

Most graduates from Home Visiting

Congratulations to Cheyenne Most, who has graduated from the Tribal Home Visiting Program.

Cheyenne entered the program not long after finding out she was expecting her beautiful little girl. She stayed fully committed to the program until she graduated at the end of September 2021.

When asked what she valued most about participating in the Home Visiting Program, she responded "Learning really consistent parenting, it's nice to have help, be able to ask questions and get information for local resources." She then added, "I feel like I also learned a lot about myself as a mom/parent through this program."

While in the Home Visiting Program, Cheyenne decided to go back to school to further her education and become a dental assistant. She was accepted into the dental program and her expected graduation date is spring 2022.

We are so proud of Cheyenne for all she has accomplished while participating in the Home Visiting Program.



Cheyenne Most and her daughter

Tribal employment information is available at ctsi.nsn.us.



Ally and Tristan Metcalf and their children, Hudson and Lola

Metcalfe graduates from Home Visiting

Congratulations to Ally Metcalf as she graduates from the Siletz Home Visiting Program!

Ally started Home Visiting in the summer of 2018 just weeks before the birth of her son, Hudson, in September. She participated in the program until September of this year when Hudson turned 3 years old.

Ally and her husband, Tristan, accomplished and experienced much over the course of the three years in the program. They bought a home for their family and had a second child, their daughter, Lola.

Ally maintained employment while she continued to learn new skills, allowing her to gain more responsibility and promotions at work. The pandemic brought job losses and challenges to the family, but Ally was able to return to her work and Tristan found a new job more suited to him.

Through the ups and downs and challenges, Ally has grown in confidence as a parent. She commented that being a first-

time mom is overwhelming and scary at times, so receiving guidance and being reassured was a good thing. Her desire to be the best parent she can be has never wavered and her children are benefiting from her love, attention and growing confidence.

Ally had this to say, "This program has made a huge difference in my life. It has definitely helped me through my journey of motherhood. I am so thankful for our home visitor and to be able to benefit from this program."

Congratulations, Ally! We wish you and your family the best!

For more information about Siletz Home Visiting, contact one of our home visitors:

- Covering Siletz and Coast Range: Danelle Smith, danelles@ctsi.nsn.us or 541-444-9603
- Covering Salem, Portland, Eugene, the Willamette Valley and surrounding areas: Lori Christy, loric@ctsi.nsn.us or 503-390-9494

DETAILS

Affordable housing units:

- Studios, 1 bedrooms, 2 bedrooms, and 3 bedrooms

Location:

- 4610 NE 42nd Avenue, Portland, OR 97218 (Cully)

Ethnically diverse community

PREFERENCES:

- Tribal and Artist

BUILDING

Community Spaces:

- Community room with art from local Native artists
- Art workshop and studio
- Courtyard

Supportive Services:

- On-site property manager and maintenance tech
- Resident services provided by NAYA Family Center

Public Transportation:

- On direct bus line to NAYA Family Center and Many Nations Academy

NEIGHBORHOOD

Less than 1 mile away in NE Portland:

- Parks: Fernhill Park, Wilshire Park
- Portland Community College Workforce Center
- Public Schools: Rigler Elementary, Beaumont Middle School

Less than 1.5 miles away:

- NAYA Family Center services including it's Many Nations Academy - an alternative, accredited high school
- Public School: Grant High School

APPLY

To apply or visit us in-person:

- 4622 NE 42nd Street
- Portland, OR 97218

Questions?

- MamookTokatee@vidianmgt.com or MamookTokatee@nayspdx.org
- 503.396.1158

Application materials can be found here:

- <https://bit.ly/3y9n57n>

CTSI VIRTUAL CULTURE NIGHTS

ALL TRIBAL MEMBERS AND FAMILIES WELCOME

Upcoming Dates:

December 8 at 6 pm: Spruce Root

January 12 at 6 pm : Pine Nuts

February 9 at 6 pm: Hazel

Sponsored by the Education and Culture Departments.
Contact Nick Viles at 1-800-922-1399 x1757 or nickv@ctsi.nsn.us for log in information

Cultural Gatherings: Southern Oregon Acorn Virtual Camp

Hosted by the Indigenous Gardens Network

Date Saturday Nov. 13th 2021

4pm

Please contact Cristina Or Nick

Cristina.Lara@grandronde.org (503)879-1690

nickv@ctsi.nsn.us 541-484-4234