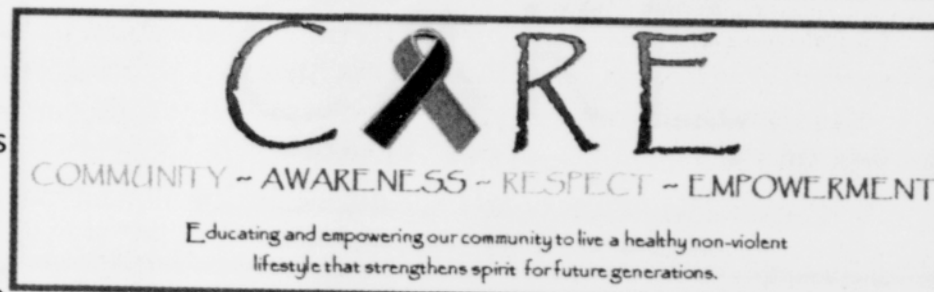


For more information about the Siletz Tribe, please visit [ctsi.nsn.us](http://ctsi.nsn.us).

## Tips for Healthy Communication in a Relationship

- **Find the Right Time.** If something is bothering you and you would like to have a serious conversation about it, make sure you pick the right time to talk. Don't interrupt your partner when they're watching a sports game, TV show, about to go to sleep or stressed about an upcoming test. Tell your partner you would like to talk later and find a time when you're in the same room and not doing anything important. Don't start serious conversations in public places unless you don't feel safe.
- **Talk Face to Face.** Avoid talking about serious matters or issues in writing. Text messages, letters and emails can be misinterpreted. Talk in person so there aren't any unnecessary miscommunications.
- **Do Not Attack.** Even when we mean well, we can sometimes come across as harsh because of our word choice. Using "you" can sound like you're attacking, which will make your partner defensive and less receptive to your message. Instead, try using "I" or "we." For example, say "I feel like we haven't been as close lately" instead of "You have been distant with me."
- **Be Honest.** Agree to be honest. Sometimes the truth hurts, but it's the key to a healthy relationship. Admit that you aren't always perfect and apologize when you make a mistake instead of making excuses. You will feel better and it will help strengthen your relationship.
- **Check Your Body Language.** Make eye contact when speaking. Sit up and face your partner. Let your partner know you're listening. Show them you really care. Don't take a phone call, text or play a video game when you're talking. Listen and respond.
- **Use the 48 Hour Rule.** If your partner does something that makes you angry, you need to tell them about it. But you don't have to do so right away. If you're still hurt 48 hours later, say something. If not, consider forgetting about it. But remember your partner can't read your mind. If you don't speak up when you're upset, there is no way for them to apologize or change. Once you do mention your hurt feelings and your partner sincerely apologizes, let it go. Don't bring up past issues if they're not relevant.



Confidential, culturally-specific services  
541-444-9679/541-272-7978

Brittany Russell  
Temp Coordinator/Advocate  
Outreach & Education Coordinator

## Upcoming Events

Dec 12th: SARRC (Sexual Assault Response & Resource Circle) - 12-1pm, Siletz Community Health Clinic

Dec 12th: Family Night @ Siletz Valley School

*Have a safe and happy holiday season!*

## COVER OREGON FOR SILETZ TRIBAL MEMBERS

Tribal members and their families are now able to sign up for Medicaid, Healthy Kids, or health insurance. Many members are now eligible for Oregon Medicaid because the Federal Poverty Guidelines have changed for Native Americans. Any Native American under 300% of the Federal Poverty Guidelines qualifies for Medicaid.

| Household Size                  | 100%     | 133%     | 150%     | 200%     | 300%     | 400%     |
|---------------------------------|----------|----------|----------|----------|----------|----------|
| 1                               | \$11,490 | \$15,282 | \$17,235 | \$22,980 | \$34,470 | \$45,960 |
| 2                               | 15,510   | 20,628   | 23,265   | 31,020   | 46,530   | 62,040   |
| 3                               | 19,530   | 25,975   | 29,295   | 39,060   | 58,590   | 78,120   |
| 4                               | 23,550   | 31,322   | 35,325   | 47,100   | 70,650   | 94,200   |
| 5                               | 27,570   | 36,668   | 41,355   | 55,140   | 82,710   | 110,280  |
| 6                               | 31,590   | 42,015   | 47,385   | 63,180   | 94,770   | 126,360  |
| For each additional person, add | \$4,020  | \$5,347  | \$6,030  | \$8,040  | \$12,060 | \$16,080 |

CHS requires all Tribal Members to apply for these services if you are not currently covered by Insurance. Failure to apply will suspend your CHS eligibility. Go to [CoverOregon.com](http://CoverOregon.com) and see if you qualify and locate a certified assistor in your area. There are Certified Assistors in Siletz, Portland, Salem and Eugene Area Offices to assist with enrollment.