



Enroll Now for Diabetes Exercise Program

Jan. 2-16, 2004, for Siletz Tribal Members

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

Applications will be accepted for the slots that remain or become open. Please note that there are a limited number of slots and that 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 from Jan. 2 through Jan. 16. The Siletz Clinic is open M/W/Th/F from 8 a.m. to 5 p.m., Tuesdays from 8 a.m. to 1 p.m.

Please note that any questions regarding your application or the exercise program should be addressed to Alissa Lane or Darcy Trego: front desk staff will be unable to assist you.

Please hand-deliver or mail completed applications to Alissa Lane, Siletz Clinic, P.O. Box 320, Siletz, OR 97380.

Area offices: Application packets will be available from Jan. 2 through Jan. 16 at the Portland, Salem, and Eugene area offices through Community Health staff.

Please hand-deliver or mail completed applications to Cathy Rasmussen, RN, CTSI Eugene Area Office, 1140 Willagillespie Road, Suite 18, Eugene, OR 97401.

If mailing, please be sure to mail by Jan. 9 to ensure timely delivery of your application.

Whom to Contact

For any questions or concerns, please call Alissa Lane at 541-444-9671 or 1-800-648-0449, ext. 671, for the Siletz area or Cathy Rasmussen at 541-484-4234 for the Portland, Salem, and Eugene areas.

Remember, Alissa or Cathy must receive applications by Jan. 16 to considered them for February.

Timeline

Begin accepting applications	1/2
Last day to receive completed application, contract, and "My Starting Point" documents	1/16
Acceptance and denial letters mailed	1/26
First day of exercise	2/2

New Year's Resolution to Quit Smoking?

The Youth Center has donated 100 quit kits to the Siletz Clinic to help people of all ages keep their New Year's resolution to quit smoking.

DeAnna Pearl, Youth Center coordinator, says, "Kids are an amazing force when they get together in a common cause. This cause, to support relatives and friends to quit smoking for a healthier new year."

For additional support and guidance, contact your doctor for more information on how to quit smoking.

Remember, you didn't start smoking in a day, so keep practicing to quit all year long!

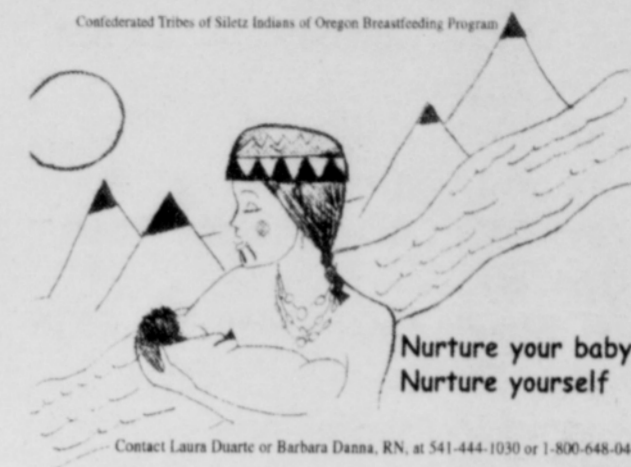
State Tobacco Prevention Program Returns

Partial funding of \$5.8 million recently was reinstated for Oregon's Tobacco Prevention and Education Program. This includes the return of the toll-free Oregon Tobacco Quit Line -1-877-270-STOP (7867).

Moms and Babies Breastfeeding Circle

2nd Tuesday of each month
6 p.m. - 7:30 p.m.
Housing Department
Conference Room

You're invited to come eat,
visit, and learn about
the many benefits of
breastfeeding.



Sponsored by Siletz Tribal Diabetes Grant

Tooth Talk

by Linda Kreutzer, RDH

Dental Health Resolutions for 2004

I, _____, hereby resolve to take better care of my teeth. In doing so, I can expect them to last the rest of my life (as they are meant to). This is what I will do:

1. Brush my teeth **well** at least two times each day.
2. Floss my teeth at least one time each day.
3. Visit the dentist at least one time this year. My mom or dad will make that appointment today.
4. Have my teeth **cleaned** two times this year (once every six months).
5. Limit pop to only three cans (glasses) per week.
6. Limit candy and other sweets to only three times per week.

As a responsible and caring parent of _____, I hereby resolve to take care of this child's teeth, ensuring my child will keep his/her baby teeth until they fall out naturally, when my child no longer needs them to chew and hold space for the permanent ones. Healthy baby teeth mean healthy adult teeth.

Here's what I will do:

1. Make an appointment for my child to see the dentist right away (beginning at age 2).
2. Make follow-up appointments for my child as necessary to make sure all fillings are done.
3. Provide healthy foods for my child to eat, avoiding cookies, chips, etc. and offering fruits and vegetables instead.
4. Provide non-sugary things for my child to drink, offering juice or bottled water instead of pop.
5. Provide new toothbrushes on a regular basis and plenty of toothpaste with fluoride, and encourage my child to brush **well** at least two times daily.
6. Become a good example for my child. By brushing and flossing each day, my child will watch me and do the same. If I value my teeth and take care of myself, my child learns to do the same.