



Community Health Department

Find us on Facebook! Siletz Community Health Department



Greta Frey is our new Diabetes Program Director. She grew up in Eagle, Idaho and completed her undergraduate work at OSU in Public Health. She is a member of the Confederated Tribes of Siletz and the Aleut Corporation of Anchorage, Alaska. She recently graduated from OSU with a Masters of Public Health in Environmental Health.

Greta had the opportunity to conduct research at the University of Utah through the National Institute of Health's Native American Research Internship (NARI). She was the research assistant for the Lung Health Research Center where she investigated the immediate relationship of ambient air quality and signs of inflammation and oxidative stress in individuals with chronic obstructive pulmonary disease (COPD).

Greta loves to mountain bike, backpack, rock climb, hike and explore new places. She played collegiate lacrosse at OSU and currently plays on a post-collegiate team in Corvallis, Oregon (Go Bandits!). Greta looks forward to planning many fun events as the new Diabetes Program Director.

Events

August 11

U-Pick Peaches - Salem
Call Cecelia for more info
(503)390-9494

August 17 - 2:30-4:00

August 18 - 10am-4pm

Salem Area Office
Salmon smoking 2 - day class

August 19 3pm-7pm

Wellness Carnival
Sprung Center, Siletz

August 24: 11am-4pm

Portland Area Office
Picnic in the Park

August 25

Diabetes Talking Circle
Tillicum Fitness Center: 12pm

Seeking Elder Volunteers

The CARE Program is teaming up with Prevention to host a shawl making activity. We are looking for volunteers to teach shawl making to girls who will perform an honor dance at Restoration Pow-Wow, in honor of those suffering or lost to domestic violence.

Please call Dee Butler or Kira Woosley for more information.

Dee Butler:(541)444-9618 Kira Woosley:(541)444-9680

Transportation Guidelines

- Transportation is available for medical, dental, and limited prescription needs.
- Transportation services require at least 2 days notice, please schedule as soon as you are aware of the need.
- Service is on a first come first serve basis.
- Transportation services are offered as a last resort for those who have no other way to reach appointments.
- To make an appointment, please call:

(541)444-9633



Tillicum Fitness Center

Tai Chi: M & W 10:30-11:30am
Zumba Gold: T & Th 5:30-6:30pm
Sit and Be Fit: T, Th & F 10:00-11:00am
Pilates: M & W 5:15-6:15

CARE Program

Women's Wellness Group

Every Tuesday 5:30-7:00pm
Siletz Community Health Clinic - Yurt

*We will share stories and experiences,
promote overall wellness &
learn to heal from past trauma.*