



Siletz Community



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 1:00pm; every Tuesday**. Reserved dates are:

January 7th	January 14th	January 21st
January 28th	February 4th	February 11th
February 18th	February 25th	March 3rd

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 18 years of age or older**. There will be 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 please contact: Amy, CHA II at 541.444.9652 or Hannah, CHA I at 541.444.9613. Transportation is being provided to Tribal Elders that have no other transportation available.

Events

Every Wednesday
Youth Game Night
Siletz Valley Library
4:00 - 6:00pm

Every Wednesday
Women's Trauma Support Group
Behavioral Health Group Room
5:30 - 7:00pm

Every Thursday
LGBTQ Safe Space for Youth
Siletz Clinic Yurt
3:30 - 5:00pm

January 15th
FREE HIV Testing
Siletz Clinic - Shell Room
1:00 - 3:00pm

January 23rd
Wellness Luncheon
Tribal Community Center
12:00 - 1:00pm

Happy New Year

As we start off the New Year (2020), many people will make resolutions. Whether it's exercising, eating healthier, taking a vacation, going back to school, to quit smoking, etc. Many of these resolutions will require a change in lifestyle, for example; eating more fruits and vegetables, working on portion control during meals, start going to the fitness center or incorporating more physical activities into your routine.

If you are looking at quitting smoking, here are a few tips to help with your success:

1. Make a list of reasons on why you want to "quit smoking".
2. Choose a method whether it be "cold turkey", "tapering", using a app or a texting program, nicotine replacement therapy (NRT's). There are several methods, if you need assistance or have a question, contact the Tobacco Prevention Coordinator at 541-444-9682.
3. Set a quit date. Pick a day that works for you, not a day that will be too stressful. Write it down and commit to it.
4. Let your family and friends know that you are quitting and ask them to support you on your new journey. Let them know that you may need to contact them when your going through a rough time.
5. Reward yourself. Use the money that you will save on cigarettes and treat your self to the new you. You can buy yourself something small and frequent, or save up and get something nice. **You deserve it.**

Cancers associated with commercial tobacco use for January

Cervical Cancer: Cervical cancer occurs when the cells of the cervix grow abnormally and invade other tissues and organs of the body. When it is invasive, this cancer affects the deeper tissues of the cervix and may have spread to other parts of the body (metastasis), most notably the lungs, liver, bladder, vagina, and rectum.

There are two main types of cervical cancer: squamous cell carcinoma and adenocarcinoma. Each one is distinguished by the appearance of cells under a microscope.

Squamous cell carcinomas begin in the thin, flat cells that line the bottom of the cervix. This type of cervical cancer accounts for 80 to 90 percent of cervical cancers.

Adenocarcinomas develop in the glandular cells that line the upper portion of the cervix. These cancers make up 10 to 20 percent of cervical cancers.

Commercial Tobacco Quitline 1-800-QUIT-NOW
AI/AN Line now available (option 7) 1-800-7848-663