



## Transportation Policy

**Purpose.** It is the policy of the Siletz Tribe that individuals and families have the primary responsibilities for their own transportation needs. Transportation services are not the most efficient use of tribal resources. It is the purpose of the Transportation Policy to more clearly outline when these services are appropriate. Considerations would be given to extreme emergencies.

**Authority.** The Transportation Policy is a part of the Tribal Government Operations Manual.

**Objectives.** The objectives of the transportation policy are to:

- (a) Educate tribal members as to the nature and type of transportation services that are available through tribal programs.
- (b) Clarify the role of transportation services in relation to other program services.
- (c) Establish criteria for staff in evaluating transportation requests.
- (d) Institute procedures for requesting and utilizing transportation services (transportation request form).

**Eligibility.** Transportation services are a last resort to personal and public transportation. There are situations in which these resources may not be available. Transportation services are intended for tribal members and program participants who do not have access to these services. In those instances in which transportation services are necessary to improve or maintain the individual's quality of life, care should be taken not to minimize the responsibility of the individual and family to whom these services may be provided.

**Function.** Generally, purposes that may be appropriate for transportation services include advocacy services related to an existing case plan, medical transports where issues are present, elder transports where no practical alternatives are present, or program-sponsored activities. Transportation services that are normally not

Did you know that you can lower your risk for heart attack and stroke? Research has shown that people with diabetes, while often not aware that they are at high risk for these diseases, can live longer and healthier lives simply by controlling the ABCs of diabetes.

### Do You Know Your ABCs?

Reduce your risk for heart attack and stroke by learning and lowering your ABCs:

**A** is for **A1C test**. Previously known as HbA1c, this longer-term test measures your average blood glucose (blood sugar) over the last three

appropriate include shopping trips, paying utility bills, court appearances, visitation, etc.

**Program.** Services offered by the tribe are geared toward the betterment of tribal members and program participants. Consequently, eligible transportation services are viewed as shared responsibility among tribal employees. However, in the interests of appropriate program utilization, transports will be the primary responsibility of the staff that is most closely associated with that purpose. For example, medical transports would normally be transported by Health staff, elders would be transported by Social Service staff, etc. In cases where no clear distinction exists, it may be appropriate to share the responsibility among the relevant programs.

**Procedures.** It is requested that at least **48 hours notice** be given for the purpose of transportation. Staff are instructed to ensure that all personal, family, and public transportation resources have been exhausted prior to assuming responsibility for the transportation. It should be noted that the majority of staff duties are not for the purpose of transportation and are contingent upon staff availability. It is requested that at least 24 hours notice be given prior to any cancellation.

## The ABCs of Diabetes Care

months. The recommended A1C target level is below 7.

**B** is for **blood pressure**. The suggested target level is to keep your blood pressure below 130/80. If you keep your blood pressure in the target range, your heart doesn't have to work as hard.

**C** is for **cholesterol**. It's easier on your heart if your arteries aren't clogged with bad cholesterol, or LDL. The suggested LDL target level is below 100.

Ask your health care provider these questions:

1. What are my ABC numbers?
2. What should my ABC target numbers be? Ask your provider what targets are right for you.
3. What actions should I take to reach my ABC target numbers?

Today, good diabetes management is much more than lowering your blood glucose. It's about controlling

your ABCs. Each of the ABCs is equally important.

Talk to your health care provider to learn about other ways to reduce your risk for heart attack and stroke. Remember, even if you reduce your ABCs by a small amount, you're significantly lowering your risk for heart disease.

### Tips to Help Lower Your ABCs

- Get physical activity every day.
- Eat less fat and salt.
- Eat more fiber – whole grains, fruits, vegetables, and beans.
- Stay at a healthy weight.
- Stop smoking. We have help at the clinic. Ask your health care provider.
- Take medicines as prescribed.
- Ask your provider about taking aspirin.
- Ask others to help you manage your diabetes.

## Tobacco, Diabetes Programs Attend Health Fair

The Siletz Community Health Clinic's Tobacco Prevention and Education Program and the Diabetes Program participated in a health fair at Chinook Winds Casino & Convention Center in May. Pac-West Ambulance sponsored the fair.

Shannon Chrisman, TPEP coordinator, had a booth with a variety of tobacco prevention information. Details on secondhand smoke, guides to quitting tobacco products, coping with withdrawal symptoms, and stress tips were available for fair attendees and Chinook Winds employees. Posters and information on the history of traditional tobacco use were available and “The Only Thing You Should Smoke is Salmon” water bottles and T-shirts were raffled.

Shannon was one of several featured speakers and gave a presentation on the difference between the historical sacred use of tobacco by Native people in prayer and ceremony vs. the commercial use of cigarettes and other products that are hazardous to health and addictive.

John Jasper, diabetes coordinator, also had a booth at the fair. He handed out educational brochures on diabetes, gave diabetic screenings, and met with participants to discuss diabetes diagnosis and prevention.



Shannon Chrisman