

# Cowlitz Elders Program

**SENIOR NUTRITION**  
**CAREGIVER SUPPORT**  
**TRANSPORTATION**  
**CONGREGATE MEALS**  
**HOME DELIVERED MEALS**  
**ASSISTANCE AND REFERRALS**

## Mission Statement:

Enable Tribal Elders to live in the least restrictive, most appropriate environment possible and to encourage participation in cultural and wellness activities.

## Elder Program Eligibility:

Services are available to persons who are age 60 and over and enrolled in any federally recognized Tribe.

## Current Staff:

**Patty Kinswa-Gaiser**, Program Manager  
**Barbara Lindholm**, Lead Cook



## Contact Us!

**Phone:**  
(360) 864-8727

**Email:**  
citelders@toledotel.com

**Fax:**  
(360) 864-8728

## Address:

Cowlitz Indian Tribal Housing  
St. Mary's Center  
107 Spencer Road  
Toledo, WA 98591

Call for lunch reservations,  
or if you would like a  
menu mailed to you

## CONGREGATE MEALS:

- Monday and Friday at St. Mary's (107 Spencer Road, Toledo, WA 98591)
- Wednesday at the Tribal Administration Office (1055 9th Ave, Longview, WA 98632)
- Home delivered meals available to homebound Elders, Monday thru Friday (call (360) 864-8727 to request)
- Birthdays Observed
- Diabetes Awareness Education

## RECREATION:

- Social Gatherings
- Fitness Activities
- Elders Dinners

## CULTURAL ACTIVITIES:

- Drum Making Classes
- Beadwork Classes
- Regalia Making Classes

## ROUTINE ASSISTANCE:

- Information and Assistance
- Transportation
- In-home Services
  - Visitation
  - Telephoning
  - Welfare Investigation
  - Light Chore Services
  - Assistance Accessing Other Services
  - Cultural Classes

## FAMILY SUPPORT:

- Respite Care
- Support Groups
- Cultural Classes