



Siletz Elders News



2024



Elders Title VI Program and Elders Council Team Members

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

Tina Retasket- Temp. Social & Human Service Director, ext. 1220

TinaR@ctsi.nsn.us-direct line (541)444-8220

Chelsie Mason – Temp. Elders Title VI Coordinator, ext. 1212

Email: chelsiem@ctsi.nsn.us, direct line (541) 444-8212

Jayden Christensen – WEX – (541)-444-8261

Email: WEX.Elders@ctsi.nsn.us



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SILETZ TRIBAL ELDERS COUNCIL UNAPPROVED MOTIONS

10/21/23 Elders Council Meeting

Motion #1 – Nora Huffman moved to approve the agenda. Seconded by Elena Cordts. Motion passed.

Motion #2 – Ed Ben moved to approve the minutes of the 10/21/23 Elders Council Meeting. Seconded by Stan Werth. Motion approved.

Motion #3 – Gerald Ben moved to approve donating \$1,500 from the Elders Council budget for door prizes and raffle items for the Elders Holiday Party. Seconded by Nora Huffman. Motion approved.

Motion #4 – Terry Andrews moved to approve cancelling the December Elders Council meeting. Seconded by Stan Werth. Motion approved.

Motion #5 – Marlene Stuart moved to approve purchases of up to \$400 for gift items for names from the Siletz Valley School Giving Tree from the Elders Budget. Seconded by Raymond Ben. Motion approved. (Note: Tina will get the names, Marlene will purchase the gifts)

Motion #6 – Danielle Billmyer moved to provide Lydia Kentta with a check for \$85 so that she can purchase bone pipe for the Elders necklace making for Elders Honor Day. Seconded by Marlene Stuart. Motion approved.

Motion #7 – Stan Werth moved to adjourn the meeting. Seconded by Ed Ben. Motion approved

Elders Council Meetings

The Elders Council Meeting scheduled for January 13th, 2024, will be hosted **in-person** in the Shasta Room at Chinook Winds Casino @ 1:00 pm

February 10th, 2024 will be hosted **in-person** in the Aces Banquet Room at Chinook Winds Golf Course @ 1:00 pm

We will provide a Zoom link for Elders to call in to if they would like to participate, but are not able to gather.

E-mail invitations will be sent to all Elders who have requested invitations to the monthly hybrid meetings. If you wish to receive an invitation to participate in the October Elders Council Meeting via Zoom, contact the Elders Team to have your name and e-mail address added to the invite list.

For those participating in **Monthly Elder Council Meetings via Zoom** we would like to provide instructions on **How to change your Display Name on Zoom**. *It is important for the Display Name to be accurate for several reasons: 1. The Elders Program can keep accurate attendance records. 2. Other Elders know who you are. 3. We can send you your meal voucher for participating.*

Instructions for Changing your Display Name on Zoom

1. Sign in to the Zoom web portal.
2. In the navigation menu, click **Profile**.
3. By your account profile name, click **Edit**.
4. For your account profile name, enter your **First Name** and **Last Name**.
5. For your **Display Name**, enter you **First Name** and **Last Name** again.
6. Click **Save**.

**New Elders FAX#
(541)-444-8344**

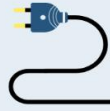
FALL PREVENTION TIPS



INSTALL
HANDRAILS AND
GRAB BARS



IMPROVE HOME
LIGHTING



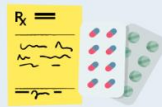
KEEP FLOORS
DECLUTTERED
AND CLEAR



GET REGULAR
VISION AND HEARING
CHECKUPS



EXERCISE
REGULARLY



CHECK
PRESCRIPTION SIDE
EFFECTS

Siletz Valley School

Would like volunteers or Elders WEX to come be part of their Support groups, special events, classes, and other fun activities.

If you would like to sign up for volunteering please call the schools coordinator.

**Kelsie Greenhill
(541)-444-1100**

SCHC HAS UPDATED PHONE TREE OPTIONS

If you are trying to reach another department in the Siletz Community Health Clinic, please visit the CTSI website at

www.ctsi.nsn.us/tribal-services/healthcare/

to get the complete listing of Healthcare staff under contact information.

Updated Phone Tree Options

- Option 1: Medical
- Option 2: Dental
- Option 3: Optometry
- Option 4: Behavioral Health
- Option 5: Transportation
- Option 6: Business Office
- Option 7: Pharmacy
- Option 8: Automated Prescription Refill

Siletz Community Health Clinic Updated Phone Tree

- Option 1: Medical
- Option 2: Dental
- Option 3: Optometry
- Option 4: Behavioral Health.
- Option 5: Transportation
- Option 6: Business Office
- Option 7: Pharmacy
- Option 8: Automated Prescription Refill
- Option 0: Repeat Menu Options

You can reach Purchased/Referred Care (PRC) directly at 541-444-9677 or by email at SiletzPRC@ctsi.nsn.us.



Elder Shopping

January Shopping Days will be:

Thursday, 4th
Thursday, 18th

Shopping for Elders that live in the Siletz Area are the 1st and 3rd Thursday of the month.

If you would like more information, or to go shopping, please contact your Area Rep. for more information.

Marci Rilatos (541) 270-4921
Danise Barker (541) 272-4100



Elders Craft Days and Potluck!

@ Hee Hee RV Park Salem,
OR

January 21st 1pm-5pm

February 18th 1pm- 5pm

March 10th 1pm-5pm

April 7th 1pm-5pm

April 14th 1pm-5pm

ELDERS STIPENDS

Elders stipends monthly amount is:

Level 1 - \$100 (ages 55-61)

Level 2 - \$200 (ages 62-69)

Honored Elder - \$300 (ages 70+)

*Elders should request direct deposit of these funds to ensure auto payment.

* For changes to your bank please contact Kenny Stricklin in the Accounting department at (541)-444-8239

Affordable Connectivity Program

The Affordable Connectivity Program (ACP) is a Benefit provided by the Federal Communications Commission (FCC) that Aims to help households afford their Broadband Internet. Each qualifying household would receive a benefit of \$30 directly off their bill each month, or for qualified households that reside on Tribal Land, would receive \$75 per month. This benefit is good for the next 12 months. For more details or you have any questions, contact **Lynetta Cuomo** at #541-270-4351 or email Lynettac@ctsi.nsn.us.

Need a Fire Extinguisher or Heater?

Contact **Jeff Green CHA**
(541)-444-9613
while supplies last!
Will be out soon.



Pictures from the RV Park Craft Day



2023/24 TRIBAL ELECTION INFORMATION

Voter's pamphlet mailed out - December 26 – 27, 2023

Absentee Ballots mailed out - December 28 – 29, 2023

Candidate's Fair – Aces Bar & Grill - January 6, 2024

Deadline to request absentee ballot - January 26, 2024

In Person Voting – Tribal Center, until 4 p.m. February 3, 2024

Deadline to return absentee ballots – 4 p.m. February 3, 2024

2024 TRIBAL COUNCIL ELECTION CERTIFIED CANDIDATE LIST

Fank Aspria	#1903
Gerald Ben	#0066
Sharon Edenfield	#0287
Robert Kentta	#1308
Judy Muschamp	#1184
Angela Ramirez	#0971
Tina Ratasket	#0741
Creed Taylor	#1671

Certified: December 22, 2023 for the February 3, 2024 Tribal Council Election

Tracey Viar,	Election Board Chairwomen
Kelley Ellis,	Election Board Vice Chairwomen
SuSun Fisher,	Election Board Member
Miranda Williams,	Alternate Election Board Member
Jacob Reid,	Alternate Election Board Member

Here is a recipe from our USDA using ingredients provided to our clients.

By Marci Taylor

MOHAWK INDIAN CORN SOUP

INGREDIENTS

1. 1 Tablespoon oil or as needed
 2. 2 chicken breast
 3. 6 cups of water
 4. 3 teaspoons Chicken bouillon
 5. 3 teaspoons Beef bouillon
 6. 3 cups of cubed Carrots
 7. 2 cups chopped Celery
 8. 2 cans of canned Hominy, drained
 9. 1 can of kidney beans, rinsed and drained
 10. Salt and Pepper to taste
- Optional: Turnips cubed, Red Potato's and Cabbage sliced

DIRECTIONS

Step 1

Heat oil in a large skillet over medium-high heat. Cook and stir your chicken cubed in hot oil till browned on all sides 5 to 10 minutes.

Step 2

Stir water, beef and chicken bouillon together in a large pot over medium –high heat until bouillon dissolves, add your chicken and vegetables, bring to boil, reduce heat to med-low and simmer until vegetable are tender, about 40 minutes.

Step 3

Stir in Hominy and Kidney beans into chicken-vegetable mixture and simmer until Hominy and meat are tender, about 30 more minutes. Taste and add your Salt and Pepper.

You can basically add whatever kind of vegetable you would like, canned or fresh.

Make up smaller hand sized fry bread to dip or butter with the Soup.

Enjoy!

Upcomming Community Meetings

-Hosted by the Planning Dept-

January 11th – EAO @ 5:30pm
January 25th – SAO @ 5:30 pm
February 15th – Siletz @ 5:30pm
February 29th – PAO @ 5:30pm
March 15th – Out Of Area
(Zoom Call) @ 3:00pm PST

Wanting to do an Elders WEX placement?

Contact Chelsie Mason
(541)-444-8212 for an application.

Potential Elders WEX Placement Sites

Head Start Programs
Tenas Illahee Child Care Center
Siletz Meal Site
Siletz Valley School