

USDA distribution dates for January

Siletz
Monday - Friday
9:30 a.m. - 11:30 a.m.
1:00 p.m. - 3:30 p.m.

Closed for all federal
and tribal holidays

Saturday, Jan. 17, by appt. only

For those who work during these hours, we will open the warehouse on the first or second Saturday of each month for better efforts to meet your schedule at the Siletz warehouse. These appointments will need to be scheduled in advance.

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

Salem
Jan. 6 9 a.m. - 3:30 p.m.
Jan. 7 9 a.m. - 3:30 p.m.
Jan. 8 9 a.m. - 3:30 p.m.
Jan. 21 9 a.m. - 3:30 p.m.
Jan. 22 9 a.m. - 3:30 p.m.
Jan. 23 9 a.m. - 1 p.m.

Our Salem location will start to open up for two Wednesdays after distribution, for those who miss their original appointment, with limited fresh produce. These appointments will need to be scheduled in advance as well.

Sammy Hall, USDA Food Distribution Manager
541-444-8279 or 541-390-0763
sammyh@ctsi.nsn.us

White bean & smoked sausage skillet

Ingredients
4 Tbsp. oil, divided
12 oz. smoked sausage, sliced
1 medium onion
1 bag spinach, frozen
1 tsp. dried sage
1 tsp. dried thyme
1 cup chicken broth
2 (15.5-oz.) cans cannellini beans
Salt, pepper, garlic - to taste

Directions
In a large skillet over medium heat, heat 1 Tbsp. oil; swirl pan to coat. Add sausage in a single layer and cook until browned. Transfer sausage to a plate
In the same skillet over medium heat, heat 2 Tbsp. oil. Add onion; season with a pinch of salt. Cook, stirring occasionally, until soft. Add spinach and cook, stirring frequently



Push spinach to make a small space in the center of skillet and add remaining oil, sage, and thyme. Add broth to deglaze pan and stir everything to combine. Add beans, including liquid from 1 can. Bring to a simmer and cook, mashing a few beans, until sauce is thickened and warmed through. Return sausage to skillet and stir to combine; season with salt, pepper and garlic. Optional, you can top with cheese!

Exploring student opportunities in the health care field

By Andy Taylor
If you've ever considered a career in health care and related services, the Indian Health Service (IHS) offers a wide range of opportunities designed to support American Indian and Alaska Native students in pursuing meaningful careers. These programs not only provide financial assistance but also create pathways for hands-on experience and professional growth within Indian health communities. With an urgent need for dedicated health professionals, IHS programs aim to develop the next generation of leaders committed to improving health outcomes for Native populations. Since the program opened in 1977, the IHS Scholarship Program has helped thousands of students achieve their health profession degrees. Today, it continues to provide financial support to qualified American Indian and Alaska Native students in exchange for a service commitment within Indian health programs. Scholarships cover tuition, fees, books, and even a monthly stipend, making higher education more accessible.

There are three types of scholarships available: Preparatory, Pre-Graduate, and Health Professions, each tailored to different stages of a student's academic journey. Beyond financial aid, IHS offers practical experience through its Extern Program. This initiative allows scholarship recipients and health profession students to gain hands-on clinical training and gain skills in Indian health facilities during summer or non-academic periods. Opportunities span multiple disciplines, including medicine, nursing, pharmacy, dentistry, optometry, and behavioral health. These externships provide invaluable exposure to real-world health care challenges and cultural competency within Native communities.

Several specialized programs aim to increase representation in critical health fields. The American Indians into Nursing Program focuses on preparing nurses, nurse midwives, and nurse practitioners to serve tribal communities. Similarly, the American Indians into Psychology Program addresses the growing need for clinical psychologists by offering scholarships and in-the-field training. For students interested in medicine, the American Indians into Medicine Program provides career counseling, tutoring, and financial aid assistance, along with summer educational sessions and travel grants for health conferences. IHS also partners with health profession schools to offer residencies and rotations, giving students immersive clinical and cultural experiences. Additionally, the United States Public Health Service collaborates with IHS to provide competitive programs such as JRCOSTEP and SRCOSTEP, which allow students to serve as commissioned officers during their academic training. These programs are ideal for those seeking leadership roles in public health.

Choosing a career in Indian health means embracing a mission of service and cultural respect. These programs not only help students achieve their educational goals but also ensure that tribal communities receive the care they deserve. For those willing to commit to making a difference, IHS offers a clear path toward a rewarding and impactful career.

How to Apply

The application cycle for IHS scholarships opens December 15, 2025, and closes February 28, 2026. Applications are submitted online, and eligibility is determined based on citizenship, tribal affiliation, and academic performance. Applicants must provide official transcripts, faculty or

employer evaluations, and a narrative statement outlining their goals and commitment to being a provider in Indian Country. An amazing funding avenue available to Oregon students, the Oregon Tribal Student Grant (OTSG) is a state-funded program providing financial aid to enrolled members of Oregon's nine federally recognized tribes to cover the full cost of attendance (COA) at Oregon colleges/universities, aiming to eliminate funding gaps after other aid, making higher education accessible for undergraduate and graduate studies. It's a "game-changer" that reduces reliance on loans and increases retention, with applications open annually through oregonstudentaid.gov. And lastly, don't forget to submit your CTSI Higher Education support and to submit applications for services and other scholarships available. And remember, to be in close contact with your Indian Education specialist, for your area. The Confederated Tribes of Siletz Indians (CTSI) offers a Higher Education Program to support Tribal members pursuing col-

lege degrees. This program provides scholarships for students enrolled in accredited institutions working toward a two-year transferable degree, a bachelor's, master's, or doctoral program. To qualify, applicants must be enrolled Tribal members and submit a complete application by June 30 each year. A complete application includes:
• CTSI Higher Education Grant application
• Statement of educational goals
• Proof of Tribal enrollment
• Letter of acceptance from an accredited college or university
• FAFSA submission confirmation (by June 30)
• Proof of applying for the Oregon Tribal Student Grant if attending an Oregon-based school
• Transcripts and placement test results (if required)
Funding is based on financial need after federal and state aid is applied, and awards can cover tuition, books, or living expenses. For full details and application forms, visit CTSI Post-Secondary Education.



Tribal Health Scholars (THS) is a paid externship program that supports and inspires AIAN high school students to envision themselves as healthcare professionals.

Scholars from our partner communities, as well from any Tribes in the Pacific Northwest (PNW), are encouraged to apply!

Learn more and apply at: nnacoe.org/tribal-health-scholars

For questions or to request an application contact: Katie at murpkati@ohsu.edu or Isaac at butleris@ohsu.edu

Application Closes
January 31, 2026

Presented by

