



## Diabetes Exercise Program Applications Due in December

Program note: Participants admitted to the program in October who are meeting their attendance and documentation requirements do not need to submit a new application to continue this program.

Applications will be accepted for slots that remain open or become open. Slots are limited and submitting an application does not guarantee acceptance into the program.

It's to your advantage to complete your application fully. Please see application materials for program details and our priority populations.

### What To Do

**Siletz:** Application packets will be available from front desk staff at the Siletz Clinic during December. The Siletz Clinic is open M/W/Th/F, 8 a.m. to 5 p.m.; Tuesdays, 8 a.m. to 1 p.m.

Questions about your application or the exercise program should be addressed to Laura Bremner Duarte

or John Jasper. Front desk staff will be unable to assist you.

Please hand-deliver or mail completed applications to John Jasper, RN, Siletz Clinic, P.O. Box 320, Siletz, OR 97380.

**Area offices:** Application packets will be available during December in Portland, Salem, and Eugene through Community Health staff. Please hand-deliver or mail applications to Cathy Rasmussen, RN, CTSI Eugene A/O, 1140 Willagillespie Road, Ste. 18, Eugene, OR 97401.

Mail by Dec. 20 to allow for heavy Christmas postal traffic!

### Whom to Contact

For any questions or concerns, please call Laura Bremner Duarte at 541-444-9671 or John Jasper at 541-444-9611 for the Siletz area, or Cathy Rasmussen at 541-484-4234 for the Portland, Salem, and Eugene areas. They **must** receive applications by Dec. 30 to consider them for January. Applicants are responsible for confirming that one of these staff members has received their application.

### Time Line

Begin accepting applications	12/02
Last day to receive hand-delivered or mailed applications	12/30
Acceptance/denial letters mailed	01/08
For those accepted, contract and "my starting point" document due	01/24
First day of exercise	02/03

## Siletz Breastfeeding Circle

Dec. 10, 2002, 6 p.m. – 8 p.m.  
Housing Department Conference Room

Eat, visit, and learn about the many benefits of breastfeeding. Breastfeeding Circle takes place the second Tuesday of every month!

For more information, contact Alissa Lane or Barbara Danna, RN, at 541-444-9659 or 1-800-648-0449, ext. 659



**\*\*Sponsored by Siletz Tribal  
Diabetes Grant\*\***

## Tooth Talk

by Linda Kreutzer, RDH

### Help Your Child Have a Good Dental Visit

**Prepare yourself:** Think about your own visits to the dentist. Did you have a bad or scary experience as a child? If so, don't assume this will happen to your child. If you have a positive attitude about going to the dentist, so will your child.

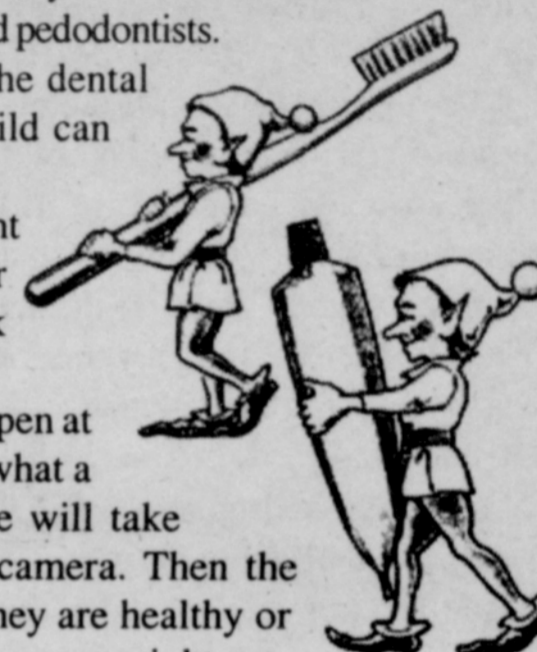
Things are different now. There's no reason for dental treatment to hurt your child. If your child is very young, he or she may be referred to a specialist. Dentists who see only children are called pedodontists.

**Before you go:** Take your child to visit the dental office ahead of time. Ask if you and your child can look around and meet the dental staff.

Play dentist with your child. Use a flashlight and count each other's teeth. Read books to your child about going to the dentist. Check a book about going to the dentist out from the library.

**What to say:** Tell your child what will happen at the dentist. If the visit is the first one, explain what a checkup is. Tell him or her, "Today someone will take pictures of your teeth with a special dentist camera. Then the dentist will look at your teeth and tell you if they are healthy or not so healthy." If the dental visit is for a filling, you might say, "Today the dentist is going to take the bad 'germs' out of your teeth and give you a shiny new filling!"

It's best to keep the explanation simple and be positive. Try to remember that children take cues from you, so try not to appear nervous or frightened on the day of the visit (even if you are!). Give your child a chance to form his or her own opinion of the dentist. It just may surprise you to learn that your child had a good dental experience after all!



Members of the Siletz Breastfeeding Circle