



Community Health Department

Find us on Facebook! Siletz Community Health Department

Meet our new Diabetes Program Director!



Chris Sherrod moved to Oregon from Colorado. He graduated with an undergraduate degree in school and community Health Education and minor in nutrition from Idaho State University. Chris recently graduated with a Masters of Public Health Degree from Creighton University. Chris

is joining the Siletz Clinic with a passion for helping individuals with diabetes and their families manage and maintain healthy lifestyles through education and advocacy. Chris' passion for diabetes took place when he was diagnosed with Type 1 diabetes in the spring of 2013. In his free time, Chris enjoys being in the outdoors, music, cooking, playing sports, hanging with his dog Nya, and spending time with friends and family.

Events

Wednesdays

Trauma Support Group
Siletz Clinic-Behavioral Health
5:30-7pm

May 4 & 18

Girls' Group
Siletz Health Clinic
6pm-8pm

May 25

Diabetes Talking Circle
& Luncheon
12pm—Fitness Center

Monthly Diabetes Luncheons

Join us on the last Thursday of each month for our diabetes luncheon. HAVE FUN learning about diabetes related topics such as: what do I eat, getting physical, diabetes and eye care, and getting the most out of your carbs.

29 Million Americans Have
NATIVE AMERICANS ARE 2.2
TIMES MORE LIKELY TO DEVELOP **DIABETES**

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 may need medical supplies after a hospital stay please contact your local Siletz Community Health Advocate.

Community Health Advocates:

Siletz Area: Rosie Monroe – 541-444-9613

Salem Area: Cecilia Tolentino – 503-390-9494

Portland Area: Verdene McGuire – 503-538-1512

Eugene Area: Adrienne Crookes – 541-484-4234



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

Trauma Support Group

Age 18 and up welcome

If you are looking for a safe and supportive place to share your story and begin to heal from past trauma, please come join us.

Wednesdays - 5:30pm-7pm

Siletz Health Clinic - Behavioral Health

Please call the CARE Program if you would like more information (541)444-9680