

Siletz Elders News

April 2021

Elders Title VI Program & Elders Council Staff

Mon - Fri, 8:00 am to 4:30 pm phone 1-800-922-1399

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Virtual Elders Council Meetings

April 10, 2021 @ 1
May 8, 2021 @1
June 12, 2021 @1
on ZOOM

Contact Brian Crump by phone or email to be added to the invite list.

Elders Quarterly Meeting

May 6th @ 11AM on Zoom

Elders Honor Day 2021

We regret to inform everyone that the Annual Siletz Elders Honor Day on Wednesday, May 11th has been cancelled due to the Coronavirus pandemic. This was a difficult decision to make, but we are looking forward to when we can safely gather together again.

Thank you for your understanding.

We need an Area Representative for the Eugene Area.

Following is a description of Area Representatives duties.

“At least one Elder from each service area (Siletz, Portland, Salem and Eugene) shall serve as a contact person for the Elders residing in their service area. They shall be nominated or self-declared and voted in by a majority of the Elders Council at a proper meeting. Area Representatives will be responsible for coordinating transportation to Elder functions and events for which transportation has been approved.”

Cheeseburger Egg Rolls

Ingredients:

- 1 pound ground beef
- 1 onion, chopped
- 1 cup chopped dill pickles or sweet pickles
- 1 cup shredded Cheddar cheese
- 1 tablespoon prepared yellow mustard, or to taste
- 1 (16 ounce) package egg roll wrappers
- 1 cup vegetable oil for frying

Directions:

1. Place the ground beef and onion in a skillet over medium heat, and cook and stir for about 10 minutes, breaking up the beef into crumbles as it cooks. Drain the meat and transfer to a bowl. Stir in the chopped pickles, shredded cheese, and mustard, and mix together well.
2. Line a baking sheet with parchment paper. Place a bowl of water next to your work surface. Remove an egg roll wrapper from the stack, and cover the remaining wrappers with a damp paper towel to prevent them from drying out.
3. Place the wrapper on the work surface with a corner facing towards you. Place about 1/4 cup of filling on the wrapper, and fold the top corner down over the filling. Tightly roll the wrapper into a cylinder, tucking in the corners as you roll, until the wrapper completely encloses the filling. Moisten the last corner with a little water, and finish wrapping so the moistened corner tightly seals to the egg roll, and there are no gaps to let the filling leak out. Place filled egg rolls on the parchment-lined baking sheet, covered with a slightly damp paper towel, while you finish making the egg rolls.
4. Heat the oil in a deep saucepan or deep fryer until a thermometer registers 365 degrees F (185 degrees C). Carefully place 2 or 3 egg rolls at a time into the hot oil, and fry for about 4 or 5 minutes, turning the egg rolls over once, until golden brown. Remove the egg rolls with a tongs, and drain on paper towels.



SILETZ TRIBAL ELDERS COUNCIL
UNAPPROVED MOTIONS
March 2021 ZOOM Meeting

Motion #1 – Kay Steele made a motion to approve the agenda. Motion was seconded by Sandi Steele. **MOTION PASSED.**

Motion #2 – John Roe, Jr. made a motion to approve the Elders Council meeting minutes for February 13, 2021, as amended. Motion was seconded by Kay Steele. **MOTION PASSED.**

Motion #3 – Lydia Kentta made a motion that the Elders provide flowers in the amount of \$50.00 for the Veterans Memorial. Motion was seconded by Marlene Stuart. **MOTION PASSED.**

Motion #4 – Kay Steele made a motion to adjourn the meeting. Motion was seconded by Lydia Kentta. **MOTION PASSED.**



- **Please contact your local Community Health Advocate (CHA) if you think you or another tribal member could benefit from Life Alert.**
 - Eligibility Criteria:
 - Enrolled Tribal Member eligible for PRC
 - Work with CHA to determine need and apply for local services
- **Steps to get Life Alert:**
 - Contact your local CHA –
 - The CHA will determine if you meet the criteria for Life Alert (examples: live alone, health condition, etc.)
 - The CHA will assist you in applying for Life Alert at no-cost through community options. If you do not qualify for Life Alert at no-cost, the Siletz Community Health Clinic will cover the cost.
- **You may reach the Community Health Advocates at:**
 - Siletz – Amy Garrett or Hannah Glaser @ 541-444-1030
 - Salem – Cecilia Tolentino @ 503-390-9494
 - Eugene – Adrienne Crooks @ 541-484-4234
 - Portland – Andrew Johanson @ 503-238-1512



Our condolences to the family and friends of Jim Swanson. Jim was an active member of our Elders group and assisted in many events. As an Area Representative of the Elders Council, he kept in touch with many Tribal Members by email and phone. We will miss him.

