

# 8th Annual Native Caring...

## *A Conference to Learn, Connect & Share*



**March 27-28, 2013**  
**Chinook Winds Casino Resort**  
**Lincoln City, Oregon**

**Come and join other caregivers of Native Elders and relative caregivers of children from Northwest Indian communities in this two-day event. You will have the opportunity to attend valuable workshops which will enhance your care giving skills and provide you with a break from your daily responsibilities.**

**Hosted by:**

**The Confederated Tribes of Siletz**

**Indians:** and the Coquille Indian Tribe, Confederated Tribes of the Umatilla Indian Reservation, Confederated Tribes of Warm Springs, Cow Creek Band of Umpqua Tribe of Indians, Confederated Tribes of Grand Ronde, The Klamath Tribes, Burns Paiute Tribe, and Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians, AARP, Area Agencies on Aging- North West Senior and Disability Services, Community Action Program Central Eastern Oregon and Oregon Cascades West Council of Governments.

**Topics Include:**

- Nutrition & Healthy Native Foods
- Stress Management
- Healthy Care Giving & Managing your Physical Well Being
- Mental Health & Addictions
- Positive Indian Grand Parenting
- Elder Abuse

For more information contact:

Dee Navarro, Siletz Tribe, (541) 444-8261

# **8th Annual Native Caring Conference**

## **Agenda**

### **Wednesday, March 27, 2013**

#### **DAY ONE**



<b>7:30 a.m.</b>	<b>Registration</b>
<b>8:30 a.m.</b>	<b>Opening prayer, Flags Welcome – Siletz Tribe by Tribal Chairman Dee Pigsley</b>
<b>9:00 -9:30 a.m.</b>	<b>Polling – AARP</b>
<b>9:30 – 10:30am</b>	<b>Keynote – Mitch Factor – Energize Caregivers/ Healthy Care giving</b>
<b>10:30 – 10:45 a.m.</b>	<b>Break</b>
<b>10:45 – 12:00</b>	<b><u>Workshops</u> Caring for those who are hearing impaired- Cindy Campbell Fit and Strong/ Arthritis – Turner Goins Stress reduction/ Taking of you – Vicky Schmall Social Security basics – Alan Edwards</b>
<b>Noon</b>	<b>Lunch</b>
<b>1:15-2:15 p.m.</b>	<b>Keynote – Mental Health &amp; Addictions-Caroline Cruz,</b>
<b>2:15-2:30 p.m.</b>	<b>Break</b>
<b>2:30-3:45 p.m.</b>	<b><u>Workshops – Repeats from a.m. session</u></b>
<b>4:00 p.m.</b>	<b>Healthy Walk- hosted by Siletz Tribe and AARP</b>
<b>5:00 p.m.</b>	<b>Adjourn</b>
<b>6:00p.m.</b>	<b>Dinner hosted by the Siletz Tribe – Entertainment / Mitch Factor</b>

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## Agenda

Thursday, March 28, 2013

DAY TWO



7:30 a.m.	Registration
8:30 a.m. – 9:30am	Blessing, Announcements, Energizer – Nick Sixkiller
9:30-9:45 a.m.	Break
9:45-10:45 a.m.	Managing Physical Well Being – Sharla Robinson- Siletz Tribe
10:45-12 p.m.	<u>Workshops</u> Positive Indian Grand Parenting – Melissa Sampson-Grier Healthy Native Foods- Shelley Zylstra Elder Fraud – Wilson Wewa Estate Planning (speaker TBA)
Noon	Lunch
1:15p.m.-2:30p.m.	<u>Workshops – Repeats from a.m. session</u>
2:30- 2:45p.m.	Break
2:45-3:45p.m.	Keynote – Vicky Schmall – Packing Your Caregiver Basket
4:00p.m.	Polling and Evaluation -AARP
5:00p.m.	Adjourn

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## **March 27-28, 2013**

### **Lincoln City, Oregon**



Please complete one registration for each individual attending.

**PLEASE PRINT CLEARLY**

Name:		
Mailing Address:		
City:	State:	Zip:
Daytime Phone:	Evening Phone:	
Group Affiliation & Tribal		

**Registration Fee:**

**\$125.00** if received by March 1, 2013

**\$150.00** if received after March 1, 2013

(Registration fee includes lunch and dinner on day 1 & lunch on day 2)

Make checks payable to: C.T.S.I. Title VI

**Mail Registration & Payment to:**

Siletz Tribal Elders Title VI Program  
Dee Navarro  
PO Box 549  
Siletz, OR 97380

**NO REFUNDS** after March 4, 2013

If you require a special diet or physical accommodations, please list them here:

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**Hotel information:**

**Chinook Winds Casino Resort**

**1501 NW 40<sup>th</sup> St.**

**Lincoln City, OR 97367**

**Reservations:**

**1-888-244-6665**

**[www.chinookwindscasino.com](http://www.chinookwindscasino.com)**

**\$59.00 plus tax – non view standard room**

**\$79.00 plus tax- ocean view standard room**

**\$99.00 plus tax – ocean view suite**