

Siletz Elders News



2023

Elders Title VI Program and Elders Council Team Members

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

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**SILETZ TRIBAL ELDER COUNCIL
UNAPPROVED MOTIONS
JUNE 10TH ELDERS COUNCIL MEETING**

MOTION#1 to approve agenda by Nora Huffman and seconded by Deb Jubinal-Brown. Motion passed.

MOTION#2 to approve the May minutes by Alan Fish and seconded by Nora Huffman. Motion passed.

MOTION#3 to limit the lodging for Nesika Illahee Pow Wow for 50 rooms, deadline is July 10th to sign up. Motion made by Terry Andrews and seconded by Ed Ben Sr. Motion passed.

MOTION#4 to have Elders Council meeting on August 19th at Aces at 1:00 pm. Motion made by Glendora Osborn and seconded by Lydia Kentta. Motion passed.

MOTION#5 to approve 20 rooms for NNABA Basketweavers in Puyallup, deadline is August 19th to sign up. Motion made by Marci Rilatos and seconded by Nora Huffman. Motion passed.

MOTION#6 to send a letter to Tribal Council to contact the manager in regards to the concerns addressed about the Paul Washington cemetery. Motion made by Kristi Martin Bayya and seconded by Marci Rilatos. Motion passed.

MOTION#7 to adjourn the meeting by Stan Werth and seconded by Sandi Steele. Motion passed

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.

The July meeting will be Thursday the 27th.

To Join Please Contact: Chelsie Mason, Temp. Title VI Coordinator
Phone: (541) 444-8261 or e-mail: chelsiem@ctsi.nsn.us

July Elders Council Meeting

The Elders Council Meeting scheduled for July 8, 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 Chelsie Mason at 541-444-8261 to have your name added to the invite list.



Join us to split, load & deliver firewood to Tribal Elders

Snacks, water, and PIZZA lunch provided

Bring your own gloves.
Bring axes and chainsaws if you have them.
Wood splitters and tools provided on site.

Tribal Elders who need firewood delivered must call A.J. in the Elders Program to be added to the list. (541) 444-8212

We Respect our elders above others in the tribe.....

And we aspire to be like them.

We never allowed our elders to want for anything.

-Buffalo Child Long Lance

The goal of this event will be to deliver firewood to as many elders as possible. The Elders' Program maintains a list of elders that burn wood for their winter heat. People willing to haul firewood to elders outside of the Siletz area can contact Chelsie Mason in the Elders Program at 541-444-8261 to be paired up with an elder in need. We especially need folks who can haul wood to the Eugene, Salem, and Portland areas. Elders are encouraged to let anyone they know that is able and willing to help with this event to contact the Elders Program.

The elders will be gathering at the Salem RV Park on July 23 and August 27 from 1pm-5pm.

This time will be used to:

Discuss projects and planning for the upcoming year.
Begin working on crafts to prepare for Restoration and 2024 Elder Honor Day

For information please contact your Area Rep.

Signs of Heatstroke

Heatstroke begins with heat illness, transitions to heat exhaustion and then finally heatstroke. Know the early signs so you can stop heatstroke before it starts.

Symptoms of Heat Illness:

- Extreme sweating
- Fatigue
- Thirst
- Muscle cramps

Symptoms of Heatstroke:

- Fever (body temperature above **104** degrees)
- Irrational behavior
- Extreme confusion
- Dry, hot and red skin
- Rapid, shallow breathing
- Rapid, weak pulse
- Seizures
- Unconsciousness

Symptoms of Heat Exhaustion:

- Headache
- Dizziness and light-headedness
- Weakness
- Nausea and vomiting
- Cool, moist skin
- Dark urine



Recognize Signs of Heat Illness

Heat Exhaustion	Heat Stroke
Faint or dizzy	Throbbing headache
Excessive sweating	No sweating
Cool, pale, clammy skin	Body temperature above 103° Red, hot, dry skin
Nausea or vomiting	Nausea or vomiting
Rapid, weak pulse	Rapid, strong pulse
Muscle cramps	May lose consciousness
<ul style="list-style-type: none"> • Get to a cooler, air conditioned place • Drink water if fully conscious • Take a cool shower or use cold compresses 	<p>Call 9-1-1</p> <p>Take immediate action to cool the person until help arrives.</p>

Elder Shopping Days

July Shopping Days will be:
Thursday, July 6th
Thursday, July 20th

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

If you would like more information, or to go shopping, please contact your Area Rep. for more information.

Marci Rilatos
(541) 270-4921
Danise Barker
(541) 272-4100

UPCOMING EVENTS AT
CHINOOK WINDS CASINO
AND RESORT



Please call the box office at
888-CHINOOK to reserve
your Elder tickets for these
upcoming concerts.

Seniors can beat the heat

Keep cool. If you don't have air conditioning, head to a cool shopping center, senior center, library, movie theater, or place of worship.

Cool baths or showers, ice bags and wet towels can provide relief.

Beware of dehydration; drink plenty of water even if you're not thirsty.

Curtail physical activity during extremely hot weather. Activity adds to heat load.

Avoid heavy meals and alcohol.

Limit salt use.

Wear loose fitting, lightweight clothing. Wear a hat or carry an umbrella when you are outdoors.

Dizziness, rapid heartbeat, diarrhea, nausea, headache, chest pain, mental changes or breathing problems are warning signs to seek immediate medical attention.

Sources: George E. Taffet, M.D., Professor in Medicine, Robert J. Luchi, M.D., Chair in Geriatric Medicine

*Join the Northwest Portland
area Indian health Board and
Nine Tribes of Oregon for:*

BBQ on the FARM

July 19th

*Contact Kinberly Lane for
more information at
(541) 444-8679*

Community Health Advocates

Siletz Community Health Advocates can help Tribal Elders with:

- Elder medication safety
- Elder safety
- Clients in need of close follow-up
- Clients in need of health assistance
- Oregon Health Plan applications
- Purchased/Referred Care and Gatekeeping
- Medical providers and other health agencies
- Medical equipment and supplies
- Prescriptions and over the counter medication
- Health education on making better life choices

Siletz Office

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Community Health Advocate

Serria Warren

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1-800-648-0049 ext. 1652

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Eugene Area Office

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Community Health Advocate II

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Community Health Advocate

Vacant

503-238-1512

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