

TRIBAL PROGRAM NEWS

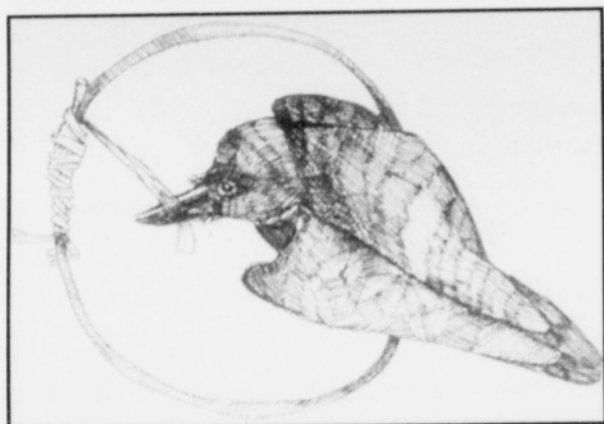
CEDARR

Community Efforts Demonstrating the Ability
to Rebuild and Restore

March 5, 5:30 p.m.
Siletz Community Health Clinic

For more information, call 541-444-8286.

We hope to see you there!



Staffing Change: Delina John has been hired as a counselor trainee with the outpatient program. She has been working toward her goal of becoming a certified counselor for the last three years and already is proving to be a wonderful addition to the counseling staff. She will be missed by many in her role as prevention coordinator.

Ask Raven

Raven will answer your questions about problems associated with alcohol, tobacco and other drugs. You can call in your questions to the numbers below or mail them to:

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

Dear Raven: What is methadone? Is it safe? Is it working? Is it becoming a fad? Concerned Community Member

Dear Concerned Community Member: **What is methadone?** Methadone is a synthetic or manmade opiate drug that is weaker than heroin but longer-lasting. I wrote more about methadone in last month's issue, so please take a look at it. Hopefully, it will give you all the information you need about what methadone is.

Is it safe? Yes, it's considered to be safe when taken as prescribed. Like all drugs, it does have side effects. They can include hives; difficulty breathing; swelling of the face, lips, tongue or throat; shallow breathing; fast or pounding heartbeats; chest pain; trouble breathing; feeling light-headed, fainting; feeling anxious, nervous or restless; sleep problems; dizziness, drowsiness, or weakness; dry mouth, nausea, vomiting, diarrhea, constipation, loss of appetite; decreased sex drive and impotence.

Is it working? Methadone is designed to substitute a legal opiate (methadone) for an illegal one (heroin, non-prescribed opiate pain medications). Although it's also addictive, it helps keep some addicts on an even keel and away from illegal drug use.

The original goal of methadone maintenance was to control the illegal activities and addictive behavior of heroin addicts to benefit society as well as the addict. It has also had great success in decreasing the problems associated with needle infection of heroin, such as infections of the heart, veins and other body tissues.

Is it becoming a fad? There certainly does seem to be a trend in the number of people who are considering methadone maintenance. More agencies have opened to provide methadone maintenance treatment and it's easier to be admitted to these programs. This is probably because of the increase in the number of people who have become addicted to opiate drugs generally used for pain reduction, such as OxyContin, hydrocodone (Vicodin), and Percodan, to name a few.

I am glad to have another opportunity to write about this issue and greatly appreciate your concern, and hope other community members share that concern. Raven

Siletz Tribal A&D Programs

Prevention, Outpatient Treatment
and Women's Transitional

Siletz: 1-800-600-5599 or
541-444-8286

Eugene: 541-484-4234

Salem: 503-390-9494

Portland: 503-238-1512

TLC Attitudes of Gratitude

by Lynn Whitlow

Without hesitation, I am grateful that spring is officially near. As much as I dread the cold and wet of winter, it makes me (and no doubt, many of you) doubly grateful for spring and summer.

Big bunches of yellow and orange and white daffodils, forsythia bushes bursting with bright golden blossoms before unfurling their tight green leaf buds and busy robin red breast in search of the biggest, most succulent worms are sure signs of spring – a promise that new life is emerging from the earth. There is nothing like nature to remind us that change is a natural ongoing process.

Living life is change on a daily basis. Sometimes we fight life, like it's our enemy – trying to keep those people, places, events and things in our life "the same," familiar, comfortable. It's only when we learn to let go of our control issues that we truly begin living life, experiencing it at its fullest, with all its vast surprises, pleasures and sometimes its pitfalls.

Life should be an adventure, an experiencing of all our senses, a look forward to the next event, meeting, taste, touch, feeling and auditory (hearing) happening. Reach out and embrace life. Claim it as your own.

If you are dreading your days, don't like to get yourself involved with people and events, and experiencing joy is a past feeling, please do yourself a favor and reach out for some help to turn that around. Your life can change for the better.

This past month, one of the TLC residents enthusiastically made a list of

five things she was grateful for: "That I'm raising my son in a clean and sober environment, for my sobriety, for a better relationship with my sisters and family, for my support here at TLC/A&D, and that I have great roommates that all get along very well."

Thank you to Rocky Hoiness for swinging the axe and splitting big chunks of wood into fireplace sizes and making kindling for us. We so appreciate your extra help with that "muscle" job.

Also, we so appreciate Walt Klamath for picking up our bunk bed support boards and to George Nagel for helping unload them.

Again we thank our wonderful volunteers who share their time to be a supportive presence in the house during the night hours. We are so grateful to all of you for who you are and what you do. Thank you, Alice McCain, Lisa Brown, Linda Olsen, and Stephanie Rilatos for being here.

We can always use a few more women to share themselves one night a week or every other week or on call. Please join us here at the TLC. We are not a hard group to be around most of the time.

Also, remember that we host a Women's Talking Circle one Wednesday a month, usually the second one, and welcome you to join us. Call at 541-444-8238, or 800-922-1399, ext. 1238, for more information.

For those of you who are part Irish: Green beer is bad for your health and kissing the Blarney Stone is cold but harmless. Happy St. Patty's Day!

Narcotics Anonymous Meetings

Monday – 7:30-8:30 p.m.
Atonement Lutheran Church
2315 N Coast Highway (101), Newport

Tuesday – 7:30-8:30 p.m.
TLC – A&D Building
565 Old River Road, Siletz

Tuesday – 8-9 p.m.
St. Peter the Fisherman Lutheran Church
1226 SW 13th St., Lincoln City

Thursday – 8-9 p.m.
St. Peter the Fisherman Lutheran Church
1226 SW 13th St., Lincoln City

Friday – 7:30-8:30 p.m.
Atonement Lutheran Church
2315 N Coast Highway (101), Newport

Saturday – 6-7 p.m.
Siletz VFW
143 SE Eggbert St., Siletz

Toll-Free Help Line – 1-877-233-4287

CTSI Jobs

CTSI Employment Job Line
541-444-8296 or
1-800-922-1399, ext. 1296
Visit our Web site at
www.ctsi.nsn.us

CTSI is constantly looking for temporary employees to cover vacancy, vacations, maternity leave, and extend sick leave. If you are retired, a homemaker, or a student and are looking for temporary work that can last from two weeks to 12 weeks, please submit a temporary application for the temp pool.

Note: "Open Until Filled" vacancies may close at any time. The tribe's Indian Preference policy will apply. Tribal government will not discriminate in selection because of race, creed, age, sex, color, national origin, physical handicap, marital status, politics, membership or non-membership in an employee organization.