to families in the Eugene/Springfield area.

Save the Date:

Deadline to submit letter of interest to
run on Tribal Council

May 31, 2020

Submit letters to jmcneil@ctclusi.org

Tribal Council Business

Activity of Elected Tribal Council Members from March 8 – April 11, 2020

Chief Doc Slyter:

3-8-20 Tribal Council Regular Meeting 5hr
 3-12-20 Leader's Circle (2 hours)
 3-16-20 Special Tribal Council Meeting Call (1 hour)
 3-17-20 Teleconference with 9 Tribes (2 hours)/Leader's Circle (2 hours)
 3-19-20 Tribal Council Special Meeting
 3-20-20 Oregon State & 9 Tribes Call (1.5 hours)
 3-25-20 Merkley Staff call (1 hour)
 3-26-20 Tribal Leader Town Hall COVID-19 (1.5 hour)/Oregon Tribes Call (1 hour)/Leader's Circle (2 hour)
 3-27-20 Special Tribal Council Meeting (1 hour)/OR State call (1.5 hours)/ERT call (1 hour)
 3-31-20 Emergency Response Team call (1 hour)
 4-2-20 CARES Act Tribal Consultation (1 hour)/Indian Country COVID-19 Update (1 hour)
 4-3-20 Special Tribal Council Meeting (30 Min)/CAREs Act discussion with Mapetsi (1hour)/ OR State call (1.5 hours)
 4-4-20 Special Tribal Council Meeting (30 min)
 4-9-20 Tribal Leader COVID-19 Consultation (3 hour)/Special Tribal Council Meeting [in lieu of Apr 12 meeting] (2 Hours)

Debbie Bossley, Chair:

3-8-20 Tribal Council Regular Meeting 5hr
 3-16-20 Leaders Circle 1.25 hrs
 3-17-20 Leaders Circle 1 hr
 3-18-20 Special finance mtg 1 hr
 3-19-20 Tribal Council Special Meeting 1.25 hrs
 3-20-20 State-Tribal 1 hr
 3-26-20 9 Tribes 1.25 hrs
 3-26-20 Leaders Circle 1 hr
 3-27-20 Special Meeting .5 hr
 3-27-20 State-Tribal Meeting 1 hr
 3-27-20 Leaders Circle & Emergency Meeting 1.45 hrs
 3-31-20 Leaders Circle & Emergency Meeting 1.5 hrs
 4-2-20 Consultation Meeting CARES ACT 3 hrs
 4-3-20 Special Meeting 1 hr/ Meeting with Mapetsi 1 hr,/ State-Tribal Meeting 1 hr
 4-4-20 Special Meeting 1 hr
 4-8-20 DeFazio Townhall Meeting 1 hr
 4-9-20 Consultation, the CARES ACT 3 hrs/ Special mtg 2.5 hrs

Iliana Montiel:

3-8-20 Tribal Council Regular Meeting 5hr
 3-12-20 Tribal Council Leader's Circle
 3-16-20 Special TC teleconference meeting
 3-17-20 teleconference with Brenda Meade; special TC teleconference call
 3-18-20 Special TC teleconference
 3-19-20 Tribal Council Special Meeting
 3-20-20 State-Tribal w/ Governor call re: Covid-19
 3-23-20 IHS Covid-19 funding tribal consultation call; Special TC teleconference
 3-24-20 NPAIHB Covid-19 update
 3-26-20 White House call; OR Tribes call; TC Leaders circle call
 3-27-20 Special TC resolution teleconference; State-Tribal call w/ Governor re: Covid-19; Tribal

Council Emergency Response Team teleconference
 3-31-20 NPAIHB Covid-19 update; Tribal Council & Emergency Response Team teleconference meeting; Investment committee meeting teleconference
 4-1-20 IHS Tribal consultation – CARES Act Covid-19 funding call
 4-2-20 CDC funding opportunity call; CARES Act consultation call; Indian County Covid-19 update call; Leader's circle call
 4-3-20 SBA zoom re: PPP; Special Tribal Council teleconference; Tribal Council CARES Act discussion w/ Mapetsi; State-Tribal call w/ Governor
 4-4-20 Special Meeting 1hr
 4-7-20 NPAIHB Covid-19 update call
 4-8-20 BABY arrived!
 4-9-20 Tribal Leader Coronavirus relief consultation call; Special TC teleconference

Josh Davies:

3-8-20 Tribal Council Meeting 5hr
 3-9-20 Education Meeting 1hr
 3-10-20 Western Regional Educator Network/Educator Advancement Council 7hrs
 3-12-20 Leaders Circle 2hr
 3-16-20 Special Meeting 1.25 hrs
 3-17-20 Special Teleconference Call 1 hr
 3-18-20 Special Teleconference Call 1hr
 3-19-20 Special Teleconference Call 1.25hr
 3-20-20 Signed Resolutions at Admin .30hrs/Election Board Meeting 1hr/ Conference Call with Gov Kate Brown 1.5hr
 3-23-20 Special Teleconference Call
 3-26-20 Oregon Tribes Call 1.25hr / Tribal Council Leaders Circle 1hr
 3-27-20 Special Meeting .30hr / State Tribal Call : Covid -19 1.5hr/Teleconference : Covid -19 1hr
 3-31-20 Tribal Council / Emergency Response Team Covid -19 Meeting .30hr/ CARES Act Discussion with Mapetsi 1hr/
 4-4-20 Special Council Meeting 1hr
 4-6-20 Federal – Tribal Covid -19 Conference Call
 4-8-20 DeFazio Townhall 1hr
 4-9-20 Consultation CARES Act 3hr/ Special Council Meeting (in place of April 12 Tribal Council Meeting) 2.5hr

Doug Barrett:

3-8-20 Tribal Council Regular Meeting 5hr
 3-12-20 Leaders Circle – 2hrs.
 3-16-20 Special Tribal Council Leaders Circle – 1.25 hrs.
 3-17-20 9-Tribes teleconference call in – 2 hrs. , Special Leaders Circle call in – 2hrs.
 3-18-20 Special Finance Mtg. call in -1hr.
 3-19-20 State and Tribal Leaders call – 1.5 hrs. , Special Leaders Circle Call In. – 1.5hrs.
 3-20-20 State & Tribal call – 1.5hrs.
 3-25-20 Merkley Staff call – 1hr.
 3-26-20 Covid – 19 Tribal leaders Town Hall call – 1.5hrs. , 9-Tribes Call 1.5 Hrs. , Leaders Circle call – 2h
 3-27-20 Special Tribal Council Cares Act meeting call– 1hr. , State & Tribal Leaders call – 1hr. , Emergency Leaders Circle call – 1.45hrs.
 3-30-20 All Tribes NIHB call – 2hrs.
 3-31-20 Leaders Circle & Emergency Meeting call– 1.5hrs.

4-1-20 BIA & Treasury Cares Act. call – 2hrs. , OYA Webinar on Covid -19 – 1hr.
 4-2-20 CARES Act Tribal consultation call – 3hrs. , Tribal Leaders Circle, Covid -19 call in – 1hr.
 4-3-20 Special Tribal Council Meeting call 30min. , Stay home order & PPP application call with MAPETSI – 1hr. , State Tribal Meeting call 1.5hrs.
 4-4-20 Special Tribal Council meeting call in – 30 min.
 4-8-20 White House Covid -19 Briefing call in -1hr. , Defazio Town hall call in -1hr.
 4-9-20 Tribal Leaders Covid-19 call in – 3hrs. , Covid-19 update call 3hrs. , Special Council Meeting call – 2.5hrs. in place of tribal Council \$ General Council Meeting.
 4-10-20 Covid-19 update with Treasury consultation call – SBA & PPP – 2hrs.

Mark Petrie, Vice-Chair:

3-8-20 Tribal Council Regular Meeting 5 hr
 3-9-20 Hillcrest 4th Grade Program at Coquille Plankhouse (2 hours)
 3-10-20 North Bay 4th Grade Program at Coquille Plankhouse (2 hour)
 3-11-20 BOEM Webinar on Off-shore Wind (OSW) (1.5 hours)
 3-12-20 Grand Ronde Forestry Field Trip (all day)/OCEAN OSW Call (1 hour)/Leader's Circle (2 hours)
 3-13-30 Grand Ronde Forestry Field Trip (7 hours)
 3-16-20 Special Tribal Council Meeting Call (1 hour)
 3-17-20 Teleconference with 9 Tribes(2 hours)/Leader's Circle(2 hours)
 3-19-20 OCEAN OSW Call(1 hour)/Special Council Meeting(1hour)
 3-21-20 Oregon State & 9 Tribes Call (1.5 hours)
 3-25-20 Merkley Staff call (1 hour)
 3-26-20 Tribal Leader Town Hall COVID-19 (1.5 hour)/Oregon Tribes Call (1 hour)/Leader's Circle (2 hour)
 3-27-20 Special Tribal Council Meeting (1 hour)/OR State call (1.5 hours)/ERT call (1 hour)
 3-30-20 Ocean OSW call(1.5 hour)/NIHB all Tribes call (2 hours)
 3-31-20 CLUSI Language Zoom Meeting(1 hour)/ERT call (1 hour)
 4-2-20 OCEAN OSW Call (2 hour)/CAREs Act Tribal Consultation (1 hour)/ Indian Country COVID-19 Update (1 hour)
 4-3-20 Special Tribal Council Meeting (30 Min)/CAREs Act discussion with Mapetsi (1hour)/ OR State call (1.5 hours)
 4-4-20 Special Tribal Council Meeting (30 min)
 4-6-20 2.5 GHz Broadband Webinar (2 hour)
 4-9-20 Tribal Leader COVID-19 Consultation (3 hour)/Special Tribal Council Meeting [in lieu of Apr 12 meeting] (2 Hours)

**For the most up to date
 information about
 Coronavirus visit the Centers
 For Disease Control (CDC)
 website at
www.cdc.gov**

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 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 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
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

Vacant

Position #1 Council

Debbie Bossley, Chair

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

Mark Petrie, Vice-Chair

Position #3 Council
541-297-3681 (cell)
mark.petrie@ctclusi.org

Josh Davies

Position #4 Council
541-294-4105
josh.davies@ctclusi.org

Iliana Montiel

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

Doug Barrett

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

Council Meeting

May 17, 2020
CTCLUSI Community Center
338 Wallace Street, Coos Bay,
Oregon
10:00 a.m.

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

Upcoming Events

May 10th - Mother's Day

May 17th - Tribal Council Meeting,
Community Center 10:00 a.m.

May 29th - Deadline for CTCLUSI
Scholarships:Carolyn Slyter Scholarship Fund
and the Grace Brainard Scholarship Fund

May 25th - Memorial Day

May 31st - Deadline to submit letter of interest
to run on Tribal Council

June 21st - Father's Day

Be sure to check the Tribal website 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 please e-mail 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. 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

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

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

Tribal Housing Department
Linda Malcomb - Director
1245 Fulton Avenue
Coos Bay, OR 97420
Phone 541-888-1310
Fax 541-435-0492
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

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

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

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

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

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

Tribal Police
Brad Kneaper
Chief Law Enforcement Officer
5647 Hwy 126, Suite 100
Florence, OR 97439
Phone 541-997-6011
Fax 541-902-6507
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

Council Corner

Hello Tribal membership,

On Monday, April 20th Tribal Council held a special meeting to swear in our newly elected Chief, Doc Slyter and to determine your new Chairperson. I'm excited to announce that I have been voted as your new Chair. We, along with the Emergency Response Team (ERT) of Government staff are making sure to stay up to date with the CDC's recommendations as well as participating in numerous calls to local, state, and federal governments to ensure we receive emergency response funding.

There are a number of resources available to you through the Tribe. Please read through your newsletter to see what our essential services staff have to offer.

More information and resources can be found on the Tribes website at www.ctclusi.org

Tribal Council has an open seat to fill. If you are interested in serving on Council please e-mail a letter of interest to jmcneil@ctclusi.org


The deadline is May 31st



We highly encourage any Tribal member who is interested to apply.

Stay well, Stay safe

-Chair Debbie Bossley



**CONFEDERATED TRIBES OF
COOS, LOWER UMPQUA AND SIUSLAW INDIANS**
TRIBAL GOVERNMENT OFFICES
1245 Fulton Avenue - Coos Bay, OR 97420
Telephone: (541)888-9577 Toll Free 1-888-280-0726 Fax: (541)888-2853


ELECTION RESULTS FOR THE TRIBAL COUNCIL POSITIONS

APRIL 11, 2020 - TRIBAL CHIEF ELECTION

CHIEF CANDIDATE
Donald (Doc) Slyter 154

These are the sworn results of the April 11, 2020, for Tribal Chief Election. Number of ballots received by Isler CPA, Eugene, Oregon Certification attached.


Election Board Chairperson


Election Clerk

Fitness Program Reimbursements and
Chore Services Requests Temporarily
Suspended

Due to the office closure for the coronavirus pandemic, we are unable to process Fitness Program reimbursements and Chore Services requests.

Once the office reopens, we will process requests in the order in which they were received.

We apologize for any inconvenience.

Resolution Summaries

- RESOLUTION NO.:** 20-010
Date of Passage: January 29, 2020
Subject (title): Enrollment of New Members
Explanation: The Tribal Council approves the Enrollment of the following: Jack Dillan Barton, Tiereny Kaden Littlefeather Perry and Brooks Aron Zimmer. **Vote 7-0-0**
- RESOLUTION NO.:** 20-011
Date of Passage: January 29, 2020
Subject (title): Enrollment Name Changes
Explanation: The Tribal Council approves the name changes of one Tribal Member. **Vote 7-0-0**
- RESOLUTION NO.:** 20-012
Date of Passage: February 9, 2020
Subject (title): Approval of Compact of Self-Governance with United the States of America – Department of Interior
Explanation: The Tribal Council approves the request to participate in Tribal Self Governance Program Planning to strengthen its control of federal funding and program management for FY2020. **Vote 7-0-0**
- RESOLUTION NO.:** 20-013
Date of Passage: February 9, 2020
Subject (title): Timber Request to the Siuslaw National Forest for the Big Creek Floodplain Restoration Project for the MidCoast Watershed Council

- Explanation:** The Tribal Council approves this request to collaborate in this salmon habitat restoration project at Big Creek and to request timber from Siuslaw Nation Forest for the Restoration Project.
Vote 7-0-0
- RESOLUTION NO.:** 20-015
Date of Passage: February 26, 2020
Subject (title): Substance Abuse and Mental Health Services Administration (SAMHSA) Circles of Care Grant Application Approval SAMHSA Circles of Care Grant Application
Explanation: The Tribal Council approves the submission and requests full funding consideration for the grant to the Department o Health and Human Service Substance abuse and Mental Health Service Administration to expand and enhance the mental health serves available to Tribal Members. **Vote 6-0-0**
- RESOLUTION NO.:** 20-018
Date of Passage: March 8 2020
Subject (title): 2019 Annual Performance Report Submission
Explanation: The Tribal Council approves the submission of the required Annual Performance Report (APR) to the US Department of Housing and Urban Development (HUD). **Vote 7-0-0**

In this public paper, some titles and explanation will not display details due to confidentiality

COVID-19 Food Distribution: A Collaborative Operation Providing Supplies, Resources, Food and Hope to Tribal Families

During these uncertain times, many families are experiencing unforeseen hardships. In an effort to provide resources and support to Tribal families, the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians Tribal Council, Chief Executive Officer, Family Support and Behavioral Health Services Department, and Health Department, in conjunction with the Three Rivers Casino Chief Executive Officer and US Foods, purchased, organized and distributed over 75 boxes of food and drinks to Tribal families as well as 150 boxes to Tribal elders. This is the second food distribution the Tribal Government and Three Rivers Casino staff have collaborated to provide to the community since the COVID-19 pandemic began.

This was a large-scale operation, from

the unloading of the pallets, moving and sorting the food items, packaging the boxes, and distributing the food to families in Coos Bay/North Bend, Florence and Eugene/Springfield. Fourteen Tribal Government staff worked tirelessly a full day to move and sort the food to be distributed. In addition to the boxes of food, Tribal families will receive packets with various information about available resources during COVID-19, dental hygiene supplies, and a chance to speak with staff about any additional needs they may have. The informational packets were developed as a way to provide information about additional resources or updates to resources

such as self-sufficiency programs. The CTCLUSI Dental clinic provided dental hygiene kits to be distributed to Tribal families during the distributions to ensure they had dental supplies during the COVID-19 office closure.

We would like to thank Tribal Council, Alexis Barry, Dan Condry, Nathan Lowder and Sarah Waiss from US Foods, the Family Support and Behavioral Health Staff, The Health Department staff, and the Maintenance Department for your contributions and hard work to ensure we are able to continue to provide for Tribal families during this difficult time.

If you or someone you know are struggling, please contact Family Support and Behavioral Health Services at 541-808-7699 to be connected to resources.



łe' łəx (Medicine) of the Month: Reishi Mushroom

Contributed by Ashley Russell, Water Protection Specialist

Parts of Plant Used: Mushroom Fruiting Body

Herbal Actions: Reishi is antiviral, antibacterial, anti-inflammatory, and antioxidant. Known as the 'mushroom of immortality' this shelf fungus is also cardiotonic, meaning that it helps condition the heart, hepatic (i.e. improves liver function), anti-anxiety, and an immunomodulator.

Immunomodulators are not only used to help individuals who have low immune resilience, but they are also used by individuals who have overactive immune systems (i.e. allergies or autoimmunity). For those who regularly succumb to respiratory infections, reishi is particularly helpful as a daily remedy. Moreover, reishi helps support and balance the body in adapting to emotional, physical, and mental stress.

Preparation: A long decoction, preserved concoction, or syrup. This beautiful conk is better prepared as a tea than a tincture and should be simmered for a few hours to fully extract its medicinal compounds. As a tea, I personally love to pair it with chai blends. Dried reishi can be added to bone or vegetable broths as well to impart their immune-imparting goodness.

Contraindications: Avoid Reishi if you have mushroom allergies. Ask your health care provider if you are on blood-thinning medication.



Scientific Name: *Ganoderma spp.*

FUNGI COLLECTION WARNING - If you plan to collect fungi to be eaten/ingested, misidentified mushrooms can make you sick or kill you. Many mushrooms are poisonous, some are deadly poisonous, and the responsibility for eating any mushroom or fungus must rest with the individual. Do NOT eat mushrooms you are not 100% certain of. CTCLUSI takes no responsibility for damage caused by wrong identifications.

Seeking 7 Members to Fill the Newly Formed Language Committee

Contributed by Enna Helms, Linguistic Associate and Patricia Phillips, Tribal Linguist

We would like to announce the new formation of a Language Committee and the Tribal Council is actively looking to appoint seven (7) members! The committee's general focus will be on advocating for the revitalization of our indigenous languages: Miluk, Hanis, Siuslaw (including the southern dialect of Siuslaw spoken by the Quuiich people), and Chinook Jargon.

We would like to acknowledge the work around language that has brought us to this point with some brief knowledge of our languages. Hanis and Miluk are closely related languages spoken on and around Coos Bay. Hanis speaking villages were all along the upper Bay down to Empire, as well as Tenmile Lake. Miluk speaking villages began at Second Creek between Empire and Charleston, and continued down to South Slough and Cape Arago. Lower bay Miluks also had seasonal fishing camps on the South Fork of Coos River (the actual Millicoma River). Another band of people, the Lower Coquille that lived at the mouth of the Coquille River also spoke a dialect of Miluk. The Quuiich (Lower Umpqua) people lived from north Tenmile Lake north to Siltcoos River, along the lower Umpqua and Smith Rivers. Siuslaw people lived along the Siuslaw River and Lake Creek, and claimed the coast line from Siltcoos River north to Tenmile Creek/Stonefield Beach. Siuslaw and Quuiich are mutually intelligible dialects of the same language. This language is believed to be distantly related to the Coos Bay and Alsea languages - all four languages together have been described as the 'Coastal Oregon Penutian' languages. Many people were

multilingual - intermarriage and frequent travel for trade was common.

Chinook Jargon is a contact language that started at the mouth of the Columbia river to the Dalles and became well known and used throughout the Pacific Northwest among all the Tribes. Before white settlement the Jargon was used more commonly in connection to the Willamette Valley and Columbia River trade in which our Tribes took part in and used when we travelled those ways for various reasons mainly for prized trade items such as canoes. The "aluudaq" name for the high prow canoe was derived from the Quinalt language. It left a linguistic mark in indigenous languages

as they borrowed words from it like guushuu (pig) and muusmuus (cow). It also left a mark on the landscape as many place names in the Pacific Northwest have their origins in Chinook Jargon, such as Nesika campground up the Coos River, Skookumchuck River, Illahee and Cultus Beach.

Knowledge of our languages were recorded recently among CLUS and CIT communities. Today, many elders heard their elders speak some of the indigenous languages. From 2017-2019 we interviewed close to four dozen elders with a focus on remembered language, family stories, etc. Many of our elders recall words, phrases, sentences, and a lullaby in the Miluk, Siuslaw, Upper

Coquille and Chinook Jargon languages and recalled concepts specific to our tribal culture. We've also visited archives to retrieve copies of documents and recordings spanning a century of documentation on Hanis, Miluk and Siuslaw-Quuiich. All the documentation creates a body of knowledge that will contribute to revitalize our languages, and possibly coin new words for new technologies as the need arises.

The work around our indigenous languages, whether that be hearing our elders recall language, being exposed to language as a child, interpreting historical notes, and creating movement around language, transcends time from

the past to the present, and brings us here today. The intent of the Language Committee is to create space for tribal members to come together and share thoughts and ideas around language.

If you are interested in serving on the Language Committee, please submit a letter of interest to Jeannie McNeil by emailing jmcneil@ctclusi.org or mail to Attn: Jeannie McNeil, Tribal Admin at 1245 Fulton Ave. Coos Bay, OR 97420.

If you are interested in serving on the Language Committee, please submit a letter of interest to Jeannie McNeil by emailing jmcneil@ctclusi.org



Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

How to Wear Cloth Face Coverings

- Cloth face coverings should—
- fit snugly but comfortably against the side of the face
 - be secured with ties or ear loops
 - include multiple layers of fabric
 - allow for breathing without restriction
 - be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission. CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance. The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

For the most up to date information about Coronavirus visit the Centers For Disease Control (CDC) website at www.cdc.gov

Face Covering Do's and Don'ts:

DO:

- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

DON'T:

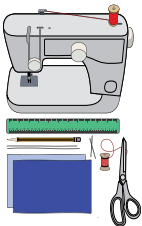
- ✗ Use if under two years old
- ✗ Use surgical masks or other PPE intended for healthcare workers

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Sewn Cloth Face Covering

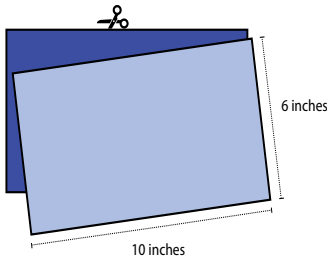
Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

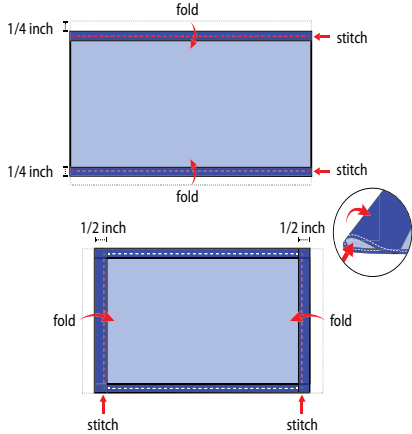


Tutorial

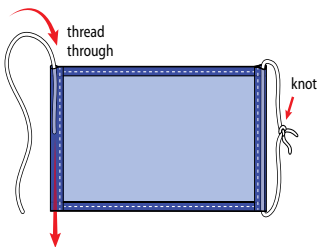
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.



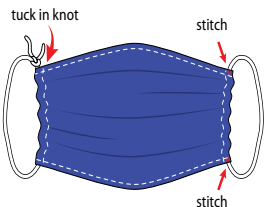
2. Fold over the long sides 1/4 inch and hem. Then fold the double layer of fabric over 1/2 inch along the short sides and stitch down.



3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the cloth face covering on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

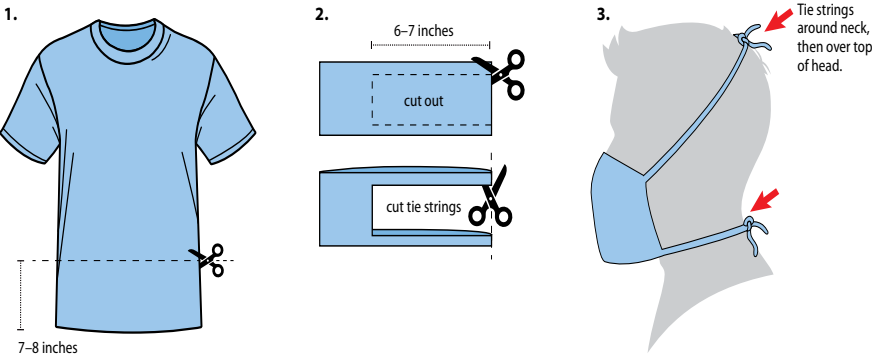


Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial

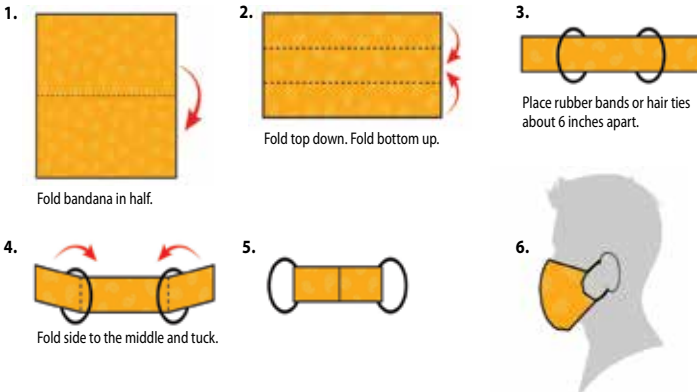


Bandana Cloth Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Scissors (if you are cutting your own cloth)
- Rubber bands (or hair ties)

Tutorial



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.

STAY SAFE, STAY HEALTHY: How to receive Mental Health assistance during COVID-19 without going to the Emergency Department and potentially being exposed to bacteria and viruses.

As we go through these challenging times, it is our community that makes us stronger. Even though we are under recommendations for continued social distancing and safe practices, the outbreak of the coronavirus disease (COVID-19) may be stressful for people and the community. Fear and anxiety can be overwhelming and cause strong emotions in adults and children. In addition to the recent loss of community members, it may initiate feeling confused, overwhelmed, or powerless during this infectious disease outbreak.

We understand it may be difficult to maintain a physical distance to stop the spread of COVID-19, especially when the need for human connection and emotional closeness is at its peak. However, it is important we stay connected with family and friends through different forms of communication to ensure no one feels they are alone.

If you or someone you care about talks about wanting to die such as, “I just don’t want to be here anymore,” or feels extreme sadness and is showing behaviors such as changes in sleep or eating patterns, and/or wants to harm themselves, then we can take action to try to help and support them.

We are in this together, and help is available. If you’re feeling alone and struggling, you can call [insert local resources], reach out to the Crisis Text Line by texting “TALK” to 741741, or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

If you or someone you care about is feeling anxious or overwhelmed related specifically to the COVID-19 pandemic and suicidality IS NOT a concern, you can call the **Disaster Distress Helpline** to help reduce emotional distress, this number is **1-800-985-5990**.

****Important Reminder – YOUR SAFETY IS IMPORTANT – so reducing possible exposure to COVID-19 is imperative. If you or someone you know needs assistance with a mental health concern, please call the Suicide Prevention Lifeline at 1-800-273-8255, the Disaster Distress Helpline at 1-800-985-5990 or your local crisis line.** The accessible and free mental health crisis services that these helplines offer is especially vital during times of physical distancing and are an essential service during COVID-19. These helplines may be used to overcome barriers of access to services caused by distance or unavailability of in-person mental health support and can prevent unnecessary exposure during the coronavirus pandemic.

These may be tough decisions to make, however reaching out and helping others protects ourselves, our families, friends, and tribal communities. We are deeply grateful for each of you and hope you can find moments of peace as well as a connection during this time. **Remember you are not alone, we are connected and we need you here.**

Developed by the Northwest Portland Area Indian Health Board’s THRIVE Project 04/2020
www.npaihb.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

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

“In the Loop” with the Circles of Healing Program

Sexual Assault - Not a Native Tradition

Contributed by Circles of Healing Advocate Jamie Broady

April was Sexual Assault Awareness Month (SAAM), and Circles of Healing advocates wanted to acknowledge that and to help raise awareness around the issue. To begin with, sexual violence was never a part of Indigenous culture. Sexual violence against a woman, or any person, is violence toward the entire community and has traumatic effects on spirit, body, and culture that ripple for generations. Today, more than half (56%) of Native American women have experienced sexual assault in their lifetime. Over 27% of Native men have experienced sexual abuse or assault. Almost everyone knows someone who has experienced this form of violence. This form of violence sometimes occurs within intimate partnerships as a form of intimate partner violence. Sexual violence is sometimes a tool used for power and control within a domestic violence context. While sexual assault sometimes occurs from strangers, this is rare. This form of violence is more often perpetrated by acquaintances, relatives, or intimate partners.

Sexual violence can lead to complex trauma, or CPTSD, which can have lasting effects throughout a lifetime if not mitigated by community healing and culturally grounded support.

Some of these effects include: memory problems, fragmented nonlinear memories of assault, sense of detachment, impulsivity, hypervigilance and adrenal fatigue, mood swings, intrusive thoughts, disrupted sleep, chronic fatigue syndrome or symptoms, autoimmune diseases, eating disorders, relationship problems, and obsessive compulsive disorders (OCD). These are all completely normal responses to abnormal trauma. The good news is healing from complex trauma is possible.

What is sexual violence? Anything of a sexual nature that does not include freely given consent is sexual assault. Lack of consent can sometimes occur due to incapacitation (alcohol or drug

induced), cognitive limitations, or due to power imbalances. In other words, it is impossible to truly give or receive consent if one person is inebriated, mentally or intellectually other-abled, or in a position of authority over the other. Lack of consent can even occur when one person feels “worn down” by the perpetrator’s relentless persuasion. Survivors may not reach out for help or report sexual assault out of fear of retaliation, shunning, embarrassment or shame, or fear of retriggering trauma.

If you have experienced or are experiencing sexual violence, please reach out for help. There are many ways to connect with your community. Trauma informed resources include: StrongHearts Native Helpline 1-844-7NATIVE (762-8483);

National Indigenous Women’s Resource Center (NIWRC); and Circles of Healing advocates are here to connect with to help you plug into meaningful, trauma-informed support, advocacy, and resources. Circles of healing advocacy is strictly confidential and here to help survivors on their journey toward healing and wellness. Some culturally specific healing activities include: healing circles, where elders often join and share their own healing journeys; sweat ceremonies; beading; weaving; and dance. Our Healing through Traditions Series will resume when possible post-pandemic, and we will publish a list of dates and activities to be on the lookout for. You can contact us with questions, for more information, or for advocacy at 541-888-1309.



Circles of Healing Program Welcomes New Transitional Services Specialist!

Liana is a bilingual native Colombian whose parents immigrated to the United States when she was two years of age. Liana married her high school sweetheart and together they have four children, three grandchildren with one more on the way. Liana recently moved to Coos Bay from Bentonville Arkansas after her husband’s company relocated him to this area. Prior to living in Arkansas Liana and her husband spent 17 years in Alaska where they raised and homeschooled their children. Liana enjoys having family and friends over, playing with her grandchildren, attending her church, and loves the smell of the ocean.

Liana spent the last two and a half years as a victim advocate for the Prosecuting Attorney’s Office in Benton County Arkansas. While there, she worked closely with Prosecutor’s, and law

enforcement in order to help victims through criminal case process. Prior to that, she spent eight years as an advocate with Peace at Home Family shelter where she served as in-shelter, outreach, and legal advocate. In the last ten years Liana has received a variety of training and was certified by the Arkansas Victim Assistance Academy in Little Rock, Arkansas. Liana has provided domestic/sexual violence prevention training to medical staff, Attorneys, and school- base personnel. She also built a collaborative of local providers and community leaders to provide victims with services and to help bring awareness to the community. She is excited to work with the CTCLUSI community and continue to provide victim services and outreach and learn more about the culture and history of the Tribes.

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.**

Call Purchased/Referred Care at (541) 888-4873. Please remember: you need to call at least 72 hours ahead for a PO

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

How to Care for Yourself at Home During COVID-19 (Coronavirus)

What is coronavirus disease 2019 (COVID-19)?

Coronaviruses are a type of virus (germ) that can cause cold-like symptoms and sometimes serious problems with lungs and breathing. COVID-19 is a novel (new) coronavirus.

What are the symptoms of COVID-19?

Mild to severe respiratory illness, or problems with lungs and breathing. Symptoms include:

- Fever, cough, and shortness of breath
- Constant pain or pressure in the chest
- Confusion or can't wake up
- Blue lips or face

How does COVID-19 spread?

Person to person by coughing, sneezing, or personal contact like touching or shaking hands. Someone with mild symptoms may spread the disease without knowing they are sick.

Who is most at risk?

Anyone can get COVID-19. Those at risk of severe illness include:

- Elders and adults over 60 years of age,
- People with heart disease, lung disease, or diabetes.

Is there a vaccine or treatment?

There is no cure for COVID-19 at this time. To treat symptoms, the sick person should drink lots of water and rest.

Contact a healthcare provider for advice. They may suggest taking over-the-counter drugs like Tylenol to help with symptoms.

Most people will have symptoms for a few days and recover after **1-2 weeks**.



What should you do if you have COVID-19 or symptoms of COVID-19, like a cold?

Stay at home.

- People who are mildly sick with COVID-19 do not need to see a healthcare provider and are able to recover at home.
- If symptoms worsen, call your healthcare provider.
- In an emergency, call **911**.
- Stay home and away from others for 14 days to avoid getting others sick. Some people may have mild illness and feel well enough to go out. **DO NOT** do this because it will spread disease.
- Inform those you've come in contact with as they should stay at home to prevent the spread of germs.
- Cover coughs and sneezes with a tissue, then throw the tissue in the trash and wash hands.
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer.
- Avoid touching your eyes, nose, and mouth.
- Drink plenty of water.
- Stay in a specific room and away from other people in your home. Use a separate bathroom if possible.
- Do not shake hands, hug, or touch others.
- Avoid sharing items such as bedding, clothing, towels, and dishes with other people in your household.
- Every day, disinfect all "high touch" surfaces multiple times a day. These surfaces include: counters, tabletops, faucet handles, phones, and doorknobs. Common household cleaners and disinfectants are recommended. Wear gloves if possible.

STAY HOME

TO PROTECT FAMILIES AGAINST COVID-19



Everyone should stay at home, except to do the following:



TO GET MEDICAL CARE - Call ahead, then send only one person.



TO GET PRESCRIPTIONS - Go alone or send only one person.



TO SHOP FOR FOOD - Have a plan and only send one person.



TO CHECK ON FAMILY - Call, or send one person if needed.

STAYING HOME SLOWS THE SPREAD OF CORONAVIRUS (COVID-19)



For more information:
CDC.gov/coronavirus

Effective March 27, 2020
Source: CDC

#coronavirus
#StayHomeHeroes
caih.jhu.edu



How to Care for Someone at Home During COVID-19 (Coronavirus)

Caring for someone at home

Most people who get sick with COVID-19 will have only mild illness and should recover at home. Mild illness might include fever and cough. Care at home can help stop the spread of COVID-19 and help protect people who are at risk of getting seriously ill from COVID-19.

At-home care may not be appropriate for elders and people of any age with certain serious medical conditions like lung disease, heart disease, or diabetes. These groups are at higher risk for developing more serious effects from COVID-19 and should contact their healthcare provider as soon as symptoms start.

If you are caring for someone at home, prevent the spread of germs, watch them for emergency signs, treat symptoms, and end care only after following appropriate guidelines.

Prevent the spread of germs

COVID-19 spreads person-to-person by coughing, sneezing, or personal contact like touching or shaking hands. **Someone with mild symptoms may spread the disease without knowing they are sick. It is important for anyone showing even mild symptoms to stay inside and stay 6 feet away from others during their recovery.**

- If possible, have the sick person use another bathroom.
- Avoid sharing items like towels, dishes, and bedding.
- Have them wear a facemask or bandana over the mouth and nose when around others in the home. If the mask or bandana gets moist or wet, change it. Bandanas or homemade masks can be washed and reused.
- Wash hands with soap or use hand sanitizer often, especially after interacting with the sick person.
- Avoid touching eyes, hands, and mouth.
- Several times per day, clean flat surfaces that droplets can land on, such as tabletops or countertops, and surfaces that are touched often, such as doorknobs. Use household cleaners and disinfectants, and wear gloves if available. If the sick person is using a shared bathroom, that should be cleaned and disinfected after each use by the sick person.
- If possible, keep windows open to increase air flow.
- Wash laundry thoroughly. Wash hands after handling clothes.
- Avoid having visitors.



For more information:
CDC.gov/coronavirus

Effective April 7, 2020
Source: CDC



Know the emergency warning signs

People who develop **emergency warning signs** for COVID-19 should **call 911 and get medical attention immediately**. Emergency warning signs include:

- **Difficulty breathing or shortness of breath**
- **Constant pain or pressure in the chest**
- **Confusion or can't wake up**
- **Blue lips or face**

Treating symptoms

There is no cure for COVID-19 at this time. To treat symptoms, the sick person should drink lots of water and rest. Contact a healthcare provider for advice. They may suggest taking over-the-counter drugs like Tylenol to help with symptoms.

Most people will have symptoms for a few days and recover after 1-2 weeks. **Elders and those with serious medical conditions are at greater risk for severe symptoms that may last a long time. People in these groups should contact their healthcare provider as soon as they show symptoms.**

Guidelines for ending home isolation

Those who no longer have symptoms should consult with their healthcare provider before restarting normal activities.

People who no longer have symptoms can also find official CDC advice for ending home isolation at www.CDC.gov/coronavirus.

How to Prevent the Spread of Coronavirus (COVID-19) in the Home

Many people with coronavirus (COVID-19) or symptoms of COVID-19 like cold symptoms, cough, fever, or shortness of breath, are told to stay home to recover. If someone in your home is recovering, take steps to prevent spreading COVID-19 to others inside and outside the home.

Help with recovery

Help the sick person follow their healthcare provider's instructions for medications and care.

If they are getting sicker, call their healthcare provider or local Indian Health Service unit for medical advice. If they have a medical emergency, call 911.

Keep the sick person away from others as much as possible

- **Stay home** and avoid having visitors.
- **Separate the sick person from others** in the home. If possible, have the sick person use a separate bedroom and bathroom that no one else uses.
- Prepare meals for them and have them eat in their own area.
- **Avoid sharing items** like dishes, eating utensils, towels, bedding, or other items. After the sick person uses the items, they should be handled with gloves and washed with hot water. Wash hands after removing gloves.
- Keep pets away. While the animals won't get sick, they may carry it to other people on their fur, collar, etc.
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window.
- The sick person should wear a facemask around other people. If disposable ones are not available, have them wear a bandana or something else to cover their nose and mouth. When the mask or bandana gets moist or wet, it needs to be changed. The bandana can be washed and reused.
- Others can still talk, sing, play, etc. with the sick person from a safe distance (at least 6 feet) or by phone or video.

Healthy practices for everyone

Everyone in the home should **wash hands often with soap and water for at least 20 seconds** or use an alcohol-based hand sanitizer, covering all surfaces of your hands and rubbing them together until they feel dry.

They should also **avoid touching eyes, nose, and mouth**.



Clean and disinfect

- Cleaning removes dirt and germs with soap. Disinfecting kills germs with chemicals.
- **Clean and disinfect all "high-touch" surfaces**, such as counters, tables, doorknobs, light switches, faucet handles, toilets, phones, etc. multiple times each day.
- For disinfecting, use common household disinfectants like Lysol or Clorox, diluted household bleach solutions (4 teaspoons bleach per quart of water), or alcohol solutions with at least 70% alcohol.
- Gloves should be worn for cleaning, but they should only be used for cleaning surfaces for COVID-19. **Wash hands immediately after gloves are removed.**
- If a separate bathroom is not available for only the sick person to use, the bathroom should be disinfected after each use by a sick person.
- Wear gloves when you touch or have contact with the sick person's body fluids, such as blood, saliva, mucus, or urine. Wash hands immediately afterwards.

Wash laundry thoroughly

- Immediately remove and wash clothes, towels, or bedding that have body fluids on them.
- Wear gloves while handling dirty items and keep them away from your body. If gloves are not available, wash hands immediately after putting items in the wash.
- Use a normal laundry detergent according to instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.
- Clean and disinfect clothes hampers.



For more information:
CDC.gov/coronavirus

Effective March 23, 2020
Source: CDC

What You Can do if You are at Higher Risk of Severe Illness from COVID-19

Are You at Higher Risk for Severe Illness?



Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility

People of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

Here's What You Can do to Help Protect Yourself



Stay home if possible.



Wash your hands often.



Avoid close contact (6 feet, which is about two arm lengths) with people who are sick.



Clean and disinfect frequently touched surfaces.



Avoid all cruise travel and non-essential air travel.



Call your healthcare professional if you are sick.

For more information on steps you can take to protect yourself, see CDC's [How to Protect Yourself](#).

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 .

Elders Title VI Program Update

Contributed by Vicki Faciane, Director of Health Services

I hope everyone is doing well in this stressful time for our nation and our communities. Even though our Tribal government offices have been closed since March 17, our staff have been working hard to continue to provide essential services to Tribal members. Our Community Health Aides (CHAs) are carrying cell phones and responding to calls from Elders. We are continuing to provide frozen meals and over-the-counter (OTC) medicines as needed. However, due to COVID-19, we are delivering these services in different ways. We are encouraging our Elders to remain in their homes where they are safe. A CHA is available to deliver frozen meals and OTCs to your doorstep. They may also be able to pick up prescriptions at the pharmacy and pre-ordered groceries. Call your CHA if you have things you need.

We have received our Notice of Award (NOA) for the Title VI grant for FY2020-2022. This is the grant which provides frozen meals, congregate meals, chore services, and respite care to Elders living in the five Oregon counties of Coos, Curry, Douglas, Lane, and Lincoln. When the offices reopen, we will be updating you on the amount of money available for chore services for 2020. We anticipate the amount will be no less than the cap in 2019, which was \$375.

In addition to the Title VI grant, we have also received additional money from the stimulus funding approved by Congress specifically

for COVID-19 response. This has allowed us to make purchases we normally cannot make with our usual Title VI resources, such as the purchase of food staples for our Elders. We have now made two deliveries of food staples to Elders living in the Coos Bay/North Bend, Florence, and Eugene/Springfield areas. CHAs delivered items such as pasta, rice, soups, juices, and other pantry items in mid-March and again in mid-April.

Your CTCLUSI Health Services Division staff are dedicated to keeping Tribal members safe, especially those who are vulnerable to this illness. Please remember to follow guidelines from the Centers for Disease Control (CDC) and your state on how to protect yourself and your family. CDC recommendations for older adults and persons who have severe underlying medical illness(es) are:

- **Stay home if possible.**
- **Wash your hands often.**
- **Take everyday precautions to keep space between yourself and others** (stay 6 feet away, which is about two arm lengths).
- **If you must leave your home, wear a mask over your mouth and nose.**

For other recommendations, visit: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html>

Coronavirus/ COVID-19 and Diabetes

Contributed by Armando Martinez, CHA and Diabetes Coordinator
Article by: Special Diabetes Program for Indians / <https://www.ihs.gov/sdpi/>

- **People with diabetes who are infected with the coronavirus are more likely to develop severe coronavirus disease (COVID-19) and complications.**
 - They should be especially diligent to reduce risk of exposure, including hand washing, practicing social distancing, and staying home as much as possible.
- Managing diabetes can be more challenging during this time.
 - **Blood sugars:** activity restriction, changes in eating patterns, and illness can all affect blood sugars. Patients should monitor more closely and call their health care team if they are having problems. **Medications:** patients should ensure they have sufficient medications and call their health care team if they need refills.
- To reduce the risk of coronavirus exposure, avoid going to the clinic unless necessary. Patients who develop mild symptoms should monitor their blood sugars, stay well hydrated, and call their health care team with concerns.
- For severe symptoms, seek medical care right away.

What Confederated Tribes of Coos, Lower Umpqua and Siuslaw Tribal Members need to know about COVID-19

What is coronavirus disease 2019 (COVID-19)?

Coronaviruses are a type of virus (germ) that can cause cold-like symptoms and sometimes serious problems with lungs and breathing. COVID-19 is a novel (new) coronavirus.

What are the symptoms of COVID-19?

Mild to severe respiratory illness, or problems with lungs and breathing. Symptoms include:

- **Fever, cough, and shortness of breath**

How does COVID-19 spread?

Person to person by coughing, sneezing, or personal contact like touching or shaking hands. Someone with mild symptoms may spread the disease without knowing they are sick.

Who is most at risk?

Anyone can get COVID-19. Those at risk of severe illness include:

- **Elders and adults over 60 years of age,**
- **People with heart disease, lung disease, or diabetes.**

How can I protect myself and my family?

Stay at home. "Social distancing" is recommended. This means keeping your family at home and away from others who may be sick.

- If you must go out, try to stay 6 feet away from others.
- Avoid gatherings with other people.
- Avoid touching your eyes, nose, and mouth.
- Do not shake hands, hug, or touch others.
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer.

Have there been cases of COVID-19 in our state?

Yes, there have been cases in all 50 states.

If someone gets sick, what can they do?

- **If someone thinks they have been around someone with COVID-19 and they get a fever and symptoms such as cough or trouble breathing, they should call their healthcare provider for medical advice.**
- In an emergency, call 911.
- People who are mildly sick with COVID-19 do not need to see a healthcare provider and are able to recover at home.
- Cover coughs and sneezes with a tissue, then throw the tissue in the trash and wash hands.
- Stay home and away from others for 14 days to avoid getting others sick.
- Caregivers should keep sick family members away from others in the home and clean and disinfect surfaces and items that are touched often, like door handles, sink handles, toilets, remote controls, etc.

Is there a vaccine or treatment?

There is no vaccine. The best way to reduce the risk of getting sick with COVID-19 is to practice social distancing and healthy habits like washing hands regularly.

There is no specific treatment for COVID-19, but medical care can help relieve symptoms. If you are sick, call your healthcare provider for instructions.

For more information:
CDC.gov/coronavirus

Effective March 26, 2020
Source: CDC

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



Terri Green

Terri Green

Coos

Immediate Family:

- Family relation to the Jordans (June Jane Jordan), the Slyters, the Perkins, and the Spragues. Raised as a Carnine.

Proudest Accomplishments:

- Her love for all the kids on the school bus she drove for 40 years.
- Her children and stepchildren.
- Her Native heritage and all the beautiful Native arts and crafts, like beading, drums and dreamcatchers.

Favorite Sayings:

“Help me, Jesus!”

Favorite Hobbies:

- Reading
- Exercising
- Socializing

Bucket List:

- Enjoy the rest of her life.
- Spend time with people; she loves people!

Welcome
New Tribal Elder
Douglas Chew



Knowing that Easter is an occasion for family and friends gathering together, and in light of social distancing at this time, the CTCLUSI Health Division, through the Title VI funding, provided Easter meals for the Tribal Elders. The meals were prepared by Wildflour Catering in North Bend and were delivered to the Elders on Friday April 10th. The meals were absolutely scrumptious and so appreciated. It's times such as this, that doing something special and out of the ordinary is needed. We hope everyone had a eggcellent Easter holiday!



Rodney Fong

Rodney Fong

Coos

Immediate Family:

- Brother to Candace Hirsch and Jeff Fong. Loving husband of 35 years to Rhonda Fong (as seen on right in photo). Son-in-law to Matilda and Seymour, whom treat him as if he is their own. Nephew to Claudette Lum (as seen on left in photo). Loving father to Dylan, Stephanie, and the late Ryan Fong Sr., whom sadly passed away unexpectedly a few years ago. Ryan lives on in Rodney's heart forever.

Proudest Accomplishments:

- His son, who is now Sergeant of the Sheriff's Department.
- His daughter, who was born a preemie at 1lb, 5oz, but grew up to be an amazing, accomplished woman, with a Master's Degree in Social Studies, and is now working with Shingle Springs Rancheria in Sacramento, CA.

Favorite Sayings: “Start each day with a grateful heart.”

Favorite Hobbies:

- Billiards, in a pool league. He plays once a week in tournaments.
- Enjoying his job as a forklift driver with Costco.

Bucket List:

- Maintaining his health and enjoying life.
- Enjoying spending time with his three grandsons.

Tips for Elders and Their Caregivers About COVID-19 (Coronavirus)

People of all ages with heart disease, lung disease, diabetes, or cancer are at higher risk of getting very sick from COVID-19, the new virus also known as coronavirus. In addition, older adults are at greater risk because as they get older, it's harder for them to stay well.

Avoiding getting sick with COVID-19 is especially important for elders and people at higher risk.

How to keep Elders and others safe

(see other side of this page)

Stay at home. “Social distancing” is recommended. This means keeping your family at home and away from others as much as possible.

- Try to stay 6 feet away from others, especially when outside of the home.
- Avoid gatherings with other people. This may include family too. Gatherings should be less than 10 people.
- When leaving the home to get food and supplies, send only one person to do the shopping.
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer.
- Avoid touching your eyes, nose, and mouth.
- Do not shake hands, hug, or touch others outside of your home.
- Sleep 7 to 9 hours a night to stay strong to fight sickness.
- Drink plenty of water and eat fruits and vegetables.
- Get outside for fresh air and exercise.
- Limit news and social media. Sometimes too much information causes anxiety and added stress.
- Clean and disinfect surfaces and items that are touched often, like door handles, sink handles, toilets, remote controls, phones, light switches, etc.

Activities to do with elders while staying safe

- Going outside for walking, gardening, hiking, stretching.
- Brain exercises and games like word searches, Sudoku, crossword puzzles.
- Relaxation, including breathing, meditation, praying.
- Reading books and magazines.
- Phone and video calls with family and friends.
- Listening to music.
- Finding ways to laugh.



What else should caregivers do?

The best protection for the people being cared for is for their caregivers to stay healthy. Caregivers should follow the guidelines to be safe and make sure others in the home are too, especially children and others who spend time with the elder.

Watch for symptoms (fever, cough, trouble breathing) in everyone in the home. Separate anyone who is sick from others.

Practice self-care. It can be hard for caregivers to take care of themselves as well as others, but self-care is important.

- Relax, take deep breaths, stretch, or pray.
- Take part in sacred practices.
- Do activities you enjoy.
- Talk with loved ones and friends, share feelings and experiences.
- Try to stay hopeful and thinking positively. Write down things you are grateful for or that are going well.

If you have concerns, get help

Call your healthcare provider or local Indian Health Service unit with any concerns.

Ask your healthcare provider or pharmacist if prescriptions can be filled for a greater number of days to reduce how often trips are needed to the pharmacy.

For more information:
CDC.gov/coronavirus

Oregon Health & Science University Northwest Native American Center of Excellence is Taking Applications for Wy'east Pathway

Greetings from the Pacific Northwest-

We are requesting your help in sharing information about the Wy'east Pathway for American Indians and Alaska Natives.

The Wy'east Pathway was created for American Indian and Alaska Native students to prepare them to excel as medical students and physicians and is intended for individuals who were not accepted to medical school or who do not possess a qualifying MCAT score for admission. The pathway is nine months long, over the course of which the scholars take courses on the foundations of biomedical science, academic skills and wellness, a MCAT preparation course, clinic observation, community-based research projects, and engage in cultural activities. If the scholars complete the pathway successfully and receive a qualifying score on the MCAT they earn conditional acceptance to the OHSU School of Medicine or the Washington State University College of Medicine for matriculation in fall of 2021. The primary application for next year's cohort opened April 1st and secondary applications are due May 31st. Please let me know if you have any questions.

Please see the following links to a brief Wy'east overview and pathway application.

<https://www.ohsu.edu/school-of-medicine/nnacoe/wyeast-post-baccalaureate-application> and video at <https://vimeo.com/381212482/afbd4d9963>

Wy'east Pathway application <https://fmresearch.ohsu.edu/medednet.org/surveys/index.php/354395?lang=en>

I am happy to answer any questions you may have.



Pictured: First cohort of Wy'east Pathway scholars at their blanketing ceremony. Portland, OR June 2019

Thank you,
OHSU NNACoE Team & Partners
www.nnacoe.org

Sarah Rasmussen-Rehkopf (Quileute/Makah)
Program Coordinator
Northwest Native American Center of Excellence
Oregon Health & Science University
(503) 494-0977
rasmuss@ohsu.edu

Information provided by Stephanie Watkins

On behalf of the Education committee here is a reminder that CTCLUSI has 5 Tribal Scholarship available for application. The links provided give you possible access to funds to use toward your higher education goals. These are separate application forms, and you can apply for all five opportunities.

- Pepsi, Mitsis and Elders Scholarships - <https://laserfiche.ctclusi.org/Forms/EDU-Scholarship-Application>
- Carolyn Slyter Scholarship Fund - <https://laserfiche.ctclusi.org/Forms/EDU-Carolyn-Slyter-Scholarship-Fund-Application>
- Grace Brainard Scholarship Fund - <http://laserfiche.ctclusi.org/Forms/EDU-Grace-Brainard-Scholarship-Fund-Application>

The deadline for all scholarships applications is May 29, 2020

CAROLYN SLYTER SCHOLARSHIP FUND

AVAILABLE TO CTCLUSI TRIBAL
HIGH SCHOOL SENIORS AND
COLLEGE STUDENTS



TO APPLY FOR THIS SCHOLARSHIP
LOG ON TO:

<https://ctclusi.org/>
Education Department
<https://ctclusi.org/education-department-new-page>

Carolyn Slyter Scholarship Fund
Submissions Are Due By
Friday, **May 29, 2020**

For questions please contact
Karen Porter @ 541-888-1315 or
Email: kporter@ctclusi.org

GRACE BRAINARD SCHOLARSHIP FUND

AVAILABLE TO CTCLUSI TRIBAL
HIGH SCHOOL SENIORS AND
COLLEGE STUDENTS



TO APPLY FOR THIS SCHOLARSHIP
LOG ON TO:

<https://ctclusi.org/>
Education Department
<https://ctclusi.org/education-department-new-page>

Grace Brainard Scholarship Fund
Submissions Are Due By
Friday, **May 29, 2020**

For questions please contact
Karen Porter @ 541-888-1315 or
Email: kporter@ctclusi.org

Merkley, Wyden announce over \$116 million in aid for college students

The World 4/13/20

WASHINGTON, D.C. — Oregon’s U.S. Senators Jeff Merkley and Ron Wyden have announced that over \$116 million will be distributed among 73 colleges, universities, and community colleges throughout Oregon to provide direct emergency cash grants to college students whose lives and educations have been disrupted by the coronavirus outbreak. The funding will be allocated to colleges and universities who will then determine which students will receive the cash grants.

The funding was secured through the Coronavirus Aid, Relief, and Economic Security Act’s Higher Education Emergency Relief Fund, which Congress approved last month. The senators fought to ensure that college students would receive badly-needed relief for unmet financial needs in the legislative package. School allocations are set by a formula that is weighted significantly by the number of full-time students who are Pell-eligible but also takes into consideration the total population of the school and the number of students who were not enrolled full-time online before the coronavirus outbreak.

“Every student — regardless of the color of their skin, their zip code, or their parents’ income — deserves a shot at a great education,” said Merkley. “We can’t let the coronavirus pandemic take that shot away, and that means we have to help our college students survive this unprecedented public health crisis. I’m pleased that this funding will help provide that support, and I’m going to keep fighting for the resources our students need in the upcoming emergency relief legislation.”

“The economic tsunami unleashed by this public health crisis must not end the

educational dreams of students working hard in Oregon’s community colleges and four-year colleges and universities,” Wyden said. “I’m glad this assistance for expenses will help these students weather the storm, and I remain determined to keep working to support students pursuing their academic goals across Oregon.”

Previously, Senator Merkley led a group of 22 of his senate colleagues — including Senator Wyden — in urging Senate leadership to include essential support provisions for students, colleges, and universities in the third coronavirus emergency relief bill. The letter cited serious concerns from higher education institutions throughout Oregon that unexpected, coronavirus-related costs, in addition to significant losses of revenue and declined enrollment, could have devastating impacts.

Senators Merkley and Wyden have also pushed Senate and House leadership to include more funding in upcoming coronavirus emergency relief bills to help K-12 students gain access to adequate home internet connectivity to complete remote learning lessons, and demanded better mobile internet service for low-income Americans affected by the pandemic — including students pursuing a higher education while relying on the internet for lectures and assignments.

“We are grateful Congress quickly acted together to pass the CARES ACT and help students stay in college and complete their training,” said Patty

Scott, president of Southwestern Oregon Community College. “Thank you to our Oregon delegation who understands our communities will still need highly skilled workers in health care, education, science and manufacturing when we are beyond the COVID-19 crisis.”

“This funding is extremely important to our students and the University of Oregon. It will help as we make difficult decisions on how to manage huge revenue losses and new costs,” said Michael H. Schill, president of the University of Oregon. “Senator Merkley was the first elected official to call me to ask me how he could help. He immediately understood that both students and the institutions themselves needed help. He is a hero for his leading role in shaping this legislation.”

“Oregon State University greatly appreciates the effective efforts of Oregon Senators Jeff Merkley and Ron Wyden for ensuring

that the CARES Act provides emergency financial aid funding for our students, and we are pleased that the U.S. Department of Education is moving forward quickly to make these funds available,” said Ed Ray, president of Oregon State University. “The federally-funded emergency financial aid grants will help to provide timely resources for many of our students in need. As we go forward, OSU will continue to work with our senators on efforts to help support our students and university community as we move through this crisis and into recovery.”

The funding will be distributed by the Department of Education.

*“we have to help
our college students
survive this
unprecedented public
health crisis”*

-Senator Jeff Merkley

Area schools continuing meal pick-up locations

Adam Robertson - The Umpqua Post Apr 9, 2020

SOUTH COAST – With school buildings officially closed for the remainder of the term and online learning put in place, school districts have made arrangements to provide meals for students during the day.

North Bend School District

Meals for North Bend students will be available for pick-up at North Bend Elementary and North Bend Middle School from 11:30 a.m. until 12:30 p.m. as well as the Harbor Assembly of God parking lot from 11 to 11:45 a.m. Students living in Lakeside will be able to get meals at the Lakeside City Library from 11:30 a.m. to 12:15 p.m.

Meals will also be available at the Hauser Community Church from 10:45 a.m. to 11:13 a.m.

Reedsport School District

Meals for the Reedsport Schools will be available at various locations from 11 a.m. until 12:45 p.m. depending on the location. There will also be van delivery from 11 to 11:30 a.m. from Circle Drive to 22 Street and Elm, Busy Bee Daycare to Alder Place and Alder Avenue, and along Frontage Road.

The following are locations where meals can be picked up:

Downtown routes include Coho RV Park to Highway 101 and Winchester Avenue; Apartments behind Safeway to Hawthorn and N 14 Street; the Dog Park to N 12 Street and Juniper; Lewis Transportation to 11 Street and Greenwood Avenue; Henderson Park to Greenwood and West Railroad; and the Masonic Lodge to Winchester Avenue and S Sixth Street.

Uptown routes and locations include the football field to 22 Street and Alder; Lyons Park to Elm Avenue and 20 Street; A parking lot to N 19 and Fire Avenue; The Baptist Church to Greenwood Avenue

and 21 Street; Ridgeway and Ward Way as well as Ranch Road; 1849 Ranch Road; and Evergreen Loop and Weigman Lane.

Winchester Bay and Lakeside routes and locations include Big Bobber to Eighth Street and Clearlake Avenue; Phillip Boe Park to Sixth Street and Beach Boulevard; Ridin Dirty to Highway 101 and Clearlake Avenue; 525 N Eight Street, Lakeside; 510 Robinhood Avenue.

Gardiner, Tressle, and Highway 38 routes include Tsunami Gallery to Highway 101 and Commercial Street; Gardiner Fire Department to Front Street and March Street; Fred Wahl Marina to 135 Shipyard Way; Railroad Tressel to West Railroad and Laurel; East Railroad and N Fourth Street; The Reedsport Library to Winchester Avenue and N Fourth Street; Highway 38 and Scholfield Road; and Speedy Mart Scottsburg to Highway 38 and Spicer Street.

The information is also available on the Reedsport school Facebook pages. The times are subject to change, though the district will inform families if there are changes to delivery times.

Coos Bay School District

Coos Bay Schools have meal pick-ups at four locations on Monday to Friday, from 11:30 a.m. to 1 p.m. All locations exclude holidays. Pick-ups are being held at Madison School outside the cafeteria, Blossom Gulch at the main double doors, Millicoma School outside the cafeteria in the basketball covered area, and Marshfield High School in the courtyard behind the auditorium.

Any questions should be directed to Janine Leep at Janine.leep@sodexo.com or to the superintendent’s office at shelbyg@coosbay.k12.or.us.

Chief Warren Brainard's term ends, a look back at Council accomplishments

Tribal Chief elections occurred on April 11, 2020 ending Chief Warren Brainard's term as the sitting Chief of the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians. Chief Warren Brainard was the acting Chief since his election November 9, 2008 to finish Chief David Brainard's term and then his re-election for his own full ten-year term on April 11, 2010 to April 11, 2020. Chief Brainard also served on the first Council after restoration in the position of Chairman.

The Tribal Council dedicates their time and efforts into a multitude of tasks for the ultimate goal of the advancement of the Tribe while protecting our Tribal sovereignty. Here is a look at some of the things that Tribal Council has accomplished over the last 12 years while Chief Brainard served as acting Chief.

- January 28, 2009 Ground Breaking Ceremony for Three Rivers Learning Center (now the Community Center)
- January 31 2009 Carried Eagle staff in Grand Entry for the First Gathering of Oregon Nations Pow Wow
- October 2009 Opening of Laquawiyat'as Gallery (Tribal Museum) and creation of new space at Tribal Hall to Honor Tribal Veterans
- November 5 2010 Tribal Nations Conference, Washington D.C.
- February 2010 New Housing in Qaxas Built
- February 2010 Judge for Peacegiving Court introduced to General membership
- 2010 Modular Trailer added to Tribal Government Campus creating more office space
- July 22, 2011 Senate Bill 412 signed into law by Governor John Kitzhaber granting Tribal Police officers the same authority of Oregon State Police Officers
- October 2011 Qa'aich Housing completed in Florence, Oregon
- October 8, 2011 Amanda Bridge Trail opening
- October 18, 2011 Three Rivers Foundation Community Fund First Established
- April 2012 Tribe Purchased Ocean Dunes Golf Links 109-acre golf course in Florence, Oregon
- 2012 Pacific Lamprey Conservation Agreement signed
- August 3, 2013 Transfer Ceremony - Public Law 110-364 signed into effect, granting Tribes ownership of Balich (Chiefs Island/Gregory Point)
- May 2014 Purchase of Camp Easter Seal Property
- June 2014 Proclamation 17-21 signed, declaring May American Indian Week in Oregon.
- July 2014 Tribe and City of Coos Bay sign Disposition and Development Agreement for Hanisiich Village (The Hollering



Place)

- February 2015 Purchase of EZ Mini Storage Property
- February 2015 Dr. Stephen Dow Beckham collection becomes available for Tribal members to search on Tribal website
- March 2015 Coordinated Tribal Transit Plan (CTTP) adopted
- April 2015 Coos Head Area Master Plan (CHAMP) for Coos Head land use plan developed
- 2015 Blue Earth Services and Technology launches ComLink
- May 2015 Three Rivers Casino Coos Bay Grand Opening
- June 2015 Two new office buildings added to Tribal Government campus for Natural Resources Department
- August 2015 Dental Health Aide Therapist Program (results in two graduates of the program)
- October 15, 2015 Coos Bay Fossil Point Complex Land Acquisition from South Coast Land Conservancy
- October 2015 Western red cedar dug-out canoe, Lottie named during Restoration Celebration by Chief Brainard

• October 2015 Eagle Staff created by Skip Brainard, Kip Brainard, and Sue Olson gifted to the Tribe during 31st Restoration Celebration

- 2016 Tribal Self-Governance Program
- January 2016 New Storage and Canoe shed build on Tribal Government campus
- May 2016 Awarded Tribal Wildlife Grant (TWG) to support lamprey with Tenmile Lakes Basin Lamprey Conservation Project

• May 14-21, 2016 Office of the Governor Proclamation for American Indian Week

• May 21, 2016 Charleston Marine Life Center opening, includes Tribal members work on display

• September 2016 CTCLUSI sends letter of support to Standing Rock Sioux and Cheyenne River Sioux Tribes

• November 13, 2016 Resolution NO: 16-071 Organization of the CTLCUSI Youth Council

• November 19, 2016 Chief Warren Brainard introduces Winona LaDuke at



Chief Warren Brainard with his family at Baldich (Gregory Point)

Chief Warren Brainard's term ends, a look back at Council accomplishments

Rights of Nature Public Talk at the University of Oregon

- December 8, 2016 City of Yachats, Oregon passes Resolution No: 2016-12-01 declaring January 1st "Indigenous People's Day" in Yachats
- 2017 Wapato Revitalization Efforts
- July 2017 SB 144-A signed, taking effect January 1, 2018 to prohibit the taking of artifacts from state public lands
- July 2017 House passes HR 1306, Western Oregon Tribal Fairness Act, moved to Senate
- September 27, 2017 Approval of Pacific Coast Salmon Recover Fund Project to Restore Coho Habitat in the Tribes Ancestral Homeland
- October 20, 2017 Governor Kate Brown appoints Chief Brainard as a member of the South Slough Estuary Research Reserve Management Commission
- November 15, 2017 Council testimony given in Washington D.C. during legislative hearing on H.R. 3225
- November 17, 2017 Chief Brainard swears in Associate Judge to Tribal Court
- January 8, 2018 H.R. 1306 – Western Oregon Tribal Fairness Act signed into law, cedes 14,742 acres to the Tribe
- May 16, 2018 Congress Passes S. 1285 Oregon Tribal Economic Development Act
- August 4, 2018 Land Bill Ceremony held at Baldich in celebration of H.R. 1306
- September 13, 2018 Chief Brainard conducts invocation for Vietnam Traveling Wall Memorial in Coquille, Oregon
- January 18, 2019 Chief Warren Brainard gives invocation at Governor Kate Brown's Inauguration Gala in Portland, Oregon
- February 15, 2019 Forest Management Planning Advisory Committee created to help develop Forest Management Plan
- February 22, 2019 "Q'alya ta Kukwis shichdii me" is recognized and recommended as a Traditional Cultural Property (TCP) by the State Advisory Committee on Historic Preservation
- April 2019 National Endowment for the Humanities announce support to Tribe for Hanisiich/ Hollering Place Tribal Museum and Culture Center Development Project
- June 2019 CTCLUSI Hunting, Fishing, and Gathering Ad-Hoc committee formed
- July 11, 2019 Dental Clinic Expansion ground breaking ceremony
- November 11, 2019 White House Office of Intergovernmental Affairs host Native Veteran Leaders
- March 2020 Tribal Council support and encourages Tribal members to be accurately counted in 2020 Census
- March 19, 2020 Council passes Resolution No: 20-019 Declaring State of Emergency due to Covid-19 Pandemic

Chief Warren Brainard shares the accomplishments of the Tribe with his fellow Council members. He would like to thank them all for their hard work moving the Tribe forward. While Chief Brainard was acting Chief he served with the following Council members, past and present: Bob Garcia, Carolyn Slyter, Mark Ingersoll, Ron Brainard, Wendy Garcia (Williford), Mindy Andresen, Aaron McNutt, Teresa Spangler, Beaver Bowen, Tara Bowen, Doc Slyter, Debbie Bossley, Doug Barrett, Josh Davies, Mark Petrie, and Iliana Montiel.

Chief Brainard has a few words he'd like to share: "Thank you all for letting me serve as your Chief, I do not know where the years have gone. I worked with so many great people, Tribal Councils, Tribal members and others that have helped us advance and



Mark Ingersoll, Chief Brainard, and Doc Slyter - Tall Ships Reconciliation 2015

prosper over the years that there is not enough paper to thank them all.

I will always cherish the support and help I received and hope I may continue to help the Tribe move forward, particularly in this time of uncertainty.

All of the relationships and friends I've made throughout this journey has enriched my life. I will always be grateful for having been given this opportunity and will continue to be available to serve the tribes in any way I may.

-Your "old" Chief"

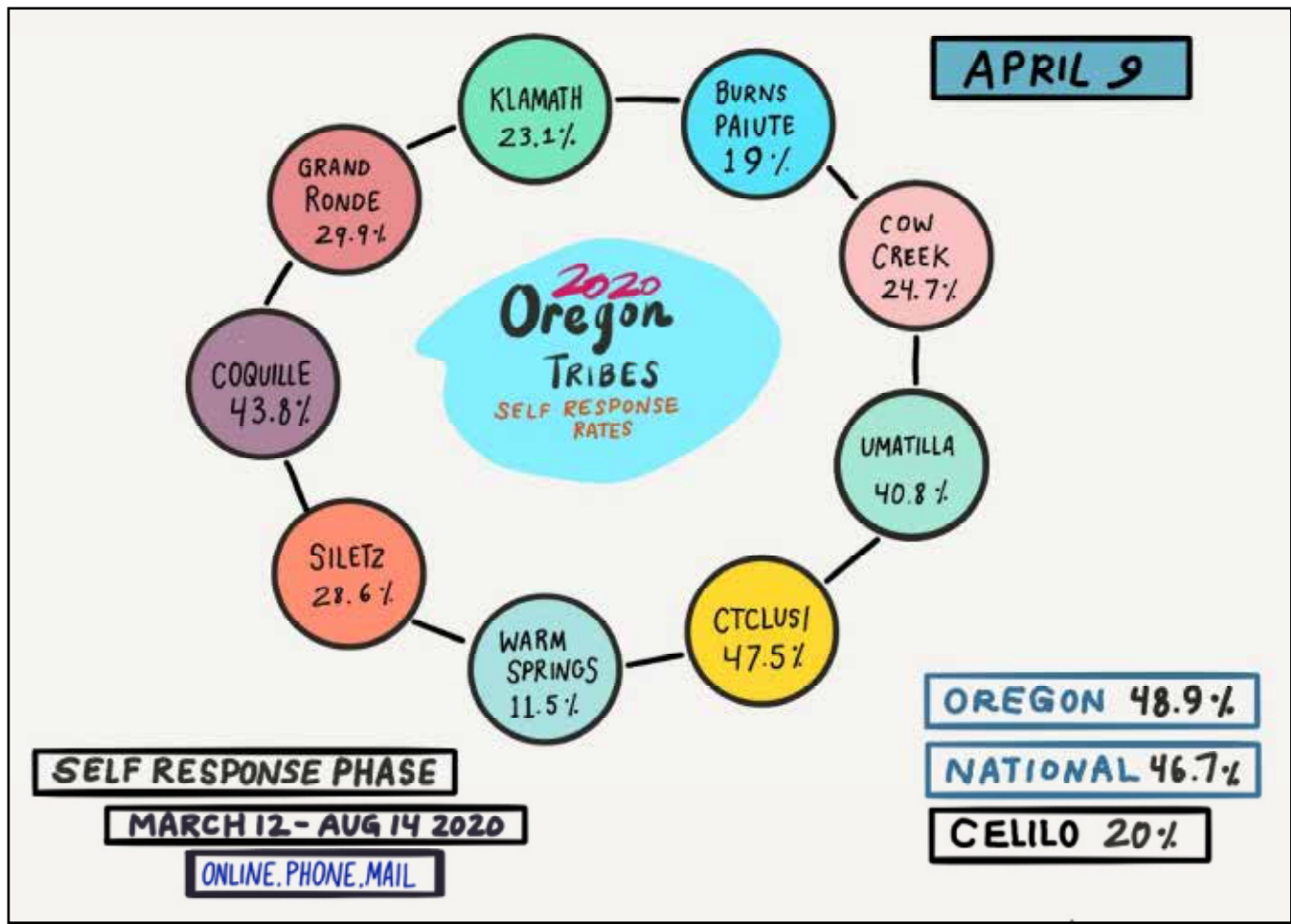
Newly elected Chief Doc Slyter shared in his first address to membership as acting Chief "We all appreciate the time and effort he gave to our Tribe. His willingness to always step forward to attend meetings that no one else could attend, the numerous trips he drove weekly to attend meetings and the sacrifices he made to be present for his Tribal community will always be remembered. A special thank you to the Chief's wife, Marjene Brainard, for her endless support and involvement with the Chief and the Tribe the last 12 years, too."

Thank you for your service, Chief Warren Brainard.



Chief Brainard and Governor Brown SB 144 A signing

2020 Census Updates for CTCLUSI



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, as your Tribe.

The online census questions regarding race will look like what you see below.
To fill out the 2020 Census form online go to <https://my2020census.gov/>

United States
Census
2020

Address Verification

Household Questions

People Questions

Home > Sex > Age > Hispanic Origin > Race

What is Jane Doe's race? (Help)

Select one or more boxes **AND** enter origins. For this census, Hispanic origins are not races.

☐ White
Enter, for example, German, Irish, English, Italian, Lebanese, Egyptian, etc.

☐ Black or African American
Enter, for example, African American, Jamaican, Haitian, Nigerian, Ethiopian, Somali, etc.

☒ American Indian or Alaska Native
Enter name of enrolled or principal tribe(s), for example, Navajo Nation, Blackfeet Tribe, Mayan, Aztec, Native Village of Barrow Inupiat Traditional Government, Nome Eskimo Community, etc.

Confederated Tribes of Coos, Lower Umpqua

Participating in the 2020 Census is simple. The Census form is short and asks a few basic questions about each person's sex, age, and race, and whether the house, apartment, or mobile home is owned or rented. The average time it should take a household to complete the form is only about ten minutes. **Being counted means standing up and being visible for yourself, your family, and your tribal community.** April 1, 2020 Census Day is observed nationwide.

To be accurately counted you must type in the whole Tribe:
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 to fill out your census online.

Do you need help filling out your census?

Call Jeannie McNeil
at (541) 888-7506

Key 2020 Census Dates:

- March 12, 2020:**
Census notices are mailed or delivered to households and online Internet Self Response opens
- April 1, 2020:** Census Day
- December 31, 2020:**
Census Bureau delivers population counts to the President for apportionment of congressional seats

2020 Census Updates for CTCLUSI

The Tribe mailed out information about the importance of completing the 2020 Census. In those mailings there were stamped post cards that Tribal members could write their name on and return to the Tribe. Everyone who returned a post card that was received by the deadline of March 31, 2020 has won a prize. The winners are listed on the 2020 Census page of the Tribal website at www.ctclusi.org/2020-census

A second round of mailings were sent to membership asking if they have completed their 2020 Census questionnaire. Those who returned the included stamped post card by April 21, 2020

have also received a prize. Listed below are the names of the winners who returned the second post card mailing. They will also be listed online at www.ctclusi.org/2020-census.

If your name is posted as a winner and you have not yet received your prize, please contact Jeannie McNeil at jmcneil@ctclusi.org

If you have not filled out your census please go online today and answer the short questionnaire. Thank you for helping to ensure the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians are counted accurately.

You Count, We Count

Adamec, Mary	Fong, Jeffrey	Marsh, Sally	Warren B Brainard
Anderson, Lorraine	Fong, Rodney	McCafferty, Vince	Warrick, Walker
Andresen, Mindy	Furber, Donald	McNutt, Arron	Welch, Leann
Aud, Alex	Furber, Loren	McNutt, Linn	Whereat Phillips, Patty
Baker, James	Gaines, Lynette	McNutt, Scott	Williford, Wanda
Baldwin, Jorney	Gaines, Morgan	McNutt, Stanley	Wong, Brandon
Baldwin, Sandy	Garcia, Florence	McNutt, Warren	Wong, William
Baldwin-Davies, Delilah	Gardner, Jesse	Mendoza, Nicole	Wymer, Elizabeth
Barton Jon	Gardner, Marissa	Mitchell, Maya	Wymer, Rachael
Barton, George	Gardner, Shawna	Mitchell, Barry	Young, Jessie
Barton, Joe	Gillem, Nancy	Mitchell, Thomas	Young, Jim
Beckman, Matthew	Hallmark, Tatum	Moote, Sandra	Zimmer, Ryan
Beers, Jesse	Hansen, Kenneth	Northey, Laurie	Zoelk, Susan
Benson, Pauline	Helms, Enna	Norton, Greg	
Bolling, Amy	Hopkins, Stacey	Olsen, Sue	
Bolling, Christopher	Hovind, Cynthia	Perry, Jayme	
Bouman, Steve	Howlett, Phyllis	Perry, Lonnie	
Bouman, Susan	Hoyle, Timothy	Perry, Roseana	
Brainard , Henry	Hudson, Carly	Perry, William	
Brainard, Andrew	Hughes, Sherri	Petrie, Adam	
Brainard, Dylan	Hunt, Linda	Petrie, David	
Brainard, James	Hutchinson, Kristie	Petrie, Marie	
Brainard, Kerri	Ingersoll, Mark	Pitzner, Toni	
Brainard, Mason	James, Ronald	Plaep, DeeDee	
Brainard, Shawn	James-Cook, Leann	Porter, Karen	
Brainard, Warren T	Kelly, Cori	Posen, Janet	
Brannon, Cody	Kile, Allison	Posen, Joshua	
Brannon, Derek	Kile, Michelle	Price, Katherine	
Brannon, Monica	Kile, Samatha	Radford, Melinda	
Burger, Michael	Kintner, Alexander	Rankin, Timothy	
Campbell, Anna	Kintner, Peggy	Reeves, Ashton	
Chambers, Brittany	Klinger, Kyle	Resing, James	
Chew, Alan	Kneaper, Jason	Romine, Kimberlie	
Clark, Devin	Knowlton, Andrew	Rose, Debbie	
Cline, Diane	Knowlton, Jake	Russel, Ashley	
Colter, William	Knowlton, Katrina	Schaefer, John	
Conway-Portillo, Jennifer	Krossman, Justin	Schmidt, Tracee	
Cornelssen, Chris	Krossman, Lorin	Smith, Dylan	
Currier, Karen	Krossman, Scott	Smith, Ryan	
Dart, Linda	Kyce, Kathy	Smith, Wendi	
Davies, Joshua	Lawry, Robert	Solmi, Jessica	
Davies, Pamela	Lawry, Roberta	Soring, Faye	
Dick, James	Lent, Megan	Sprague, Stephen	
Dickerson, Jordan	Lewis, Thomas	Steinmuller, Kacie	
Dollins, Daniel	Litchman, Daniel	Stoehsler, Pam	
Durbin, Elizabeth	Litchman, Kim	Swigert, Allen	
Eckroth, Ashley	Lo, Natalie	Theisen, Cody	
Ellefsen, Eric	Lott, Riley	Theisen, Terri	
Elliott, Larry	Low, Timothy	Thorn, Tommy	
Espy, Tristan	Lum, Claudette	Trevort, Jamie	
Estes, Cathy	Lum, Richard	Turner, Taunya	
Estes, Jeffrey	Lum, Sydney	Tweddell, Stacia	
Evarts, Katherine	Lydick, Melisa	Ursprung, Alexzander	
Evarts, Tammy	Malloch, Kimberly	Ursprung, Amy	
Faciane, Vicki	Marsh, Emma	Vicklund, Arnold	
Fisher, Nancy	Marsh, Logan	Walker, Juanita	

**You Count,
We Count.**

**You can help
ensure the Tribe
is accurately
represented
therefore
receiving vital
federal program
funding simply
by completing
the 2020 Census.**

**Be sure to write
the entire Tribe
name (not just
your band)...**

**Confederated
Tribes of Coos,
Lower Umpqua
and Siuslaw
Indians**

To fill out the 2020 Census form online go to <https://my2020census.gov/>



SUSPENDED
CTCLUSI Summer
Student Internships

Unfortunately, due to Covid-19 as well as the health/safety of our Students and Employees, Tribal Council has had to suspend the 2020 CTCLUSI Summer Student Internship Program. This decision was not made lightly and comes with a heavy heart as this program has served as a catalyst for the educational goals of our college students. We look forward to future Internship opportunities in the years to come.

FOR ADDITIONAL INFORMATION

PLEASE CONTACT

STEPHANIE WATKINS AT 541-999-1360 OR PAM HICKSON AT 541-999-7860

The CTCLUSI Student Intern is a paid internship with the goal to assist current College Students in supplementing their work and education experience based work experience along with their needs, desires and interests.

Minimum Requirements:

- Must be a member of the Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians
- Must be an Enrolled Full-Time Student (Sophomore status or above) OR recent graduate (within 6 months) in/from any Accredited College including on-line schools (NOTE: Students may qualify even if they are not on a Tribal educational stipend)
- Must have verifiable transcripts that show a current GPA of 2.0 – can be obtained from your college’s registrars or campus placement office.
- This position is subject to pre-employment drug testing and criminal history background check which may include fingerprinting.

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 < [COVID-19 Resources](http://cbd9.net), or cbd9.net< [Student Portals](http://cbd9.net)
- The North Bend School district is currently offering distance learning for students. This information can be found at nbend.k12.or.us
- South Coast ESD is offering online student resources at 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

Due to Covid-19, we are not actively interviewing; however, we are still accepting applications for these important jobs.
Please visit the website or contact Recruitment for additional information.



Department of Human Resources

Current Openings at CTCLUSI and All Other Tribal Entities

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

Three Rivers Casino Resort ~ Florence
Bartender
Director of Management Information Systems
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 Outside Services Team Member

Three Rivers Casino Resort ~ Coos Bay
Bartender/Server
Security Officer



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 or contact the Peacegiving Coordinator 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 Website: <http://ctclusi.org/peacegiving>

WELLNESS COURT
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

