



Community Health Department

Find us on Facebook! Siletz Community Health Department

Attention 11 county service area Tribal Members!

Do you have an upcoming hospital stay? Are you going in for a surgery? Will you need Durable Medical Equipment, such as a walker, commode, shower bench or other medical supplies? If you think you will need medical supplies after a hospital stay then you should contact your local Siletz Community Health Advocate.

Please contact your area's Health Advocate accordingly:

Siletz Area: Cynthia Druba – 541-444-9652

Salem Area: Cecilia Tolentino – 503-390-9494

Portland Area: Verdene McGuire – 503-538-1512

Eugene Area: Adrienne Crookes – 541-484-4234

Events

September 9

Recipes in a Jar Class

Portland Area Office: 10am-2pm

September 14

Salsa Canning Class

Eugene Area Office: 1pm-3:30pm

September 15

Indoor Herb Garden Class

Salem Area Office

September 28

Diabetes Talking Circle

Tillicum Fitness Center: 12pm

September 29

Diabetes Support Group

Eugene Area Office: 12pm

Seeking Elder Volunteers

The CARE Program is teaming up with Prevention to host a shawl making activity. We are still 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.