



Fifth Children's Free Sealant Clinic

Feb. 25, 2006

Lane Community College Dental Clinic
4000 East 30th Ave.
Eugene, Oregon

All children age 7 to 14 are invited to participate in this clinic. The following dental services will be provided: x-rays, examinations, sealants as prescribed, fluoride varnish, and home care supplies.

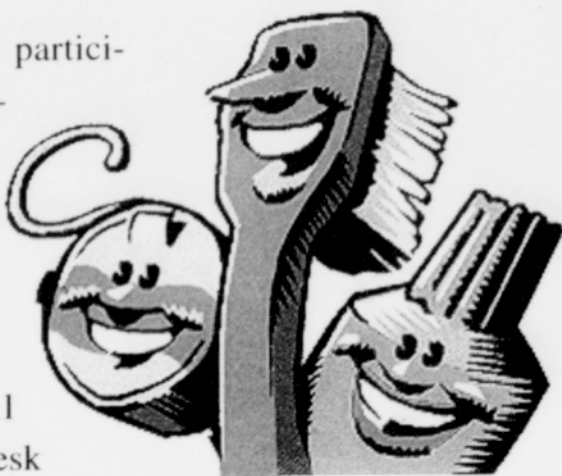
There is no fee and there will be no appointments. Please begin arriving at 9:30 a.m.; patients will be taken until 12:30 p.m. All kids registered at the front desk by 12:30 p.m. will be seen that day.

A parent or guardian must accompany children. Parents and guardians will need to fill out and sign Health History and Permission to Treat forms.

This year, Adrienne Crookes from the Eugene Area Office has joined the planning committee. You can contact her at 541-484-4234 in Eugene or Mary Ellen Volansky (541-444-1030 or 1-800-648-0449, ext. 1640) in Siletz for details about this clinic.

Volunteers for the clinic include dentists, dental assistants, dental hygienists, front office staff, nurses, interpreters, and students (dental assisting, hygiene, and others). You will be in good hands!

If you would like to volunteer, give Mary Ellen a call.



Tooth Talk

by Mary Ellen Volansky, RDH, MS

Multi-Tasking

Do you like to floss your teeth? Might you think flossing is tiresome? Maybe as tiresome as dusting or vacuuming? Cutting the grass? Filling your car windshield washer container – in the rain? Cleaning the gutters?

These tasks fortunately don't have to be done daily, nor in a timely manner. Mostly, we eventually get to them.

You could multi-task. Floss while you wait for a computer to boot up or for water to boil. You could floss while watching television. Floss during the commercials, do two boring task at once.

One point of caution – a few people are uncomfortable seeing another person flossing. Go figure.

You have a solution to this problem. Ask them to keep their eyes on the screen, television or computer. Better yet, gently encourage them to floss their own teeth. Then they won't be able to watch you.

The best idea since floss is floss holders. These are plastic "Y"-shaped tools. Floss runs between the open head of the holder. You are able to work the floss between your teeth without getting your fingers wet. There are many brands; some are mint-flavored. Choose the brand you like.

For kids, these holders come in bright colors and shapes. One brand has dinosaur-shaped holders. Don't let children run with these in their mouth or hands.

They have points on them that could hurt if a child falls and lands on one.

Flossing takes me about a minute to complete. I floss at least six sets of teeth every day I work. This may explain my speed. If you practice, you can gain speed too.

Besides being boring, some people think flossing isn't much fun. How could that be?

After careful consideration done over many years, I think I have an explanation. Some people don't floss because they don't believe they deserve to. What don't they deserve? They don't believe they are deserving of having as much fun as one person can have with string between their teeth.

So it's my duty, my obligation, to let you know that you do deserve this much fun. You are so deserving that you can have this much fun twice a day if you wish.

Finally, it would be easier for both of us if I could tell you that a substitute exists for flossing. I can't.

The benefit of Listerine or Sonicare brushes as floss substitutes is inaccurate. At best they may only slightly lower the risk of not flossing, but they are not equal to the job that flossing provides your gums and teeth.

What I can tell you to do is this, "Floss only the teeth you want to keep!"



The Health Committee is hard at work in its leadership role to improve the quality of health care to Siletz Tribal members and the Siletz community.

One of its major duties is to review Health Department policies in anticipation of an AAAHC accreditation site visit in 2006.

L to r: JoAnn Miller, Tribal Council representative; Marlene Van Noy, administration/QI coordinator; Maria Westervelt, chairman; and committee members Victoria Nelson, Edell Richards, Gladys Bolton, and Rose Bremner.

Not pictured: Judy Muschamp, health director; and Wendi Schamp, administrative assistant.

Come join us...

The CTSI Healthy Lifestyle Challenge 2006

No 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. 13 and run for 12 weeks, concluding on May 5.

It's our hope that exercise will become a daily activity in your life.

The exercise challenge will provide you with a guide to instill the habit of daily exercise. You will be guided by a 12-week calendar that will gradually increase your amount of activity each week.

A goal of at least five days per week of exercise – 150 minutes per week – is recommended* to improve health.

If you are an 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!

*In the Diabetes Prevention Program, 150 minutes of brisk walking per week plus a 7 percent loss of body weight reduced study participant risk of developing diabetes by 69 percent (compared with only 31 percent in a group receiving a diabetes medication!).

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

Information packet including registration
will be available Feb. 1, 2006,
at the Portland, Salem, and Eugene area offices
and at the Siletz Community
Health Clinic.



Sponsored by the Siletz
Tribal Diabetes Grant and
Community Health Department

