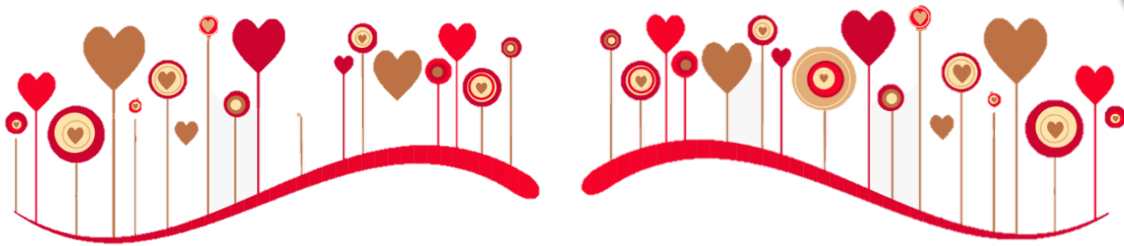
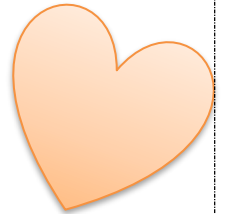




Siletz Elders News



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 - Elders Title VI Coordinator, ext. 1212

Email: chelsiem@ctsi.nsn.us, Direct Line (541) 444-8212

Valentina Knott - Social & Human Services Administrative Services Clerk, ext. 1261

Email: ValentinaK@ctsi.nsn.us, Direct Line: (541) 444-8261

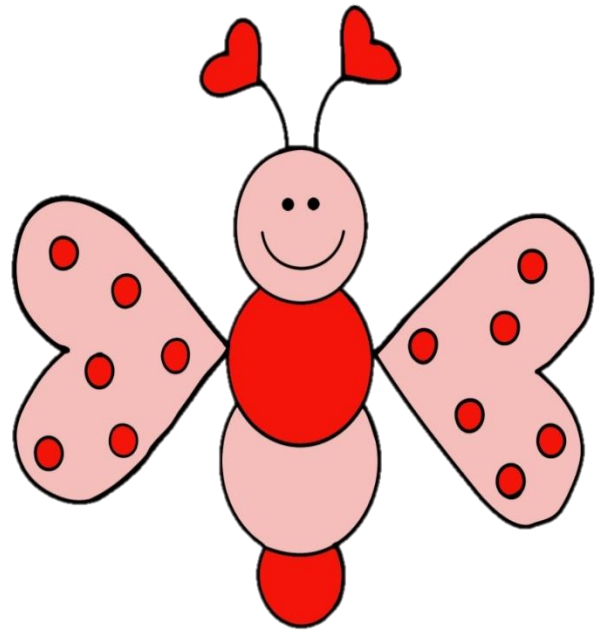
Jayden Christensen - WEX - (541)-444-8261

Email: WEX.Elders@ctsi.nsn.us



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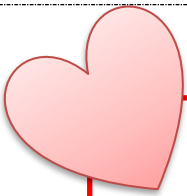
Elders Council Meetings

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

March 9th, 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.

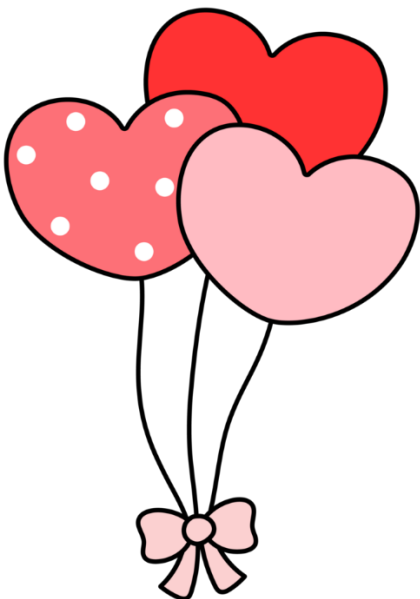
E-mail invitations will be sent to all Elders who have requested invitations to the monthly hybrid meetings. If you wish to receive an invitation to participate in the February Elders Council Meeting via Zoom, contact the Elders Team to have your name and e-mail address added to the invite list.



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**.

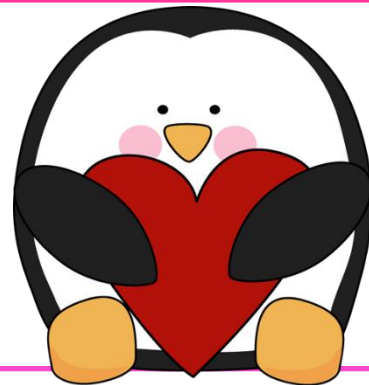


General Council Meeting
February 3rd @ 1:00 pm
Siletz, Or

New Elders FAX#
(541)-444-8344

Tribal Council Swearing in Ceremony
Sunday, February 4th, 2024 @ 11:00 am
Tribal Council Chamber
Siletz Administraion Building

Special Tribal Council Meeting
Health/Housing
Saturday, February 3rd, 2024 @ 8:00 am
Tribal Council Chambers



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



Elders Book Club

Title: The Art of Ceremony:
Voices of Renewal from
Indigenous Oregon
By: *Rebecca Dobkins*

If you are interested in joining the upcoming book club meetings reach out to Josh at Joshua_bookclub@proton.me

Upcoming Dates:
February 6th
February 27th



SHU'-YI

(BETTER, IMPROVING)

This program is for people with pre-diabetes. This program is a 6-month commitment! Classes will be an hour once a week at the clinic.



Classes Will Be Offered for Each Area

February - July Once a Week

Contact Your Local CHA to Sign Up!

Limited spots available first come first serve. Benefits of taking this course are:

- ♥ Develop a healthier lifestyle
- ♥ Learn how to prevent and manage type 2 diabetes
- ♥ Weight loss
- ♥ Feel better and more energetic

If you would like to sign up and are in the Siletz area please contact:
Sierra Warren at 541-444-9652

This class will begin February 6th in the room next to the Shell Room at the Siletz Community Health Clinic. Classes will take place every Tuesday from 2:00 PM - 3:00 PM.

There are 15 spots available. Attendance is required to receive incentives. All patients that apply must meet certain criteria to participate. Registration is limited to people with pre-diabetes who are 18 years of age or older. This program is open to both Tribal and non-Tribal members of the community.

Take Action and Get Help Losing Weight

The National Diabetes Prevention Program—or National DPP—is a partnership of public and private organizations working to prevent or delay type 2 diabetes.

The partners work to make it easier for people with prediabetes or at risk for type 2 diabetes to participate in evidence-based, affordable, and high-quality lifestyle change programs to reduce their risk of type 2 diabetes and improve their overall health. For more info: <https://www.cdc.gov/diabetes/prevention/what-is-dpp.htm>

Prediabetes Risk Test

NATIONAL DIABETES PREVENTION PROGRAM

1. How old are you?

Younger than 40 years (0 points) _____
40–49 years (1 point) _____
50–59 years (2 points) _____
60 years or older (3 points) _____

Write your score in the boxes below

2. Are you a man or a woman?

Man (1 point) _____ Woman (0 points) _____

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point) _____ No (0 points) _____

4. Do you have a mother, father, sister, or brother with diabetes?

Yes (1 point) _____ No (0 points) _____

5. Have you ever been diagnosed with high blood pressure?

Yes (1 point) _____ No (0 points) _____

6. Are you physically active?

Yes (0 points) _____ No (1 point) _____

7. What is your weight category?

(See chart at right) _____

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points

← You weigh less than the 1 Point column (0 points)

Total score:

Adapted from Bang et al. Ann Intern Med 151:75-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher

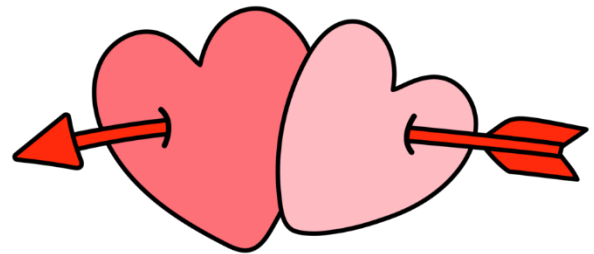
You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent or delay type 2 diabetes through a CDC-recognized lifestyle change program at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.



Are you interested in participating in the Elders Home Visiting Program?

The Elders H.V.P. is a new program that allows working elders the opportunity to check in with or visit other elders either in-home or at a care facility.



Elder Shopping

February Shopping Days will be:

Thursday, 1st
Thursday, 15th

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

February 18th 1pm- 5pm
March 10th 1pm-5pm
April 7th 1pm-5pm
April 14th 1pm-5pm



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

Number: 541-270-4351 or Email: Lynettac@ctsi.nsn.us.



Williams and Ree Meet and Greet Chinook Winds Casino Resort



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

SILETZ TRIBAL MEMBER MEDICARE REIMBURSEMENT INFORMATION

What: The Siletz tribe reimburses any Siletz tribal member for their Medicare B (Medical) and D (Pharmacy) premiums.

How: Forward a copy of the letter you receive from Social Security or your Part D coverage provider that states how much they will deduct or you will have to pay monthly for your premium to:

Siletz Community Health Clinic
Attn: Sara Bell-Tellez
P.O. Box 320
Siletz, OR 97380
Or email to: sarab@ctsi.nsn.us
Or Fax to: 541-444-9678

Once you have submitted your paperwork you will receive your reimbursement on the 1st of the following month however you receive your elder's stipend – paper check or direct deposit (if you are not an elder please let Sara know how you would like to be reimbursed; if you would like direct deposit please include a blank “voided” check with your letter).

*****In case of any change in cost of premium you must provide a copy of your new letter with updated premium information.*****

Frequently Asked Questions

- Do you back reimburse?
 - No, we do not back pay; reimbursement starts the month after paperwork is submitted.
- Do you reimburse for Medicare supplements?
 - No, only for the cost of the Medicare B and D premiums.
- Will I receive a 1099 for taxes?
 - No, it is a reimbursement program and not a payment, per capita, etc. so a 1099 is not needed.

Upcoming Community Meetings

-Hosted by the Planning Dept-

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
STAHS
Elders Home Visitor

