

Quiring graduates from Tribal Home Visiting Program

Congratulations to Heather Quiring for graduating from the Siletz Home Visiting Program. She entered the program in July 2016 when her son, Erik, was just a few months old and continued until this April when Erik turned 3. While in the program, Heather had much going on in her life and accomplished important milestones, from graduation to obtaining a certificate, license and employment.

Through it all she stuck with the program, learning and growing as a parent. She found the program very helpful and commented, "It was nice to know someone was there if I needed help or to get some advice. While I did a lot on my own, having support was very good for me."

Congratulations, Heather!

Courtesy photo

Heather Quiring and her sons, Aaron Quiring and Erik Hochstetler Jr.



June USDA distribution dates

Siletz

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

Salem

Monday	June 24	1:30 – 6:30 p.m.
Tuesday	June 25	9 a.m. – 6:30 p.m.
Wednesday	June 26	9 a.m. – 6:30 p.m.
Thursday	June 27	By appt only

As you can see, our Salem distribution will be a week behind the usual dates. That is because we will be attending our national conference, NAFDPIR, in Pearl River, Miss.

I want to take this opportunity to welcome aboard Sammy Hall, Sr. as our new clerk/warehouseman. I know he will do a good job.

We are seeing new products in the food package, like the boneless skinless chicken breasts. What a great addition to our already awesome food items.

In the past couple of months, we have also started receiving frozen blueberries, another great addition. On the horizon, I hear there may be some frozen vegetables and perhaps frozen strawberries!

LIKE us on Facebook at Siletz Tribal FDPIR.

We would like to see more people share their recipes on our FB page. Like us at SILETZ TRIBAL FDPIR.



Joyce Retherford, FDP Director
541-444-8393

2019 Siletz Tribal Youth Council

Female Co-President – Jeidah DeZurny (second from right)

Male Co-President – Santana Hutchinson (second from left)

Vice President – Felisha Howell (center)

Secretary – Zena Greenawald (third from left)

Treasurer – Mariah Benitez (far right)

Social Media Representative – Savanna Rilatos (third from right)

Middle School Representative – Victoria Butler (far left)



Savvy Caregiver in Indian Country Training

Wednesdays, 1:30 – 3:30 p.m.

June 5 – July 17*

Siletz Clinic – Shell Room

*Note: No class on July 10 due to Culture Camp activities.

Savvy Caregiver in Indian Country is a program for Native people that is designed to help caregivers provide care and support for someone with Alzheimer's or dementia. It is a six-part group program that lasts approximately two hours per part.

Savvy Caregiver in Indian Country is a culturally adapted program developed by Dr. J. Neil Henderson, Oklahoma Choctaw,

and executive director of the Memory Keepers Medical Discovery Team on Health Disparities at the University of Minnesota Medical School.

These free classes offer care strategies, resources and support to the caregiver. Savvy Caregiver training teaches the caregiver to know the stages of dementia. Knowing the stage allows the caregiver to use activities and tasks that better fit the abilities and capabilities of their loved one, resulting in more hours of "contented involvement."



Training will be provided by staff from the Confederated Tribes of Siletz Indians. To sign up for this important informational training, contact

Hannah Glaser
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environment. Their passion and contributions to dialogue and action-planning are important to our sustainable future," said Mary Kim Titla, executive director of UNITY.

The 2019-2020 class will participate in training sessions and informational workshops to increase their knowledge of environmental issues affecting Native America, learn to serve as an ambassador to increase awareness of the issues affecting the environmental quality on Native lands, and promote the efforts to address environmental concerns within the nation's Native communities. Topics will focus on, but not be limited to, recycling, conservation, regeneration and restoration.

The newly selected ambassadors were nominated by a member of their community, meeting criteria that included demonstrating leadership potential, showing an interest in protecting the environment, and experience and participation in community service projects.

They will receive leadership training and be officially recognized at the National UNITY Conference in Orlando, Fla., on July 4-8.

In addition, the UNITY Earth Ambassadors will be provided special opportunities, coordinated through UNITY, to take

their message to Tribal and governmental agency representatives, as well as lawmakers and others committed to environmental stewardship.

For more information about UNITY, its programs and the 2019 National UNITY Conference, visit unityinc.org.

About UNITY

Founded in 1976, United National Indian Tribal Youth, Inc. (UNITY) is a national network organization promoting personal development, citizenship and leadership among Native youth. UNITY's mission is to foster the spiritual, mental, physical and social development of American Indian and Alaska Native youth ages 14-24 and to help build a strong, unified and self-reliant Native America through greater youth involvement.

UNITY's network currently includes 274 affiliated youth councils in 34 states. Youth Councils are sponsored by Tribes, Alaska Native villages, high schools, colleges, urban centers and others.

UNITY's signature event is the National UNITY Conference, held each summer in various states. It is the longest and largest American Indian and Alaska Native youth leadership conference in the country, with more than 2,000 attendees annually.