

## May USDA distribution dates, message

### Siletz

Monday	May 4	9 a.m. – 3 p.m.
Tuesday	May 5	9 a.m. – 3 p.m.
Wednesday	May 6	9 a.m. – 3 p.m.
Thursday	May 7	9 a.m. – 3 p.m.
Friday	May 8	9 a.m. – 3 p.m.

### Salem

Monday	May 18	1:30 – 6:30 p.m.
Tuesday	May 19	9 a.m. – 6:30 p.m.
Wednesday	May 20	9 a.m. – 6:30 p.m.
Thursday	May 21	By appt only

#### A message to all USDA clients

Because of the coronavirus, our warehouses will remain operational, however, doors will be locked. When it is your scheduled appointment time, we will do an auto-fill from your last month's issuance, fill the food boxes and bring them to your car.

We will not require a signature on your shopping lists, but please, if you are missing something from your order be sure to call and we will set it aside for you. This will be the distribution practice until further notice.

**We will not accept hand-delivered shopping lists. You can scan them and email them or fax them to us.**

**We ask that you please stay home and be healthy unless it is absolutely essential that you go out and about.**

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



Joyce Retherford, FDP Director  
541-444-8393; joycer@ctsi.nsn.us  
Fax: 541-444-8306 or 503-391-4296

Sammy Hall, Warehouseman/Clerk  
541-444-8279; sammyh@ctsi.nsn.us

## Tipi Drawing

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Roll#: \_\_\_\_\_

For Siletz Tribal members to use during the Nesika Illahee Pow-Wow on Aug 7-9, 2020. One entry per household. Must be a Siletz Tribal member to enter.

Deadline for entries is June 1, 2020. Name will be drawn soon after the deadline. Return the form to Siletz Pow-Wow, Attn: Tipi Drawing, P.O. Box 549, Siletz, OR 97380-0549.

**Note: You do not win the tipi. The drawing is only for a stay in the tipi during pow-wow weekend.**

## 2020-2021 Siletz Royalty Applications

Applications are being accepted for 2020-2021 Miss Siletz, Junior Miss Siletz and Little Miss Siletz. Applications must be turned in by 4:30 p.m. no later than June 1, 2020. Applications should be sent to: Siletz Pow-Wow Committee, P.O. Box 549, Siletz, OR 97380-0549.

Applications can be downloaded from the Tribal website located under the Pow-Wow tab.

If you have any questions, contact Buddy Lane at 800-922-1399, ext. 1230; 541-444-8230; or buddy@ctsi.nsn.us.

### Most Often Requested Numbers

Confederated Tribes of Siletz Indians – 800-922-1399

Salem Area Office – 503-390-9494

Portland Area Office – 503-238-1512

Eugene Area Office – 541-484-4234

Purchased Referred Care (PRC) – 800-628-5720

Siletz Clinic – 800-648-0449

Siletz Behavioral Health – 800-600-5599

Chinook Winds – 888-244-6665

Chemawa Health Clinic – 800-452-7823

Bureau of Indian Affairs – 800-323-8517

Website – www.ctsi.nsn.us

## Let's focus on immune support in these uncertain times

By Nancy Ludwig, MS, RDN, LD, Head Start Consulting Nutritionist

*In light of world events and the COVID-19 pandemic, let's focus on practical immunity. In my role as consultant nutritionist to Siletz Tribal Head Start, I offer information for families. Today's topic addresses natural ways to support immunity.*

Seems that as the world faces this global pandemic, most people want to be well and protect those they love. While some are frantically buying supplies and having them shipped to their homes, others are looking within and taking stock of what they have. This includes basic supplies, knowledge and skills. We can create from what we have on hand and can forage or harvest what nature provides.

It is useful to focus on strengthening our terrain. Seventy percent (70%) of the immune system resides in the gut - also known as our microbiome. The key to health is really about balancing the microbiome.

None of the organisms are problems until some of them dominate. That is often when sickness occurs. Strengthening our terrain means supporting the balance and boosting what may be weak. To support our terrain in the most natural way, my focus is on three major topics. These include food, stress management and removal of waste.

**Food and Drink:** Good nutritional support is necessary for a properly functioning immune system. Drink clean water and consume foods that contain high amounts of water. Science is beginning to identify some special benefits from the water found in foods. Water filters are recommended to drink the safest water possible.

Eat colorful vegetables that also contain fiber. Some fiber feeds the microbiome. Include fermented foods to provide food for the microbiome. Avoid sugar because sugar knocks down your immune system. Include bitter foods that help get digestive juices flowing.

Be selective with food quality. Eat organic as much as possible or grow your own food without using harmful herbicides, pesticides or fungicides.

Enjoy your food and give thanks. Connect with spring plants and wild foods.

Nutritious and immune-supporting wild foods include plantain, cleavers, chickweed and stinging nettles (cooked). Many of these plants can be used in stir-fries, soups or juiced. The stinging nettles should be cooked due to the possibility of being stung.

Chickweed is great in salad. Plantain and cleavers are best juiced. These vibrant green wild foods support our bodies via their vitamins, minerals, enzymes and ways we have yet to discover.

**Stress:** Manage the stress that is under your control. Chronic stress and fear can decrease the immune system. One of the most common assaults for many is Wi-Fi. Wi-Fi actually creates problems in the body by interfering with normal function.

Turn off your Wi-Fi at night, establish a sleep sanctuary that is dark and without electronics or Wi-Fi, if possible. Use an Ethernet cable for Internet vs. Wi-Fi.

**Focus on grounding.** The most straightforward way to accomplish this would be making contact with the earth outside. There are other grounding gadgets, but some of these actually can have other problems or interference when they are not properly grounded.

Body movement or exercise is another strategy to manage excess stress. Get adequate, restful sleep. Quiet time in nature as well as prayer and meditation can also be useful tools.

While expressing love and gratitude are important, I believe that a positive attitude alone is not enough. It is important to accept what is really happening and become aware of what is under our control to change.

Sometimes life presents us with very difficult challenges and stress management techniques help us find our center and priorities before we can choose an action. Bringing our focus to the present moment can support our body's immune system and our body's ability to heal.

**Waste:** Supporting the removal of waste includes having daily bowel movements and adequate hydration. Bowel movements are critical even if you need to use an aid, such as laxative herbs, enemas, suppositories or bulking agents. The goal is to use these aids only for the short term while finding the root cause to normalize bowel elimination and function.

Water is needed to hydrate your cells as well as to flush your body of wastes. Sometimes salted water may be needed for hydration if the water runs straight through your body. Adding chia seeds (approximately 1 tablespoon) in a water bottle can also support hydration.

Sweating is another way the body eliminates waste. Sometimes when you feel itchy, it is a sign of waste leaving your pores. Be sure to wash your skin to prevent toxins from going back into your skin again.

Deep cleansing breath is another way to eliminate through respiration. Please note: Our breath is one of the things we are

focusing on in this COVID-19 pandemic to prevent spread of disease.

Detoxification strategies are also ways to eliminate the toxins or heavy metals from the body that interfere with immunity.

Excess emotions and fears can also be discharged with crying, laughing, yawning, shaking and moving large muscles.

In summary, there are many ways to support our immune system. In simple terms:

- Control what we take into our bodies with a focus on clean, nourishing food and water.
- Accept what is happening. Don't sugar coat world events. Focus on the present and choose to address what is within your power to manage stress.
- Support your body to eliminate waste in order to keep healthy.

Siletz Tribal Head Start offers nutritional support at no cost to Head Start families. This usually occurs over the telephone. If you have nutrition concerns about your Head Start child or want to discuss family nutrition concerns, please contact your teacher or the director and ask to speak to the nutritionist.

#### Douglas Fir Tip Tea (or spruce tip tea)

Nice soothing nourishing spring tea. Pick the soft little bright green spring tips (new growth) that emerge from the outer edges of the branches. All you need is a small handful of tips from pine or spruce trees and hot water for a cup of tea.

Fir and spruce tips are known to be a source of Vitamin C. Fir and spruce tips and tea are also delicious. They may help to ground you and sooth your nervous system - all of which supports immunity.