

Meet the new Community Health staff

Cyndee Druba Community Health Advocate

Good day to you all. My name is Cyndee Druba and I am the new community health advocate for the Siletz area.

I have strong ties to this awesome community. I have a 22-year-old son, Hoxie Fisher, who is a Tribal member. Over the years, I have had the opportunity to meet and become friends with so many wonderful people in our community.

I was previously employed here as the Strategic Prevention Framework State Incentive Grant project coordinator or SPF/SIG project coordinator. Now that's a mouthful ... haha! A few years ago I decided, for many reasons that I should move away from the area, but none of it really felt right. So here I am, back where I belong. What a relief! ☺

I feel particularly blessed to have been chosen for this position. From my understanding, there hasn't been a working Community Health Department here in Siletz for quite some time. Also hired at the same time was our new community health director, Ruby Moon. Together we are learning and putting into action some of the previous tasks assigned to our department.

We also now have two full-time transporters who are available to transport for anything that is under the health and wellness umbrella.



Cyndee Druba (left) and Ruby Moon

It is my hope that through the learning process, with help from many valuable employees and just getting out there and doing it, we can create a Community Health program that all of you can count

on and be proud to be a part of.

You can reach me at 541-444-9633 or 800-648-0449, ext. 1633. Please call me with any health- or wellness-related transportation requests.

Ruby Moon Community Health Director

My name is Ruby Moon and I am the new community health director.

I spent 17 years working for the Head Start program as a lead teacher/family advocate before getting the opportunity to go back to school. I attended Oregon State University and received my BS degree in public health/human development and a master's in public policy.

I spent the last five years working for the university doing public education, outreach and engagement. I was responsible for building and evaluating programming based on community needs.

It is my hope that my background will serve me well in my new role as community health director. It is an honor to be part of this community. I am excited about the possibilities.

Community Health already offers a wide range of services; our goal is to grow and strengthen those services for our community. I look forward to getting to know all the different programs currently being offered and partnering with those programs to strengthen services overall.

You can reach me at 541-444-9686 or 800-648-0449, ext. 1686; or (cell) 541-272-9096.

Need Rental Housing?

The Siletz Tribal Housing Department encourages you to apply for the Low-Income Rental Program waiting list in Siletz (1-4 bedrooms) and Lincoln City (2-3 bedrooms – Neachesna Village).

Applications can be obtained at any Tribal area office (Eugene, Salem, Portland, Siletz) or online from the Tribal website – ctsi.nsn.us; follow links – Tribal Services-Housing-Low Rent Apartments & Home Ownership.

For any questions, call 800-922-1399, ext. 1322, or 541-444-8322
Fax: 541-444- 8313

Over-Income grant program gets more funding; applications available

The Over-Income Rehabilitation Construction program funds over-income families with a \$5,000 grant for construction rehabilitation on the primary residence they own.

The Siletz Tribal Council has recently approved an additional 10 grants for this year. Request an application for the additional grants and submit it to the Housing Department by the deadline below.

Rehabilitation refers to repairs or renovations to the home, but does not include appliances, saunas, hot tubs, swimming pools, driveways, fences, etc.

Over-income refers to Tribal members whose income exceeds the income limits set by the Native American Housing Assistance and Self-Determination Act (NAHASDA). These are listed below.

1	2	3	Base4	5	6	7	8
\$36,848	\$42,112	\$47,376	\$52,640	\$56,851	\$61,062	\$65,274	\$69,485

If you are a Siletz Tribal member and have not received a Down Payment Assistance grant within the last five years or you have not received an over-income grant, call the Housing office to request an application.

Applications, including proof of current annual income, enrollment and proof of homeownership with the Tribal member's name on it, must be submitted to the Housing office by June 10, 2016, at 4:30 p.m.

Applications received after that date and time will not be accepted by the Siletz Tribal Housing Department.

Qualified applicants will be placed in the lottery drawing, which will be held during June on a date approved by the Tribal Council.

If you have any questions, please call Jeanette Aradoz at 800-922-1399, ext. 1316, or 541-444-8316.

USDA distribution dates for May — Presto Primavera

Day	Date	Time	Items
Monday	May 2	9 a.m. – 3 p.m.	½ bag rotini pasta*
Tuesday	May 3	9 a.m. – 3 p.m.	1 can mixed vegetables* (drained) 1 can diced tomatoes*
Wednesday	May 4	9 a.m. – 3 p.m.	2 cans chunk chicken* (drained)
Thursday	May 5	9 a.m. – 3 p.m.	1 cup shredded cheese*
Friday	May 6	9 a.m. – 3 p.m.	

*Indicates product available in food package

Salem

Monday	May 16	1:30 – 6:30 p.m.
Tuesday	May 17	9 a.m. – 6:30 p.m.
Wednesday	May 18	9 a.m. – 6:30 p.m.
Thursday	May 19	9 – 11 a.m.

Announcing! You can now like us on Facebook at Siletz Tribal FDPIR – so happy I finally got this done. Post your favorite recipes and check distribution dates and other important program-related information.

I made this recipe at the Siletz warehouse in April. It is so easy and a healthy dinner to make for your family.

Cook pasta according to package directions and drain.

Heat vegetables, tomatoes and chicken in large saucepan while pasta is cooking. Mix in pasta; heat through. Serve with shredded cheese.

When I made it, I mixed the cheese in with the pasta and vegetables (like a mac and cheese). It was so good and just a few ingredients.

Joyce Retherford, FDP Director
541-444-8393

Lisa Paul, FDP Clerk/Warehouseman
541-444-8279

Election Board Application

Tribal members interested in serving on the Election Board are encouraged to fill out this form and return to Confederated Tribes of Siletz Indians, Attn: Executive Secretary to Tribal Council, P.O. Box 549, Siletz, OR 97380-0549 or fax 541-444-8325. The Election Board consists of three regular board members and one alternate board member.

Applications for consideration will be accepted through June 30, 2016.

Name: _____ Roll No: _____

Address: _____

City: _____ State: _____ ZIP: _____

Telephone: Day () _____ Evening () _____