

Regular foot care a must to maintain healthy feet for those with diabetes

If you have been diagnosed with diabetes, you know that good management includes regular exams, blood sugar monitoring, exercise and eating a balanced diet. Regular foot care also should be added to your list.

Nerve damage, poor circulation and infections can lead to serious foot problems in diabetics. There are precautions you can take, however, to avoid problems and maintain healthy feet.

Daily foot care

Daily foot care should include washing your feet in warm water with mild soap. Dry your feet well, especially between the toes.

Check your feet and toes, including the soles and heels and in between the toes. Ask for help if you are unable to completely see your feet.

If your feet feel dry or rough, use a lotion or oil. Avoid the spaces between the toes as that contributes to an infection.

Don't go barefoot. Socks add a layer of protection. Wear clean socks and change them daily. Avoid socks with seams or that are too tight in the legs.

Toenail care

Visual difficulty, nerve or circulatory problems can sometimes make routine nail care difficult. Please consult with your health care provider to see if it is safe for you to perform routine toenail care.

Here are a few tips:

- Cut straight across and don't cut into the corners. Use an emery board to smooth the edges.
- Be careful not to cut toenails too short.

Have your toenails trimmed by a health care provider if you can't see well or if your nails are thick or yellowed.

The Siletz Community Health Clinic has nurses trained in foot and nail care. Call now for an appointment for a diabetic foot exam and nail care.

Adapted from healthline.com/health/diabetes-foot-care#Complications7

USDA distribution dates for January

Siletz

Monday	Jan. 4	9 a.m. – 3 p.m.
Tuesday	Jan. 5	9 a.m. – 3 p.m.
Wednesday	Jan. 6	9 a.m. – 3 p.m.
Thursday	Jan. 7	9 a.m. – 3 p.m.
Friday	Jan. 8	9 a.m. – 3 p.m.

Salem

Monday	Jan. 18	HOLIDAY
Tuesday	Jan. 19	1:30 – 6:30 p.m.
Wednesday	Jan. 20	9 a.m. – 6:30 p.m.
Thursday	Jan. 21	9 a.m. – 6:30 p.m.
Friday	Jan. 22	9 – 11 a.m.

Black Pepper Beef and Cabbage Stir Fry

- 2 tablespoons vegetable oil
- 4 cloves garlic, minced
- ½ pound ground beef
- ½ head cabbage, shredded
- 1 onion, cut into strips
- 2 tablespoons soy sauce
- 1 teaspoon corn starch
- ½ cup water
- 1 tablespoon black pepper

Heat wok or large skillet over medium high heat and add oil. Sauté garlic for about 5 seconds, then add ground beef. Stir in cabbage, onion and pepper and cook until vegetables are tender and beef is fully cooked. Stir in soy sauce. Mix together cornstarch and water, and stir in. Season with pepper. Cook, stirring, until sauce has thickened.

This is so good and easy to make. You can add some bell pepper for color and serve it over rice.

We finally received the ground bison to add to our food package. There also was a one-time purchase of blue cornmeal. This was purchased by USDA with a traditional foods grant.

You have to give this recipe a try. You can reduce the amount of black pepper if you like.

Joyce Retherford, FDP Director
541-444-8393

Lisa Paul, FDP Clerk/Warehouseman
541-444-8279

2016 Standing Committees

Applications Due by Feb. 10, 2016

Any Tribal member interested in serving on a committee for a two-year term must fill out the following form and return it to the address below prior to Feb. 10, 2016.

Please mail or fax your application to Confederated Tribes of Siletz Indians, Attn: Executive Secretary to Tribal Council, P.O. Box 549, Siletz, OR 97380; fax: 541-444-8325.

Name: _____ Roll No: _____

Address: _____

City: _____ State: _____ ZIP: _____

Telephone: Day () _____ Evening () _____

If you only want to be considered for one committee, please indicate by inserting the number 1 next to the committee of interest. If you have interest in more than one committee, please indicate by numbering your preference, 1 (first choice), 2 (second choice), and 3 (third choice).

- | | |
|--|---|
| <input type="checkbox"/> Education Committee (3) | <input type="checkbox"/> Housing Committee (3) |
| <input type="checkbox"/> Natural Resources Committee (3) | <input type="checkbox"/> Pow-Wow Committee (2) |
| <input type="checkbox"/> Health Committee (3) | <input type="checkbox"/> Budget Committee (1) |
| <input type="checkbox"/> Cultural Heritage Committee (3) | <input type="checkbox"/> Enrollment Committee (3) |

Committee appointments will be made at the Regular Tribal Council meeting in February 2016.

If you have any questions, please call Tami Miner, executive secretary to Tribal Council, at 800-922-1399, ext. 1203, or 541-444-8203.

Siletz Community Dental Clinic

Contact the Siletz Community Dental Clinic if you experience dental pain or a dental emergency. Staff will do everything they can to see you as soon as possible.

Morning check-in time is Monday-Thursday from 8:30-9 a.m. and Friday from 10-10:30 a.m.
Afternoon check-in time is Monday-Friday from 1-1:30 p.m.

Siletz Tribal Court Filing Fee/Copy Charge (Effective Jan. 1, 2016)

Adoption	\$50
Appeal, Filing Notice of	\$50
Audio Record (tape)	\$5
Copies, standard	\$.25 per page
Certified Copy	\$5 + \$.25 per page
Certified Copy Guardianship letter	\$5 + \$.25 per page
Fax	\$.25 per page
Civil Action, General	\$25
Collection	
Less than \$50	\$25
\$150 – \$399	\$50
\$400 or more	\$100
Contempt of Court	\$1,000
Dissolution	
Petitioner, Petition	\$125
Respondent, Response	\$125
Co-Petition	\$125
Election Challenge	\$250
Electronically stored case documents (hard copy)	\$3/each request
Emancipation	\$25
Guardianship, individual petition	\$50
Mailing Costs	Actual Cost
Marriage Application	\$50
Marriage Solemnization	\$50
Name Change	\$25
Small Claims, individual under \$2,500	
Petitioner	\$25
Respondent	\$25
Small Claims, individual over \$2,500	
Petitioner	\$50
Respondent	\$50
Vehicle Repossession	
Petitioner	\$75
Respondent	\$75