



"Strong Women" Retreat a Success

In October, participants from the Strong Women Stay Slim Program held a retreat at the Silver Falls Conference Center in Silver Creek Falls State Park.

Last spring, Sandra Hahn started a Strong Women Stay Slim Program, based on the book "Strong Women Stay Slim" by Miriam E. Nelson, Ph.D. The program, which includes using hand weights, was a great success with several classes held at the Siletz Clinic.

Sandra and Lisa Norton taught the classes. As the success of the program grew, Cathy Rasmussen, community health director for the area offices, began classes taught by community health advocates in the three area offices.

The retreat included many fun activities, sunny weather, and a full review of the program. Nineteen women attended, spending the night in two lodges. The fun activities included line dancing taught by Kathryn Dick, chair exercises, hiking, and massage.



L to r: Angela Ramirez, Shirley Walker, Donna Kessinger, and Tess Green participate in "Strong Women" retreat activities.



L to r: Sharon Mason, Dixie Morford, Linda Bowers, Leona Phillips, and Sarah Bowers visit during the Women's Circle of Life Gathering.



Grayson Pierson

Baby Shower!

What will it be – he or she? That's the question at the clinic these days. Grayson Pierson, a dentist at the Siletz Clinic, is expecting her second child early in January. We had a baby shower at the clinic in October for Grayson and her baby.

With a great turnout and many gifts, we had a really fun time, good food, and cake. The new baby will join 4-year-old sister, Jordan, and dad, DeWayne Byrdsong. Linda Kreutzer, dental hygienist, and Kathryn Dick, clinic program assistant, gave the shower.

Women's Circle of Life Gathering

The annual "Women's Circle of Life" was held in October. This very festive occasion celebrated October as Breast Cancer Awareness Month. Siletz women of all ages attended the afternoon event for dessert, inspiration, and information.

Lisa Taylor, RNP from the Siletz Clinic, and Keri Lopez from the NARA Clinic in Portland were the guest speakers. We also played a special Bingo game. Lots of door prizes and fun were included in this very successful event.

