

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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Chelsie Mason – Administrative Service Clerk, ext. 1261

Email: chelsiem@ctsi.nsn.us, direct line (541) 444-8261



VOLUNTEERS NEEDED

We are looking Meals on Wheels volunteers in the Siletz area! The local Meals on Wheels program provides not only a nutritious meal, but also a friendly visit and safety check - helping seniors to overcome the challenges of limited mobility and isolation as they age and to keep living independently in their own homes and communities.

CONTACT US TODAY!

If you are interested in preparing or delivering meals to neighbors in need, please call us at 541-924-8455!

[LEARN MORE](#)

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**SILETZ TRIBAL ELDER COUNCIL
UNAPPROVED MOTIONS
MAY 13TH 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.**



July 10

Grand Ronde Elders Honor Day

We welcome you to join us for our 2023 Elders Honor Day

We are looking forward to seeing you all again!

Sign up at the Elders Activity Center or Call 503-879-2233

Please RSVP by June 10



Agenda

9am

Doors Open

Registration

Breakfast

10am

Welcome Ceremony

MC Jon George

12:30 Lunch

1:30 Bingo

raffle prizes throughout the day

Spirit Mountain Casino Event Center & RV Park

Room block at Spirit Mountain Lodge 800-760-7977 use code 2023 elder honor day

ELDERS SHOPPING DAY

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

June shopping days will be:
Thursday, June 1st
Thursday, June 15th

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

Summer Word Search

S F L I P F L O P S I S L E P
S U N S C R E E N A N U O S I
A U N G U E S T H D O N V W C
B N E G J O C E A N F S S I N
A P O O L J U R Y S U H O M I
R U G U S A T A E U N I H S C
B M G C R E S A M A S N I U S
E E N U F O N S U M M E R I P
C M A A S T O H E T H I N T R
U V A C A T I O N S R H L A I
E R O B I L K R X J O I O U N
I I N S E F I T S F U N P T K
C A R E L A X S U L Y L O L L
E J U N E A C F A M I L Y S E
I C E P O P A H O T S R E L R



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