

CTSI Jobs

Tribal employment information is available at 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.

- ◆ Information
- ◆ Events
- ◆ Education

Find us on

facebook®

Siletz Community Health Clinic

We have developed a Facebook page to inform our patients and tribal members about healthy information, education and events of interest. Look for us and "LIKE" our page!



The following excerpt of health and safety tips are from the American Academy of Pediatrics (AAP).

EATING DURING THE SCHOOL DAY

- Most schools regularly send schedules of cafeteria menus home and/or have them posted on the school's website. With this advance information, you can plan on packing lunch on the days when the main course is one your child prefers not to eat.
- Look into what is offered in school vending machines. Vending machines should stock healthy choices such as fresh fruit, low-fat dairy products, water and 100 percent fruit juice. Learn about your child's school wellness policy and get involved in school groups to put it into effect.
- Each 12-ounce soft drink contains approximately 10 teaspoons of sugar and 150 calories. Drinking just one can of soda a day increases a child's risk of obesity by 60%. Choose healthier options to send in your child's lunch.



BEFORE AND AFTER SCHOOL CHILD CARE

- During early and middle childhood, youngsters need supervision. A responsible adult should be available to get them ready and off to school in the morning and supervise them after school until you return home from work.
- If a family member will care for your child, communicate the need to follow consistent rules set by the parent regarding discipline and homework.
- Children approaching adolescence (11- and 12-year-olds) should not come home to an empty house in the afternoon unless they show unusual maturity for their age.
- If alternate adult supervision is not available, parents should make special efforts to supervise their children from a distance. Children should have a set time when they are expected to arrive at home and should check in with a neighbor or with a parent by telephone.
- If you choose a commercial after-school program, inquire about the training of the staff. There should be a high staff-to-child ratio, and the rooms and the playground should be safe.



DEVELOPING GOOD HOMEWORK AND STUDY HABITS

- Create an environment that is conducive to doing homework. Children need a consistent work space in their bedroom or another part of the home that is quiet, without distractions, and promotes study.
 - Schedule ample time for homework.
 - Establish a household rule that the TV and other electronic distractions stay off during homework time.
 - Supervise computer and Internet use.
 - Be available to answer questions and offer assistance, but never do a child's homework for her.
 - Take steps to help alleviate eye fatigue, neck fatigue and brain fatigue while studying. It may be helpful to close the books for a few minutes, stretch, and take a break periodically when it will not be too disruptive.
 - If your child is struggling with a particular subject, and you aren't able to help her yourself, a tutor can be a good solution. Talk it over with your child's teacher first.
 - Some children need help organizing their homework. Checklists, timers, and parental supervision can help overcome homework problems.
 - If your child is having difficulty focusing on or completing homework, discuss this with your child's teacher, school counselor, or health care provider.
- ◆ - See more at: <http://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Back-to-School-Tips.aspx>



Lisa Taylor, FNP

Family Nurse Practitioner/Medical Director

Lisa Taylor joined the Siletz Community Health Clinic in 1999 after receiving her Masters of Science in Nursing from Oregon Health Sciences University (OHSU) where she also worked as a Pediatric Intensive Care Nurse for over 10 years.

Lisa was raised in Aberdeen, South Dakota where her family still resides. After receiving her Bachelor of Science in Nursing from South Dakota State University she came to Oregon via a brief 3 years in Wenatchee, Washington. Lisa is married and has four beautiful daughters who are all currently attending college at University of Oregon (Go Ducks!). In her spare time she enjoys playing video games on Xbox and Wii with her husband.

We are grateful for Lisa's long standing service and commitment to our community.