

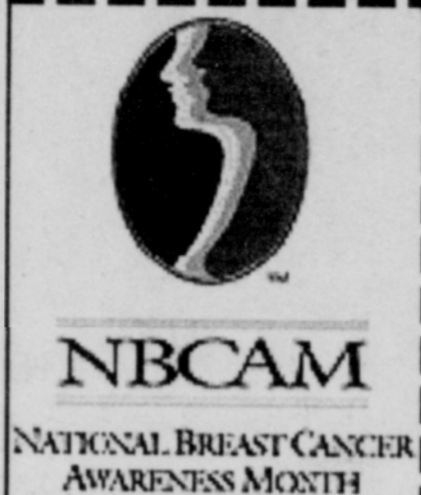


## October is Breast Cancer Awareness Month

§  
Women's Circle of Life Gathering  
Siletz Tribal Community Center  
Tuesday, Oct. 23, 6 p.m. - 8 p.m.  
§

Please join Siletz women of all ages for an inspirational  
and informational evening.  
Dinner, child care, and door prizes provided!

§  
Please RSVP to Laura Bremner, at  
541-444-1030 or 1-800-648-0449, ext. 671  
Sponsored by the Oregon Breast and  
Cervical Cancer Program Grant



## Announcing Wellness Wednesdays

by Cathy Rasmussen, RN, Community Health Director

Beginning in September, the Community Health Department and the Diabetes Program started to jointly sponsor a promotion called **Wellness Wednesdays**.

In each CTSI area office, Wednesday will be a day to focus on wellness. Some weeks we'll arrange short talks on various health-related topics. Other weeks we'll coordinate walks or other special physical activity opportunities.

One Wednesday of each month, we'll offer a healthy luncheon that will include a short presentation. This sort of reinstates the Diabetes Luncheon, but is renamed to be more welcoming and inclusive for everyone, whether or not they have diabetes.

We're very excited to be able to include this as an objective on our diabetes grant as we had a lot of feedback that these luncheons were missed in the community. We're also happy to be able to expand this program to the area offices as well.

We hope you enjoy this promotion. It's meant to sort of catch everyone mid-week with a reminder to take some time in your hectic schedule to focus on protecting the blessing of good health.

Please be sure to watch your local area office newsletters for the Wellness Wednesday activities planned for Eugene, Salem, and Portland, or contact Community Health staff in these areas. And please let us know if you have ideas for speakers or topics!

### Wellness Wednesday Activities for Siletz

- Oct. 3: Foot Care Clinic with Connie Delisio, RN, Clinic Nurse
- Oct. 10: Chair Exercises with Kathryn Dick, Elders Coordinator
- Oct. 17: Child Safety Seat Presentation (sponsored by CTSI Safety Committee)  
12-2 p.m., lunch provided
- Oct. 24: **Wellness Wednesday Luncheon**
- Oct. 31: Kick-boxing

Please contact Laura Bremner at 541-444-1030, ext. 671, to confirm times and locations.

## Election Board Application

Tribal members interested in serving on the 2001-2002 Election Board must fill out the following form and return it to the address below **prior to Oct. 31, 2001**, to be considered for appointment. Please send or fax your application to:

Confederated Tribes of Siletz Indians  
Attn: Executive Secretary to Tribal Council  
P.O. Box 549  
Siletz, OR 97380  
Fax: 541-444-8325

Name: \_\_\_\_\_ Roll No.: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Telephone: Day ( ) \_\_\_\_\_ Evening ( ) \_\_\_\_\_

If you would like a copy of the Election Ordinance that details Election Board duties, please call the executive secretary to Tribal Council to request a copy.



## Tooth Talk

by Linda Kreutzer, RDH

### Candy, Pop, and Cavities

It's October and Halloween is coming! Maybe it's time to think about trick or treats and how excessive sugar decays teeth. Here are a few ideas on how to keep decay away from your children's teeth.

Eating foods and drinking liquids high in sugar make excessive **plaque** on our teeth. This happens to children and adults alike. Plaque is high in **acid**, which comes directly from the sugar. It's the acid that makes holes (cavities) in tooth enamel.

**Plaque acid** is produced for 20 minutes after eating or drinking something high in sugar. That means that after just one sip of Pepsi, **acid** is at work decaying our teeth for 20 minutes! After 20 minutes, our saliva neutralizes the acid. If pop is sipped all day (instead of water), the teeth are constantly bathed in sugar. It's like giving your teeth an **acid** bath all day long!

Unfortunately, candy bars do the same thing. It's best to let your children eat a candy bar. Then ask them to brush their teeth right away. If they drink a pop, have them drink it all down and get it over with, then ask them to brush afterward. If brushing isn't possible, rinsing with water helps, as does chewing a stick of **sugarless** gum. This way, plaque acids are at work for shorter lengths of time in the mouth.

Enjoy Halloween! But remember, goblins are at work in our mouth when too much candy and pop are consumed.

