

Seeking Siletz Tribal members to join the Community Visioning Team



The Confederated Tribes of Siletz Indians is launching a collaborative community engagement process to gather valuable input for the next comprehensive plan. This comprehensive plan is the official document for guiding Tribal government and leadership through decisions they will make throughout the next 10 years.

We are seeking members to join the Community Visioning Team (CVT) to create the community engagement plan that will inform the comprehensive plan. Responsibilities include:

- Attending up to 6 meetings over the next 6 months (either in person or virtual) and associated tasks (the first meeting will be on Nov. 27, 2018, in the evening; location TBD with call-in/video option)
- Sharing your ideas and insights on how to engage the whole Tribal community
- Sharing the activities and outcomes of the CVT with the membership
- Holding the value of securing historical and future lifeways

Our goal is to have broad representation of up to 30 people from throughout the entire Tribal community – youth, elders, parents and more!

Nominate yourself or others by **Oct. 12, 2018:**

- Go to the Community Visioning Team website at <https://tinyurl.com/2018CTSI>
- Complete a Nomination Form at your Tribal area office
- Email Project Coordinator Shadiin Garcia at shadiin@thinkshorelines.com
- Call Project Coordinator Jeneen Hartley at 612-250-9949

Interested in joining or recommending someone to the Community Visioning Team? Sign up below!

Write the name of the recommended CVT person here:

What is their contact information (email and/or phone)?

Why would this person be a remarkable member of the Community Visioning Team?

What is your name?

What is your contact information (email and/or phone)?

Please return this completed form to your Tribal area office or submit to shadiin@thinkshorelines.com.

Siletz Clinic: No-show optometry patients must use walk-in clinic

In the Siletz Clinic's Optometry Department, after one no-show patients will not be able to schedule appointments for six months. Patients will have access to our walk-in clinic on the last Thursday of the month from 8:15 – 11:15 a.m.

Thursdays
Oct. 25
Nov. 29
Dec. 27

Patients will be seen on a first-come, first-served basis.

Donate to STAHS through Amazon Smile

Here's how you can donate to the Siletz Tribal Arts & Heritage Society (STAHS) painlessly and effortlessly. It's as easy as 1,2,3,4.

Thank you for supporting STAHS!

1. Go to Amazon.com.
2. In the Department drop down box, type Amazon Smile.
3. See Amazon Smile – You shop. Amazon Gives.
4. Follow the easy directions.

Head Start nutrition is a concern for the entire community

By Nancy Ludwig, MS, RDN, LD, Head Start Consulting Nutritionist

Did you know that Head Start has nutritional goals? Head Start is also required to have a nutrition consultant with credentials as a registered dietitian/nutritionist (RDN). I have been in that role since 2012. I have also been providing articles for Siletz News since 2013.

Because children are cared for and influenced by others, Head Start nutrition is a community concern. The connection between our health and what we eat also extends to the health of the entire community.

My nutritional messages often relate traditional foods with health. On a practical note, I usually include the concept of nutritional equivalents to feature economical foods that are available in grocery stores with preparation ideas for busy families. This month my focus is on how Head Start addresses child nutrition as well as how you and your family can benefit.

The nutrition requirements are communicated in five areas, each of which has

performance standards. Briefly the areas include the following:

- a. Identification of nutritional needs
- b. Nutritional services
- c. Meal service
- d. Family assistance with nutrition
- e. Food safety and sanitation

A variety of opportunities exist for staff and parents to discuss and identify each child's nutritional needs. This can include time during enrollment, a home visit or other meetings with the staff.

It is important that parents share the special nutritional and feeding requirements for children with disabilities and/or food sensitivities. The child's growth (height and weight) are measured and monitored. A registered dietitian (me) is available to support families with nutritional needs and concerns. This can happen at any time throughout the school year.

The nutrition program must serve a variety of foods that consider cultural and ethnic preferences and broaden the child's food experience along with meeting nutritional needs and feeding requirements for the children (including special needs).

If you have concerns about this, please contact the program or ask to speak to me.

In some cases, such as a food allergy, a doctor may need to verify the unique needs for your child before special arrangements are made. For 3- to 5-year-olds, the quantities and kinds of food served must conform to the recommended serving sizes and minimum standards for meal patterns recommended in the USDA meal pattern or nutrient standard menu planning requirements outlined for the program.

The foods served must be high in nutrients and low in fat, sugar and salt. Meals and snacks are appropriately scheduled and offered at consistent times.

Family-style meals are offered to contribute to the development and socialization of each child through offering a variety of foods at a table where children serve themselves with sufficient time to eat. Conversation is encouraged and food is not to be used as reward or punishment.

Please ask your children about their meals in school. These practices may work well to apply at home.

Family assistance with nutrition includes parent education activities and

opportunities for education on food preparation and nutritional skills. Previously this goal was met through classroom activities, family fun nights and/or parent meetings with the nutritionist up to twice per year.

Please express your interest if you would like more hands-on nutrition activities with a nutritionist. Articles in Siletz News are another form of nutrition outreach.

Following food safety and sanitation measures protects the health and safety of everyone. Tribal health inspectors, as well as the state, review and audit the program. Self-inspections are also conducted quarterly.

Siletz Tribal Head Start offers nutritional support at no cost to Head Start families. This usually occurs over the telephone. If you have questions or nutrition concerns about your Head Start child, please contact your teacher or the director and ask to speak to the nutritionist.

Furthermore, please let us know if you have concerns in any of the five nutrition areas, such as how well you think Head Start is able to meet the cultural and ethnic needs for traditional foods.