



**TOOTH TALK (Continued)**

5. **DON'T SCRUB!** Better to brush gently, using small circles. Remember you are using a toothbrush not a scrub brush.
6. Brush your teeth at least **TWICE** a day!
7. **ALWAYS** use a toothpaste with **FLUORIDE!** Children need only a small 'pea-sized' portion of toothpaste on their brush
8. Before going to bed is the most important time to brush. Don't let the bacteria in plaque go to bed with you!

Toothbrushing doesn't have to be boring. A few minutes twice a day can do wonders at keeping your teeth and gums healthy and free from tooth decay and gum disease

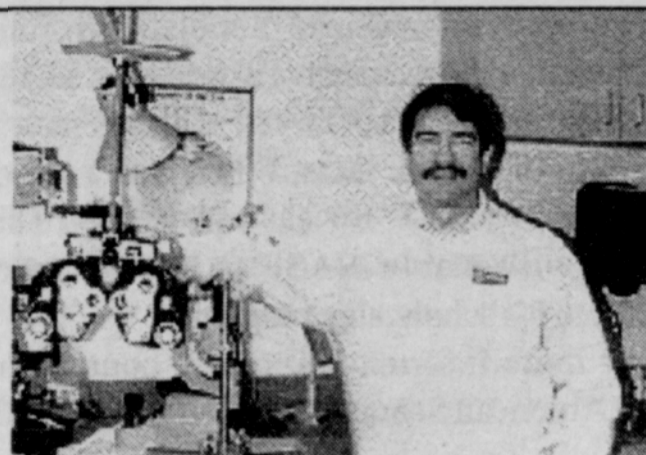
**AND DON'T FORGET TO FLOSS, TOO!  
ONLY FLOSS THE TEETH YOU WANT  
TO KEEP!!**

**Quality Improvement Activities**

by *Marlene Van Noy,*  
*Quality Improvement Coordinator*

Perhaps you have heard that your Siletz Community Health Clinic is planning to become accredited? What does this mean anyway? Let me compare it to a 16 year old preparing to get their driver's license. Just like a 16 year old has to first learn the rules of the road, there are guidelines that have been written out and well tested by many health care facilities over the years that, if followed, help the organization provide quality health care. One of these rules is that we have to check to see that a new provider has the education and experience to do the job and present the list of what he can do (privileges) to the governing body (Tribal Council) for approval. While this doesn't guarantee that a provider will be "a good driver", we are assured that the provider has received the education and practice to treat patients. Providing health care is a privilege, similar to driving. In order to continue driving you have to maintain a good driving record. Each year the governing body of an accredited facility reviews the "privileges" of its providers and recertifies them for another year. If there have been any complaints during the year, these are reviewed at this time.

Every accredited health care facility goes through the same process. This does not mean that a non-accredited facility is not putting in the same effort. During the accreditation process outside professionals come into the facility, review the files and talk to clinic staff to check that everything is in order. It is impossible to "fake it". Would you want to have drivers on the road that had not had to first pass a driver's test?



**New Optometrist at the Siletz Clinic**

By *Kathryn Dick, Clinic Programs Assistant*

**RICK LETHERER** is the new optometrist at the clinic. He has been with the clinic since August 1998. Dr. Letherer comes from a family of Optometrists --his father, grandfather and a cousin are Optometrists. After graduating from Pacific University College with honors, he worked in Aberdeen, South Dakota at Letherer Vision Clinic, alongside his father. He, also, worked as an independent consultant for the Indian Health Service at the Eagle Butte Indian Reservation in South Dakota. While there, he provided optometry care to the reservation population. Dr. Letherer has the unique background of being an Optometrist with a residency. After leaving South Dakota, he worked at a Veterans Hospital and care facility in Vancouver, Washington. While there, he worked with gerontology patients -- which is the elderly. There he learned and studied eye disease management. He has worked the last 12 years in Newport, OR at, "The Eye Care Center". He will be available at our clinic on Mondays from 8:30 to 4:30. He is also involved with our Diabetes Clinic held quarterly. When asked what changes he would like to see at our clinic, his reply was, "I would like to see more patients 50 yrs and older. That is the time when visual changes start to escalate. So far I haven't seen many adults." Dr. Letherer is a state-licensed Optometrist and has full Medicare Access. Dr. Letherer lives in Newport with his wife, Cathy, and his daughter, Nichole.

**FROM THE DENTAL  
DEPARTMENT:**

The Dental Department staff would like to thank all of our patrons for being patient during the last few months. We realize it has recently been difficult to obtain a dental appointment. The long waits are over, and with the new year, it is now possible to see a dentist here at the clinic with only a 2 to 3 week waiting period. A receptionist will be hired soon, eliminating the need for our patients to sometimes leave messages. We have tried our best to return all calls within the hour that they are received.

We have two full-time dentists, one full-time hygienist, and three assistants. We have two visiting specialists that come to the Siletz Clinic on a monthly basis, including an Oral Surgeon and an Orthodontist. Our facility has completely modern equipment and

the highest standards of cleanliness are strictly followed. We provide quality dental care we are all proud of.

To make an appointment, call (541) 444-1030. If you are experiencing dental pain, it's best to call before coming in. This would eliminate a possible long wait for you.

Again, thank you for your patience during the "growing pains" of our dental clinic.

**WOMEN'S TALKING CIRCLE  
1999 Schedule**

5:30 p.m. at the Cultural Office on:

- January 11
- February 8
- March 8
- April 12
- May 10
- June 14
- July 12
- August 9
- September 13
- October 11
- November 8
- December 13

Contact Selene at (541) 444-8246 --or--  
Sunshine at (541) 444-1030 for more information.

**WATER AEROBICS -  
IMPROVE HEALTH & LOSE  
WEIGHT!!**

A water aerobics class is being held at the Toledo Swimming Pool on Monday, Tuesday and Thursday from 7:30 - 8:30 p.m. Cost is \$2.00 per evening on a drop-in basis, or \$40 for about 2.75 months. For more information, call the Toledo Pool at 336-3181.

**HEALTHALERT!!!**

The Oregon Health Division has issued a health advisory warning consumers that some terra cotta pottery imported from Mexico and other Central or South American countries may release dangerously high levels of lead. This glazed terra cotta pottery should not be used for preparing, serving or storing foods or beverages. For more information, contact the ODHR - Health Division at (503) 731-4025

Mission Statement of Siletz  
Community Health Clinic:  
Dedicated to the health and well-  
being of the members of the  
Confederated Tribes of Siletz  
Indians and to the community of  
Siletz, Oregon