

Siletz Elders News

August 2022

Elders Title VI Program & Elders Council Staff

Mon - Fri, 8:00 am to 4:30 pm phone 1-800-922-1399

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If you are interested in receiving kits to bead pins for the Veteran's, please contact AJ Warren at 541-444-8212 and let him know how many kits you would like.

TABLE OF CONTENTS:

Info on Beading Kits for the Veterans Pins.....	1
Info on August Elders Council Meeting.....	2
Upcoming Events at CWCR.....	2
Elders Check In Calls and Newsletter Preferences.....	2
July Elders Council Meeting DRAFT Motions.....	3
CTSI Elders Book Club.....	3
Run to the Rogue Sign Up.....	3
Nesika Illahee Pow-Wow Info.....	4
Fishing Trip Information.....	4
Air Conditioner Availability.....	4
Do One Thing Emergency Preparedness	5
Elder Raffle Basket Request.....	6
Tips to Keep Cool in the Heat.....	6



Virtual Elders Council Meeting

The Virtual Elders Council Meeting scheduled for August 2022 has been cancelled.
Please enjoy the Nesika Illahee Pow-Wow.

UPCOMING EVENTS AT
THE CASINO

Call the box office,
to sign up for tickets.
(888) CHINOOK

Fri
Aug 19
8:00 PM

Rodney Carrington

Chinook Winds Casino - Lincoln City, OR

Sat
Aug 20
8:00 PM

Rodney Carrington

Chinook Winds Casino - Lincoln City, OR

Fri
Sep 9
8:00 PM

Marie Osmond

Chinook Winds Casino - Lincoln City, OR

Sat
Sep 10
8:00 PM

Marie Osmond

Chinook Winds Casino - Lincoln City, OR

Elder Check in Calls

Elders who chose to receive Check-in Calls are being called weekly.

If you chose not to receive a weekly Check-in Call and have changed your mind and want to begin receiving calls, please contact AJ Warren to have your name added to the Check-in Calls list.

Newsletter preference

Would you like to receive the monthly newsletter by email? If so, please contact the Elders Program with your email and a virtual newsletter will be emailed to you at the beginning of each month.

**SILETZ TRIBAL ELDERS COUNCIL
UNAPPROVED MOTIONS
JULY 23, 2022 ELDERS COUNCIL MEETING**

Motion # 1 - Motion made to approve agenda by Sue Ramdell and by Jackie Taylor- PASSED

Motion # 2 Approval of May Minutes after adding Marlene Stuart to attending by Alan Fish 2nd by Donna Kessinger. PASSED

Motion # 3 Approval of June Minutes by Verdene McGuire 2nd by Jackie Taylor PASSED

Motion # 4 To add 10 Rooms to Pow Wow Motel List by Marlene Stuart 2nd Donna Kessinger FAILED 9 to 13

Motion # 5 Motion made to provide \$50 per diem to those with motel rooms for August Pow wow by Kay Steele and 2nd by Marlene Stuart FAILED 3 to 19

Motion # 6 Motion made to reserve 50 rooms for Run to Rogue for 2 nights at Motel 6 Sept 9, 10 and 11 PASSED

Motion # 7 To Close the meeting made by Sandy Steele and 2nd by Gerald Ben Motion PASSED

CTSI ELDERS BOOK CLUB invites Tribal Members of all ages to join together, to read and discuss our Tribal History Book: "The People Area Dancing Again."

We meet twice monthly, via Zoom, the 2nd & 4th Thursdays of the month. All attendees are encouraged (but not required) to read and discuss the assigned chapter. Our next meetings will be:

August 11th

August 25th

To Join Please Contact: AJ Warren, Title VI Coordinator

Phone: (541) 444-8212 or e-mail: ajw@ctsi.nsn.us

SIGN UP FOR RUN TO THE ROGUE:

At the July Elders Council Meeting, in anticipation of the approval of the Run To The Rogue event, the Elders approved lodging for the event. If you want your name added to the lodging list for Run To The Rogue, please contact the Elders Department.

NESIKA ILLAHEE POW-WOW

We are excited to announce that the 2022 Nesika Illahee Pow-Wow is scheduled to take place on Saturday, August 13th. This will be a one-day social Pow-Wow for tribal members and community to attend.

There will be no Parade this year.

Please visit the "Nesika Illahee" page on the ctsi.nsn.us website to view the Schedule of Events.

Camping will be open Friday and Saturday night on a first-come, first-served basis.
Camp grounds will open Friday at 8:00 AM.

To get your name added to the wait-list for lodging for the Nesika Illahee Pow-wow in August, please call the Elders Program at 541-444-8212.

LET'S

FISHING

The upcoming fishing trip has been scheduled for SEPTEMBER 5, 2022.

The sign up sheet is currently full. To get your name on the wait list, please call Terry Andrews at: 541-974-1133 or 503-769-9851. If he doesn't answer, please leave a message.



Oregon Department of Human Services ✓

3 hrs · 🌐

We can't prevent the heat but we can work together to help people bounce back from its effects. That's why we're working with Oregon Health Authority and Oregon Department of Corrections to distribute hundreds of A/C units across the state and work with local cooling centers.

Wondering how you can get an A/C unit for the state? If you have OHP, contact your health care provider (CCO): <https://t.co/wOyJ9lvA5L>



Connect with an isolated individual in your neighborhood or start a neighborhood organization

Isolated individuals are more vulnerable during and after a disaster. They are less likely to ask for help or follow emergency instructions. The elderly or those with disabilities may have trouble getting out of the house, and may not have much contact with the outside world. Someone who doesn't speak English well may have trouble understanding emergency instructions. People may also be isolated just because they are new to the area, or because their work hours keep them from meeting their neighbors.

Who are the isolated individuals in your neighborhood? Take time to meet them. Help them make a plan for emergencies, and include checking on them in your plan.

Neighborhood watches and other groups can be a great way for you to become better connected to your neighbors.

Become a volunteer in your community

There are many places to volunteer in your community. Many police and fire departments use volunteers to help with special projects, events, or program. The American Red Cross, Salvation Army, and other organizations train volunteers to work in disasters.

If you are interested in helping in your community or other communities during a disaster, become a volunteer for your local Red Cross or Salvation Army chapter. But don't wait for disaster to strike—volunteer now. These organizations won't send untrained volunteers into disaster areas.

Many communities also have a volunteer center or a Retired and Senior Volunteer Program (RSVP). These programs can find ways for you to help in your community that will fit your schedule and abilities.

If you are already a member of a volunteer organization, consider getting your volunteer group involved in VOAD (Voluntary Organizations Active in Disaster). VOAD is a national program that helps volunteer groups work in their community during a disaster.

Hello Elders in Clackamas, Multnomah and Washington counties.

As you know every Pow Wow the Elders hold a raffle booth for 3 days. This year we get one day Pow Wow and each area is putting together a basket to raffle off. If you would like to donate items or cash for gift cards for the Portland Area Office please contact Jolyne Downey at 503-310-3710. I will arrange to receive or pick up your donation. Thank you in advance for helping.

The monies earned will go into our elder bank account, which then gifts it to Elders in hospital, family of those passing on or Christmas gifts to children.

Again Portland Area Elders contact Jolyne at 503-310-3710 or mail to Jolyne Downey, 10134 SE 54th Court, Milwaukie, OR 97222, or email questions to downey.jolyne@gmail.com

Thanks again for your support

Siletz Area Elders wishing to contribute to the Siletz Area basket for the raffle, please contact Marci Taylor or Shelley Selsic.

Keep Cool in Hot Weather!

Take measures to stay cool, stay hydrated, and stay informed. Getting too hot can make you sick. You can become ill from the heat if your body can't compensate for it and properly cool you off. The main things affecting your body's ability to cool itself during extremely hot weather are:

- **High humidity.** When the humidity is high, sweat won't evaporate as quickly. This keeps your body from releasing heat as fast as it may need to.

- **Personal factors.** Age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use all can play a role in whether a person can cool off enough in very hot weather.

People can take the following protective actions to prevent heat related illness:

- Stay in air-conditioned buildings as much as you can. If your home is not air-conditioned, reduce your risk for heat-related illness by spending time in public facilities that are air-conditioned and using air conditioning in vehicles. Contact your local health department or locate an air-conditioned shelter in your area if needed.
- Do not rely on a fan as your main cooling device during an extreme heat event.
- Drink more water than usual and don't wait until you're thirsty to drink.
- Check on a friend or neighbor and have someone do the same for you.
- Limit use of the stove and oven—it will make you and your house hotter.