

## September is Healthy Aging Month – ‘... there’s lots of living left to do ...’

Healthy Aging Month is an annual observance designed to focus national attention on the positive aspects of growing older. Its main objective is to encourage people to take personal responsibility for their health – be it physically, socially, mentally or financially.

The better we take care of our bodies, the better we age and the more we are able to enjoy life at advanced ages. Take this opportunity to look at your daily habits and how they affect your health. Pick one

thing, even if it’s very small, and make it a goal to change.

See growing old as a privilege and honor the knowledge you have gained through the years. Respect your elders for all they have experienced and learned and all they can teach you.

Wellness comes in many forms:

- **Health care:** Make an appointment for your yearly checkup if you are due.
- **Physical Fitness:** It’s never too late to start. Find a partner and get walking

or visit the Tillicum Fitness Center and find a program that is right for you.

- **Diet:** Find one thing you can change about your diet to improve it and stick with it! Cut out french fries, drink more water or eat more vegetables.
- **Mental Wellness:** If you think you’re old, you are. Keep your mind active and young. Take a class, play games, start a new hobby or activity, or volunteer your time.
- **Social Wellness:** Laugh loud and often! Smile even though you might

not always feel like it. The brain releases chemicals associated with happiness just with the act of a smile. Seek inspiration and keep the faith.

- **Financial Wellness:** If you decide to delay your Medicare benefits until after age 65, still apply for Medicare benefits three months before your 65<sup>th</sup> birthday or it might cost you more for insurance and prescription coverage.

Visit [healthyaging.net](http://healthyaging.net) for more healthful suggestions and go enjoy life!

## Tribal Head Start gears up for new year; child care assistance available

By Lori Jay-Linstrom, Parent Involvement Coordinator

If you have not submitted your Siletz Tribal Head Start application or if you know of someone who has not done so, please send them in as soon as possible. It really is getting to be that time of year.

We are in the process of getting things ready for the new school year of 2011-12.

If you have a child or know of a child who is between the ages of 3 and 4 and you do not have an application, please call 800-922-1399 or 541-444-2532 and ask for Head Start. We will send you one.

If you are a working family and your child is an enrolled Tribal member or eligible to be enrolled into the Confederated Tribes of Siletz Indians, you may qualify for the Childcare Assistance Program.

Effective October 2011, our Childcare Assistance Program will make

minor changes to the program, including changes in the co-pay that clients will be required to pay.

If you have questions and or would like an application, please call 800-922-1399 or 541-444-2532 and ask for the Childcare Assistance Program.

## Tribe reaches \$8.9 million in overall giving; Chinook Winds adds \$2.2 million

Total includes \$92,226 distributed to 25 organizations in August by Siletz Tribal Charitable Giving Fund

The Siletz Tribal Charitable Contribution Fund distributed \$92,226.40 to 25 organizations on Aug. 5 as it continued its quarterly donations to non-profit organizations. The checks were presented at Chinook Winds Casino Resort in Lincoln City, Ore.

The Siletz Tribe is proud of its contributions through employment, monetary donations and cooperative measures to the Siletz community, Lincoln County and the state of Oregon. The seven-member charitable fund advisory board has distributed more than \$6.8 million since its inception in 2001.

Overall, the Tribe has honored its tradition of sharing within the community by distributing more than \$8.9 million through the charitable fund and other Tribal resources. Chinook Winds has donated more than \$2.2 million in cash and fund-raising items since it opened in 1995. The casino also provides in-kind donations of convention space for various fund-raisers as well as technical support, advertising and manpower for many events.

The next deadline to submit applications is Sept. 14, 2011. Eligibility for money from the charitable fund is limited to two categories:

- Entities and activities located in the Siletz Tribe’s 11-county service area (Lincoln, Tillamook, Linn, Lane, Benton, Polk, Yamhill, Marion, Multnomah, Washington and Clackamas counties)
- Native American entities and activities located anywhere in the United States

Applications and requirements can be obtained at [www.ctsi.nsn.us/charitable-contribution-fund](http://www.ctsi.nsn.us/charitable-contribution-fund); from Kelley Ellis at 800-922-1399, ext. 1227, or 541-444-8227; or by mail at Siletz Tribal Charitable Contribution Fund, P.O. Box 549, Siletz, OR 97380-0549. Applications can be submitted via e-mail at [stccf@live.com](mailto:stccf@live.com).

### Aug. 5, 2011 – Distribution of \$92,226.40

#### Arts – \$1,600

Newport HS – portable public address system Newport, OR \$1,600

#### Cultural Activities – \$2,534

Portland Inter-Tribal Canoe Club – Eagle Dancer paddles and steering paddles Portland, OR \$734  
Yachats Ladies Club – chairs for community clubhouse Yachats, OR \$1,800

#### Education – \$19,865.40

Burns Paiute Tribe – staffing and portion of Culture Camp for multi-generational culture preservation program Burns, OR \$5,000  
Kennedy HS – robotics kits for Project Lead the Way engineering and biomedical science curriculum Mt. Angel, OR \$1,700  
Oceanlake Elementary School – digital cameras Lincoln City, OR \$3,450  
Oregon Dept. of Veterans Affairs – meals and refreshments for Conference for Oregon Women Veterans Salem, OR \$2,500  
Oregon Pacific Area Health Education Center – bus transportation for field trips for health career students in Lincoln County Lincoln City, OR \$1,500  
Sharon Butler Memorial Scholarship – scholarship funds Newport, OR \$3,000  
Waldport HS – Vertimax training system for track and basketball teams Waldport, OR \$2,715.40

#### Environmental & Natural Resource Preservation – \$1,450

Native American Rights Fund – in memory of David Getches, founding executive director of NARF Boulder, CO \$1,450

#### Health – \$22,200

Fair Share Gleaners – food Sweet Home, OR \$3,200  
Helping Hands Gleaners – food Albany, OR \$3,000  
Newport Lions Club – eye exams, eyeglasses and hearing tests Newport, OR \$4,000  
Olalla Center for Children & Families – assist with purchase of Mary Harrison school Toledo, OR \$6,500  
Rebel Sports Foundation – wrestling mat Albany, OR \$500  
Sweet Home School District – utilities and chemicals to help keep swimming pool open Sweet Home, OR \$5,000

#### Prevention – \$10,750

Bridgeway House – equipment, materials and supplies for social group program for children with autism spectrum disorder Eugene, OR \$2,250  
Nestucca Youth Football – helmets for youth age 7-12 Cloverdale, OR \$3,600  
Toledo HS – uniforms for boys basketball team Toledo, OR \$1,400  
Waldport HS – helmets for football team Waldport, OR \$3,500

#### Public Safety – \$33,827

CASA of Lincoln County – liability insurance and directors/officers insurance Newport, OR \$3,900  
Drakes Crossing Rural Fire Protection District – upgrade self-contained breathing apparatus air packs Silverton, OR \$7,695  
Mt. Hood Search & Rescue Council – specialized man-tracking training for 30 people Oregon City, OR \$6,680  
Siletz Valley Fire District – turn-out jackets and pants Siletz, OR \$15,552

#### TOTAL

**\$92,226.40**