



# Siletz Community

June is Elder Abuse Awareness Month. The National Center on Elder Abuse describes elder abuse as; "intentional neglectful acts by a caregiver or 'trusted' individual that lead to or may lead to, harm of a vulnerable elder." There are several different types of elder abuse and the perpetrators can exist in a variety of different forms. Elder abuse is one of the many forms of domestic violence, and is not something to be ignored. While we are all encouraged to have less face-to-face contact with our loved ones, it is especially important to make sure we are checking in with our elders in other ways. We need to help our elders stay connected to their loved ones and communities. There are many ways to do this while keeping our elders and ourselves at a safe distance.



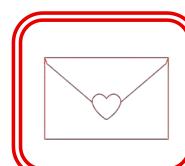
## Call or video chat

Give the elders in your life a call and check in with them



## Make something

Practice your traditional craft skills and make something beautiful to gift them



## Send mail

Write a letter or send a card to an elder



## Make a meal

Follow safe food handling guidelines and prepare a meal to drop off



## Gather medicine

Get out and gather medicines or traditional craft materials for an elder



## Get in the garden

Help an elder with gardening, do some weeding, planting or watering



## Mow the lawn

Take advantage of a sunny day and offer to mow an elder's lawn



## Pick up groceries

Offer to do the grocery shopping for an elder so they can stay safe at home



## Include your kids

Show kids the importance of caring for elders and help keep the generations connected to each other

You can reach us at:

Office: 541-444-9680

If you or someone you know has experienced elder abuse

the CARE Program is here to help.

24 Hour Hope Line:

541-994-5959



Attention Siletz Tribal elders: If you have not received a phone call from the Siletz Elder Care Team, please call 541-444-9613 between 9am and 3pm to update your phone number. You can also send us a message on Facebook. Our Facebook is @SiletzHealthClinic. We are doing our best to reach all elders during this time.