# **Siletz Elders News**

# June 2023

Elders Title VI Program and Elders Council Team Members Mon - Fri, 8:00 am to 4:30 pm phone 1-800-922-1399 Alfred "AJ" Warren – Elders Title VI Coordinator, ext. 1212 Email: ajw@ctsi.nsn.us, direct line (541)444-8212

Selene Rilatos – Elders Council Coordinator, ext. 1233

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# SILETZ TRIBAL ELDER COUNCIL UNAPPROVED MOTIONS MAY 13<sup>TH</sup> ELDERS COUNCIL MEETING

Agenda -- MOTION 1 to approve agenda by Nora Huffman and seconded by Cynthia Farlow. MOTION passed.

Minutes -- MOTION 2 to approve minutes by Stan Werth and seconded by Nora Huffman. MOTION passed.

Grand Ronde Honor Day -- MOTION 3 made by Sandi Steel and seconded by Nora Huffman to attend grand ronde elder honor day and buy a gift for them. MOTION passed.

August Nesika Illahee Pow Wow -- MOTION 4 made by Nora Huffman to attend August powwow and reserve 75 rooms, 1 night \$22,413.51 approximately seconded by Ray G. MOTION Passed.

August Nesika Illahee Pow Wow -- MOTION 5 made to donate \$75 for parade made by Terry Andrews and seconded by Marci Rilatos. MOTION passed.

October Run to the Rogue -- MOTION 6 made by Marci Rilatos for up to \$50k, for run to the rogue and rooms for restoration Pow Wow. This is coming from Charitable donations. Seconded by Dolena Fernandez. MOTION passed.

Grand Ronde Honor Day -- MOTION 7 made to give Grand Ronde a Pendleton blanket at elder honor day by Raymond Ben and seconded by Nora Huffman. MOTION passed.

Elder Honor Day -- MOTION 8 made by Danielle to reward Mr. Woosley with fishing trip and \$43.26 reimbursement of supplies, with monies coming out of donations and 50/50 raffle. Seconded by Dolena Fernandez. MOTION passed.

Elder Honor Day -- MOTION 9 made by Danielle Billmyre to change policy and procedure in manual regarding budget and planning of Elders Honor Day be changed to start in July to get a head start on planning Elders Honor Day. Danielle Billmyre made motion and seconded by Dolena Fernandez. MOTION Passed.

Adjournment – MOTION 10 to adjourn made by ---- and seconded by ---. MOTION Passed.

## **June Elders Council Meeting**

The Elders Council Meeting scheduled for June 10, 2023, will be hosted **in-person** at Chinook Winds Casino at 1:00 pm in the Shasta Room

We will provide a Zoom link for Elders to call in to if they would like to participate, but are not able to gather.

E-mail invitations will be sent to all Elders who have requested invitations to the monthly hybrid meetings. If you wish to receive an invitation to participate in the June Elders Council Meeting via Zoom, contact AJ Warren at 541-444-8212 to have your name added to the invite list.

### **Elders Honor Day 2023**











**CTSI ELDERS BOOK CLUB** invites Tribal Members of all ages to join together to read and discuss the "House Made of Dawn" book by N. Scott Momaday.

We meet twice monthly, via Zoom, the 2nd & 4th Thursdays of the month.

To Join Please Contact: AJ Warren, Title VI Coordinator Phone: (541) 444-8212 or e-mail: ajw@ctsi.nsn.us

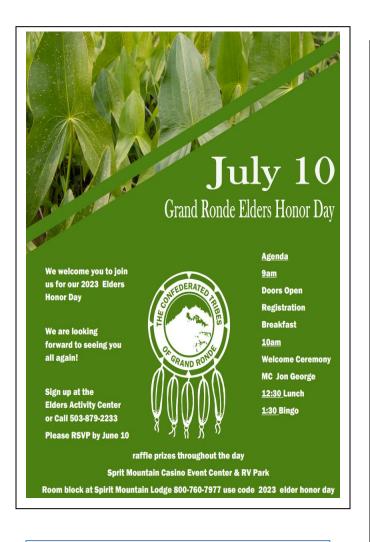
### **Heat and Older Adults**

### Why are older adults more prone to heat stress?

- Older adults do not adjust as well as young people to sudden changes in temperature.
- They are more likely to have a chronic medical condition that changes normal body responses to heat.
- They are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat.

### Stay cool, stay hydrated

- Stay in air-conditioned buildings as much as possible. If your home doesn't have air conditioning, contact your local health department or locate an air-conditioned shelter in your area.
- Do not rely on a fan as your main cooling source when it's really hot outside.
- Drink more water than usual and don't wait until you're thirsty to drink.
  - If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather.
- Don't use the stove or oven to cook—it will make you and your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Do not engage in very strenuous activities and get plenty of rest.
- Check on a friend or neighbor and have someone do the same for you.



### **ELDERS SHOPPING DAY**

Shopping for Elders that live in the Siletz area is the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month.

June shopping days will be: Thursday, June 1<sup>st</sup> Thursday, June 15<sup>th</sup>

Contact your Area Rep. for more information.

"My fellow Americans: ask not what your country can do for you—ask what you can do for your country." – John F. Kennedy



