



## Contract Health Services Update

by Judy Muschamp, Health Director

Beginning Aug. 1, 2006, Contract Health Services will defer dental (except for relief of pain) and optometry requests until Jan. 1, 2007.

This action is necessary to continue operating the program within funds allocated.

We realize this can pose problems for children returning to school. Optometry appointments are available, however, either at the Siletz Clinic or you can contact the Grand Ronde Health & Wellness Center to check for openings in its department.

## Breastfeeding

by Barbara Danna, RN CLC

Breastfeeding is commonly seen as a relationship between mother and baby. This is true, but mother and baby need the help of their family.

I recently saw a young woman breastfeeding her four-month-old baby in an outdoor restaurant. She was sitting, juggling her baby on her lap with one hand and trying to hold the front of her dress open with the other hand so baby could get to the breast to feed.

While her hands were busy with baby and too busy to feed herself, her husband was feeding her bites of food from his own plate. This is breastfeeding.

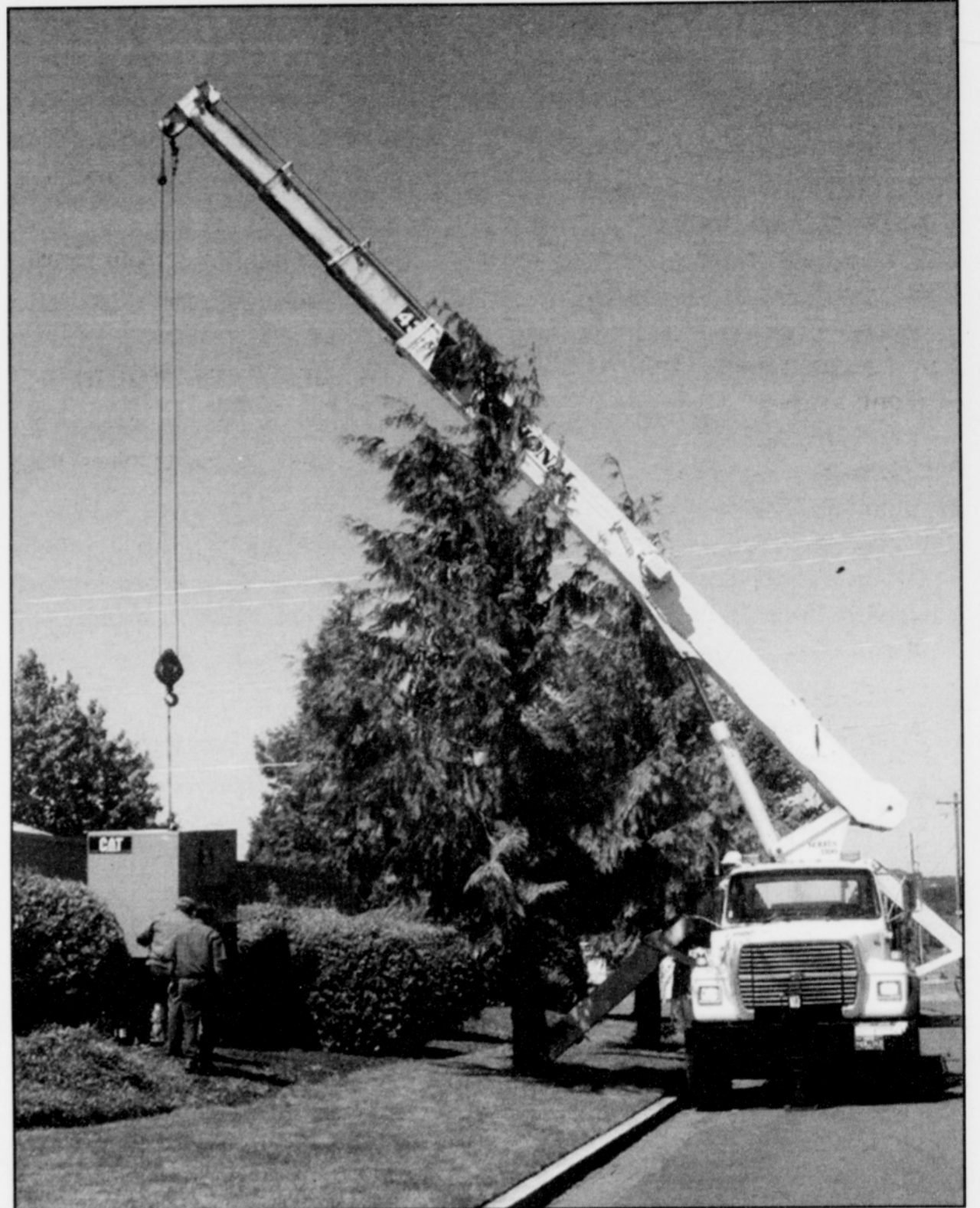
Breastfeeding is a family affair. It's a commitment a woman makes to give her baby the best possible start in life she can. Research has shown that breastfeeding is the best source of food for baby the first year of life.

But American culture is not conducive to breastfeeding. Women are busy. They often have to work full-time jobs, they may have older children to care for, and they have household chores to keep up. They need the support and help of their families.

Breastfeeding takes a lot of time. They need husbands to help with laundry, dishes, homework, and bath time. They need grandparents to help with older siblings or grocery shop so mom and baby have time to breastfeed and nap.

Breastfeeding is the most healthy, natural way to nourish a baby. The Siletz Tribal Breastfeeding Program supports, educates, and protects breastfeeding.

Please contact me 541-444-9604 or 1-800-648-0449, ext. 1604, with questions regarding this article.



A generator from The Halton Co. is delivered to the Siletz Clinic for use as an emergency backup source of power.

## Commit to Quit Challenge

### A Program to Encourage Smokers/Chewers to Quit!

Weekly and Grand Prize Drawings

The Commit to Quit Challenge is a 12-week program to encourage smokers and chewers to quit.

Weekly drawings will be held, with a grand prize drawing **Sept. 6, 2006**, during the Run to the Rogue sign-up at the Tribal Community Center in Siletz, Ore.

**Dates:** June 1 – Aug. 31  
**Grand Prize Drawing:** Sept. 6  
**Contact:** DeAnna Pearl, 541-444-9659 or 1-800-648-0449, ext. 1659

- In American Indians, asthma is growing fast.
- American Indians have the highest rate of smokers.
- Secondhand smoke is the No. 1 trigger for asthma.
- The No. 1 prevention of asthma is smoke-free homes.

**Protect Our Children  
Honor and Mentor Them  
Commit to Quit**

## August

## Bingo Hotline 1-888-CHINOOK

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Wednesdays - Let's Make a Deal! Win an extra \$400!</b>	<b>8/6 Matinee &amp; 8/27 Evening Session: Manager's Special - Two \$500 Jackpots each day</b> <b>8/13: Biker Ball BINGO - Buy special packs and you could win up to an extra \$100!</b> <b>8/19: Senior BINGO Evening Sessions - Single Winners on Main Sessions receive \$1 for each year in age with prize payout [Must present ID]</b> <b>8/27: Run for the Wind BINGO Evening Sessions - Two \$500 Jackpots</b> <b>8/31: August Birthday BINGO -- All birthday guests w/buy-in get FREE Start-up &amp; dauber</b> <b>FREE SQUARE DAYS: 8/12 EVENING &amp; 8/31 MATINEE</b>					<b>BIGGER &amp; BETTER Thursdays 3 FREE Six-on Days</b>
<b>Each Monday: 5:30 Session Roll the Dice against the Agent and you could win \$45</b>	1 1 p.m. Matinee	2 1 p.m. Matinee 6 p.m. Evening <i>Let's Make a Deal!</i>	3 1 p.m. Matinee 3 Free 6-ons	4 CLOSED: Wynonna Concert	5 CLOSED: Wynonna Concert	
6 1 p.m. Matinee 5:30 p.m. Evening 2 - \$500 JACKPOTS	7 1 p.m. Matinee 6 p.m. Evening Roll the Dice for \$45	8 1 p.m. Matinee	9 1 p.m. Matinee 6 p.m. Evening <i>Let's Make a Deal!</i>	10 1 p.m. Matinee 3 Free 6-ons	11 1 p.m. Matinee	12 1 p.m. Matinee 5:30 p.m. Evening FREE SQUARE
13 1 p.m. Matinee 5:30 p.m. Evening <b>BIKER BALL!</b>	14 1 p.m. Matinee 6 p.m. Evening <b>Lucky TED</b>	15 1 p.m. Matinee	16 1 p.m. Matinee 6 p.m. Evening <i>Let's Make a Deal!</i>	17 1 p.m. Matinee 3 Free 6-ons	18 1 p.m. Matinee	19 1 p.m. Matinee 5:30 p.m. Evening <b>SENIOR BINGO!</b>
20 1 p.m. Matinee 5:30 p.m. Evening	21 1 p.m. Matinee 6 p.m. Evening <i>Roll the dice for \$45</i>	22 1 p.m. Matinee	23 1 p.m. Matinee 6 p.m. Evening <i>Let's Make a Deal!</i>	24 1 p.m. Matinee 3 Free 6-ons	25 CLOSED Styx Concert	26 CLOSED Styx Concert
27 1 p.m. Matinee 5:30 p.m. Evening 2 - \$500 JACKPOTS	28 1 p.m. Matinee 6 p.m. Evening <i>Roll the dice for \$45</i>	29 1 p.m. Matinee	30 1 p.m. Matinee 6 p.m. Evening <i>Let's Make a Deal!</i>	31 1 p.m. Matinee 3 Free 6-ons <b>Birthday BINGO!</b> <b>FREE SQUARE!</b>	<b>2006</b>	