

Minor Trust year-end statements have new look and feel

By Daniel McCue, Chief Financial Officer

Starting with the year ending Dec. 31, 2021, minor trust statements will have a brand new look and feel. There have been a few changes to the Tribal Minor Trust Program the past few years, one of which is a transfer of all assets to a new provider.

As the Tribe has communicated in the past, we now have a new investment advisory firm, Sovereign Investment Advisors, LLC (“SIA”) and a new trust administrator, Providence First Trust Company (“PFTC”). They have allowed us to better administer all of the funds the Tribe is responsible for in terms of minor trust contributions and investments.

The partnership has allowed better tracking of contributions and better tracking of distributions, and allows these third parties to manage the funds much more efficiently.

Because of the change, the statements will come directly from PFTC this year. In the past, statements from Stifel Investment Services would come to the Tribe

and the Tribe had to re-mail them out to all beneficiaries. They should be mailed by the end of January 2022 and received sometime in February 2022. Be on the lookout. Statements are not junk mail.

If you do not get a statement by the end of February and would like one, or would like to discuss your account or statement when it's received, please contact PFTC at 800-350-0208, 8-5 MST, Monday-Friday. You will need to provide identifying information when you call.

If you are over age 18, only you can access information on your account unless you allow, in writing, a parent or guardian to have access. Parents and guardians have access to information on accounts for those under 18.

We hope we can roll out more benefits of having this administrator later this year, such as online access to view your account activity and performance. We will let you know when that becomes available. The Investment Committee meets on a quarterly basis and is closely monitoring the

status of the Tribe's investments with our financial advising company, SIA.

This also serves as a reminder that if you are age 18 and wish to withdraw your Minor Trust funds, you must first complete a Minor Trust Payment Request Form. You can request once per calendar year. You must have your request form notarized with an original notary seal before returning the form to the Tribe.

In addition, please include a copy of your Social Security card and a current telephone number where you can be reached should we have any questions concerning your request. You can obtain a copy of the Minor Trust Payment Request Form on the Tribe's website – ctsi.nsn.us. Please see the Tribal Member Distribution Ordinance on the Tribe's website for details on distribution limits and other rules.

You can find more information on our trust administrator and our investment advisor at the following websites, respectively – providencefirst.com and sovereignfinance.com.

CTSI Jobs

Tribal employment information available at ctsi.nsn.us.

“Open Until Filled” vacancies may close at any time. The Tribe's Indian Preference policy applies. Tribal government will not discriminate in selection because of race, creed, age, sex, color, national origin, physical handicap, marital status, politics, membership or non-membership in an employee organization.

2021/2022 HUNTING/FISHING/GATHERING INCENTIVES

Reminder to all Siletz Tribal members: Please report all harvests of deer, elk, salmon and shellfish to the Natural Resources Department. The name on the tag/permit will be submitted into a drawing after the seasons end and could receive one of the following Cabela's gift card incentives.

HUNTING INCENTIVES

\$100 ~ \$75 ~ \$50
CABELA'S GIFT CARDS

FISHING INCENTIVE

\$50
CABELA'S GIFT CARD

SHELLFISH INCENTIVE

\$50
CABELA'S GIFT CARD

Please report all harvests to:

Mike Kennedy
541-444-8232
mikek@ctsi.nsn.us

or

Denise Garrett
541-444-8227
deniseg@ctsi.nsn.us

Shall we talk about trauma and health? How does one influence the other?

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

Talk about trauma seems to be everywhere these days. I've included trauma as a health concern in my articles since 2013 when my Head Start message began to be included in *Siletz News*. Trauma is real, despite having been hidden to the “mainstream.”

There are many types of trauma and many ways that it impacts our lives and our health. Two previous articles specifically looking at trauma are *Digestion under attack?* (February 2017) and *ACE impacts digestion and health* (January 2019).

Adverse childhood experiences (ACEs) range from physical, emotional or sexual abuse to parental divorce or the incarceration of a parent or guardian. The effect of unresolved emotional trauma on health from childhood across a lifetime is possibly the most under-exposed risk factor for major chronic health conditions in the world today.

Trauma isn't always a direct experience with a memory. It can be a collective experience passed down through families and groups. Collective or intergenerational trauma is at work in the Native population and adds a burden to health.

“Developmental trauma” has caught my attention. This is also referred to as complex post-traumatic stress disorder (C-PTSD) and appears to be more hidden than some of the overt traumas associated with big events or ACEs. One defining point is how early in life the trauma started.

Developmental trauma commonly starts within the first 4-7 years and expresses differently at various ages and stages of development. Another significant factor that sets developmental trauma apart from other types is that it is chronic and is often invisible or unsupported.

Furthermore, it isn't always about what happened. It includes what didn't happen, such as lack of attentive care, not being seen – in other words, neglect. This can even occur in families where children are loved, when the primary caregiver(s) is unavailable emotionally. For example, in a situation where the parents are in deep grief or gravely ill, they may not be attuned to their child. Children aren't able to see that they are inherently good, despite being in a bad situation.

Trauma is what happens inside a person's nervous system when it is overloaded and is not defined as specific events or lack of events. When our nervous systems are on high alert, we can't digest food properly. Some traumas are chronic and not always readily visible. Additionally, some children are quite sensitive and may be more vulnerable due to how intensely they feel. This amplifies what the nervous system must handle.

In the past, I've shared foods and herbs that can calm the nervous system (January 2021, *Can nutrition really help my mood?*). While these foods and herbs are important, they are not sufficient alone for the healing process.

Acknowledgement and therapy are critical on the healing path. This is not my specialty and it is important to find help from a professional with appropriate training in trauma therapy (not just trauma-informed).

My purpose here is to share that this early trauma can set us up for illness. Young brains become hardwired to respond to stress more easily and less external stress is required to produce all the cascading changes in the body resulting from a stress response.

Toxic early-life stress also creates low-grade inflammation in the brain. This toxic stress prevents neurogenesis (the formation and development of nerve cells), leading to depression, digestion problems, hormonal imbalances such as chronic fatigue, and immune system problems such as susceptibility to infection or food and chemical sensitivities.

In some cases illness can occur despite healthy lifestyles. It may be autoimmune forms of illness, where the body attacks itself. In other cases, the early trauma may result in self-betrayal, self-sabotage or lack of self-worth. These beliefs can influence food choices as well as how well our body can receive nourishment.

The body is designed to slow down or put off digestion while under stress for survival. Often people who grew up in chronic stress/trauma don't even realize it isn't “normal.” The word “normal” presents a problem because possibly it felt normal, it looked like it happened to everyone and no one talked about it. Therefore, it can be difficult to identify what happened until after things go badly in adulthood and we look back.

What can we do? Pay attention and be a reliable adult. If during childhood there was no outside support or the adverse childhood events were even a family “secret,” research shows the impact is worse for the child. Research shows having just one reliable adult to speak to about their experience can help a child recover from a trauma.

Remember family meals. Connect with each other while sharing food. Ask questions and listen to the answers. What went well today? What was hard? What are you grateful for? What is your goal for tomorrow? Acknowledge the answers and offer support rather than diminishing

your child's experience in ways that may cause him or her to feel worse or unloved.

This dinner ritual can serve to mitigate some of the trauma a child may be experiencing as well as provide a platform to notice how the young ones in your life are developing emotionally. Some trauma-patterns won't show up in dinner conversation because often children learn to accommodate and care take of others to feel safe. In order to do this, however, they also learn to suppress their own needs. Later, this can undermine healthy choices or the body's ability to pause the chronic stress to digest food properly.

Support your loved ones when they are facing illness, yet not getting well despite addressing nutrition and physical care. Full healing may not occur if the emotional or past traumas are not resolved or released. In fact, we can look at disease, illness and physical symptoms as our body's way of getting our attention to address our unique needs.

Healing emotional trauma is one of the most important aspects to address in all chronic complex illnesses. Unresolved trauma leads to a state of chronic stress and inflammation, which perpetuates illnesses and leads to beliefs that sabotage our ability to recover. We all need to feel safe. We can't be a strong community without supporting each other.

I believe that health always has some kind of connection to nutrition. Please know that 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.