

Siletz Community Health Clinic



We'll do everything possible to not only provide you with quality health care, but also to involve you in decisions about your health, and participate with you in developing and maintaining a healthy lifestyle for the future.



Monday - Friday 8am-5pm

Siletz Community Health Clinic offers comprehensive health care to ALL residents of Lincoln County. We accept Private Insurance, Medicare & Medicaid

Call the Clinic for more information
541-444-1030
200 Gwee-Shut Rd • Siletz, OR 97380

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

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 10:30-11 a.m. Afternoon check-in time is Monday-Friday from 1:30-2 p.m.

Patient portal now available at Siletz Clinic

The Siletz Community Health Clinic is thrilled to offer you a new feature – The Patient Portal! This is a convenient, secure online tool available 24/7 so you can:

- Exchange secure messages with your medical team
- Access your health record
- Search patient educational material
- View visit summary documents
- Send your health records to other providers

- Attach your dependents' medical information to your portal account

Parents and legal guardians can attach minor's medical information to their portal account. To do so, the parent/legal guardian must send a message request from their portal account or come into the clinic.

If you have any questions regarding the enrollment process, call our patient care coordinators at 541-444-1030 or 800-648-0449, Monday through Friday from 8 a.m. to 5 p.m.



Siletz Community Health Clinic PATIENT PORTAL Self-Enrollment

- 1 From your phone, tablet, or computer's web browser go to www.ctsi.nsn.us
- 2 Click on **Tribal Services**
- 3 Click on **Healthcare**
- 4 Click on **Patient Portal**

In the section "**Don't have an Account? Fill Out the Fields Below**" fill in your information, *skip the insurance section*, then complete the enrollment. Once your request is reviewed we'll send a verification email and you'll be ready to log on.

"IS MY ENROLLMENT INFORMATION SAFE?" YES! YOUR PORTAL SELF-ENROLLMENT INFORMATION IS VERIFIED AGAINST OUR PATIENT DATABASE. IF IT DOES NOT MATCH WE WILL CALL YOU USING THE PHONE# ON RECORD. Note: changes to email and other personal information must be made in person at the clinic, or through your portal account once the enrollment is complete.

Welcome to the Portal! Marci Muschamp, Health Director

Change in Siletz Clinic check-in times

The Siletz Clinic asks all patients with appointments to check in 15 minutes prior to your scheduled appointment time. This allows for any necessary paperwork to be completed prior to your appointment with your provider. Thank you!

Is your child dealing with a toxic burden?

By Nancy Ludwig, MS, RDN, LD,
Siletz Tribal Head Start Nutrition

As part of my role as consultant nutritionist to Siletz Tribal Head Start, I offer information for families. Children have it rough these days when it comes to toxic exposure. Unfortunately, part of Tribal trauma includes toxic exposures from unwanted pollution. Thank you to the brave Native voices that are speaking out on environmental concerns for the good of all peoples!

In addition to the environmental burden we face, the impact of toxic exposure is even greater for small children due to body size. I recently heard an interview with Elisa Song, M.D., holistic pediatrician, who explained that children who have constipation, dark circles under their eyes and/or chronic rash are likely experiencing a toxic burden (much like when the garbage disposal stops working).

To support children, their parents and the whole community, Dr. Song shares the following five points: It is important to get the right stuff in, to keep the wrong stuff out, nurture the gut-brain connection, prioritize life and chill out. I've added relevant Tribal issues to support and personalize this important message.

Getting the right stuff in includes a diet rich in whole unprocessed foods, organic foods or at least choosing organic for the produce listed as the dirty dozen by the Environmental Working Group.

Eat colorful foods, healthy fats and uncontaminated wild or free-range protein. Be sure to get adequate omega-3 essential fatty acids from fish oil that is free from heavy metals, Vitamin D3 and magnesium.

The list of produce that is necessary to choose organic because they have the highest pesticide residue includes the following – strawberries, spinach, nectarines, apples, peaches, pears, cherries, grapes, celery, tomatoes, sweet bell peppers and potatoes.

Drink enough clean water! A rule of thumb on how much water to drink for adults and older children is: Take your weight in pounds, divide it in half then strive to drink that number in ounces per day.

For example, a body weight of 128 pounds divided in half is 64, with the recommendation to drink 64 ounces of water per day. This is eight cups per day at 8 fluid ounces per cup.

For young children, the calculation is more complicated. Children age 4-8 are encouraged to drink at least five glasses of water per day. Size of the child is a factor (in addition to weather, personal health, etc.).

Keeping the wrong stuff out means avoiding pesticides in foods, pollutants in water, artificial flavors, preservatives, and dyes, heavy metals, plastics and other endocrine disruptors (chemicals that appear to cause early puberty, thyroid and other hormone problems).

Again, be sure the water you encourage your children to drink is clean and not polluted. Furthermore, the challenge is that not all wild foods forage on/in uncontaminated land and water.

Nurture the gut-brain connection is based on the idea that the happy child has a healthy, happy gut. Fermented foods are recommended as well as probiotic supplements.

When the gut is unhealthy, often there are sugar cravings, brain fog, tummy aches, diarrhea, constipation, gas or bloating.

Food sensitivities can also make your child sick with a wide range of symptoms, including abdominal pain, gas, diarrhea, constipation, bloating, brain fog, fatigue, irritability, anxiety, depression, behavioral problems, insomnia, headaches, joint pains, eczema, asthma – pretty much anything.

The most likely culprits are gluten, dairy and sugar. Additional common problems are found with soy, eggs, corn, citrus, peanuts and artificial dyes/flavors/preservatives/sweeteners.

Prioritizing a healthy lifestyle is a necessity for children. The acronym SOS helps us to remember: S-Slow down, O-Outside time, S-Sleep.

A hurried pace is stressful for us all, including children. Outside time in nature can relieve stress and help restore our center. Sleep is the time when our bodies repair and detoxify. Without adequate

sleep, we cannot maintain our health or recover from toxic burden.

Chill out acknowledges that we can't "make" our children happy, but we can teach them how to "create" happiness for themselves by learning to overcome obstacles, being proud of success and learning from failures, and embracing optimism and hope.

Mindfulness tools are invaluable for children to learn how to help themselves and gain confidence to handle stressors coming their way. Celebration is also an effective boost toward happiness.

As I state so often, I am pleased to notice that the dietary recommendations are, in fact, the same principles demonstrated when embracing traditional foods (and nutritional equivalents).

As the Head Start consultant nutritionist, I am available to support families by discussing nutrition-related concerns via telephone. There is no charge for Head Start families. Again, I express my deep gratitude to the brave Native people who are responding to the need for environmental justice and protection.

Additional resources

Dr. Elisa Song, M.D., Holistic Pediatrician: healthykidshappykids.com; Facebook: [fb.com/DrElisaSongMD](https://www.facebook.com/DrElisaSongMD)

Environmental Working Group: ewg.org/foodnews/dirty_dozen_list.php#. WqYeZZM-eqi