

Siletz Elders News



2024

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

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Elders Coordinator (Vacant), (541) 444-8212



TABLE OF CONTENTS

Elders Council Meeting	2
Zoom Meeting Information	2
Announcements	3
Electrical Hospital Bed	3
Upcoming Events	3
Important Information	3
Walking Group Info	3
Elders Book Club	4
Elders Wood Cut	4
Medical Transport	4
Elder Shopping	4
Food Pantry Donations	5
Veterans Coordinator Info	5
Walkers & Canes	5
Meal Voucher Policy	5
Diabetes Program Incentive	5
Dental PRC Update	5
Siletz Elders Health Fair Flyer	6
Event Sign-ups	6
JOM & SAO Events	6
Meals on Wheels Update	6
Medicare Costs	7
Seed2Ceremony Update	7
In-home Haircuts	7
Medicare Reimbursement Information	8
CWCR Events	8
Newsletter Update	8
Affordable Connectivity Program	9
Elder Council Contact Information	9

Zoom Meeting Information

For those participating in the **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. Reminder: Please mute your microphones upon entering the meeting*

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**.



Elders Council Meetings

October 26th will be hosted in-person at the Aces Golf Course in the banquet room @ 1:00 pm.

Zoom Link:

<https://us06web.zoom.us/j/83881621484?pwd=ZtUF11SI2ItVcoHFpsaKE073indR6Q.1>

November 17th will be hosted in-person at the Aces Golf Course in the banquet room @ 11:00 am.

Please contact your Area Representative if you need transportation. If you cannot attend after requesting a ride, please contact Tina at (541) 270-8807 to cancel.

*We will provide a Zoom link for Elders to call if they would like to participate. E-mail invitations will be sent to all Elders who have an email address on file.

Announcements

- * All Tribal Offices will be closed October 14th in observance of Indigenous People's Day
- * On November 9th, Siletz Valley students will be cleaning graves on Government Hill for Veteran's Day.
- * Lydia is back to driving in the Salem area.
- * EAO now has a transporter, please contact your area rep when needing transportation.
- * PAO is looking for volunteers to help elders with light house work and/or yard work. If you can provide assistance please reach out to Priscilla Gomez at (503) 238-1512
- * If you have a topic for the Elders Council meeting agenda, please contact Tina at (541) 270-8807 to get on the agenda.

Free – electrical hospital bed.

Contact Chester Ben at (541) 272-7524, if interested.

Upcoming Events: Subject to Change

- * Beading Class – First MONDAY Every Month – 5pm to 7pm – PAO
- * "Get it Done" – Every TUESDAY – 4:30pm to 9pm – SAO
- * NNABA (Basket Weavers) Conference – October 4th & 5th – Tulalip, WA
- * Soup Night and Flu/Covid Shots – October 9th – 4pm to 7pm – EAO
- * Culture Night – October 17th – 6pm – PAO
- * Trunk -or- Treat – October 31st – 5pm to 7pm – EAO
- * Restoration Pow-Wow – November 16th – 10am – CWCR – Event & Grand Entry 6pm
- * Elder's Holiday Party – December 12th – Gov. Hill, Siletz – 11am

Important Information

- The PAO will be having a Flu and Covid vaccination clinic on October 10th from 10am – 1pm. Flu vaccines are available for all household members. You are only eligible for a Covid vaccine if you are a Siletz tribal member.
- All electric heaters and A/C units have been distributed. **There are no additional supplies from the CHA's at this time.**

Walking Group

EVERY THURSDAY
Starting at Noon at the Rec Center

Walking can help people feel less stressed and can improve mood, it increases strength, balance, and flexibility, it can improve blood sugar, blood pressure, and cholesterol levels, as well as help to maintain a healthy weight.

If you have any questions, please reach out to Stephanie Matthews at StephanieM@ctsi.nsn.us or 541-272-0396

Farm Walking Group

EVERY SATURDAY
Starting at 10 AM at the Clinic's Farm Property

Walking can help people feel less stressed and can improve mood, it increases strength, balance, and flexibility, it can improve blood sugar, blood pressure, and cholesterol levels, as well as help to maintain a healthy weight.

If you have any questions, please reach out to Stephanie Matthews at StephanieM@ctsi.nsn.us or 541-272-0396

Elders Book Club

Book Club is returning this month! We will be reading **Braiding Sweetgrass** by Robin Wall Kimmerer. Bookclub is held every other Tuesday, 6:30 to 8 p.m.

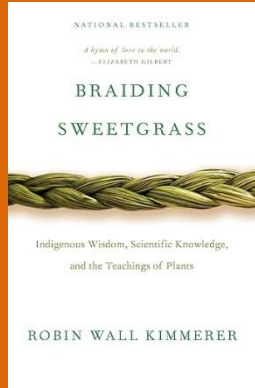
Contact to sign up:

Joshua_bookclub@proton.me

Dates:

October 08th

October 22nd



2024 Elders Wood Cut

Upcoming: October 19th from 8am – 2pm

Where: Tribe's Logsdan Road Property to the right of the Tribal Food Distribution Warehouse in Siletz

This will be the last wood cut of the year. If you need firewood, please call Val at (541) 444-8261 in the Elders Program to get on the list. We will need a physical location, phone number, and whether you will be picking up firewood or need it delivered. Please call **IN ADVANCE** of the wood cut as no-one will be available to take your call on the date of the wood cut.

Elder Shopping

October Shopping Days will be:



Siletz: Thursday, 3rd

Siletz: Thursday, 17th

Portland: Thursday, 10th

Portland: Thursday, 24th

Salem: Monday, 7th

Salem: Friday, 18th

If you would like more information, or to go shopping, please contact your Area Rep. to assist with coordinating transportation.

Siletz Area Reps:

Marci Rilatos (541) 270-4921

Danise Barker (541) 272-4100

Salem Area Rep:

Donna Kessinger (971) 218-7192

Portland Area Rep:

Sandi Steele (503) 819-2931

Eugene Area Rep:

Verdene McGuire (503) 890-0742

Medical Transport Info

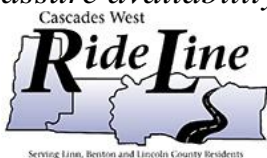
Medical transportation from SCHC Staff can be arranged by calling Richard Faber at (541) 444-9633.

Please notify at least 48 hours in advance

For clients with Oregon Health Plan - Schedule a Ride for medical appointments

Call 541-924-8738 or toll free 1-866-724-2975.

Rides must be scheduled in advance to assure availability.



Food Pantry Donations Needed

The USDA Food Distribution Program is looking for donations of non-perishable items for their food pantry!

The food pantry is available to all Tribal members regardless of income.

Donations can be dropped off at:
815 Logsdan Rd
Siletz, Or 97390

Phone Number for USDA: 541-444-8279

Veterans Coordinator

William "Buster" Lane is the new contracted Veterans Coordinator through 2024. He can be reached at Veteranscoordinator@ctsi.nsn.us, or via phone at (541) 444-8330.

Walkers & Canes

Eugene Area Office has received a donation of some walkers & canes. If anyone is interested in them, please contact Jessica Hibler at (541) 484-4234.



**SILETZ HEALTH CLINIC
DIABETICS WHO
COMPLETE ALL OF
THEIR SCREENINGS
ARE ENTERED INTO A
RAFFLE* AT THE END OF
THE YEAR!**

To qualify, you must receive your primary care at the Siletz Community Health Clinic.

*the drawing takes place on 1/2/25. Winner will receive a two night stay at the Chinook Winds Casino with buffet tickets for two.



Cholesterol Check



Eye Exam
Ophthalmology



Medical
Foot Check



Dental



Blood Pressure



Glucose Urine Test



A1C

Our Clinic Wants Our DIABETICS HEALTHY

Patients are eligible for a Pendleton coffee mug when they complete their first appointment!

Regular check-ups and screenings are an essential part of staying healthy and managing diabetes!

Call the clinic today to make your appointment!

541-444-1030

If you have any questions, please reach out to Heather Warren at 541-444-9668 or HeatherW@ctsi.nsn.us

Meal Voucher Policy

At the June 2024 Elders Meeting, a vote was taken regarding meal vouchers. The following option was selected by those voting in person and via zoom. This will be followed going forward and will be included in the Elders Policies & Procedures Manual updates:

"All tribal elders, spouses, caregivers, drivers and zoom participants, attending the monthly elders meeting will be issued a meal voucher as funds allow. Only two expired vouchers can be exchanged in the first quarter for the new year."

EFFECTIVE JULY 1ST

All PRC Eligible Tribal members will be allowed to schedule with outside dentists for the next 6 months.

July 1, 2024 through December 31, 2024

Chemawa, Grand Ronde and the Siletz Clinic dental departments being backed up and short providers for dental, you will be allowed to go to your own dentist without a referral. You will still need to call PRC for an authorization number, and treatment plans from the providers will still be required.

Please contact PRC for more information at 541-444-9677 or email at SiletzPRC@ctsi.nsn.us



Tribal ID
Machine
Available

Hand Massages
by Gail Barker

Medicare &
Medicare
Supplement
Info - SHIBA

Long-Term
Care Solutions
from OCWCOG

Raffle Drawings
for Elder
participants

Vaccination
Clinic

Purchased &
Referred Care
(PRC)

A Zoom link will be provided to those who have an email address on file. Zoom will only last as long as the presentations. Please note, this is not a meeting so meal vouchers will not be handed out

Siletz Elders Health Fair

DATE: OCTOBER 12, 2024

Time 1:00 PM TO 3:00 P.M.

@

**Chinook Winds' Aces Golf Course
Conference Room
3245 NE 50th St., Lincoln City, OR**

Elders needing transportation, please contact, in advance, your Area Representative –or- Val Knott at (541) 444-8261, Elders Coordinator at (541) 444-8212, or Maggie McAfee at (541) 444-8233

Event Sign Ups:

- **Restoration Event** – 11/16/24 – (Lodging 11/15 & 11/16.
- **Elders Holiday Party** – 12/12/24 @ the Tribal Center. Transportation only.

Please call Val at (541) 444-8261 to sign up. Individuals must sign up for themselves, you cannot sign others up. Rooms are not guaranteed for Restoration. While we may pay for the hotel, keep in mind that you may be asked to put down a credit card for incidentals. This is not something that the Elders program has control over, it will be a local hotel requirement.



Meals on Wheels

We are thrilled to share that Congregate Meals will be resuming soon at the Siletz Community Center! Meals will be provided on **Tuesdays and Thursdays**; stay tuned for the start date and times. Join us for delicious meals and great company!

Please note that Meals on Wheels deliveries will end once Congregate Meals begin. If you have any questions, feel free to reach out to Maggie McAfee, Elders Title VI Coordinator, at (541) 444-8233.

We can't wait to see you!

JOM & SAO EVENTS

Apple Gathering & Pumpkin Picking!

Join us for some apple picking at the farm!

We will also be having the children pick pumpkins from the farmer's field!

To participate you need to call to sign up for your household no later than Wednesday, October 16th.

503-390-9494

Trunk or Treat

Trunk or Treat was such a success that we are going to do it again!

We do, however, need you to call and sign up your goblins and ghouls so we know about how many monsters to expect!

Event time will be determined soon.....so please call and sign up no later than Wednesday, October 23rd.

Please call the number listed above to RSVP and to receive the dates for these activities. This is for the Salem Area community only.

New help for Medicare costs!



Part B assistance

Helps with covering premium costs
(\$174.70 monthly savings)

To qualify (before deductions):



Single

Less than \$1,715 monthly gross income
(no resource limits)



Couple

Less than \$2,320 monthly gross income
(no resource limits)



Part D assistance

The "Extra Help" program helps with
lowering prescription costs

To qualify (before deductions):



Single

Less than \$1,903 monthly gross income
(savings and other resources are less than \$17,220)



Couple

Less than \$2,575 monthly gross income
(savings and other resources are less than \$34,360)

Call Oregon Medicare Savings Connect: Toll-free 1-855-447-0155

M-F, 9am-5pm

medicaresavings@multco.us

www.multco.us/medicaresavings



Oregon Medicare
Savings Connect

DHS
Oregon Department
of Human Services

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Revised 3/2024



Seed2Ceremony

The Seed2Ceremony program is nearly complete, the next steps will be harvesting and drying the sacred tobacco plants.

Every Friday until they are all drying, any Siletz Tribal members are welcome to come out and help harvest. There is no set time, but the staff are knowledgeable about what to do and how to help if you need it. If you'd like additional support, please reach out to Alex Lane by phone 541-444-9682, or email AlexH@ctsi.nsn.us.

Siletz Farm Property
5213 Logsdan Rd
Logsdan, OR 97357
On the left, second driveway past mile marker 5!

In-Home Haircuts

- 🍁 Chris Garza (Tribal Member) – Siletz Area
(458) 277-8220
- 🍁 Roni Logan (Tribal Member) – Siletz Area
(541) 272-7113
- 🍁 Kim Goodell (Spouse of Tribal Member –
Siletz & Portland Area)
(503) 867-3616
- 🍁 Jake Carr – Lincoln County
(541) 270-1616

Please contact the service provider directly.
All fees are the responsibility of the Elder,
and the service provider sets their own price.
This is not a service funded by the programs.

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.

Chinook Winds Casino Resort Events

Call the CWCR Box Office at 1-888-244-6665, Option 3 to request tickets or to be put on the Wait List – Maximum of 20 sets of tickets are available for elders

- Billy Ocean – October 9th – 8 p.m.
- Locash (Rescheduled) – October 19th – 8 p.m.
- Grand Funk Railroad – November 9th – 8 p.m.
- Air Supply – November 23rd – 8 p.m.
- Chubby Checker – December 7th – 8 p.m.
- Under the Streetlamp – December 21st – 8 p.m.

Elders must pick up their tickets at the box office prior to the event. Please be prepared to show I.D. when picking up tickets. **If you are suddenly unable to attend, you need to give 48 hours notice prior to the concert in order to not be sanctioned from future events.**

Newsletter Update

The Elders newsletter is now digital. It will be emailed to Elders who have an email address on file with us, and will continue to be posted on the Tribe's website. Please make sure that we have your email address so that you can continue to receive the monthly newsletter, by calling Val Knott at (541) 444-8261, or via email at: valentinak@ctsi.nsn.us. If you do not have email, please contact Val and let her know that you need to continue to receive paper newsletters.

Affordable Connectivity Program (ACP)

Many of you signed up for the Affordable Connectivity Program (ACP) offered by the federal government. It was a federal program, not a tribal program. Congress did not renew the funding, and the grant program has ended. At this point, to continue receiving internet services, you will need to contact your service provider (i.e. Centurylink, Astound Broadband, Spectrum, etc.) to continue services at your own expense. Many of the service providers have programs for low-income households, but you need to contact your service provider to sign up. Astound Broadband has an on-line portal to sign up: <https://www.internetfirst.com/>, and you should be able to connect via your smart-phone. If Astound Broadband is not your carrier, please contact the service provider directly to ask about these programs.

AREA REPS

Siletz: Danise Barker (541) 272-4100

Sylvia Butler (541) 270-5639

Marci Rilatos (541) 270-4921

Salem: Donna Kessinger (971) 218-7192

Eugene: Verdene McGuire (503) 860-0742

Portland: Sandi Steele (503) 819-2931

ELDERS COUNCIL

Chairman: Tina Retasket (541) 270-8807

Vice Chairman: Jolyne Downey (503) 310-3710

Secretary: Debra Cearly (503)930-9302

Co-Treasurers: Lucilla "Kay" Stainbrook (503) 508-3132

Lydia Kentta (503) 508-8494