

Voc Rehab program introduces two new staff members in Siletz office

To all the Tribal membership:

I would like to introduce myself. I am Mark Pullam, the new vocational rehabilitation counselor/job developer for the Siletz Tribal Vocational Rehabilitation Program. I cover a five-county area – Lincoln, Linn, Lane, Tillamook and Benton.

A little about myself: I graduated from Western Oregon University with a bachelor's of science degree in psychology/counseling. I have worked in social services in both the private and public sectors for about 20 years.

Some of you may know me from when I was the job training and employment counselor for the 477 Self-Sufficiency Program. I worked for SSP for more than four years and enjoyed every minute of it. I am proud to work for my people and help them succeed in the job market.

The primary goal of the Vocational Rehabilitation Program is to assist and prepare participants to obtain and maintain successful employment. This also can include self-employment and business ownership.

As the vocational rehabilitation (VR) counselor, I will strive to provide participants who are disabled with culturally sensitive VR services that are adequate, accessible and professional. As a VR counselor, I will gain appropriate knowledge, provide outreach, create partnerships and advocate on behalf of our participants to achieve successful employment goals.



Photo by Natasha Kavanaugh

Mark Pullam

If you feel you have any kind of disability, please feel free to contact our program to set up an orientation and application. I can be reached at 800-922-1399, ext.1385, or 541-444-8385.

Tribal community:

My name is Sharon Tribble (most of you probably know me as Nahni). I am a Siletz Tribal member and have been hired as the vocational rehabilitation program aide. As the VR program aide, I provide direct administrative support to the vocational rehabilitation counselor/job developer (Mark Pullam).

Our main focus is to assist Tribal members who have disabilities in achieving employment goals that ultimately will lead to employment. I schedule and facilitate the program's orientation. As a participant, you and I will work together to establish the basic information needed to schedule an appointment with the VR counselor/job developer.

I have worked in a variety of fields, including but not limited to social service, sales, finance and production. Most recently, I spent some time volunteering for an inner city social service organization, the primary goal of which is to assist displaced American Indians with food, shelter, employment and clothing.



Courtesy photo

Sharon (Nahni) Tribble

If you have questions or are interested in attending an orientation, you can reach me at 541-444-8297 or 800-922-1399, ext. 1297.

Shu' 'aa-shi nu'-la

Job Opening at STBC

The Siletz Tribal Business Corporation is seeking applicants for the controller position. Please visit stbcorp.net or ctsi.nsn.us for more information.

General Council Meeting

Nov. 5, 2011 • 1 p.m. • Siletz Tribal Community Center • Siletz, Oregon

Call to Order
 Invocation
 Flag Salute
 Roll Call
 Approval of Agenda
 Approval of Minutes
 S.T.Y.L.E Youth Council

Programs:
 Hunting & Fishing Agreement
 Tribal Members' Concerns
 Tribal Council Candidate Declarations
 Chairman's Report
 Announcements
 Adjourn

October is National Breast Cancer Awareness Month

Women are reminded to get annual preventive health screenings

The National Breast Cancer Awareness Month organization is celebrating more than 25 years of bringing breast cancer awareness to the public. In these past 25 years, significant advances have been made in the diagnosis and treatment of breast cancer.

The website <http://nbcam.org/> has free information for patients looking for education and support as it relates to dealing with breast cancer and its treatment.

Breast cancer is the most common cancer in women in the United States, aside from skin cancer. According to the American Cancer Society (ACS), an estimated 200,000 new cases of invasive breast cancer are diagnosed in the United States each year.

An estimated 40,000 women died from the disease in 2009. Today, there are about 2.5 million breast cancer survivors living in the United States.

Breast cancer is the second leading cause of cancer death in women (after lung cancer). Breast cancer is much less common in males; by comparison, the disease is about 100 times more common among women.

According to ACS, an estimated 2,000 new cases of invasive breast cancer are diagnosed among men in the United States each year and it's usually detected in men between 60 and 70 years of age.

The chance of getting breast cancer for a woman is 1 in 8. There is no known prevention of this cancer and the outcome of the cancer is largely linked to early diagnosis. The greatest survival is found in women who are diagnosed in the early stages of cancer, i.e., with a small lump instead of a large one that may or may not have spread.

Mammography screening remains the best available method to detect breast cancer early. No medical test is always 100 percent accurate, however, and mammography is no exception. Research is under way to improve the technology to lead to better accuracy and to create new technologies, such as ultrasound and MRI that are becoming more popular.

It's important for women to practice the elements of good breast health. It's suggested that women:

- Obtain regular mammography screening starting as early as age 40
- Obtain annual clinical breast exams
- Perform monthly breast-self exams
- Obtain a risk assessment from a physician



According to the Northwest Portland Area Indian Health Board, only 40 percent of American Indian women over age 45 in the greater Portland area have had a mammogram in the past two years as recommended. This is compared to a U.S. average of 66 percent compliance.

If you fall into this group of women who are behind in their advised schedule of mammograms, please contact your physician today about getting your mammogram order.

If you are a patient at the Siletz Community Health Clinic, please call 541-444-1030 or 800-648-0449 to schedule your appointment.

We will hold our annual Women's Health Fair and Papathon at the Siletz Clinic on Oct. 18 from noon to 7 p.m., giving you a chance to get your preventative health screenings done, including your pap and mammogram.

CTSI Jobs

Tribal employment information is available at ctsi.nsn.us.

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.

CTSI constantly is looking for temporary employees to cover vacancy, vacations, maternity leave and extended 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.