

Home Visiting: Reducing holiday stress for you and your toddler

Holidays can be exciting and fun and at the same time busy and stressful. Here are a few tips to help limit holiday stress.

- **Stick to the routine.** Children do best with routines, so stick with your child's regular routine as much as possible. Focus on sleep and food. Having naps, bedtime, snacks and meals at regular times will really help.
- **Limit sugary food intake.** Sweet treats are great, but you want to balance sweet and healthy snacks. Too many sweets can make a child overly active, emotional and may upset their stomach. Be sure to have some fresh fruit, vegetables, cheese, yogurt and other quick healthy snacks on hand.
- **You don't have to do it all.** Plan one or two fun things you want to do as a family. Too much on the schedule can be overwhelming for everyone. Think about what is important to you and say no to the rest.
- **If your child is overwhelmed, take them to a quiet space.** If you are at a party, shopping or other event with lots of people, noise and stimulation, your child may become overwhelmed. If they do, take them to a quiet room or outside to be able to relax and calm down. If possible, lower the lights and do things you know are calming for your child – hold them, hum, speak soft soothing words.
- **Take care of yourself and stay calm.** Plan ahead, have realistic expectations, eat well, get enough sleep, exercise and remember to breathe. Do the things you enjoy that provide you with the strength you need to keep going in a healthy way.

Home Visiting is a 477-SSP program providing support, encouragement and resources for parents of infants and toddlers. We serve Native families in our 11-county service area who are expecting or have an infant less than 12 months old, continuing until the child's 3rd birthday.

If you would like more information about Home Visiting, please contact Lori Christy, family support specialist in the Salem Area Office, at 503-390-9494 or loric@ctsi.nsn.us.

USDA distribution dates for December

Siletz			Salem		
Thursday	Dec. 1	9 a.m. – 3 p.m.	Monday	Dec. 12	1:30 – 6:30 p.m.
Friday	Dec. 2	9 a.m. – 3 p.m.	Tuesday	Dec. 13	9 a.m. – 6:30 p.m.
Monday	Dec. 5	9 a.m. – 3 p.m.	Wednesday	Dec. 14	By appt only
Tuesday	Dec. 6	9 a.m. – 3 p.m.			
Thursday	Dec. 8	9 a.m. – 3 p.m.			

Sammy Hall, USDA Program Director
541-444-8279; sammyh@ctsi.nsn.us
Fax: 541-444-8306 or 503-391-4296

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



General Welfare Exclusion Accessibility Program

The General Welfare Exclusion Accessibility Program (GWEAP) funds over-income families with a one-time grant of \$5,000 for accessibility features in the primary bathroom of the owner-occupied residence. Grants are solely to provide handicap accessible toilets, showers and grab bars.

GWEAP grants will be made available to Tribal homeowners within the 11-county service area. First priority is for over-income households whose income exceeds the eligibility requirements. Second priority will be low-income households. The over-income grant is for eligible applicants and is limited to one grant per person/address/household.

Over-income refers to Tribal members whose income exceeds the income limits set by the Native American Housing Assistance and Self-Determination Act (NAHASDA). These are listed below:

1	2	3	Base 4	5	6	7	8
\$50,400	\$57,600	\$64,800	\$72,000	\$77,800	\$83,600	\$89,300	\$95,100

Applications, including proof of current annual income, enrollment, and proof of homeownership with the Tribal member's name on it must be submitted to the Housing Office by **Tuesday, Jan. 31, 2023, at 4:30 p.m.** Applications received after that date and time will not be accepted by the Siletz Tribal Housing Department.

Qualified applicants will be placed in a lottery drawing that will be held during February on a date approved by the Tribal Council.

If you would like an application or have any questions, please contact Jeanette Mason at 800-922-1399, ext. 1316; 541-444-8316; or jeanettem@ctsi.nsn.us.

Elders Council Meeting

The Elders Council will host an in-person/Zoom hybrid meeting on **Saturday, Dec. 10, 2022, at 1 p.m.** at the Lincoln City Community Center, 2150 Oar Place, Lincoln City, OR 97367.

If you have questions, please contact the Elders Program at 541-444-8212.

Most Often Requested Numbers

Confederated Tribes of Siletz Indians – 800-922-1399	Siletz Community Health Clinic – 800-648-0449
Salem Area Office – 503-390-9494	Siletz Behavioral Health – 800-600-5599
Portland Area Office – 503-238-1512	Chinook Winds Casino Resort – 888-244-6665
Eugene Area Office – 541-484-4234	Chemawa Health Clinic – 800-452-7823
Purchased Referred Care (PRC) – 800-628-5720	Bureau of Indian Affairs – 800-323-8517
Tribal Veterans Rep – 541-444-8330 or 541-270-0569	Website – www.ctsi.nsn.us

For information about the Siletz Tribe, visit our website at www.ctsi.nsn.us.

2023 Standing Committee Applications Due by Feb. 8, 2023

Any Tribal member interested in consideration for serving on a committee for a two-year term are encouraged to fill out this form and return it to the council office prior to Feb. 8, 2023. Please **mail or fax** your application to Confederated Tribes of Siletz Indians, Attn: Executive Assistant to Tribal Council, P.O. Box 549, Siletz, OR 97380-0549; fax: 541-444-8325.

Name: _____ Roll No.: _____

Address: _____

City: _____ State: _____ ZIP: _____

Telephone: Day () _____ Evening () _____

Email Address: _____

If you only want to be considered for one committee, please indicate by inserting the number 1 next to the committee of interest. If you have interest in more than one committee, please indicate by numbering your preference, 1 (first choice), 2 (second choice) and 3 (third choice).

____ Education Committee (3)	____ Housing Committee (3)
____ Natural Resources Committee (3)	____ Pow-Wow Committee (4)
____ Health Committee (3)	____ Budget Committee (1)
____ Cultural Heritage Committee (3)	____ Enrollment Committee (2)

Committee appointments will be made at the Regular Tribal Council meeting in February 2023. If you have any questions, please call the executive assistant to Tribal Council at 800-922-1399, ext. 1372, or 541-444-8372.

CTSI VIRTUAL CULTURE NIGHTS



ALL TRIBAL MEMBERS AND FAMILIES WELCOME

Upcoming Dates:

December 7 at 6pm: Nee-dash

January 11 at 6 pm: Our Tribal Bands

February 8 at 6 pm: Exploring Family History

March 15 at 6 pm: Hazel

Sponsored by the Education and Culture Departments
Contact Nick Viles at nickv@ctsi.nsn.us or 541-484-4234 x1757 to sign up