



Courtesy photos from Siletz Tribal Head Start staff

Students in the Head Start classes in Salem enjoy a Mother's Day tea with their moms (above and below). Students in the Head Start class in Lincoln City (above right) spend time at the Driftwood Public Library.



Head Start finishes year, says thanks to all who contributed to program

By Lori Jay-Linstrom, Parent Involvement Coordinator

By the time you read this article, Head Start will be over for the summer. All sites had a wonderful transition ceremony enjoyed by family and friends.

The Head Start raffle is over; tickets were drawn May 21 by the Head Start Policy Council. A list of winners is at the front desk of the administration building in Siletz

We are accepting applications for the 2011-2012 school year; please call for one. The Head Start director will make the first round of selections this month, so get your application in soon!

The Siletz Tribal Head Start Policy Council is seeking persons interested in serving on it as a community representative. If you live in Lincoln, Marion or Multnomah counties, have an interest in learning more about the Siletz Tribal

Head Start program and can participate in regularly scheduled meetings, you are a person the Policy Council is looking for.

For more information or to sign up for this wonderful opportunity, please contact me at 541-444-8376 or 800-922-1399, ext. 1376.

Head Start completed its federal review and we would like to thank all the Tribal programs and staff who also participated in the review. Their support and assistance during the review is invaluable.

I would like to thank all of our community partners, Chemawa's awesome dental and medical staff, Siletz Community Health Clinic's awesome and wonderful staff, Lindy Taylor and her wonderful staff, Siletz Tribal Head Start parents and staff and anyone else who participated in and contributed time and goods to our program. We would not have the program we do without your help and support.

Check on your spine during National Scoliosis Awareness Month in June

By Sharon L. Mason, CHAI

What is scoliosis? It's a sideways curving of the spine that usually develops in pre-adolescence and adolescence.

More than 7.5 million people in the United States have been diagnosed with scoliosis – that's one in every 10 people. It affects young and old of any race or gender and usually affects girls more often than boys.

Scoliosis can affect the quality of life because of pain and reduced respiratory function.

Scoliosis runs in families. If the condition is caught early enough, however, most cases are treatable.

Doctors usually recommend that children be screened annually for scoliosis starting at age 8. Most screenings are done in schools or during a child's annual physical in a medical facility.

Idiopathic scoliosis can go unnoticed in a child because it is rarely painful in the formative years. Because of this, parents or guardians should check for the following:

- Uneven shoulders
- Prominent shoulder blade(s)
- Uneven waist
- Elevated hips (one hip higher than the other)
- Leaning to one side

Most spine curves in children with scoliosis will remain small and need only be watched by an orthopaedist. If a curve does progress, an orthopaedic brace can be used to prevent it from getting worse. Anyone who has to wear a brace still will be able to participate in physical and social activities.

If the brace does not stop the curve from getting worse, surgery may be necessary. Surgery has been found to be a highly effective and safe treatment.

If you have any concerns about someone with any of the symptoms listed, call the Siletz Community Health Clinic and make an appointment to discuss your concern.

General Council Meeting

Aug. 6, 2011 • 1 p.m.
Siletz Tribal Community Center
Siletz, Oregon

Call to Order
Invocation
Flag Salute
Roll Call
Approval of Agenda
Approval of Minutes

Programs:
Housing
Culture Department – Pow-Wow

Tribal Members' Concerns

Chairman's Report

Announcements

Adjourn

Wonderful support – thank you so much!

The family of "Junior" John wants to thank everyone for their warm and heartfelt support during this very difficult time of our loss.

A special thank you to all involved in the gentleness of making pre-arrangements, the beautiful performers, the eloquent speakers, the wonderful singers, the photo presentation preparers and IT setup crew, the team that prepared that great meal, the veterans and the "men in uniform," the strong pall bearers and all involved in the post-activities of the finalizing tasks – you all made this beautiful farewell service shine with respect and honor.

Again, many thanks.

Jane John, Glendora and Justin Osborn, Diana and Lonnie Kronsteiner, Bill John Jr., Garrett John, Jeremy Smith, Samantha John and Markus John