

Last day to update mailing address in time for per capita checks is July 13

The last day to get your mailing address updated in time for your **per capita check** to be mailed to a new address is **Friday, July 13, 2018**, by the end of the business day. Any address changes after that date will affect the mailing of the per capita check, causing a delay in receiving it.

Please see the information below about address changes and Missing Moccasins. For the full policy regarding per capita checks, please see the Tribal Member Distribution Ordinance on the Tribal website at ctsi.nsn.us under Government Listings > Tribal Ordinances.

One of the popular questions is **“How much is per capita going to be?”** That amount is calculated on July 1, taking into account the amount to be distributed, the number of enrolled Tribal members alive on that day and postage costs.

On Monday, July 2, after 12 p.m., you can call **541-444-8224** to hear an automated recording of the amount as well as going to the Tribal website, under the opening page of the member area login, for the written announcement.

Where is my per capita check?

Per capita checks are going to be mailed on Monday, July 31, to the **current** address on file with the Enrollment Department.

- The Tribal Member Distribution Ordinance requires distribution of

checks to initially be mailed; therefore it cannot be picked up at the Siletz Tribal office. Per capita checks are cannot be direct deposited.

- Mail from Siletz takes as long as four days to get to an address in Portland, Salem and Eugene. Please allow for the “snail mail” time before calling to see where your per capita check is.
- If you are a Missing Moccasin as of Friday, July 13, your check will be held until a correct address is submitted. If you are a Missing Moccasin and update your address between Monday, July 16, and Tuesday, July 31, the per capita check will be mailed on Wednesday, Aug. 1. All other Missing Moccasins who update their address after Aug. 1 will have their checks mailed when the address update is received.
- The adult Missing Moccasin list is now on the Tribal website on the Enrollment page under Government Listing. Please check there to see if you know anyone who is listed.
- Policy states you must wait 15 business days (in the case of per capita checks until Aug. 22) from the time of mailing before you can submit a request for a “stop payment” and have the check re-issued. This allows time for the check to be returned if it is “undeliverable” to the address to which it was mailed.
- If your check is returned as “undeliverable,” you must submit an address

update in order to have your check re-mailed.

Missing Moccasins do not receive their per capita checks on time!

If someone does not have a good address and phone number on file with Enrollment, that person is considered a Missing Moccasin.

Please check the list on the Tribal website for anyone you might know. Missing Moccasins do not receive this newspaper, election mail, per capita checks, 1099 forms and other important mail from the Tribe.

Are you a parent of a minor Tribal member who did not receive a statement of his/her Minor Trust account earlier this year? It could be that your child is a Missing Moccasin.

Address Changes

If you have recently moved, even if you have a forwarding address on file with the post office, please get your Address & Contact Information Update form in as soon as possible. You can get the form on the Tribal website, from any Tribal office or contact the Enrollment Department to have one mailed to you.

All address updates must be in writing to ensure that you have requested the address to be changed. This is for your own security.

As a note, “General Delivery” is **not** acceptable as a mailing address as it is

only temporary and the post office will only hold the mail for a limited time for delivery. We had a large amount of “General Delivery” mail returned and this is not effective in getting mail to Tribal members when we need to.

It is much better to rent a post office box if you are not able to use a permanent address somewhere else. If this is a concern for you or someone on the Missing Moccasin list, call 800-922-1399, ext. 1258, or 541-444-8258 and we will work with them to figure out a permanent address solution.

Scan the QR code below with your smart phone's camera to see the most recent Missing Moccasin list!



Food ways to avoid depression: Pay close attention to what you eat

By Nancy Ludwig, MS, RDN, LD, Siletz Tribal Head Start Nutrition

As part of my role as consultant nutritionist to Siletz Tribal Head Start, I offer information for families. The food ways in this modern world actually appear to be a set up for depression. Applying the basic principles below can help to avoid depression for our children and entire community. Interestingly, these principles are consistent with my understanding of traditional foods.

I am a big fan of Dr. Kelly Brogan, psychiatrist. Dr. Brogan has become an advocate for nutrition as the foundation to reclaim vitality while learning the truth about mental health.

She authored a groundbreaking book, *A Mind of Your Own*, and created a 30-day program called Vital Mind Reset. Her website is kellybroganmd.com/.

Her recent article suggests 5 rules for eating away your depression and covers the following topics: 1. Avoid Trigger Foods, 2. Go Organic, 3. Guard Against Deficiencies, 4. Restore Your Microbiome and 5. Eat Consciously.

By **avoiding trigger foods**, we are more likely to avoid an inflammatory response in the gut. Symptoms of inflammation, such as fatigue, brain fog, flat mood, PMS and constipation, are all frequently reported by depressive patients.

These signs of systemic inflammation are psychiatric pretenders – they mimic symptoms associated with mental illness – which explains why depression has been called an inflammatory disorder.

To heal inflammation in the body, eliminate foods that are known to be inflammatory triggers. Purge your pantry, tossing out all refined sugars, dairy, gluten, grains (including corn), soy, GMOs, coffee and alcohol. None of these foods are traditional foods, except that some Tribes have embraced traditional practices with corn.

Focus on food close to its natural state. When determining trigger foods, a strict 30-day cleansing phase is suggested with attention to symptoms prior to reintroduction of any of these foods.

Going organic may not be as costly as we might think. People naturally prefer the most flavorful foods, which as nature would have it, tend to be organic. Non-organic foods contain higher-than-ever levels of pervasive pesticides and herbicides like glyphosate, which are known to cause endocrine disruption, damage DNA and even cause birth defects.

By choosing a whole foods-based organic diet, you not only get the healthiest and best-tasting foods, you support the long-term health of our species and the planet. This also supports the practice of looking forward for the health of the next seven generations.

Guarding against deficiencies is critical when there is overuse of pesticides and herbicides because they deplete the soil used to grow our food. Going organic helps, but denatured soil isn't the only culprit behind nutrient deficiencies.

A person can take in adequate nutrients, yet factors like stress, smoking, pharmaceuticals and environmental toxicants often interfere with the body's ability to

absorb them. Western diets are frequently found to be lacking in the following nutrients, all of which are essential to mood and energy regulation: Vitamin B-12, magnesium, zinc and essential fatty acids.

These nutrients are often low in people with psychiatric conditions. Include dark, leafy greens; oily fish such as wild-caught salmon, mackerel and sardines; pastured eggs; and sprouted nuts and seeds. Focus on the blood stabilizing effects of a diet high in natural, high quality fats.

Restoring your microbiome is critical because the internal community of living microorganisms supports healthy digestion and immune system response, among other useful functions. It is made up of trillions of cells that continually report to the brain on the state of the body.

The gut-brain axis is a pathway where this signaling takes place in both directions. When the organisms in the microbiome send distress signals, a host of health effects can occur, from depression and other psychiatric complaints to brain disease, stroke and seizures.

Toxins and antibiotics undermine the beneficial bacteria that are essential to maintaining this delicate internal balance. The resulting inflammation often presents as symptoms of mental illness.

Adherence to an ancestral, organic diet will do much to restore a damaged microbiome. Probiotic supplementation has proved to be extremely effective in treating depression through restoration of beneficial bacteria in the gut.

One or two teaspoons per day of fermented foods should be added to your list

of powerful safeguards against the ravages of the modern age.

Eating consciously and becoming aware of what – and how – we feed ourselves is a part of waking up. When we eat unconsciously, we deny our bodies the experience of nourishment.

Take time before each meal to really *take in* your food. Look at the colors, savor the aromas and appreciate the nourishment your meal is providing. This sends the first signals to the brain that it's time for digestion to begin.

Let your mouth water! Saliva contains powerful enzymes that pre-digest food as you chew. Chewing slowly and thoroughly will ensure that you receive the optimum benefits of these powerful digestive juices.

Finally, promote a feeling of gratitude for what you are about to consume. The journey our food takes from farm to table requires several levels of sacrifice. Acknowledging the part that you and others play in the lifecycle of your food will deliver the full range of nourishment that food can provide.

Food is information. With every bite we take, we program our bodies for tomorrow. What signals is your food sending?

Food choices are critical in all life stages, not just for young ones in Head Start. Traditional food practices are consistent with the 5 rules for eating away your depression.

As the Head Start consultant nutritionist, I am available to support families by discussing nutrition-related concerns via telephone. There is no charge for Head Start families.