

# Conferences, parent meeting, resource fair highlight Head Start schedule

By Lori Jay-Linstrom, Parent Involvement Coordinator

The first few months for the Head Start Program are especially busy as we must meet our 45-day and 90-day screening requirements. Within the first 45 days, we must conduct vision, hearing and developmental screening and by the 90<sup>th</sup> day, we must complete dental and health screening.

In October, the Head Start Program finished the 45-day screenings that needed

to be done and in November we will finish the 90-day screenings. Teachers also will conduct their first parent/teacher conferences during this time.

On Oct. 29, the Policy Council met with the director at the Salem classroom to review the Head Start refunding application.

On Oct. 31, all sites went trick or treating at their local Tribal Area Offices.

During November, we will hold our first parent meeting of the year. We are

excited to offer a resource fair that will include Tribal and community partners that will provide information for families. The focus of our resource fair is to provide information on services for employment, housing, food and education.

A few of our Tribal and community partners that will attend include TANF, Dental, Vocational Rehabilitation, Energy Assistance, Community Health and food shares.

All sites will be closed from Nov. 21 through the Thanksgiving holiday, returning to class on Nov. 28.

## Childcare Assistance

If you live in the 11-county service area, are a working family and have a child who is an enrolled Siletz Tribal member, you may qualify for the Childcare Assistance Program.

If you are an existing client of the program you will notice changes that have been made to the program's rates and copayments.

For an application, please call 541-444-8363 or 800-922-1399, ext. 1363, and ask for the Childcare Assistance Program. An application will be sent to you.

## What do your feet say about you?

By Sharon Mason, CHAI

November is Diabetes Awareness Month and feet are very important for our continued independence. When our feet hurt or develop problems, they are sending a message about our lifestyle choices, so listen carefully to what they tell you.

Did you know that only 26 percent of women age 18-49 have ever visited a podiatrist (foot doctor)? Take special notice of the following foot ailments:

- **Fungal Nail:** Often caused by the spread of athlete's foot, but also can be an indication of conditions such as diabetes or arthritis.
- **Tendinitis:** Overuse from an increase in physical activity, such as an increase in walking time or distance. Wearing old shoes or shoes that do not fit right also can be a cause.
- **Blisters:** Shoes rubbing on your feet because they're too big and don't fit right or are too stiff.
- **Ingrown Toenails:** Can be caused by cutting/trimming the nails improperly. Also poor foot structure, heredity, trauma or foot deformities may be the cause of ingrown toenails.

- **Bunions:** Often caused by misalignment of the joints, biomedical abnormalities, neuromuscular disorders, inflammatory joint disease, congenital deformities or arthritis.
- **Plantar Fasciitis (pain in bottom of foot):** May be caused by excessive weight gain, bony overgrowth on the heel, muscle imbalance, high- or low-arched feet, improper shoe gear, excessive activity or trauma.
- **Bromhidrosis (foot odor):** Increased perspiration from the more than 250,000 sweat glands in the foot because of increased body temperature.

You are given only one pair of feet in a lifetime, so pay close attention to the signals sent to you. Taking care of warning signals immediately will prevent permanent damage.

Call your doctor or nurse if you notice any of the ailments above.

## Clinic changes telephone options

In an effort to improve service at the Siletz Community Health Clinic, you now will have direct access to clinic departments when calling the local (541-444-1030) or long distance phone number (800-648-0449):

- To schedule or confirm a dental appointment, press 1.
- To schedule or confirm an optometry appointment, press 2.
- To schedule or confirm a medical appointment, press 3.
- Pharmacy refill line, press 4
- Speak with pharmacy staff, press 5
- Speak with Contract Health Services, press 6
- Speak with Behavioral Health, press 7
- For a listing of our address, phone and fax numbers, press 8.
- To listen to these options again, press 9.
- For all other options, dial 0 for the receptionist.

**2011  
ARCHERY TAGS  
LATE SEASON**

**Deer and Elk**

**First Distribution  
Oct. 24, 2011  
8 a.m.**

**Natural Resources Office  
Issued to those who have not  
received a deer archery tag  
or any elk tag in 2011**

**Second Distribution  
Nov. 7, 2011  
8 a.m.**

**Natural Resources Office  
Remaining tags issued to  
any eligible Siletz Tribal  
member**

Questions, please contact:  
Mike Kennedy  
541-444-8232  
mikek@ctsi.nsn.us

**2011/2012  
HUNTING/FISHING  
INCENTIVES**

Reminder to all Siletz Tribal members: Please report all harvests of deer, elk and salmon to the Natural Resources Department. The name on the tag will be submitted into a drawing after the seasons end and could receive one of the following Walmart gift card incentives.

**HUNTING INCENTIVES**

\$100 ~ \$75 ~ \$50  
WALMART GIFT CARDS

**FISHING INCENTIVE**

\$50  
WALMART GIFT CARD

Please report all harvests:  
Mike Kennedy  
541-444-8232  
mikek@ctsi.nsn.us  
or  
Kelley Ellis at  
541-444-8227  
kelleye@ctsi.nsn.us

**2011  
SILETZ TRIBAL  
SALMON SEASON**

**OPEN**

**OCT. 14, 2011  
THROUGH  
DEC. 12, 2011**

Salmon fishing tags can only be used to fish for salmon at the Siletz Tribe's three fishing sites:

**Euchre Creek Falls  
Dewey Creek Falls  
Little Rock Creek (hatchery)**

**Using only the following gear:**

Dip Net  
Spear  
Gaff Hook

Salmon tags are issued by the Natural Resources Department on Monday - Friday from 8 a.m. - 4:30 p.m.

Questions, please contact:  
Mike Kennedy  
541-444-8232  
mikek@ctsi.nsn.us

**CTSI Jobs**

**Tribal employment information  
is available at [ctsi.nsn.us](http://ctsi.nsn.us).**

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Note: "Open Until Filled" vacancies may close at any time. The Tribe's Indian Preference policy will apply. Tribal government will not discriminate in selection because of race, creed, age, sex, color, national origin, physical handicap, marital status, politics, membership or non-membership in an employee organization.

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CTSI constantly is looking for temporary employees to cover vacancy, vacations, maternity leave and extended sick leave. If you are retired, a homemaker or a student and are looking for temporary work that can last from two weeks to 12 weeks, please submit a temporary application for the temp pool.