



Out-of-Area Health Services

by Judy Muschamp, Health Director

Next call-in day is Jan. 3, 2006

On Oct. 3, 2005, the Contract Health Service staff had approximately \$32,000 in remaining funds to be issued to tribal members who live outside the 11-county service area.

Calls began flooding the telephone system at 8 a.m. and authorizations were issued on a first-come, first-served basis. All funds were obligated by about 8:40 a.m. The following services were approved:

12 vision @ \$400 25 dental @ \$1,200
1 medical @ \$1,000

The balance of gaming revenue, \$10,000, was set aside for out-of-area pharmaceutical services through the Pequot Pharmaceutical Network.

Tribal members have 90 days to use their pre-authorized benefit. All unspent funds are returned to the pool for redistribution. **The next call-in date is Jan. 3, 2006, beginning at 8 a.m.**

Staff will not begin to answer the telephone until 8 a.m. and voicemail messages do not reserve funding. This year,

members are restricted to one benefit per year in an attempt to serve more individuals. So those 38 authorizations listed above will not be eligible again until July 2006.

Although Tribal Council understands not everyone will be served, we are attempting to serve as many people as possible.

We currently are considering ways to improve this program. One suggestion has been to establish individual health savings accounts for tribal members outside the service area and distribute the funds evenly into those accounts.

Another suggestion was to reserve some time in the morning just for Internet authorizations. One tribal member even suggested that all the funds be put on the pharmacy cards to increase the annual prescription benefit.

If you have suggestions, please write them down and send them to me at P.O. Box 549 Siletz, OR 97380. The Tribal Health Committee will make its recommendations within the next few months. Thank you.

Join the Sister Study; Help with Breast Cancer Research

American Indian and Alaska Native women are needed to join a landmark study to discover the causes of breast cancer. The Sister Study will enroll 50,000 women whose sister had breast cancer.

The study is conducted by the National Institute of Environmental Health Sciences of the National Institutes of Health, Department of Health and Human Services, with additional funding from the National Center on Minority Health and Health Disparities.

Sisters share many things – early experiences, environment, and genes. By joining the Sister Study, you can help researchers learn how environment and genes may affect the chances of getting breast cancer.

American Indian and Alaska Native sisters have powerful information to share with the

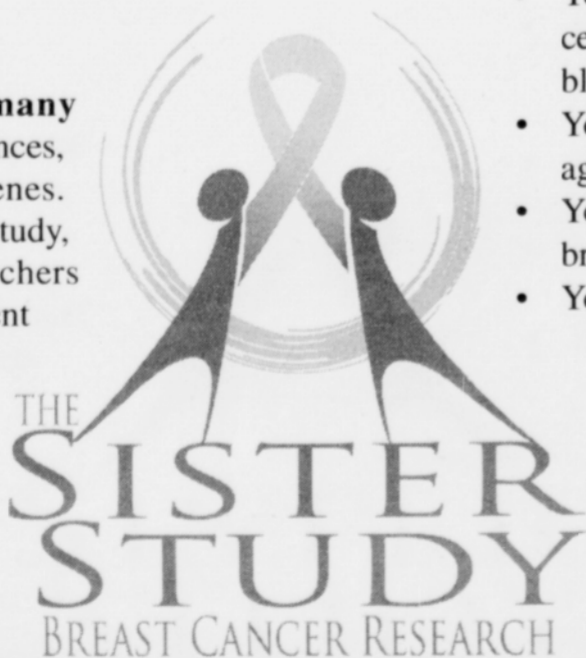
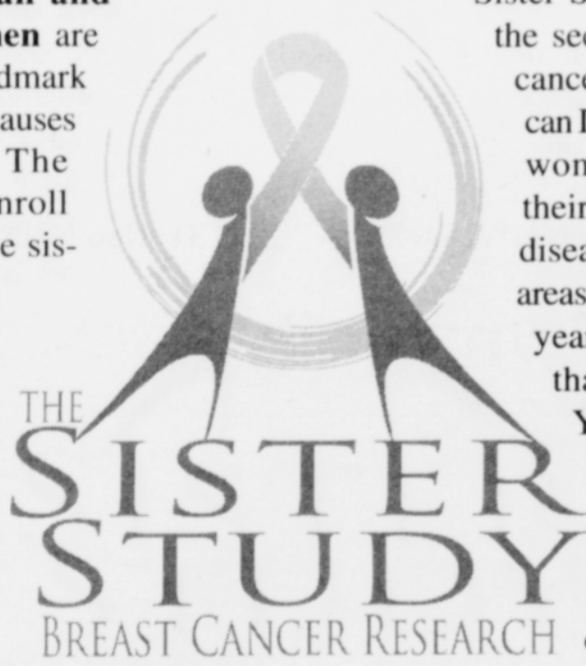
Sister Study. Breast cancer is the second leading cause of cancer death among American Indian and Alaska Native women. In recent years, their rate of death from the disease has risen in certain areas of the U.S. and the five-year survival rate is lower than for white women.

Yet scientists have very little information on cancer histories in American Indian and Alaska Native communities.

You are eligible for the study if:

- Your sister (living or deceased), related to you by blood, had breast cancer
- You are between the ages of 35 and 74
- You have never had breast cancer yourself
- You live in the U.S.

For more details, call 1-877-4-SISTER (1-877-474-7837); deaf/hard of hearing: 1-866-TTY-4SIS; or visit the Web site www.sisterstudy.org.



Brrrrrr ... It's Getting Cold

Have You Checked Your Woodstove for Leaks?

Leaky wood stoves can cause asthma symptoms to grow. Wood smoke, like secondhand smoke, will cause asthma symptoms such as coughing, wheezing, and chest tightness. These symptoms lead to increased use of medication and or attacks.

Watch for these signs of leaks:

- Smoky rooms
- Greater amount of dust
- Soot around the woodstove door

If you see any of these, get your woodstove looked at as soon as possible or at least once a year.

For more information or if you need your woodstove checked, contact Christina Thompson in the Siletz Tribal Housing Department at 541-444-8314 or 1-800-922-1399, ext. 1314, or look in the yellow pages under heating contractors.

So, You Missed the Great American Smokeout?

No Problem, Start Today!

Here's what you can do during the weeks prior to prepare for your quit day:

1. Pick a quit date – mark your calendar.
2. Call the clinic for a free quit kit and support, and/or call the Oregon Quit line.
3. Read through all pamphlets, brochures, guides, etc. on how to quit smoking.
4. Make a list of situations that you think may be challenging for you.
5. Write down two things you are going to do to make the situation less stressful.
6. Come up with a plan on how to take care of yourself during the quit.
7. Remind yourself of your quit date – over and over.
8. Tell someone you are quitting and get his or her support.
9. Save the money you would have spent on smoking for something fun.
10. Practice drinking more water.



Siletz Community Health Clinic
541-444-9659 or
1-800-648-0449, ext. 1659
Oregon Quit Line – 1-877-270-STOP

"Smoking Takes Practice and Practice Every Day!"



Santa Claus and Britany Robertson at the Siletz community Christmas party