



Community Health Department



Are you a survivor of Sexual Violence looking for support?

Come join us for support and healing

Wednesdays at 5:30 PM

Location: CARE Consult Room (Clinic 2nd floor)

The goal of this support group is to give survivors a foundation to heal through self-care and understanding.

For more information call

Delina John

Siletz Tribal Sexual Assault Advocate

Phone: 541-444-9615

Cell: 541-270-5581

E-mail: delinaj@ctsi.nsn.us

Events

March 1 & 15

Girls' Group

Siletz Clinic - Behavioral Health

5:00-7:00 pm

March 7

Support Group for

Survivors of Sexual Violence

Siletz Clinic - Community Health

5:30-7:00 pm

March 29

Diabetes Luncheon

Tribal Community Center

12:00-1:00 pm

2018 NATIONAL POISON PREVENTION WEEK - MARCH 18-24

In 2015, America's 55 poison centers received over 2.8 million calls. Of those, about 2.2 million of which were about people coming into contact with dangerous or potentially dangerous substances. The rest were calls for information.

For tips and information, call your local poison center at 1-800-222-1222 or visit www.aapcc.org

Siletz Community Health Clinic Providers

Medical

Lisa Taylor, Medical Director

Dr. Jalien Dorris, Physician (Family Medicine)

Dr. Stephen Burns, Physician (Pediatrics)

Dr. Sean Rash, Physician (Pediatrics)

Tami Martin, (Family Nurse Practitioner)

On-call: Erin Carrington, (Physician Assistant Certified)

Dental

Dr. Jeremy Vistica, Dental Director

Dr. Gordon Stanger, Dentist

Teresa Carpenter, Dental Hygienist

Alison Noble, Dental Hygienist

Optometry

Dr. Lorene Stanger, Optometrist

National Nutrition Month Tips for eating right on a budget

- ⇒ Look for sales & plan meals accordingly
 - ⇒ Embrace whole grains & beans
 - ⇒ Plan & prep meals ahead
- ⇒ Buy fresh produce when it's in season & freeze it
 - ⇒ Don't be afraid to try new foods
 - ⇒ Keep an organized fridge & pantry
 - ⇒ Repurpose leftovers
- ⇒ Go to the Farmers market at the end of the day
 - ⇒ Cook & eat at home more often
 - ⇒ Make your own healthy snacks
 - ⇒ Pack your lunch

