

Siletz Clinic is 100 percent tobacco-free

The Siletz Community Health Clinic property is 100 percent tobacco-free. The policy prohibits all tobacco use by everyone – no smoking in your car, in the parking lot or on clinic property.

We do not provide any cigarette disposal units, so please keep all tobacco products in your personal vehicle.

• We have no designated smoking areas.

- No smoking in the parking lot.
- No smoking in your car in the parking lot.
- No smoking behind the building.
- No littering of cigarette butts.

Siletz Community Health Clinic



**WELCOME
NEW DOCTOR!**

Dr. Paul Vitt will be joining us in June as our new permanent full time family practice physician replacing Dr. Warren Sparks who retired in December.

Dr. Vitt comes to us with extensive medical experience most recently working at Nez Perce Nimiipuu Health Clinic located in Lapwai, Idaho. Dr. Vitt will see patients Monday, Tuesday, Thursday and Friday during our regular Clinic hours.

We look forward to welcoming Dr. Vitt and his family to both our Clinic and our Community.

Because We Care

If you have suggestions/comment/concerns regarding the Clinic services please complete a "Because We Care" form located in the lobby and let us know.



**Let's Get
Chilly!**

Fruit cubes are a perfect addition to your water or sparkling water instead of just plain ice cubes. Don't think about adding artificial flavors or sweeteners to your water when you can use **real fruit**.

First wash your berries.

Place berries (chopped if necessary) into your ice cube tray.

Fill with water and freeze.

Add to your drink and enjoy!



As the cubes melt the fruit flavor infuses your drink more and you will end up with yummy fruit to eat when you finish! You could add fruit cubes to water, sparkling water, lemonade., iced tea or the options are endless.

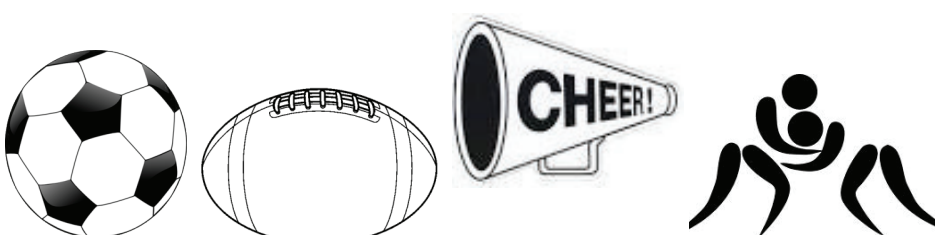
YOUTH SPORTS AND SCHOOL PHYSICALS

**MAKE THESE APPOINTMENTS NOW!
DON'T WAIT!**

Sometimes our schedules can be 2-3 weeks out so if you wait until July or August to schedule these appointments there could be scheduling delays that could prohibit your kids playing sports or even entering school.

**I HAVE TO SCHEDULE THE
APPOINTMENT WITH A
PEDIATRICIAN.**

NOT TRUE! All providers at our clinic are qualified and experienced to see all ages for sports physicals and school related physicals such as Head Start requirements.



Call 541-444-1030 or 1-800-648-0449 then select option #3 to schedule today.