

North End Senior Solutions: Where everybody knows your name

By Diane Rodriquez

Clients come to the NESS Club for different reasons.

Some have Alzheimer's or dementia. Interaction with others is beneficial and their caregivers can get some much-needed respite.

Others have disabilities – physical and cognitive – and the same applies to them. The warm welcome everyone gets when they arrive at NESS (North End Senior Solutions) Club is just the beginning of an active and engaging day. A delicious day too as the club's lunches and snacks are homemade in the kitchen of the International Order of Odd Fellows Hall in Lincoln City, where NESS Club is currently located.

NESS is a "nonprofit organization with the mission to ensure the safety, comfort and well-being of senior citizens and people with disabilities, to help them maintain their independence and fulfill their desire to remain living at home."

In 2017, the organization received a \$2,850 grant from the Siletz Tribal



Photos by Diane Rodriquez

NESS Club clients and staff spend an afternoon dancing to music provided by clients and volunteers.

Charitable Contribution Fund for food and caregiver training for the adult day service program. Earlier this year, it received a \$2,400 grant for food and supplies for the same program. Overall, NESS has received \$15,330 from the charitable fund since 2011.

NESS Club currently is open Mondays, Wednesdays and Fridays from 10 a.m. to 4 p.m. Clients are encouraged, but not forced, to participate in the day's activities.

"No one likes to be told what to do. You have to protect a person's autonomy. They are in charge," said Executive Director Jan Molnar-Fitzgerald. "Our job is to participate with people – engage, entertain and educate each other – that's what we're there for. We're not there to boss people around."

During one afternoon in October, an unexpected (but no less delightful) musical group had arrived late morning, so lunch was a bit delayed. It was worth the wait – the tossed salad, vegetarian chili and cornbread were wonderful.

Conversation carried on non-stop, with one client, Dee, looking up answers

to questions on her tablet. Next came more music as guitarist/singer Mel Wilson played some tunes, joined by two clients, 95-year-old Bernice on violin and another Mel on guitar. Lots of dancing ensued.

According to Bernice's son, Richard, Bernice had been interested in finding a place to play bridge. They weren't having much luck when Richard's wife, Myrl, saw a poster for NESS Club at the doctor's office. They decided to check it out.

"She (Bernice) likes the service – they wait on her there – and she likes the opportunity to play her violin. It gives us time to do things, work around the house and get out," said Richard. "It's (NESS Club) is a very nice place for seniors and those with disabilities to socialize, participate in activities and feel a sense of community."

The club is just the beginning of the services available. The Handy Buddies program provides in-home services and transportation for things like a doctor's appointment and shopping.

NESS Outreach and Referral can help you find medical providers and/or

the services you need, such as SNAP (Supplemental Nutrition Assistance Program), Lincoln City Food Pantry, Meals on Wheels and community meals.

NESS also provides education/training for dementia awareness/care through the Savvy Caregiver and Powerful Tools for Caregivers programs.

Molnar-Fitzgerald has even grander plans – building an 8- to 10-bedroom facility with a living room, dining room and kitchen – just like a regular home.

"We need to have our own place so people don't need to leave the community when they can't be cared for at home," she says in a video about the planned facility. "... We don't have a skilled nursing facility, so that's what we need to do now. So what we envisioned seven years ago now is really crucial."

As it is with many nonprofits, volunteers are welcome. Call 541-921-0937 or visit www.northenders.org if you're interested in volunteering or would like more information about North End Senior Solutions.



Bernice on the violin

Siletz Tribal Athletic Commission Vacancy

The Athletic Commission was formed to promote and offer different types of sport activities at the Siletz Tribe's gaming center and/or at other locations on Tribal trust land. It was established to create rules and regulations for the conduct of each sporting activity and to regulate each sporting activity that is authorized by the Tribal Council.

The Athletic Commission consists of three members and a Tribal Council member. Two of the three members may be a non-Tribal member with experience in the conduct and regulation of sporting activities.

The Athletic Commission shall permit and regulate only those sporting activities specifically authorized by Tribal Council and permitted by applicable law. The following activities are authorized by Tribal Council: boxing (amateur and professional), wrestling (amateur and professional) and mixed martial arts (amateur and professional).

The Athletic Commission shall be responsible for regulation of any sporting activity that occurs on Siletz lands to ensure that the conduct of such sporting activity comports with all Athletic Commission regulations and applicable laws.

Athletic Commission members shall be reimbursed for approved travel, subject to the availability of funds.

If interested in an appointment to the Siletz Tribal Athletic Commission, please complete a résumé and submit it to Tribal Council, Attn: Executive Secretary, P.O. Box 549, Siletz, OR 97380-0549 or fax it to 541-444-8325.

Vacancy will be open until filled.

2019 Standing Committee Vacancies

Health and Housing

Positions are Open Until Filled

Any Tribal member interested in consideration for serving on a committee is encouraged to fill out this form and return to the council office. Please mail or fax your application to Confederated Tribes of Siletz Indians, Attn: Executive Secretary to Tribal Council, P.O. Box 549, Siletz, OR 97380-0549; fax: 541-444-8325.

Name: _____ Roll No: _____

Address: _____

City: _____ State: _____ ZIP: _____

Telephone: Day () _____ Evening () _____

If you only want to be considered for one committee, please indicate by inserting the number 1 next to the committee of interest. If you have interest in more than one committee, please indicate by numbering your preference 1 (first choice) and 2 (second choice).

____ Housing Committee (1 vacancy for term ending February 2021)

____ Health Committee (1 vacancy for term ending February 2020)

If you have any questions, please call Tami Miner, executive secretary to Tribal Council, at 800-922-1399, ext. 1203, or 541-444-8203.