

## Elders Eligible for Help with Medicare Coverage

by Judy Muschamp, Health Director

Do you pay for Part B Medicare coverage? If so, the tribe will reimburse you for the monthly cost of this coverage. Please send me (one time only) a copy of your Medicare card and proof of cost to you, and I will send you a check for every month you maintain coverage.

Are you eligible for Part B Medicare coverage, but declined it because it costs too much? You can sign up in January 2002 and the tribe will reimburse you. All you have to do is send me a copy of your Medicare card and proof of payment one time only, and I'll automatically process it each month.

Tribal Council set aside these funds from the 2000 excess gaming revenue. **Any tribal elder living inside or outside the service area is eligible.** The tribe benefits from reduced Contract Health Service expenditures for services to eligible elders. Please consider taking advantage of this benefit. Once acceptable documentation is received, it takes about 10 days to process a check.

If you have any questions, please call me at 541-444-9655 or 1-800-648-0449, ext. 655. Mail your documents to:

Confederated Tribes of Siletz Indians  
Attn: Judy Muschamp  
P.O. Box 549  
Siletz, OR 97380

## Another Year of Wisdom Happy Birthday!

Lonnie Andrews, 12/5  
Geraldine Ashley, 12/12  
Edmond Ben, 12/25  
Gladys Bolton, 12/19  
Dennis Chambers, 12/11  
Deanna Green, 12/9  
Deanna Howell, 12/13  
Anthony Jucutan, 12/17  
Bernadine Kelley, 12/7  
Elmunt Koehler, 12/10  
Dennis Lane, 12/4  
Cynthia Lozano, 12/22  
Verna Mann, 12/2  
Pauline Montana, 12/25

Genevieve Moody, 12/13  
Frank Simmons, 12/27  
Thomas Siniscal, 12/17  
Lois Thudium, 12/26  
Gilbert Towner Jr., 12/25

### Elders Council Meeting

Dec. 8, 2001  
Chinook Winds Casino  
2 p.m. – 5 p.m.

## Got Mold?

by Sherri Groh, Environmental Planner

**Problem:** One-third to one-half of all structures have damp conditions that may encourage the development of pollutants such as mold and bacteria. Molds can produce allergens that can trigger allergic reactions or even asthma attacks in people allergic to mold. Others are known to produce potent toxins and/or irritants.

**Solution:** Moisture control is the key to mold control. Water can enter your home by leaking or by seeping through basement floors. Water in the basement can result from a water flow toward the house or the lack of gutters.

Leaky pipes or leaks around tubs and sinks can provide a place for mold to grow. Additionally, showers and cooking can add moisture to the air in your home. As the temperature of the air in your home goes down, the air holds less moisture; therefore, moisture condenses on cold surfaces (e.g., windowpanes). This moisture can encourage mold to grow. If conditions causing the mold growth are not corrected, mold growth will reoccur.

### Corrective Tactics

- Fix leaks and seepage.
- Clean and dry moldy materials. Use a 10 percent bleach solution, dry for 48 hours.
- Discard moldy porous items that can't be cleaned.
- Have the air ducts cleaned if there's substantial visible mold growth inside hard surface (sheet metal) ducts or on other parts of your heating/cooling system.
- Open doors to rooms (especially closets) to increase circulation.
- Use fans, move furniture from wall corners to promote air and heat circulation.
- Use area rugs that can be washed often.
- Use exhaust fans in the bathroom and kitchen to release moisture outside.
- Vent the clothes dryer outside.
- Turn off certain appliances (e.g., humidifiers, kerosene heaters) if moisture is forming on windows and other surfaces.
- Use dehumidifiers and air conditioners during hot humid conditions to reduce moisture in the air.
- Raise the temperature of cold surfaces where moisture condenses – insulate or use storm windows (install on the inside).
- Put a plastic cover over dirt in crawlspaces to prevent moisture from coming in from the ground and ensure good ventilation.
- Landscape to prevent water from entering the house from outside.

Sources: *Mold Remediation in Schools and Commercial Buildings*, <http://epa.gov/iaq/molds/checklist.html>; *Removing Black and Mildew*, <http://www.black-mold.com/mold-mildew-removal.htm>

## CTSI Employment Job Line

541-444-8296

1-800-922-1399, ext. 296

Visit our Web site at

<http://ctsi.nsn.us>

## Weatherization Program a Success

What a success this year has been for the BPA Native American Weatherization Program.

This year, we did 17 projects for Native Americans enrolled in a federally recognized tribe. In fact, we have referred a Siletz Tribal member in the Camas Valley (referred by Howard Roy) for weatherization that includes a new insulated roof.

This is one of three such roof projects where a new insulated roof is placed on top of the old mobile home roof. This provides energy savings and a worry-free roof for years to come for the home's residents.

Please remember that renters are eligible, too. New higher income guidelines are out and on the Web site.

For more information, contact Scott Hansen, Native American Weatherization coordinator, Springfield Outreach Office of Confederated Tribes of the Coos, Lower Umpqua, and Siuslaw Indians; 1126 Gateway Loop #102, Springfield, OR 97477; 541-744-9300; fax 541-744-9360; [www.coos-lowerumpqua-siuslaw.org](http://www.coos-lowerumpqua-siuslaw.org) and <http://communities.msn.com/naweatherization>.