

Tolentino hosts weekly meals, projects during Women's Health Month

Cecilia Tolentino, community health advocate in the Salem Area Office, hosted four events during Women's Health Month in May.

The events were held on Wednesday evenings and were a great success! Each event consisted of a delicious meal, handouts, a special project to make and a drawing for a gift certificate.

Tolentino enlisted the help of Bev Owen, area office supervisor, and Yvonne Messmer, housing finance manager, for the events.

Participants made herbal eye pillows and scented bath salts. They also tried loaves of homemade flax seed bread.



Cecilia Tolentino displays homemade granola made at the events.



Courtesy photos by Andrew Johanson

Everyone eats a good meal, makes their granola and takes time to relax and visit.



Photo by Natasha Kavanaugh

A new garden outside of the Tribal Planning Department office features a decorative barrel-type water fountain to help demonstrate solar power. The fountain was donated by Tribal member Jonathan Rilatos.

Notes, con't from previous page

are in charge of our emotions. We feel as we believe. As we change our convictions and behavior, we can change our feelings.

When things don't go your way, you may believe it's horrible that you're being inconvenienced. It may be inconvenient, but it isn't horrible.

Understand also that your children are not the symbol of your success in life. If they do not behave "properly" or "succeed," you have not suffered a catastrophe. Your personal asset inventory, not your children, can reassure you of your personal worth.

When things do not go well with your children, you may feel guilty about "failing them" or about your own lack of success. We believe that expression of guilt is a cover-up - the expression of good intentions we do not really have.

Most of us say we feel bad about not paying more attention to our parents or relatives or about not stopping some bad habit. By expressing our guilt, we try to convince others and ourselves that we really are thoughtful people even though we don't translate our intentions into actions.

For some, the expression of guilt removes the necessity of acting. Obviously, however, feeling guilty can't change things. Action can!

Another hindrance to progress may be your own self-defeating patterns. The following are some faulty assumptions that interfere with personal growth and influence poor relationships:

- "I feel that I want to be loved or approved of by everyone in my community."
- "I must be competent in all aspects of child training before I can consider myself personally worthwhile."
- "It's a catastrophe when things don't turn out the way I would like."
- "There really isn't much we can do about our problems. When it comes right down to it, we are really victims of circumstances."
- "Disobedience from my child is a personal challenge to my authority as a parent."
- "Children's background - their genes and their environment - determines their present behavior. There is very little we can do to bring about change."
- "I, as the parent of my children, am responsible for my children's misbehavior. Since my children are only a product of what has happened between them and me, they wouldn't misbehave if I were a more effective person. I have only myself to blame."

To remain optimistic, it's important to accept our concerns with our children as challenges that can be overcome.

If we relate to our children with as much respect as we show our good friends, mutual respect will get us through difficult times.

A parent who has a strong sense of identity as a person of value does not find it necessary to live through her or his children. Such a parent is free to courageously face the challenges of life.

The Healthy Family Healthy Child Project is nearing its end. The grant funding will terminate on Sept. 29. It's possible that the grant could be extended and it would be very helpful in the attempt to extend the grant if I could cite some positive feedback from within the Tribal community about the articles written by HFHCP.

I would like to ask you to take a moment to complete a small survey and return your answers to the questions below. Those responding will be entered into a drawing for one of four \$10 gas cards to be given by HFHCP. Just include your name and phone number to be eligible for the drawing on Aug. 5.

Your name and phone number will be kept absolutely confidential. You can drop the survey off with the receptionist at the Tribal administration building or mail it to:

Healthy Family Healthy Child Project
P.O. Box 549
Siletz OR 97380-0549

Strongly Disagree	Disagree	No Opinion Neutral	Agree	Strongly Agree
1	2	3	4	5

1. Have you found the articles to be of interest? 1 - 2 - 3 - 4 - 5
2. Have you found the articles to be of benefit? 1 - 2 - 3 - 4 - 5
3. Have the articles changed, in any way, how you look at raising your children? 1 - 2 - 3 - 4 - 5
4. Do you feel more confident as a parent as a result of these articles? 1 - 2 - 3 - 4 - 5
5. Have the articles caused you to want to learn more about parenting or changing your relationship with your children? 1 - 2 - 3 - 4 - 5
6. Would you like to see the HFHCP series of articles continue? 1 - 2 - 3 - 4 - 5