

THE CHILDREN OF INDIAN COUNTRY NEED YOU



Too many of our American Indian and Alaska Native children are coming into care and losing their connection to their community. American Indian and Alaska Native foster parents are needed to help strengthen families in our community. You can enrich the life of a child by sharing your home, family, culture and tradition—we can help. Call to learn how.

REACH OUT TO A NATIVE CHILD

1-800-331-0503

DHS | Independent, Healthy, Safe

Oregon Family Outreach



AGENCIES & TRIBES OFFERING SUPPORT TO NATIVE AMERICANS

BURNS PAIUTE TRIBE

541-573-1915 | BURNS, OR

CONFEDERATED TRIBES OF COOS, LOWER UMPQUA & SIUSLAW INDIANS

541-888-3012 | COOS BAY, OR

CONFEDERATED TRIBES OF GRAND RONDE

800-422-0232 | GRAND RONDE, OR

CONFEDERATED TRIBES OF SILETZ INDIANS

541-444-8272 | SILETZ, OR

CONFEDERATED TRIBES OF UMATILLA

541-276-7011 | PENDLETON, OR

CONFEDERATED TRIBES OF WARM SPRINGS

541-553-3209 | WARM SPRINGS, OR

COQUILLE INDIAN TRIBE

541-888-9494 | COOS BAY, OR

COW CREEK BAND OF UPPER UMPQUA

541-677-5575 | ROSEBURG, OR

DHS ICWA UNIT

971-673-3100 | PORTLAND, OR

KLAMATH TRIBES

800-524-9787 | CHILOQUIN, OR

NARA

503-224-1044 | PORTLAND, OR

NAYA FAMILY CENTER

503-288-8177 | PORTLAND, OR

NICWA

503-222-4044 | PORTLAND, OR

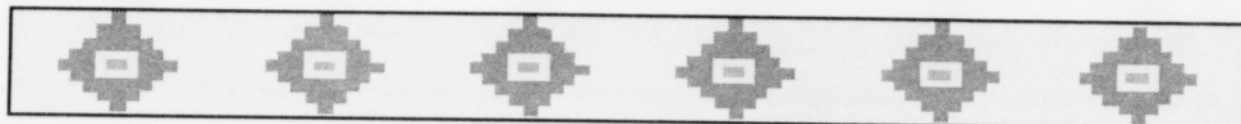
College Guide for American Indians Available

Winds of Change magazine has published its annual college guide for American Indians.

It includes data on colleges, universities and financial aid for American Indian students; resources and references specific to American Indians; articles on preparing for and applying to schools; cultural support on campus; and words of wisdom from successful students.

Copies cost \$10/1 copy, \$7.50/2-10 copies, \$7.00/11-20 copies and \$3.50/20+ copies.

For more information, contact Winds of Change magazine, 4450 Arapahoe Ave., Suite 100, Boulder, CO, 80303; 303-448-8853; www.wocmag.org.



Fresh Produce Available for Low-Income Seniors, But Many Missing Out

Almost 25,000 low-income Oregon seniors are getting help to buy fresh fruits and vegetables from local farmers markets and farm stands, but some 17,000 additional seniors are eligible but haven't signed up yet, according to the Oregon Department of Human Services. State officials are urging eligible seniors not to miss their window of opportunity and sign up before the Sept. 15 deadline.

"We want to make sure every eligible senior knows that there is help available to ensure they are getting fresh and healthy local produce," says Lauren Mitchell, who helps oversee the program.

The state has sent more than 42,000 eligible Oregon seniors invitations to participate in the federally funded Oregon Senior Farm Direct Nutrition Program, which runs annually from June 1 to Oct. 31, and would like to make sure all seniors know about the benefit. To be eligible, seniors must have turned 60 by April 1, 2009, receive food stamps or Medicaid, have a monthly income below \$1,038 for an individual and live in their own home or rental unit.

"Those who sign and return the letter to DHS by Sept. 15 will receive farm direct checks that can be used at any participating farm stand or farmer's market in Oregon through the end of October," says Mitchell.

Participants also receive information on authorized farm stands and farmers markets in their area and nutritional information, including recipes and tips for healthy eating.

"This is one of our most popular programs and it really is a win-win for seniors and local farmers," says Mitchell. "Everyone who is eligible should sign and return the letter, and enjoy the benefits of fresh produce and healthy eating."

The program, now in its sixth year, is administered by DHS in partnership with the Oregon Department of Agriculture and the Public Health Division.

"Some of the comments I've received have been heartwarming," says Mitchell. "I heard from an 80-year-old woman who credits her and her 90-year-old husband's longevity to a diet high in fruits and vegetables and I've heard from many seniors who say the program lets them buy fresh produce they normally can't afford."

For more information on the Oregon Senior Farm Direct Nutrition Program, contact your local office serving seniors and people with disabilities or visit www.oregon.gov/DHS/localoffices/index.shtml.

On behalf of America's youth, I want to thank you for fighting Big Tobacco and protecting us from the dangers of smoking.



Mr. President and Congress, thanks to you, many kids will not begin a deadly habit. The Family Smoking Prevention and Tobacco Control Act will reduce youth smoking and save lives. With one out of every three deaths caused by smoking related to cardiovascular diseases, we look forward to a healthier future.

Thanks for keeping us safe from tobacco's deadly grip.



American Heart Association | American Stroke Association
Learn and Live.

Heart Disease and Stroke. You're the Cure.
www.americanheart.org/yourethecure

