

NEW SERVICES AVAILABLE

Mental Health Services & Life Alert

Mental Health Services

➤ What services are available?

- Counseling Services – individual or family
- Psychiatry Services
- Psychology Services
- Up to 8-visits annually (more if medically necessary)

➤ Who's eligible?

- Siletz Tribal members eligible for Purchased/Referred Care (PRC), formerly Contract Health Services (CHS)

➤ How do I get benefits?

- Call PRC at 800-628-5720 or 541-444-9648 to speak with Rhonda Attridge, PRC Tech I.

- Prior to making an appointment with a provider – confirm the provider will accept PRC as payment.
- Benefits are limited, first-come, first-served.

➤ What you need to know:

- After calling PRC for benefits, the patient will receive a letter with program details. The letter also provides information that the patient can give to their provider for payment processing information.
- You will not be required to use other resources first. This will allow you to go to a provider who does not accept Oregon Health Plan/Medicaid or your private insurance.

- Enrolled Tribal member eligible for PRC
- Work with CHA to determine need and apply for local services

➤ Steps to get Life Alert:

- Contact your local CHA –
- The CHA will determine if you meet the criteria for Life Alert (examples: live alone, health condition, etc.)
- The CHA will assist you in applying for Life Alert at no cost through community options. If you do not qualify for Life Alert at no cost, the Siletz Community Health Clinic will cover the cost.

➤ You can reach the community health advocates at:

- Siletz – Amy Garrett or Hannah Glaser at 541-444-1030
- Salem – Cecilia Tolentino at 503-390-9494
- Eugene – Adrienne Crooks at 541-484-4234
- Portland – Verdene McGuire at 503-238-1512

Life Alert

- Please contact your local community health advocate (CHA) if you think you or another Tribal elder could benefit from Life Alert.
 - Eligibility Criteria:

Siletz Tribal Behavioral Health Programs

Prevention, Outpatient Treatment, and Women's and Men's Transitional

Siletz: 800-600-5599 or

541-444-8286

Eugene: 541-484-4234

Salem: 503-390-9494

Portland: 503-238-1512

Narcotics Anonymous Toll-Free Help Line – 877-233-4287

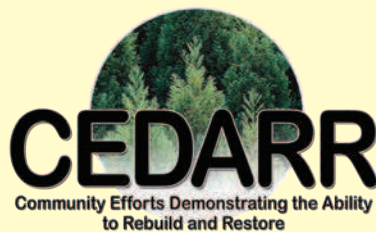
For information on Alcoholics Anonymous: aa-oregon.org

CEDARR

Community Efforts Demonstrating the Ability to Rebuild and Restore

Mission Statement

We will utilize resources to prevent the use of alcohol and other drugs, delinquency and violence; we will seek to reduce the barriers to treatment and support those who choose abstinence.



July 3 • Noon

**Siletz Community Health Clinic
200 Gwee-Shut Road, Siletz**

Siletz Swims

The Siletz Community Health Department invites you to join us at the Greater Toledo Pool; to take advantage of the health benefits of swimming. We have reserved the Greater Toledo Pool for the exclusive use of adult Siletz Tribal members. Our reserved time is from **noon to 1 p.m. every other Tuesday. Reserved dates are:**

**Tuesday, July 16
Tuesday, Aug. 6**

**Tuesday July 30
Tuesday, Aug. 20**



There is no charge to swim during these reserved dates and times. You do not need to preregister; just check in with pool staff and let them know you are a Siletz Tribal member. **You must be age 18 or older.**

There is no formal class or instruction; we are free to move and exercise as we please. Lifeguards are on duty and swim floats and kickboard are available.

For more information, contact Amy, community health advocate I, at 541-444-9652 or Hannah, community health advocate I, at 541-444-9613. Transportation is provided to Tribal elders who have no other transportation available.

Health Benefits of Swimming

Swimming is an ideal workout, mainly because it presents little risk of injury and is low impact. Water exercises work out all muscle groups in the body. Here are just a few of the health benefits swimming offers:

- ❖ Improves heart health. It will also lower your blood pressure, improve your circulation and help reduce the risk of heart and lung disease.
- ❖ Easy on the joints for those who suffer from joint pain and discomfort. It's a full-body workout that keeps the pressure off your hips, knees and spine.
- ❖ Swimming can improve bone mineral density (BMD), which will help fight osteoporosis.
- ❖ Increases flexibility – the act of swimming can increase flexibility in your hips, legs, arm and neck. It can also help improve your posture and alleviate back pain.
- ❖ Improve muscle strength and tone – swimming is a great form of resistance training and can help improve your muscle strength.
- ❖ Swimming is a great way to reduce stress levels and boost your mood.

**Siletz Community
Health Department**

CONFEDERATED TRIBES OF SILETZ INDIANS ANNUAL NESIKA ILLAHEE POWWOW

August 9th - 11th, 2019

**Pauline Ricks Memorial Pow -Wow Grounds
Government Hill, Siletz, OR**



Thursday, Aug 8th
Royalty Pageant - 6 PM

Friday, Aug 9th
Memorial / Giveaways

Noon to 5 PM
Presentation of Crowns 6 PM
Grand Entry - 7 PM

Saturday, Aug 10th
Parade - 10 AM
Dance competition

Points Awarded for Parade participation
Grand Entry - 1 PM & 7 PM

Sunday, Aug 11th
Grand Entry - 12 PM
Salmon Dinner

Following Grand Entry

Categories

Golden Age / Adult | \$600, 500, 400, 300, 200

Teen | \$300, \$250, \$200, \$150, \$100

Youth | \$150, \$100, \$75, \$50, \$25

(Teen & Youth Preliminaries Occur Friday Night)

Specials

- Team Dance
- Women's Basket Cap Special (Open)
- Round Bustle (Open)

All Dancers & Drummers Welcome

(Drummers, please bring your own chairs)

Alcohol & Drug-Free Event | All are welcome to Attend!

Vendor registration is required. Camping fee \$25; \$5 pet fee / per pet (camping area) Camp Grounds open Thursday at 7 AM For more information call: 800-922-1399 Buddy Lane Ext. 1230

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