

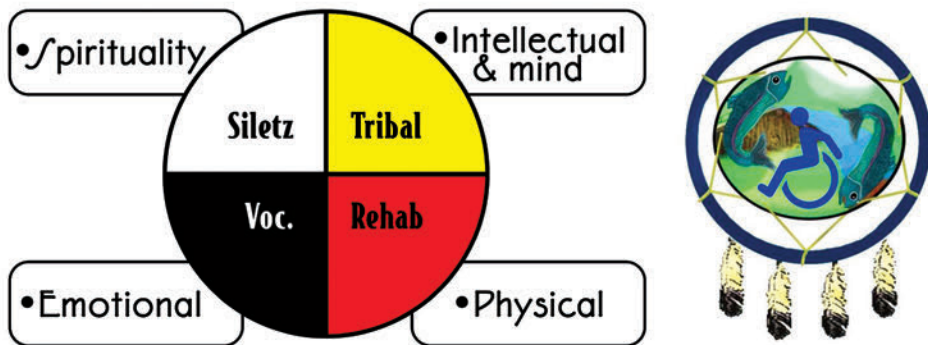
# Vocational Rehabilitation Eligibility Awareness

## Siletz Tribal Vocational Rehabilitation Program (STVRP)

STVRP is here to help members of ANY federally recognized Tribe (living within the Siletz Tribe's service area) with barriers to employment. We work with individuals who have disabilities.

### Examples of Services

- Guidance and counseling
- Referral to employment services
- Résumé writing
- Interviewing techniques
- Job coaching
- Culturally relevant and individualized services
- Evaluations, assessments and training placement opportunities
- Adaptive equipment



For more information about STVRP, please inquire at 800-922-1399. We also maintain resource and employment boards, so please make an appointment if you're interested. You can speak to VR staff in the following locations:

**Makayla Jackson**  
Job Developer/Counselor  
Eugene Area Office  
2468 W 11th Ave.  
Eugene, OR 97402  
541-484-4234, ext. 1752

**Toni Leija**  
Job Developer/Counselor  
Salem Area Office  
3160 Blossom Drive NE, STE 105  
Salem, OR 97305  
503-390-9494, ext. 1861

**Tamra Russell**  
Job Developer/Counselor/TSS 1  
Portland Area Office  
12790 SE Stark St., STE 102  
Portland, OR 97233  
503-238-1512, ext. 1411

**Jamie Bokuro**  
Intake Specialist/Job Coach  
Siletz Area Office  
201 SE Swan Ave.  
Siletz, OR 97380  
541-444-8266

**Siletz Community**  
**Showers/Restroom/Laundry Facilities**  
Call to schedule a shower appointment

Please call 541-444-9348 or 541-444-9672  
Hours: 8:30 a.m. - 4 p.m. Monday-Friday  
Restroom open 8:30 a.m. - 4 p.m.  
Closed Saturday-Sunday

## Siletz Tribal Behavioral Health Programs

Prevention, Outpatient Treatment, and Women's and Men's Transitional Living Center

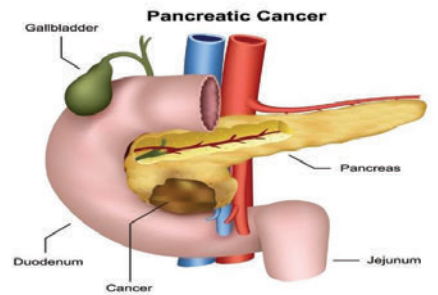
Siletz: 800-600-5599 or  
541-444-8286  
Eugene: 541-484-4234  
Salem: 503-390-9494  
Portland: 503-238-1512

Narcotics Anonymous Toll-Free  
Help Line - 877-233-4287  
For information on Alcoholics  
Anonymous: aa-oregon.org

## Siletz Tribal Vocational Rehabilitation Program November Awareness: Pancreatic Cancer

### What is Pancreatic Cancer?

Pancreatic cancer begins in the tissues of your pancreas. The pancreas is an organ in your abdomen that sits behind the lower part of your stomach. The pancreas releases enzymes that aid digestion and produces hormones that help manage your blood sugar. There are two main types of pancreatic cancer. It can depend on the functional cell involvement. Exocrine tumors are more common. Pancreatic adenocarcinoma is the most common form of pancreatic cancer, accounting for more than 90% of all pancreatic cancers. The neuroendocrine pancreatic cancers are less common.



### Risk Factors:

It is not clear what causes pancreatic cancer. Doctors have identified risk factors that may increase the risk of getting pancreatic cancer:

- ✚ Smoking
- ✚ Diabetes
- ✚ Family history of pancreatic cancer
- ✚ Chronic inflammation of the pancreas (pancreatitis)
- ✚ Obesity
- ✚ Older age, most people are often diagnosed after age 65
- ✚ Family history of genetic syndromes that can increase cancer risk

A combination of smoking, long-standing diabetes and a poor diet increases the risk of pancreatic cancer beyond the risk of any one of these factors alone.

### Complications:

Pancreatic cancer can cause complications as it progresses, such as:

- ✚ Weight loss
- ✚ Jaundice
- ✚ Pain
- ✚ Bowel obstruction

### Symptoms:

Symptoms and signs of pancreatic cancer often do not occur until the disease is advanced. They may include:

- ✚ Loss of appetite
- ✚ Weight loss
- ✚ Abdominal pain that emits to your back
- ✚ Itchy skin
- ✚ Dark-colored urine
- ✚ Dark-colored stools
- ✚ Blood clots
- ✚ New diagnosis of diabetes
- ✚ Fatigue

If you experience any of these symptoms or have unexplained symptoms that worry you, you should see a doctor. Many other conditions can cause these symptoms. Your doctor may check for other conditions along with pancreatic cancer.

### Prevention:

American Indian and Alaska Native people have very high rates of getting certain cancers in the United States. Experts suggest:

- ✚ Get cancer screening tests
- ✚ Preventive health care to help people quit smoking
- ✚ Develop programs that promote healthy eating – choose a healthy diet
- ✚ Maintain a healthy weight

If you have a family history of pancreatic cancer, consider meeting with a genetic counselor. The counselor can review your family health history to determine if you would benefit from a genetic test to understand your risk of pancreatic cancer.

Pancreatic cancer is prevalent in American Indian and Alaska Native people, who have much higher rates of getting different cancers. The Native American community has the worst pancreatic cancer survival rate of any major racial or ethnic group. There is a lack of research focused on Native American people and there is poor access to high quality health care.

### Accommodations:

The Confederated Tribes of Siletz Indians Vocational Rehabilitation Program can help:

- ✚ Workplace reasonable accommodations
- ✚ Comfortable chairs
- ✚ Heaters
- ✚ Periodic check-ins
- ✚ Flexible work schedules
- ✚ Breaks throughout the day

Get help from the job development specialists/Vocational Rehabilitation in the area offices:

Makayla Jackson, 541-484-4234, ext. 1752 (Eugene)  
Tamra Russell, 503-238-1512, ext. 1411 (Portland)  
Toni Leija, 503-390-9494, ext. 1861 (Salem)

## NOVEMBER IS PANCREATIC CANCER AWARENESS MONTH

**56,000**  
More than 56,000 Americans will receive a diagnosis of pancreatic cancer in 2019; that's more than 150 people each day.<sup>1</sup>

The most common type of pancreatic cancer is adenocarcinoma.<sup>1</sup>

There is no standard test to diagnose pancreatic cancer, making it difficult to diagnose.<sup>1</sup>

**3%**  
Pancreatic cancer accounts for about 3% of all cancers in the U.S.<sup>2</sup>

Risk factors for the disease include tobacco use, being overweight or having diabetes.<sup>1</sup>

SOURCES:  
1. Pancreatic Cancer Action Network (PanCAN)  
2. American Cancer Society

cure