

Honoring Missing and Murdered Indigenous Women

As of April 2018 there were 2,501 cases of missing and murdered indigenous women and girls recorded in the US and Canada. This database is compiled and maintained by two dedicated Southern Cheyenne Sisters. Nearly 66% of the women and girls listed were murdered. 15% of the cases are related to domestic violence.

The CARE Program would like to offer Siletz Community members an

opportunity to add names and information of missing and murdered Siletz Tribal women and girls to this database. If you know of someone that is missing or murdered and would like more information on how to add their names to the database please contact the CARE program. You can also visit the website www.mmiwdatabase.com

The CARE Program offers trauma support groups and services.



If you have a missing or murdered loved one you would like to add to the MMIW database, please contact the CARE Program at 541-444-9680

We will have an honor dance at Restoration Pow Wow to honor missing and murdered indigenous women and survivors of domestic violence and sexual assault. You can show your support by wearing red, teal or purple.

NOVEMBER IS
NATIONAL
DIABETES
MONTH

WEAR BLUE EVERY TUESDAY TO SUPPORT NATIONAL
DIABETES MONTH!

REMEMBER TO HAVE YOUR 10 RECOMMENDED DIABETES CHECKUPS!

10 checks
Every
Diabetic Should
Get!

1. A-1-C blood glucose (blood sugar) test (This lab test should be done every 3 to 6 months. It is different from blood testing you do yourself. The A-1-C tells what your blood glucose has been during the last few months.)
2. Blood pressure (at every office visit)
3. Blood test to measure "good" cholesterol, "bad" cholesterol, and triglycerides in your blood (once a year)
4. "Dilated" eye exam to see if the blood vessels inside your eye are healthy (once a year)
5. Urine test to see if your kidneys are healthy (once a year)
6. Complete foot exam to see if the blood circulation, nerves, and skin in your feet are healthy (a complete exam once a year, a brief foot exam at every office visit)
7. Exam of your gums and teeth (every 6 months)
8. Weight (at every office visit)
9. Flu shot (at the beginning of flu season every Fall)
10. Pneumococcal vaccination (ask your doctor if you need it)

ARE YOU UP
TO DATE?

To schedule an appointment for your
examinations contact the clinic at:

541 514-444-1030