



Domestic Violence Awareness Month 2020

Show your support for survivors of Domestic Violence by displaying a "In this house we believe women are sacred" yard sign or a "A Siletz Auntie Lives Here" window cling! Contact CARE for more information 541-444-9680

The Auntie Way

Join the CARE Program in reading *The Auntie Way*, by Michelle M. Jacob. This book is a collection of stories about the lessons and love aunts teach us. Read along with us and join us for a discussion on **October 21 at 5:30 via Zoom**. Contact the CARE Program to get your copy of the Book.

Use the coloring sheet below - *be sure to use some purple in there when you color it* - and send a picture of your masterpiece to the CARE Program via email by **October 9th** for your chance to win a prize!

Coloring Contest

Art Contest

Use your favorite art form (beading, sketching, painting, sewing etc.) to create an art piece that includes a purple bear paw in honor of Tillie Black Bear who was known as the Grandmother of the Battered Women's Movement and dedicated her life to the safety of Indigenous women. Submit a photo of your art to the CARE Program by **October 23**.

Do you have an Auntie who has helped you through your life? An Auntie who has shared wisdom, love, support and kindness? An auntie who has shared life lessons, laughter, and tears with you? Would you like to share a story of your beloved Auntie? Submit your story to the CARE Program. Your story may be chosen to be shared at a gathering on **October 28 at 5:30 via Zoom**

Auntie Stories

Decorate for DVAM



Submit a photo of yourself wearing purple on **October 14** to be entered into a drawing to win a prize. We would love to see some fun and creative purple outfits!

Wear Purple & Win

All photos and submissions can be sent to Kira Woosley via email: kiraw@ctsi.nsn.us - remember to look for more event info on the Siletz Health Clinic Facebook page

October is Breast Cancer Awareness Month

Breast cancer is the most common cancer found in women worldwide. During the month of October it is important to raise awareness and honor those who have survived or passed on. Check out the American Indian Cancer Foundation website for more information about the Pink Shawl project!

Mammograms are the best way to find breast cancer early, when it is easier to treat.

Screening Guidelines:

- Women ages 40-44 have the option to start screening once a year
- Women ages 45-54 should have a mammogram once a year
- Women ages 55 and older have the option to screen every two years

Did you know that the word "breast(s)" in Athabaskan is ts'uu-i'. Be sure to check out the infographic below to learn more!

