

# Tribal Council approves expanded out-of-area health benefits for 2019

The Tribal Council has allocated excess pledge revenue/third party revenue for health benefits. These benefits are for Tribal members who live outside the 11-county service area.

To qualify, Tribal members must be registered for health care with the Siletz Tribal Health Department and reside outside the Tribe's 11-county service area. These funds are intended for Tribal members who are not eligible for Purchased/Referred Care (PRC, formerly Contract Health Service).

The benefit is up to \$2,000 for dental, hearing and medical.

Pharmacy and cataract benefits are available in addition to the annual benefit of dental, hearing and medical. Vision benefits are available every other year with the exception of annual benefits if you are an elder, child or student, or have been diagnosed with diabetes.

- Pharmacy \$500
- Cataract Surgery \$2,000
- Vision \$450

All benefits are subject to funding availability. Prior authorization by PRC is required and benefits must be used within 90 days. Any funds not used within 90

days, or claims not received, will be returned to the pool for redistribution.

An individual can access benefits up to \$2,000 annually by calling on the authorization date. For example, an individual may call Jan. 2 for medical of \$500 and then call again Oct. 7 for dental of \$1,500 for a total of \$2,000.

When it receives a call for pre-authorization, PRC will authorize for household members only and voice messages do not hold funds. The individual must speak to PRC staff and obtain an out-of-area (OOA) number to secure funds.

If you are not already registered for health services, please call anytime to request an application.


Call PRC at 800-628-5720 or call your PRC tech directly.

If your last name begins with:  
**A-G call Gail at 541-444-8329**  
**H-O call Chrissy at 541-444-9622**  
**P-Z call Joella at 541-444-9649**

The remaining 2019 authorization schedule is as follows:

**April 1 • July 1 • Oct. 1**

**“What is PRC?  
I thought I called  
Contract Health.”**



**NEW! in 2019**  
**Contract Health Services (CHS)**  
**is renamed**  
**Purchased Referred Care (PRC)**  
**1-800-628-5720 for Questions**

For more information about the  
**Siletz Tribal Arts and Heritage Society, visit [huu-cha.org](http://huu-cha.org).**

## February USDA distribution dates, share your recipes on Tribal FB page

<b>Siletz</b>			<b>Beef and Broccoli</b>		
Monday	Feb. 4	9 a.m. – 3 p.m.	¼ cup vegetable oil*		
Tuesday	Feb. 5	9 a.m. – 3 p.m.	¼ cup vinegar		
Wednesday	Feb. 6	9 a.m. – 3 p.m.	2 teaspoons black pepper		
Thursday	Feb. 7	9 a.m. – 3 p.m.	1 teaspoon garlic powder		
Friday	Feb. 8	9 a.m. – 3 p.m.	¼ teaspoon cayenne pepper		
<b>Salem</b>			2 pounds beef roast, cut into 1” cubes*		
Monday	Feb. 18	<b>Holiday</b>	1 yellow onion, sliced thin*		
Tuesday	Feb. 19	1:30 – 6:30 p.m.	½ cup soy sauce		
Wednesday	Feb. 20	9 a.m. – 6:30 p.m.	½ cup water		
Thursday	Feb. 21	9 a.m. – 6:30 p.m.	1-2 pounds broccoli florets*		
Friday	Feb. 22	<b>By appt only</b>			

Put the oil, vinegar, pepper, garlic powder and cayenne pepper into a sealed bag. Shake it up to combine it well. Add the cubed beef and shake it to coat the beef cubes. Let it sit for an hour or so. Dump it into a colander to drain.

Heat some vegetable oil in a Dutch oven. Add the sliced onion and the drained meat and brown until the onion is caramelized. Place the Dutch oven in 350 F oven for about an hour.

After an hour, stir the meat and onions and add the soy sauce, water and broccoli.

Put the lid on the pan and heat it on medium high heat to let the broccoli steam until tender.

I served it over rice. Yum!

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



Joyce Retherford, FDP Director  
 541-444-8393/541-444-8279



### Tule Mat Making Class

Siletz Tribal members and their families welcome.

**Feb. 4 • 5-7 p.m.**  
**Siletz Tribal Community Center**

**Feb. 5 • 5-7 p.m.**  
**Eugene Area Office**

**Feb. 11 • 5-7 p.m.**  
**Portland Area Office**

**Feb. 12 • 5-7 p.m.**  
**Salem Area Office**

Come and learn how to make a Tule mat. Young people under age 10 need an adult to accompany and assist them.

The Siletz Culture Department will provide material and instructors.

Sponsored by the Siletz Education and Culture Departments



### Culture Craft Night

**San-chvn Tuu-‘i’  
(Acorn Soup)**

Siletz Tribal members and their families – Come join us and learn how to make acorn soup. Acorns are a staple food for all Tribes on the West Coast. Learn how to shell, pound, leach and cook one of our traditional foods.

Contact Bud Lane at 541-444-8320; 800-922-1399, ext. 1320; or budl@ctsi.nsn.us for more info.

Sponsored by the Education and Culture Departments

**March 4 • 5-7 p.m.**  
**Siletz Tribal Community Center**

**March 5 • 5-7 p.m.**  
**Eugene Area Office**

**March 11 • 5-7 p.m.**  
**Portland Area Office**

**March 12 • 5-7 p.m.**  
**Salem Area Office**