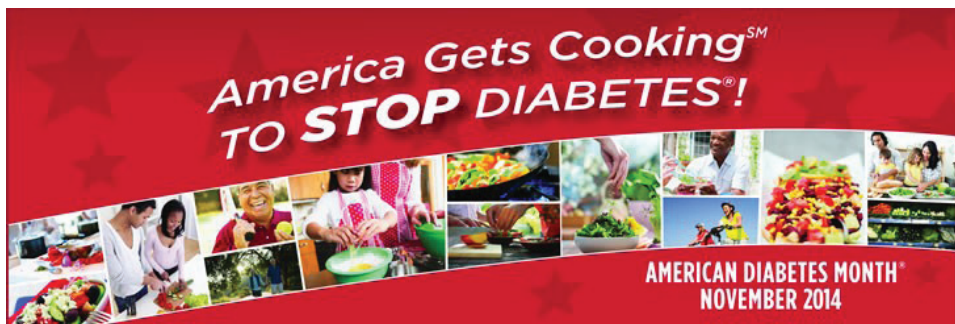


## CTSI Jobs

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.



*America Gets Cooking to Stop Diabetes* is an initiative designed to engage and inspire people to live a more active and healthier lifestyle. The initiative will empower people to cook nutritious and delicious food and encourage them to be more active. To help continue the momentum throughout November visit their web page [www.diabetesforecast.org/ADM](http://www.diabetesforecast.org/ADM).

**Get Moving Mondays** – After the weekend, people are not as excited about getting up and going on a Monday. Get Moving Mondays will provide some easy tips to help Americans get moving and keep up an active lifestyle all week long.

**Tasty Tip Tuesdays** – Many people are afraid of losing the taste when they make a recipe healthier. Every Tuesday, the Association will take a traditional recipe and teach people how to substitute certain ingredients for healthier options without losing the taste.

**What's Cooking Wednesdays** – With Thanksgiving kicking-off the holiday season, keeping yourself on track and eating healthy is very important. Each Wednesday, the public will vote on recipes that represent a healthy side dish, appetizer and/or dessert that they would like to see for a holiday meal. At the end of the month, we will unveil those winning dishes.

**Get Together Thursdays or Any Day!** – This engagement will offer ways for participants to implement healthy cooking activities into their daily lives through "Do-it-Yourself Fundraisers" called "Cook to Stop Diabetes." These fundraisers will be fun parties that can incorporate healthy recipes for family and friends and will also raise money for the Association.

**Fact Check Friday** – Challenging the public's knowledge about nutrition and diabetes, each Friday a question will be posted to test diabetes knowledge and encourage people to share it with their friends, family and/or co-workers.

**Weekend Challenge to Stop Diabetes** – Why not take the weekend and use it as an opportunity to get active and help raise funds to Stop Diabetes? We will provide fun fundraising activities for people to engage in and use their 48 hours to participate, or if they are too busy then do the 48 hours to donate!

See more at: <http://www.diabetes.org>

- ◆ Information
- ◆ Events
- ◆ Education

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## Siletz Community Health Clinic

### DIABETIC WALK & EXPO

November 22, 2014

Are you Diabetic, Pre-diabetic, or a support person to someone that is diabetic? If you answered yes to any of these, then **WE WANT YOU** to join the Siletz Warrior Walkers at the annual American Diabetes Walk to STOP Diabetes and EXPO on November 22, 2014 at the Oregon Convention Center in **Portland, OR**.

Registration for the walk will begin at 8am on November 22; the walk starts at 9am. This year, the course is indoors and will be immediately followed by the Diabetes EXPO! Learn how to be healthy, active, and live well with diabetes, all while having fun!

If you would like to join the Siletz Warrior Walkers, please **RSVP NO LATER THAN November 3, 2014** to Kayla Engel, DM Assistant at 541-444-9661.

Transportation to and from Portland will be provided to those that need it from Salem, Eugene and Siletz. For specific information regarding this event please contact Kayla Engel.

### Dr. Leatha Lynch, PharmD

Registered Pharmacist (RPh)



Dr. Leatha Lynch attended Pacific University graduating in 2010 as a Doctor of Pharmacy. After graduation she spent three years in a variety of professional locations providing her with a variation of experience adding to her diverse professional and educational background. She joined our clinic in 2012 where she has gathered information and additional resources to provide enhanced services to both our patients and providers.

Before becoming a Pharmacist Leatha was an executive level administrative assistant. She also attended Lane Community and Portland Community Colleges as well as Portland State University obtaining various degrees while working as a Research Lab Technician/Manager at Oregon Health Science University designing, performing and publishing results of her experiments.

In her free time Leatha enjoys spending time with her wolf hybrid Chinuk, Rob her fiancé, and her two grown daughters Tyler and Natasha and son-in-law Erik. They enjoy family gatherings centered around hiking, fishing, swimming, kayaking, cooking, and traveling.