

Siletz Elders News



2025

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

Jaime Pineda – Social & Human Services Director, ext. 1220

Email: JaimeP@ctsi.nsn.us; Direct Line (541)444-8220

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

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Maggie McAfee – Title VI Coordinator, ext. 1233

Email: MaggieM@ctsi.nsn.us; Direct Line: (541) 444-8233

Patricia Irvin – Elders Coordinator, ext 1212

Email: PatriciaI@ctsi.nsn.us; Direct Line (541) 444-8212



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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.

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

Elders Council Meetings

February 8th, 2025 ECM will be held at Aces Bar and Grill. Starting at 1pm.

March 8th, 2025 ECM will be held at Aces Bar and Grill. Starting at 1pm.

Please contact your Area Representative if you need transportation. If you cannot attend after requesting a ride, please contact your Area Representative 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.

Office Closures

♥ Monday, February 17th –
Presidents Day

Announcements

- * 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. As time permits, she will include your topic on the agenda. Agendas are prepared in advance, so it's best not to wait until the week of the meeting as it may be overlooked.

Important Information

- All electric heaters and A/C units have been distributed. **There are no additional supplies from the CHA's at this time.**
- Vaccinations are now available through your primary care provider & Siletz Clinic – Covid, influenza, RSV, Shingles, Pneumonia, etc. Please check with your provider to see what vaccinations you need to stay current.
- If you would like us to mail or email you the Elders Council Meeting minutes please reach out to Valentina at (541) 444-8261.

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 your **First Name** and **Last Name** again.
6. Click **Save**.

Dementia & Brain Health

Discover valuable insights and resources to support individuals and families affected by dementia. Engage with expert speakers, participate in informative workshops, and connect with local support groups.

Come and enjoy refreshments and a community atmosphere while raising awareness about this important issue.

When: March 19, 2025 @ 11am—3pm

Where: **Chinook Winds Casino Resort -
Convention Room**

1777 NW 44th St, Lincoln City, OR 97367



Elders Book Club

We are reading Braiding Sweetgrass by Robin Wall Kimmerer. Book Club meets every other Tuesday - 6:30 to 8 p.m. via Zoom.

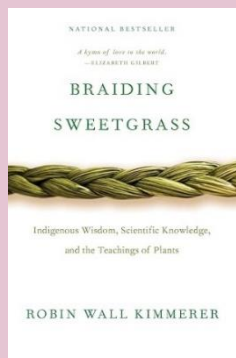
Contact to sign up:

Joshua_bookclub@proton.me

Dates:

Feb 11th

Feb 25th



Elder Shopping

February Shopping Days will be:



Siletz: Thursday, 6th

Siletz: Thursday, 20th

Portland: Wednesday, 5th

Portland: Thursday, 20th

Salem: Friday, 7th

Salem: Friday, 21st

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:

With the new transporter for the Eugene Area we are hoping to start Elder Shopping soon. Please reach out to **Verdene McGuire (503) 890-0742** with any questions.

Medical Transport Info

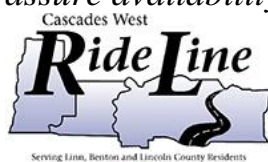
Medical transportation from SCHC Staff can be arranged by calling Richard Faber at (541) 444-9633.

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.



USDA 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

541-444-8279 - Marci

OR

3160 Blossom Dr NE #105

Salem, OR 97305

503-580-9081 - Lori

Elders Council Officers

At the January Elders Council Meeting we had elections for all officer positions excluding chairman. Our secretary, co-treasurers, and vice chairman all remain the same. Our new sergeant at arms are Elena Cordts and Danielle Billmyre.

Funeral Potluck Assistance

The Elders Program will help with funeral potluck supplies for Tribal Members who pass on. We offer up to \$400 towards food and paper products and can do the shopping for you. If you choose to purchase the food yourself we can reimburse you up to \$400. We ask that you give us at least a 5 day notice if you are needing assistance. We are only available to shop Monday – Friday, 9am – 3:30 pm. If you have any questions please contact Val at (541) 444-8261 or Jaime at (541) 444-8220.

Elders Council Coordinator

Please welcome our newly hired Elders Council Coordinator, Patricia Irvin. Patricia will be working closely with elders council and will be in charge of planning activities for the elders to attend. You can contact Patricia at (541) 444-8212.

Winter Weather Checklist

With the weather turning cold, it's a good time to think about upcoming winter emergency needs –

- Do I have a working flashlight & batteries?
- Where is my nearest warming shelter in cases of extended power outages?
- Do I have a way to charge my phone or keep electronics going (CPAP, Oxygen)?
- Do I have a gallon or more of water (distilled or drinking) on hand for emergencies?
- Do I have a designated friend or family member to check on me during power outages?
- Do I have shelf-stable food on hand?

Siletz Food Pantry

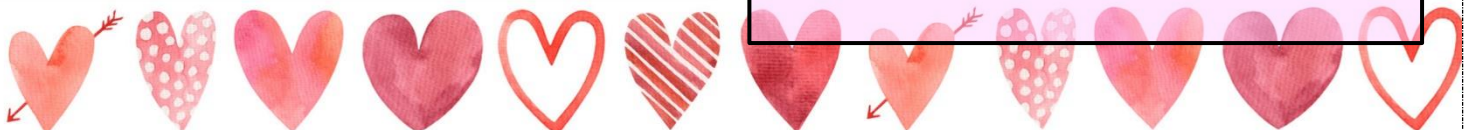
Siletz Food Pantry is available the 2nd and 4th Monday's of every month, from 5pm – 7pm at Siletz Valley School (old music room).
245 NW James Frank Ave, Siletz

Please contact Deanna Hockeman at (541) 444-1100 for more information or emergency needs

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.” **First quarter ends March 31st, 2025***





**SAVE THE DATE
THE COQUILLE INDIAN TRIBE
OREGON TRIBAL ELDERS HONOR DAY**

**WILL BE HELD MARCH 21 & 22, 2025
AT THE MILL CASINO & HOTEL**
(Registration forms and agenda will be coming soon)

There will be no charges for Tribal Elders for any of the activities, All other guests with the exception of legal spouses and caregivers will be charged for meals.

Rooms are blocked under Elders Honor Day at
The Mill Casino.
Rooms are \$150 + Tax.
To reserve please call 541-756-8800 X 3

ALL GUESTS MUST BE OVER 55 YEARS OLD WITH
EXCEPTION OF LEGAL SPOUSES, CAREGIVERS AND
STAFF.



Coquille Elders Honor Day

At the January Elders Council Meeting a motion was made to approve 30 shared rooms for two nights with a \$25 per diem. If you would like to sign-up please reach out to Maggie at (541) 444-8233 or Valentina at (541) 444-8261. Transportation is provided, currently have a waitlist.

Herbal Remedies: Infused Honey



The Salem Area Office is thrilled for this month's hands-on session all about Infused Honey! Learn how to craft your own colorful and natural honey infusions using simple ingredients.

Date: February 19th

Time: 4:30pm

**3160 Blossom Dr NE, Suite 105,
Salem, OR 97305**

Contact for Registration (Limited Space)

—
Cecilat@ctsi.nsn.us or (503) 390-9494



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.

Siletz Elders Honor Day: Craft Days

We are just a few short months away and could use all the help we can get! There will be designated craft days at the Hee Hee Illahee RV Resort in Salem.
4751 Astoria St NE, Salem, OR 97305.

February: 9th & 23rd

March: 9th & 30th

April: 6th & 30th

Congregate Meals


Looking for good food and great company? Swing by the Siletz Community Center every **Tuesday** for Meals on Wheels! **Thursday meals will open if there's enough interest, so spread the word!**

- **Doors open:** 11:00 a.m.
- **Lunch served:** 12:00 – 12:30 p.m.

Who's invited? Everyone! **Siletz Tribal Elders and their care providers eat free**, while others are welcome for a small fee. It's more than just a meal—there's always something fun in store, with occasional crafts and plenty of time to catch up with friends and neighbors.

Planning to join us? Be sure to let the Elders Program know if you'll attend or need a ride. Meal planners need a headcount to make sure there's enough for everyone! If you do not wish to stay and socialize, packaged meals are an option.

So come on down, enjoy a warm meal, and brighten your day with great food and even better company!



Honoring Our Roots

Siletz Elders Honor Day
May 7, 2025
Time: TBA
Chinook Winds Casino Resort
Lincoln City, OR

All tribal elders, their spouses or caregivers, are invited to the Annual Siletz Elders Honor Day. Join us for some fun and conversation!

We have blocked out 25 rooms (unpaid) at Chinook Winds for 5/6-5/7 (1 night). To reserve your room please call (877) 423-2241

Contact Information

Maggie McAfee: maggiem@ctsi.nsn.us (541) 444-8233
Valentina Knott: valentinak@ctsi.nsn.us (541) 444-8261

SUNDAYS JUST GOT BETTER FOR LINCOLN COUNTY RESIDENTS

Admission to the Oregon Coast Aquarium is only \$5 per person for Lincoln County residents with proof of address.

LEARN MORE AT AQUARIUM.ORG/DISCOUNTS



OREGON COAST
AQUARIUM



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 Waitlist – Maximum of 20 sets of tickets are available for elders

- Comedy on the Coast – January 31st & February 1st
- Eli Young Band - February 1st – 8pm
- King of the Cage – Super Brawl – February 8th – 8pm
- Comedy on the Coast – February 14th & 15th – 8pm

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 by calling the CWCR box office 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.

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

2025 Community Meeting Dates

All meetings will start at 5:30pm, Zoom link for the Out of Area community meeting will be posted once available.

Light dinner starting at 5:00pm for all area offices prior to meeting. Excluding Out of Area

- ♥ February 13th – Siletz Grange
- ♥ February 27th – Portland Area Office
- ♥ March 13th – Out of Area (Zoom)



Elders Council Meeting Dates 2025 – **Subject to Change**

- ❖ January 18, 2025 – 1pm to 4pm – Aces Bar & Grill
- ❖ February 8, 2025 – 1pm to 4pm – Aces Bar & Grill
- ❖ March 8, 2025 – 1pm to 4pm – Aces Bar & Grill
- ❖ April 12, 2025 – 1pm to 4pm – Aces Bar & Grill
- ❖ May 7, 2025 – Elders Honor Day (all day)
- ❖ May 17, 2025 – 1pm to 4pm – Aces Bar & Grill
- ❖ June 14, 2025 – 1pm to 4pm – Aces Bar & Grill
- ❖ July 12, 2025 – 1pm to 4pm – Aces Bar & Grill
- ❖ August – No Meeting Due to Pow-Wow
- ❖ September 20, 2025 – 1pm to 4pm – Aces Bar & Grill
- ❖ October 11, 2025 – 1pm to 4pm – Aces Bar & Grill
- ❖ November 16, 2025 – 11am to 2pm – Aces Bar & Grill
- ❖ December – No Meeting – Holiday Party