

**Registration for the**

# **16th Annual Native Caring...**

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

***Hosted by:***  
**Cowlitz Indian Tribe**

Welcome! Join other caregivers of Native Elders, and relative caregivers of children from Northwest Indian communities for this two-day event. You will have the opportunity to attend valuable workshops which will enhance your caregiving skills and give you a refreshing break from your daily responsibilities.



**September 10, 11, 2024**  
**Ilani Casino Resort**  
**1 Cowlitz Way**  
**Ridgefield, WA 98642**

**BREAKFAST, LUNCH, A MORNING AND AFTERNOON  
SNACK BREAK WILL BE PROVIDED BOTH DAYS  
WITH DINNER ON THE FIRST DAY!**

Ilani Hotel has a limited number of rooms blocked for this event at

**\$182 + tax per night.**

To book your room please go to

<https://book.rguest.com/wbe/group/1917/IlaniCasinoResort/auth>

**Code: NCC0924 ~ Password: !9Ily (! -9 - I (capital I) - l (lowercase l) - y**

**Other Northwest partnering Tribes and Organizations**

Cow Creek Band of Umpqua Tribe of Indians, Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians, Confederated Tribes of the Umatilla Indian Reservation, Confederated Tribes of Warm Springs, Confederated Tribes of Siletz Indians, Confederated Tribes of Grand Ronde, The Klamath Tribes, Coquille Indian Tribe, Confederated Tribes and Bands of the Yakama Nation, AARP and the ODHS Community Services and Supports Unit

**For more information contact:**

Sophia Gosselin by email [sgosselin@cowcreek-nsn.gov](mailto:sgosselin@cowcreek-nsn.gov) or phone at (541) 492-5230

# **16th Annual Native Caring...**

## **AGENDA**

**Day One: Tuesday, September 10, 2024**

- |                      |   |
|----------------------|---|
| <b>7:45 – 8:45</b>   | <b>Registration</b>   |
| <b>7:45 - 8:45</b>   | <b>Breakfast</b> -Hosted by Office of Developmental Disabilities Services (ODDS)  |
| <b>8:45 – 9:00</b>   | <b>Opening Prayer, Flags, Welcome</b> – Cowlitz Indian Tribe  |
| <b>9:00 – 9:30</b>   | <b>Honor and Celebrate Caregivers</b> - Louise Ryan, Administration on Aging (AOA)/Administration for Community Living (ACL), Regional Administrator, Region X  |
| <b>9:30 – 10:00</b>  | <b>Announcements, Energizer, Master of Ceremonies</b> – Mitch Factor  |
| <b>10:00 – 10:15</b> | <b>Break (Snacks and Beverages)</b> -Hosted by Cowlitz Indian Tribe   |
| <b>10:15 – 11:15</b> | <b>Navigating Social Security Benefits</b> – Ivy Heuton, Social Security Administration   |
| <b>11:15 – 12:15</b> | <b>Medication Management</b> - Shelly Zylstra   |
| <b>12:15 – 1:15</b>  | <b>Lunch</b> -Hosted by Cow Creek Band of Umpqua Tribe of Indians   |
| <b>1:15 – 2:30</b>   | <b>Workshop Session I</b> <ul style="list-style-type: none"><li>a) <b>Powerful Tools</b> – Melissa Howtopat, Yakama Nation</li><li>b) <b>Relaxation Pain Salve Session</b> – Deb Mizner, Cowlitz Indian Tribe</li><li>c) <b>Healthy Living for your Brain and Body</b> – Janice Jasinsky, Alzheimer’s Association Oregon and SW Washington</li><li>d) <b>Understanding Dementia</b> – Vicki Schmall, AARP</li></ul> |
| <b>2:30 – 2:45</b>   | <b>Break (Snacks and Beverages)</b> – Hosted by Confederated Tribes of Grande Ronde   |
| <b>2:45 – 4:00</b>   | <b>Workshop Session II</b> (Repeat of Session I)  |
| <b>4:10 – 5:00</b>   | <b>Chair Yoga</b> – Cowlitz Indian Tribe  |
| <b>5:00</b>          | <b>Adjourn</b>  |
| <b>6:00 - 7:00</b>   | <b>Dinner</b> - Hosted by Confederated Tribes and Bands of the Yakama Nation<br><b>Entertainment</b> – Mitch Factor   |

# **16th Annual Native Caring...**

## **AGENDA**

**Day two: Wednesday, September 11, 2024**

- |                      |   |
|----------------------|---|
| <b>7:45 – 8:45</b>   | <b>Breakfast</b> - <i>Hosted by Aging and People with Disabilities (APD)</i>  |
| <b>8:45 – 9:00</b>   | <b>Opening Prayer, Welcome</b> – <i>Cowlitz Indian Tribe</i>  |
|                      | <b>Announcements, Energizer, Master of Ceremonies</b> – <i>Mitch Factor</i>   |
| <b>9:00 – 9:30</b>   | <b>Honor and Celebrate Caregivers</b> – <i>Wilson Wewa, Confederated Tribes of Warm Springs</i>   |
| <b>9:30 – 10:30</b>  | <b>Packing Your “Caregiver Basket”</b> – <i>Vicki Schmall, AARP</i>   |
| <b>10:30 -10:45</b>  | <b>Break (Snacks and Beverages)</b> - <i>Hosted by Confederated Tribes of Coos,</i>   |
| <b>10:45 - 12:00</b> | <b>Less Stress Using Your 5 Senses</b> – <i>Mitch Factor,</i>   |
| <b>12:00 – 1:15</b>  | <b>Lunch</b> – Hosted by the Confederated Tribes of Warm Springs  |
| <b>1:15 – 2:30</b>   | <b>Workshop Session I</b>   |
|                      | <b>a) Self-Care for the Caregiver-</b> <i>Terry Santini, Oregon Kinship Navigators, and Rod Harwood, Older Behavioral Health Coordinator with GOBHI</i> |
|                      | <b>b) Effective Communication Strategies</b> – <i>Lori Stanton, Alzheimer’s Association</i>   |
|                      | <b>c) Can I Speak?</b> - <i>Caroline Cruz, Confederated Tribes of Warm Springs</i>  |
|                      | <b>d) Medicaid/Fraud</b> – <i>Oregon SHIBA</i>  |
| <b>2:30 – 2:45</b>   | <b>Break</b> - <i>Hosted by</i>   |
| <b>2:45 – 4:00</b>   | <b>Workshop Session II</b> (Repeat of Session I)  |
| <b>4:00 – 4:15</b>   | <b>Retiring of the Flags</b>  |
| <b>4:15 – 5:00</b>   | <b>Round Dance</b>  |
| <b>5:00 pm</b>       | <b>Adjourn</b>  |

# 16th Annual Native Caring...

## Registration Form September 10-11, 2024

*Please fill out one registration for each attendee.*

Name:			
Mailing Address:		City:	State: Zip Code:
Phone:		Email:	
Tribal Affiliation/Agency/Organization:			
Will you be attending both days? YES NO If not, which day will you attend? Day 1 Day 2			

### Registration Fee:

\$150.00 if received by July 31, 2024

\$175.00 if received after July 31, 2024

**ALL REGISTRATIONS MUST BE IN  
NO LATER THAN AUGUST 31, 2024**

### Make checks payable to:

Cow Creek Band of Umpqua Tribe of Indians

**\*\*\*Note for Native Caring Conference\*\*\***

**Please mail registration and payment to:**  
Cow Creek Band of Umpqua Tribe of Indians  
ATTN: Sophia Gosselin  
2371 NE Stephens Street  
Roseburg, OR 97470

**(Registration fee includes breakfast, lunch & dinner on day one; breakfast & lunch on day two)**  
**All attendees are responsible for making hotel reservations, must be registered, and paid for prior to the conference.**

Ilani Hotel has a limited number of rooms blocked for this event at  
**\$182 + tax per night.**

To book your room please go to  
<https://book.rguest.com/wbe/group/1917/IlaniCasinoResort/auth>  
**Code: NCC0924 ~ Password: !9Ily**  
**(! -9 - I (capital I) - l (lowercase l) - y**

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




For more information please contact:  
Sophia Gosselin via email [sgosselin@cowcreek-nsn.gov](mailto:sgosselin@cowcreek-nsn.gov)  
or by phone at 541-492-5230