

USDA distribution dates for December; new income guidelines, deductions

Siletz

Monday	Dec. 4	9 a.m. – 3 p.m.
Tuesday	Dec. 5	9 a.m. – 3 p.m.
Wednesday	Dec. 6	9 a.m. – 3 p.m.
Thursday	Dec. 7	9 a.m. – 3 p.m.

Salem

Monday	Dec. 18	1:30 – 6:30 p.m.
Tuesday	Dec. 19	9 a.m. – 6:30 p.m.
Wednesday	Dec. 20	9 a.m. – 6:30 p.m.
Thursday	Dec. 21	9 – 11 a.m.

I hope everyone has had a chance to check out the new income guideline and the increased (up \$50 to \$400) standard deduction. Remember, we take your gross

income and multiply it by the 20 percent tax deduction and then do the deductions, like child care, child support and the standard deduction if you pay rent or utilities.

If you are over age 62 and have out-of-pocket medical expenses, we also can deduct a portion of that. All we need is one Tribal ID (any federally recognized Tribe) in the household and we can certify the entire household.

If you have foster children who are Tribal, we also can certify the household and we count the payments that are received for those children. We also count adoption subsidies if you have adopted Tribal children.

FNS Handbook 501 Exhibit M
(Rev. 09/2017)

Food Distribution Program On Indian Reservations (FDPIR) FY 2018 Net Monthly Income Standards (Effective Oct. 1, 2017, to Sept. 30, 2018)

The net monthly income standard for each household size is the sum of the applicable Supplemental Nutrition Assistance Program (SNAP) net monthly income standard and the applicable SNAP standard deduction.

48 Contiguous United States: Use this Amount Household Size	SNAP Net Monthly Income Standard	SNAP Standard Deduction	FDPIR Net Monthly Income Standard
1	\$1,005	+ \$160	= \$1,165
2	\$1,354	+ \$160	= \$1,514
3	\$1,702	+ \$160	= \$1,862
4	\$2,050	+ \$170	= \$2,220
5	\$2,399	+ \$199	= \$2,598
6	\$2,747	+ \$228	= \$2,975
7	\$3,095	+ \$228	= \$3,323
8	\$3,444	+ \$228	= \$3,672

Each additional member \$349

LIKE us on Facebook at Siletz Tribal FDPIR. We would like to see more people sharing their recipes on our FB.



Joyce Retherford, FDP Director
541-444-8393

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

Tribal RV parks have space available for you

Logan Road RV Park
Lincoln City, Oregon
loganroadrvpark.com
877-LOGANRV

Hee Hee Illahee RV Resort
Salem, Oregon
heeheeillahee.com
877-564-7295

For more information about the Siletz Tribe, please visit ctsi.nsn.us.

Signs, continued from page 1

Society; Robert Kentta, cultural director and Tribal Council member of the Confederated Tribes of Siletz Indians; Phyllis Steeves, archaeologist with the Siuslaw National Forest for many years; and artist Phillip Schuster, who created an image of Natives fishing for smelt for use on a sign.

Additional images came from Kentta, the Siuslaw National Forest, the Lincoln County Historical Society and the Little Log Church of Yachats.

Once the research was finished, the text written, the images selected and the signs fabricated, they were installed by students in the masonry program at Angell Job Corps, under the supervision of instructor, Joel Hatzenbihler. Wally

Orchard, trails leader with the Yachats Trails Committee also helped.

The other three signs, installed by the City of Yachats Public Works Department, are on the Ya'Xaik Trail, which climbs through the coastal forest from the east end of Diversity Lane to the east side of the Gerdemann Botanical Preserve.

From there, hikers can walk through the garden, emerging on Highway 101 at the Earthworks retail complex and across Highway 101 onto the Overleaf public footpath to the 804 North Trail (trail locations can be found on yachatstrails.org).

For more information about the Ya'Xaik people, visit yachatsoregon.org/Documents/Browse?&ShowResults=True&SelectedCategories%5B0%5D=43.



Courtesy photo

Joanne Kittel and Diane Disse

Behavioral Health

Coming to Siletz in January:

A Gottman-inspired Couples Retreat is currently under preparations for Friday, January 12, 2018. It's the start of a new year, New Year's resolutions are under way, why not work on your relationship while you're feeling that motivation?

About the Gottman method:

This is an evidence-based practice that helps couples work on their relationships. It starts with an extensive survey that provides detailed information to the therapist and is used to create the ultimate and unique treatment plan for the couple. Topics explored include a) The Four Horsemen (the four factors most likely to cause friction in a relationship): Criticism, Defensiveness, Contempt and Stonewalling; b) Aftermath of a Fight; and c) Love Maps.

What is a Gottman-inspired Couples Retreat?

- 1) An opportunity to reconnect with your partner and work on little issues before they become big.
- 2) A day to relax, enjoy your time with your partner, eat good food and learn how to take your relationship to the next level.
- 3) An opportunity to learn new tools from Gottman's proven methods to help your relationship become what you and your partner agree you want.

How do we register to go?

All couples wanting to attend the retreat will need to be registered by myself,

Rachel Adams, the mental health specialist for the PAO and SAO. Once registered, couples will be asked to complete a survey online. Once the survey is completed, couples approved for registration will be given further instructions.

Transportation to Siletz?

It is currently under research to see if transportation can be made available to all registered couples from both the Portland and Salem area offices.

Child Care?

Child care is not likely at this time, but is still under research as well.

Traditional Coping

While Gottman's methods are tried and true, the Siletz peoples are still encouraged to participate in traditional methods of healing. It is a good time to attend a sweat and pray for clarity on new goals to set. As always, drum circles, talking circles and smudging are different ways to stay connected with our ancestors and pay tribute to our roots. Some people find peace in calling on Creator for clarity and health.

Portland Area Office

Mondays & Tuesdays
503-238-1512, ext. 1417

Salem Area Office

Wednesdays & Thursdays
503-390-9494, ext. 1864