

## CTSI Jobs

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

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.

CTSI constantly is looking for temporary employees to cover vacancy, vacations, maternity leave and extended sick leave. If you are looking for temporary work that can last from 2-12 weeks, please submit an application for the temp pool.

# Siletz Community Health Clinic

## It's Summertime!

Summer is an inviting time to travel or go camping, but if you have Diabetes you need to make sure you are prepared to be away from home for an extended period of time. Here are some helpful planning tips to keep in mind when traveling with Diabetes.

### Plan Ahead

- ◆ Manage your ABCs: A1C, Blood Pressure, and Cholesterol. Make an appointment to see your Primary Care Provider (PCP) 4-6 weeks before your trip to check your ABC numbers.
- ◆ Get a letter explaining your diabetes, medications, and allergies from your Provider. Keep this note, along with your medications, with you at all times.
- ◆ Carry or wear identification stating that you have diabetes.
- ◆ Plan for time zone changes: Eastward travel means a shorter day, so less insulin may be needed. Westward travel means a longer day, so more insulin may be needed.
- ◆ Be sure to carry enough food to cover travel times in case of delays or schedule changes.

### Pack Properly

- ◆ Take twice the amount of Diabetes medicine and supplies than you would normally need.
- ◆ Keep snacks, glucose gel, or tablets with you.
- ◆ Keep your health insurance cards and emergency numbers accessible.
- ◆ Make sure to pack a first aid kit

### If flying

- ◆ Pack all your Diabetes supplies in your carry-on luggage
- ◆ Plan ahead for meals. Call ahead and ask for a diabetic, low-fat, or low-cholesterol meal. Or bring your own meal. Let the flight attendant know you have Diabetes.
- ◆ When drawing up your dose of insulin, don't inject air into the bottle (the air on the plane will probably be pressurized)

### If Driving

- ◆ Don't leave your medicine in the trunk, glove box, or near a window. If possible, carry a cooler in the car to keep your medicine cool.
- ◆ Bring extra food and water in case you cannot find a restaurant, or in case of an emergency

### General tips

- ◆ Reduce your risk of blood clots by moving around every two hours
- ◆ Always tell at least one person traveling with you about your Diabetes
- ◆ Protect your feet- NEVER go barefoot in the shower or pool
- ◆ Check your blood sugar (glucose) often. Changes in diet, activity, and time zones can affect your blood glucose in different ways.

\*adapted from the National Diabetes Education Program: Have Diabetes, Will Travel newsletter.

**Summertime is a great time to get kids in for Preventative Appointments.**

Call 541-444-1030 or 1-800-648-0449

then select option #1 for Dental or #3 for Medical to schedule today.



## DIABETIC LUNCHEON & TALKING CIRCLE

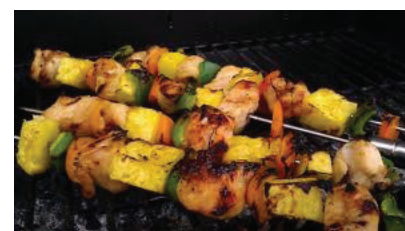
Scheduled on the fourth Thursday of every Month

July 24th: BBQ Teriyaki Chicken Kabobs

at the Siletz Community Center from 12:00-1:00p

August meeting will be scheduled in Lincoln City !

**It's Back!**



Please contact Kayla Engel, Diabetes Program Assistant for more information: 541-444-9661 or by email at [kaylae@ctsi.nsn.us](mailto:kaylae@ctsi.nsn.us)