



## Mark Your Calendars – Save The Date

**What:** Spring 2004 Diabetes Retreat. Learn how to **take control** of your diabetes. Be prepared for two days of learning, moving, fellowship, and fun.

**Who:** Siletz Tribal members with diabetes and a support person; others with diabetes who receive their primary health care at Siletz Community Health Clinic (and a support person); interested SCHC staff members.

**When:** March 4-5, 2004

**Where:** Embarcadero Resort, Newport, Ore.

**Why:** The more you know about diabetes and practice good self-care, the less likely you are to develop the long-term complications that are so often associated with diabetes.

Details and registration information available in the February issue of *Siletz News*. For questions, contact Darcy Trego, RD, CDE Diabetes Program coordinator, Siletz Community Health Clinic, at 1-800-648-0449, ext. 647, or 541-444-9647; fax 541-444-1278; e-mail SiletzDM@ctsi.nsn.us; fax.

## IHS Scholarship Applications Available, Due Feb. 28

Indian Health Service (IHS) Scholarship Program applications for the 2004-2005 academic year are now available. The deadline for applications to reach the IHS office in Portland, Ore., is Feb. 28, 2004.

Full-time and part-time academic scholarships will be funded in the following three programs:

- **Health Professions Preparatory Scholarship** awards are made to American Indian and Alaska Natives who have successfully completed high school education or high school equivalency **and** have been accepted for enrollment in compensatory, pre-professional general education courses or curriculum.
- **Health Professionals Pre-graduate Scholarship** awards are made to American Indian and Alaska Natives who have successfully completed high school education or high school equivalency **and** have been accepted for enrollment or are enrolled in an accredited pre-graduate program leading to a bachelor's degree in pre-medicine or pre-dentistry.
- **Health Professions Scholarships** are awarded only to

individuals who are members of a federally recognized tribe (state recognition does not qualify). To be eligible for this scholarship, the individual **must** be enrolled in a federally recognized tribe and **must** be enrolled in an appropriately accredited school and pursuing a course of study in a health professional program.

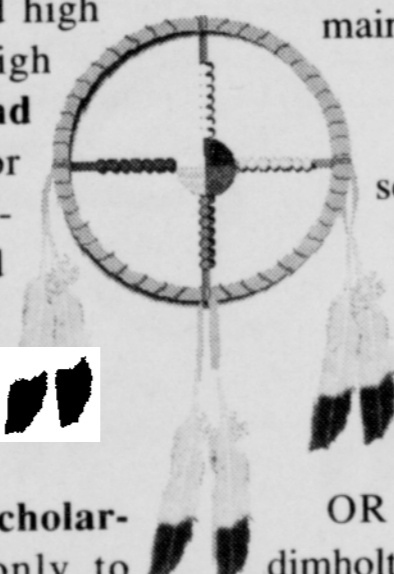
Benefits of the scholarships include:

- \$1,080 monthly living stipend (sent directly to student)
- Total “full” tuition payment to recipient’s school
- Payment of reasonable educational expenses (as determined by school)
- \$400 available annually for tutorial expenses
- Up to \$300 for travel expenses
- Scholarship renewed if recipient maintains good academic status

Applications for these IHS scholarships can be requested from Dennis Imholt, Scholarship Coordinator, Portland Area Indian Health Service, 1220 SW Third Ave., Room 476, Portland,

OR 97204; 503-326-5716;

dimholt@pao.portland.ihs.gov.



## Chemawa Clinic Changes Appointment System

The Chemawa Indian Medical Clinic will change the ways it sets up appointments starting Jan. 5, 2004.

The clinic will move to same-day appointments and no longer will take walk-in patients. Those who need medical appointments with a doctor on a regular basis will continue to have them. Doctors will tell patients when they want to see them again. Patients will receive medication the same as in the past, until their next appointment is due.

About a week before the appointments, patients will receive a reminder. Then they can call on the day

they would like to be seen and will be given an appointment for that day.

Same-day appointments also are available for individuals who wake up sick one morning or get injured and need to see a doctor that day and for medicine checkups, well-child visits, immunizations, physical exams for school, and women’s annual health exams.

This change involves the medical clinic, not the dental or eye clinics.

If you have any questions, please call the Chemawa Clinic at 503-304-7600 or 1-800-452-7823. The clinic is located at 3750 Chemawa Road NE in Salem.



Come join us...  
**The CTSI**

## Exercise Challenge 2004

Whatever matter what kind of exercise you enjoy, join our Exercise Challenge, and challenge yourself to better fitness and health.

The Exercise Challenge will start on Feb. 1 and run for 12 weeks, concluding on April 30. Earn one point for each 30 minutes of exercise you complete.

Strength training, walking, jogging, swimming, cycling, active sports, and any type of exercise machines are examples of eligible activities. Drawings for special incentives will occur monthly.

A goal of at least 5 points of exercise – 150 minutes – per week is recommended to improve health\*. If you’ve been inactive, you may want to spread this time out throughout the day and build up gradually to 30 minutes at one time.

If you are elder or have chronic health conditions such as heart disease or diabetes, please check with your health care provider prior to beginning any new activities!

**All service-area Siletz Tribal members and their families, Siletz Community Health Clinic patients and CTSI staff may participate.**

Information packets, including registration, will be available beginning Jan. 12, 2004, at the Portland, Salem, and Eugene area offices, and at the Siletz Community Health Clinic.

Sponsored through the Siletz Tribal Diabetes Grant and Community Health Department

