



## Alternative Health Care Available To Tribal Members

by Judy Muschamp

Acupuncture and chiropractic care are alternative health choices widely recognized as safe, drug-free, non-invasive therapies in the treatment of a wide array of health problems. The Siletz Tribal Council has appropriated \$100,000 of gaming revenue to pay for acupuncture or chiropractic services for Tribal members.

These services had previously been excluded from the Contract Health Services priority system. Funds are available until Dec. 31, 2008. The process is identical to requesting specialty care through CHS:

1. Visit your primary health care provider and discuss your medical concerns. Inquire whether acupuncture or chiropractic services may alleviate your symptoms.
2. If your primary care provider believes acupuncture or chiropractic service is appropriate, ask that a specialty referral be mailed or faxed to the CHS program for Gatekeep-

ers' consideration. The referral should document the need for specialty care.

3. Gatekeepers meet every Wednesday morning to consider requests. They will approve up to 12 sessions and will pay no more than \$50 per session. Patients are responsible for any costs that exceed \$50.
4. Written notice of the Gatekeepers decision will be mailed to the patient.
5. Contact your CHS technician to identify the specialist you would like to see. Patient will be provided a letter to take to the acupuncturist/chiropractor informing him/her of the number of sessions approved, amount approved and billing process. If you have insurance, the provider should bill that insurance first.

If you have any questions, contact Contract Health Services at 541-444-1236 or 800-628-5720. Fax information to 541-444-9645.

## Focus on Fitness

by Cynthia Urbach, Fitness Center Coordinator

We are happy to announce one of our first weight loss success stories.

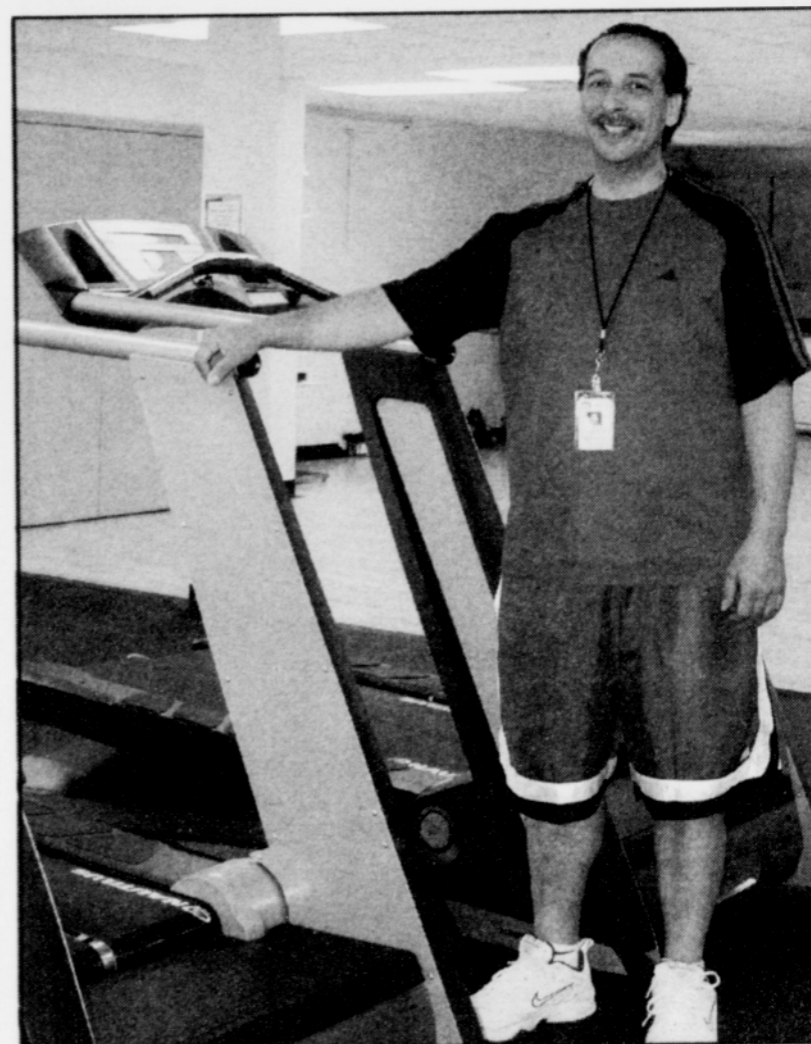
Frank Aspria started his healthy lifestyle eight weeks ago. He began working out seven days a week at the new Tillicum Fitness Center in Siletz.

His starting weight was 255 and he has lost a total of 35 pounds (that's about four pounds each week). His goal is to lose another 20 pounds.

Frank said one of the secrets to his success is having a workout partner to help keep him motivated. Frank and his son, Darod, work out 1-1½ hours most days! His favorite machine is the tread climber, but he also uses the free weights to help build his strength.

In addition to working out regularly, Frank has made some changes in the way he eats. He has given up soda and he pays attention to how much he eats (portion control). He also is eating more whole grains and fruit.

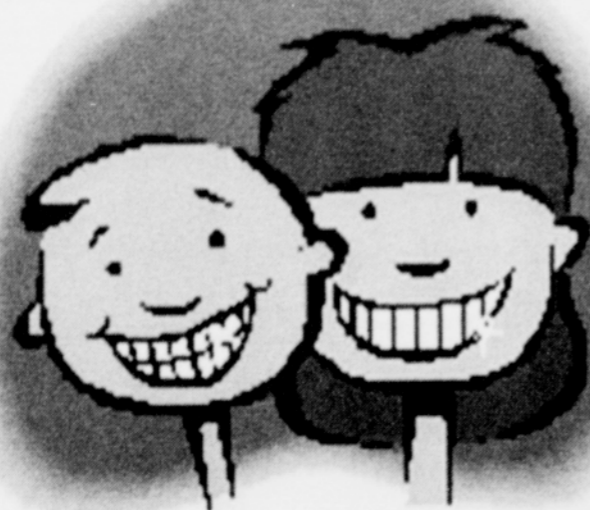
He says these little changes have made a big difference. Now that he has



Frank Aspria

lost weight, he says he has more energy and has gained more confidence.

He recently was hired as a temp at the Tillicum Fitness Center, so stop by to say hi. He'd love to help you meet your own fitness goals.



## It's EASY!

What can you do today to protect your child's teeth?

**Fluoride Treatment: Get one today!**

No Appointments are necessary for a quick, easy and effective fluoride treatment.

All ages accepted.

Siletz Community Health Clinic  
Patients of Dental Clinic

Monday—Thursday

8 a.m.—12 p.m.

&

1 p.m.—4 p.m.



Fridays

10 a.m.—12 p.m.

&

1 p.m.—4 p.m.

## Tooth Talk

by Mary Ellen Volansky

### Oral Health Traditions to be Featured at Culture Camp

This is the month for Culture Camp, which takes place July 15-17.

"The mission statement for the Culture Camp is the same as the Culture Program and that was written by former Tribal Council members and is found in our Tribe's Constitution in the Purposes, Number 4, 'Promote our cultural and religious beliefs and to pass them on in our own way to our children, grandchildren and grandchildren's children forever.'"

Selene Rilatos, Cultural Programs coordinator, also stated, "In the very beginning when we began the camp it was intended ideally for families to attend and to be like a village-type atmosphere as much that could be in today's times. Where families can be together, learning together the ways of our ancestors."

Last year the Dental Clinic staff participated at Culture Camp for the first time. The dental theme was Oral Health is a Siletz Tribal Heritage. This theme was based on research and books that confirm that Native people had healthy teeth and gums because of care, diet and herbal medicines.

The children at camp colored, drew and wrote messages on 150 paper teeth, which were then glued to brightly colored

squares. Children wrote or drew images of nature, new love and family ties. The nature images more closely matched the theme.

Also available to everyone at last year's Culture Camp was a three-page list of plants native to Oregon. All the plants had a documented history of being used by Northwest Native people for oral health care. Ocean spray was available for children to try, used as a toothpick or toothbrush is used today.

Many children did draw and write about oral health. Some teeth had happy smiles along with messages to brush. Others had brushes added to the tooth or frowns or tears for the cavities drawn into them. A few had braces proudly sketched on them.

The squares were later tied together with ribbons, which formed four memory quilts. Each quilt has been hung in the Dental Clinic.

The artwork of these bright children has stimulated much discussion in the clinic over the past year – opportunities for pride to shine through.

We are currently busy working on this summer's Culture Camp, preparing culturally specific activities that reflect the oral health actions of Tribal ancestors.