

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

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



TABLE OF CONTENTS

Easter Bingo.....	2
Elders Craft Days.....	2
Upcoming Elders Council Meetings.....	2
Zoom Meeting Information.....	3
Announcements.....	3
Elders Shopping.....	3
Important Information.....	3
Area Office Events.....	3
Elders Book Club.....	4
Meal Voucher Policy.....	4
Mobile Mammography Clinic.....	4
Medical Transportation.....	4
USDA Food Pantry Donations.....	4
Funeral Potluck Assistance.....	5
2025 May Elders Woodcut.....	5
SVS Food Pantry.....	5
Landowner Preference Tags.....	5
Comfort Station Info.....	5
Siletz Elders Honor Day Flyer.....	6
Event Sign-ups.....	6
Table Rock Agenda.....	6
Coquille EHD Photos.....	6
Congregate Meals.....	7
Medicare Reimbursement.....	8
CWCR Events.....	8
Newsletter Update.....	8
10 Healthy Habits for Brain Health.....	9
Elders Stipends.....	10
March 2025 Elders Council Meeting Motions.....	10
Affordable Connectivity Program.....	11
Elders Council Contacts.....	11

Easter Bingo @ CWCR

April 20, 2025

The Chinook Winds package is \$72 this session. All players that buy-in this session will receive a free dauber and gift bag while supplies last. If their bag contains a golden egg, they will receive the cash amount listed inside the egg. There will be 12 golden eggs awarded each session.

Golden Egg cash prizes range from \$50-\$100. Total of \$900 cash prizes given each session.

Elders Craft Days

Siletz Elders Honor Day is just around the corner! We would love to have volunteers come and help with getting the medicine bags and the center pieces finished. There is a potluck as well so bring a dish to share!

April: 6th

April: 27th (if needed)

Hee Hee Illahee RV Resort
[4751 Astoria St NE, Salem, OR 97305](https://www.heeheeillaheerivresort.com/)

Elders Council Meetings

April 12th, 2025 ECM will be held at Aces Bar and Grill. Starting at 1pm.

May 17th, 2025 ECM will be held at Aces Bar and Grill. Starting at 1pm.

Please contact Patricia Irvin at (541) 444-8212 if you need transportation. If you cannot attend after requesting a ride, please contact Patricia 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

- * If you are unsure whether you have signed up for an event, please reach out to Patricia. We will also include a copy of all sign ups in the monthly ECM packets.
- * If you are needing transportation for meetings, shopping, or approved events, please contact Patricia at (541) 444-8212 or Patricial@ctsi.nsn.us
- * 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.

Elders Shopping



April Shopping Days will be:

Siletz: Thursday, 3rd
Siletz: Thursday, 17th

Portland: Thursday, 3rd
Portland: Thursday, 17th

Salem: Friday, 4th
Salem: Friday, 18th

If you have any questions, or would like to sign up for shopping, please reach out to Patricia at (541) 444-8212.

Area Office Events: Subject to Change

- * Beading Class – First MONDAY Every Month – 5pm to 7pm – PAO
- * “Get it Done” – Every TUESDAY – 4:30pm to 9pm – SAO

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**.

Important Information

- **UNPAID TOLL SCAM:** If you receive a call or text message claiming you have an unpaid toll, it is a scam. Please ignore any links that may come through. **ODOT** does not have a toll program.
- All electric heaters and A/C units have been distributed. **There are no additional supplies from the CHA's at this time.**
- If you would like us to mail or email you the Elders Council Meeting minutes please reach out to Valentina at (541) 444-8261.

Elders Book Club

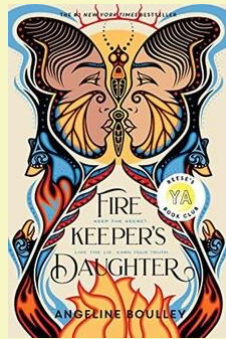
We are finishing up Braiding Sweetgrass, in June we will start the Firekeeper's Daughter, by Angeline Bouley, a novel inspired by the author's own experiences and her Ojibwe heritage. We are meeting the first Second and Fourth Tuesday of each month- 6:30 to 8 p.m. via Zoom. We are also looking for suggestions for our next book!

Contact to sign up:

Joshua_bookclub@proton.me

Dates:

- 🍀 April 8th
- 🍀 April 22nd



Meal Voucher Policy

We will no longer be able to take expired meal voucher tickets until the first quarter of 2026.

"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, 2026

Native American Rehabilitation Association of the Northwest, Inc



Mobile Mammography Clinic

NARA NW's Breast and Cervical Cancer Prevention Program is partnering with OHSU to bring their mobile mammography van to The Confederated Tribes of Siletz Indians' Siletz Salem area office to complete free 3D breast cancer screenings on site!



Thursday April 10th, 2025

Siletz Salem Area Office

3160 Blossom Dr NE Suite 105

Salem, OR 97305

To Schedule Call:

503-390-9494

- Mammograms on site
- Health Education
- Self-care bundle for everyone who completes a mammogram



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 Logsden Rd
Siletz, OR 97390
541-444-8279 - Marci

OR

3160 Blossom Dr NE #105
Salem, OR 97305
503-580-9081 - Lori

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.

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

First Woodcutting Day 2025

The Tribal Natural Resources Committee and Natural Resources Department will sponsor the first “Cut Wood For The Elders Day” of the year on **Saturday, May 17th**. The woodcut will be held on the **Tribe's Logsden Road Property to the right of the Tribal Food Distribution Warehouse in Siletz**. We need lots of volunteers to help cut, split and deliver firewood for Tribal elders. Bring your chainsaws, hydraulic wood splitters, splitting mauls, axes, and lots of energy. Even if you don't have any of those we can use the moral support! Lunch, drinks, and snacks will be provided. We will start at 8:00 am and go until around 2:00 pm.

People willing to haul firewood to elders outside of the Siletz area can contact Maggie in the Elders Program at 1-800-922-1399 ext. 1233 or 541-444-8233 to be paired up with an elder in need. We especially need folks who can haul wood to the Eugene, Salem, and Portland areas. Elders in need of firewood should also contact Maggie to get their name on the delivery list.



COMFORT STATION
DUU-SRVN
Duu-srvn | It is clean

The Comfort Station is open during the winter months as a Warming Center.

Hours
10 AM – 8 PM
Every day of the week

Duu-srvn is closed on all CTSI recognized holidays.

Natural Resources Department

Landowner Preference Tags

Lottery Drawing for Antlerless Deer and Antlerless Elk Applications Due

FRIDAY
APRIL 4, 2025
AT 4:30 P.M.


For More information visit the Natural Resource Department online at, ctsi.nsn.us/fish-wildlife/

Or call the Natural Resource Director, Angela Sondenaa at 541-444-8232 or the Hunt and Fish Biologist, Dylan Gorman at 541-444-8273.

Event Sign Ups

- **Siletz Elder Honor Day** – Transportation & Registration – May 7th – CWCR
- **Table Rock Gathering** – At the March Elders Council Meeting a motion was made and passed to attend the Table Rock gathering on May 31st. This is taking place instead of Run to the Rogue this year. 2 nights (leaving May 30 – returning June 1), 40 rooms not shared and \$50 a day per diem.
- **NICOA** –2025 NICOA Conference - Durant, OK. September 28, 2025 – October 4, 2025. The rooms will be shared and there will be a \$50 per diem per day. Number of rooms to be determined at a later date. Deadline to sign up or cancel is May 30th, 2025.

If you would like to sign up or need transportation, please reach out to Patricia Irvin at patriciai@ctsi.nsn.us or (541) 444-8212



Honoring Our Roots

Siletz Elders Honor Day
May 7, 2025
Time: 10:00 am
Chinook Winds Casino Resort
1777 NW 44th St
Lincoln City, OR

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

Contact Information
Patricia Irvin: patriciai@ctsi.nsn.us (541) 444-8212
Valentina Knott: valentinak@ctsi.nsn.us (541) 444-8261

Table Rock Agenda – Tentative

Saturday May 31, 2025

- * Location: [TouVelle Park](#) – plenty of parking and everything happens here - 8601 Table Rock Rd, White City, OR 97503
- * 2:00 pm – ceremony w/prayers and singing
- * 4:00 pm – dinner
- * 6:00 pm – dance



Photos from Coquille Elders Honor Day 2025



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!

April Menu – Congregate Meals

Tuesday, April 1st: Cowboy Campfire Stew & Turkey Pot Pie

Tuesday, April 8th: Spaghetti w/ Meat Sauce & Farmer's Chicken Stew

Tuesday, April 15th: Home-style Turkey Patty w/Gravy & Herbed Chicken w/Gravy

Tuesday, April 22nd: Spinach Strata & Pork Sausage Patty w/Cheese

Tuesday, April 29th: Turkey Rice Bake & Beef Kettle Lasagna



Thursday, April 3rd: Beef Kettle Lasagna & Vegetarian Chili

Thursday, April 10th: Lime Chicken & Baked Tilapia Vera Cruz

Wednesday, April 16th: Shaved Turkey Half Sandwich & Egg Salad Half Sandwich

Thursday, April 24th: Bone in Chicken w/Apple Cider Glaze & Sliced Ham w/Brown Sugar Glaze

Join the Fun
& Win an
April Basket
of Goodies!



Spring Into Fun & Win!



Dine,
Socialize &
Get Entered
to Win!

WHEN: EVERY TUESDAY

WHERE: SILETZ COMMUNITY CENTER

DOORS OPEN: 11:00 AM

TAKE OUT OPTIONS AVAILABLE*

Celebrate the beauty of spring and enjoy good food with great company!

Come together for delicious meals, warm conversations, and your chance to WIN!

For more info, contact Maggie McAfee, Title VI Coordinator

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 at the Coast – April 4th & 5th – 8pm
- Forever Seger – April 12th – 8pm
- Little River Band – April 26th – 8pm (**Sold Out**)
- Comedy at the Coast – May 23rd & 24th – 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.



Above: Laura K. Byerly, Associate Professor of Medicine at OSU speaks to Elders about brain health at the Health Fair March 19, 2025 at Chinook Wind's Aces.



We would like to extend a huge thank you to all who had a part in putting on the Dementia Awareness Event on March 19, 2025. We had such a great turn out and hope to do this again!

10 Healthy Habits for Your Brain

These healthy habits can lower the risk of developing cognitive decline and possibly dementia. This is true even for people with a history of dementia in their families. Follow as many of these tips as possible to achieve the most benefits for your brain and body. It's never too late or too early to start!

1. **Protect your head:** Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls.
2. **Be smoke-free:** Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.
3. **Get moving:** Engage in regular exercise. Find ways to build more movement into your day – walking, dancing, or gardening— whatever works for you!
4. **Challenge your mind:** Put your brain to work and do something that is new or hard for you. Learn a new skill. Try something artistic. Challenging your mind may have short and long-term benefits.
5. **Control your blood pressure:** Medications can help lower high blood pressure. Eating right and physical activity can help too.
6. **Manage diabetes:** Type 2 diabetes can be prevented or controlled by healthier eating, increasing physical activity and medication, if necessary.
7. **Sleep well:** Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions.
8. **Stay in school:** Education reduces your risk of cognitive decline and dementia. Continue your own education by taking a class at a local library, college or online.
9. **Eat right:** Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat.
10. **Maintain a healthy weight:** Talk to your health care provider about the weight that is healthy for you. Other healthy habits on this list – eating right, physical activity and sleep – can help with maintaining a healthy weight.

Information courtesy of the Alzheimer's Association. Learn more at <http://alz.org/healthyhabits>.

ELDERS STIPENDS

At the March 8th Elders Council meeting, a discussion was held amongst Elders regarding submitting a request through the budgeting process to increase the monthly Elders stipend. What was proposed was a \$300 monthly increase to the existing monthly Elders stipend in each of the three tiers – currently \$100/\$200/\$300 (based on age), would increase to \$400/\$500/\$600 per month. Estimated cost for this increased stipend is approximately \$4.8 million dollars over what is currently approved for Elders stipend. It is not clear what impacts an increase would have to Elders who are enrolled in specific programs (ie. Disability, Supplemental Security Income, Housing, etc.). Elders stipends are not included in the 1099 Misc. Income forms that are mailed out, but some programs count the Elders stipends as a source of income. Elders would like to hear from other elders on the following topics:

- a. Should we request an increase in the stipend?
- b. How will an increase in the stipend affect you personally?
- c. Should we request a smaller or different amount?
- d. Are you enrolled in any programs that would count the additional income, and would it have any negative impacts to you?

This topic will be an agenda item at the next Elders Council meeting on April 12th. We'd love to get your feedback. You can send it to Patricia Irvin, Elders Coordinator, at patriciai@ctsi.nsn.us; or Tina Retasket, Elders Council Chairman, at retasket@hotmail.com

The Tribal Budget Committee and Tribal Council approve all funding for the Elders Stipend. The Elders Council cannot vote to amend the stipend, this would need to be done through the regular budgeting process. We know that Elders are grateful for what has been previously approved through the Budget Committee and Tribal Council. Please reach out with your comments so we can hear from Elders.



Elders Council Meeting Motions – March 8, 2025

Motion #1: Sandi Steele moved to approve the March 8, 2025 meeting agenda with the added item under New Business to talk about Elder Stipends. Nora Huffman seconded. Motion Passed

Motion #2: Nora Huffman moved to approve the February 22, 2025 Elders Council meeting minutes with amendments; Bob Mannering seconded. Motion Passed

Motion #3: Shirley Walker made a motion to go to Run to the Rogue [now called Table Rock Gathering] with 30 unshared rooms, 2 nights and no stipend; John Roe seconded. Motion Failed.

Motion #4: Gloria Stott made a motion to go to Table Rock Gathering, 2 nights with 40 unshared rooms and \$50 per day stipend; Nora Huffman seconded. Motion Passed.

Motion #5: Sue Langstaff made a motion to approve option 3, turkey and pork with side dishes for meal choice for the Siletz Elders Honor Day. Nora Huffman seconded. Motion Failed.

Motion #6: Raymond Ben made a motion to approve option 2, salmon and sautéed chicken breast with side dishes for meal choice for the Siletz Elders Honor Day. Verdene McGuire seconded. Motion Passed.

Motion #7: Sandi Steele made a motion to use \$500 to purchase raffle prizes for Elders Honor Day from the council budget. Rose Stone seconded. Motion Passed.

Motion #8: John Roe moved to adjourn; Nora Huffman seconded. Motion Passed.

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) 890-0742

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

Sergant at Arms: Elena Cordts

Danielle Billmyre

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.