

Siletz Community Health Clinic adds services amid COVID

(Subject to change without notice due to local COVID-19 outbreak)

Please call the clinic for current available services as things change rapidly and we may offer more or fewer services depending on COVID-19's impact in the community.

Current services being offered are listed below along with some answers to questions we've been asked.

Available Services

Medical/Lab – Visits are available by phone, video and in person. Alternative care services – OMT, massage and acupuncture – will be available on a limited basis. Please call your medical team to discuss any concerns.

COVID-19 – If you think you have been exposed to someone with COVID-19, please call the clinic and we will discuss self-isolation guidelines and determine if you meet criteria for testing. The clinic does provide COVID-19 testing.

Optometry – Optometry is resuming routine eye care and exams in addition to emergency visits. Visits will be limited due to ongoing safety concerns. The

department will schedule appointments one week at a time.

Medication Assistance Therapy (MAT) – Visits are available by phone or video.

Behavioral Health (A&D counseling/mental health counseling) – Visits are available by phone or video and in person when needed.

Pharmacy – Continues to provide services. You can pick up your medication curb-side at the clinic or your medication can be mailed to you. Delivery services are also available in the Siletz community.

Dental – Dental is resuming routine dental care but with limitations. Some procedures will require a pre-COVID test. For emergency services, you must call the dental department to discuss your dental concern. The department will schedule appointments one week at a time.

Community Health – Continues to support members in navigating resources during the pandemic. For additional information, follow Community Health @ 'Siletz Health Clinic' on Facebook.

Purchased/Referred Care – Is providing PRC numbers and processing claims. Staff is working altered/reduced hours, so please call again if you do not receive a call back as staff may be out.

Q&A

1. Can I bring someone to my appointment? Only the patient is allowed in the clinic (any type of visit) unless a minor child or patient needs a caregiver.
2. Will I be able to speak with the pharmacist when I have a new medication? Yes, the pharmacist will bring your new medication to you or you may choose to call for counseling.
3. Do I have to wear a mask? Yes, you must wear a mask at all times while in the clinic AND you must wear it properly. Teleservices are available if you're unable to wear a mask.

We thank you all for doing your part in overcoming the pandemic and doing your best to keep us all healthy and safe. We're all in this together.

CTSI Jobs

Tribal employment information is available at ctsi.nsn.us.

Note: "Open Until Filled" vacancies may close at any time. The Tribe's Indian Preference policy will apply. Tribal government will not discriminate in selection because of race, creed, age, sex, color, national origin, physical handicap, marital status, politics, membership or non-membership in an employee organization.

CTSI constantly is looking for temporary employees to cover vacancy, vacations, maternity leave and extended sick leave. If you are looking for temporary work that can last from 2-12 weeks, please submit an application for the temp pool.

For more information about the Siletz Tribal Arts and Heritage Society, visit siletzartsheritage.org.

Adapting Indigenous foodways can help provide contemporary self-care today

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

The impact of the COVID-19 pandemic brings to light many injustices that place increased risk on specific populations. In my role as consultant nutritionist to Siletz Tribal Head Start, I offer information for families. Today's topic addresses "ancestral justice" as we seek ways to support health and resilience with foodways that work.

Chef Nephi Craig presented *Indigenous Foodways: Adapting to Change* as part of the Annual Conference on Native Nutrition. This can be found on YouTube at youtube.com/watch?v=uxHV6ylliHg. In this video, Chef Craig shared an in-depth look at Indigenous foods as a professional practice with ancient roots that translates to contemporary self-care in everyday life.

He shared introductory information about Indigenous foodways to expand food vocabulary and to make informed healthy purchasing decisions amid the pandemic. In a culinary demonstration, he showed how to prepare a winter version of Three Sisters, a dish of corn, beans and squash.

For this version of the Three Sisters dish, he used equal parts butternut squash (cubed and sautéed in light olive oil), corn (raw corn cut from the cob) and cooked kidney beans. He also prepared kale (without stems) fresh garlic (rough chop), chili flakes and red pepper slices.

Greens were wilted in the fry pan with oil and garlic coating the leaves. A touch of water was added to allow greens to steam and wilt (color changed brighter) on high heat until water is eliminated. Greens were seasoned with chili flakes, kosher salt and cracked black pepper.

He warmed the Three Sisters and seasoned at the end with salt and pepper, plus rounds of red peppers. Then he served

this indigenous food on a bed of greens with the squash, corn and beans over it. A squirt of lemon juice brightened the flavors to avoid too much salt.

Chef Craig stated, "Cooking is a life skill and relationship-building." This includes relationships of all types, such as landscape, place and food ingredients.

During this pandemic, when people are living in close quarters with limited restaurant dining, he encouraged all to seek relationships in the kitchen by observing how food ingredients respond while working with them. For example, how does kale change with heat and touch or cutting?

Observe how you respond and relate to the experience. Allow the ingredients to inform you, because they will not lie. This is the true narrative with the psychological, intellectual and spiritual aspects of nutrition that we so desperately crave right now.

Furthermore, he explained that we must look back in order to look forward with adaptation. Looking back, we see that the companion planting relationships of corn, beans and squash have relationship with each other and with the soil. Each ingredient relates with the others to complement available nutrition.

These companion plants relate to us as we grow, harvest, prepare, consume and enjoy them at a deeper nutritional level. Chef Craig described the Three Sisters (corn, beans and squash) as an "entry level" demonstration of Native foods, long before the culinary trauma from colonization. An example of looking forward with adaptation includes the idea that it really can be OK to cook Indigenous foods in an automatic cooking pot.

Systemic colonial violence is seen in many ways impacting health and resilience across generations carrying collective trauma. Boarding schools became like concentration camps that later gave way

to the USDA food commodity program, providing foods that are not traditional. The availability of USDA flour and oil is how Indian fry bread became a cultural food that is now associated with the rise of diabetes and other chronic health issues.

Chef Craig used the following dictionary format to define ancestral justice. "Ancestral justice: (living action verb) (n.,adj.), a term used by Indigenous peoples engaged in Indigenous resurgence through 'restorative indigenous food practices' to articulate genetic/biological messages of dignity and resiliency transmitted through living human fractals. Ancestral justice is directly connected to ancestral memory and the restoration of balance in Indigenous life-ways. Example: 'Living a good life of integrity while activating ancestral knowledge in life on the Red Road.'"

He was clear to say that we start with foods that are accessible and move from there. I've referred to these as "nutritional equivalents." He expanded the food-as-medicine concept to state that food contains information.

Think of each seed and what it contains. Growing Indigenous cultivars is essential because they are the carriers of knowledge, the carriers of data like a SIM card or data chip programmed with the sun.

In his conclusion, he shared that if we are going to let Indigenous food sovereignty take root, the ethical solution is based on action and intelligent coexistence. He encouraged us to watch his film *Gather*. The trailer can be found at youtube.com/watch?v=BfSGB-aSo6A.

He encouraged home cooking as an act of self-care by making time to cook something new and choosing to see things differently. He reminded us to continue to keep safe, wash hands and wear a mask.

Similar views were shared by Jennifer Nez Denetdale, Ph.D. (Diné) in her talk *The Navajo Nation and the COVID-19*

Pandemic held Jan 9, 2021. This is available on the YouTube channel for Amerind Museum.

Dr. Denetdale shared that colonial violence is real. There is historic culinary trauma and we are looking at Indigenous resurgence that is micro-regional.

Food distribution has been used systemically as a political tool through "policy." Advocates are needed in the legal system to change policy. Leverage is needed to reclaim food sovereignty.

Food sovereignty is the ability of an Indigenous nation or community to control its own food system and food-producing resources free of control or limitations put on it by an outside power (such as a settler/colonizer government).

She also emphasized the importance of restoring and mending relationships (history, landscape, family, etc.). Her point was that the "monster" of colonial violence is what leaves Indigenous populations so vulnerable to COVID-19.

Relationships are also echoed in the Native Gathering Garden project in Portland, Ore., by creating and reclaiming relationship with land for holistic sustainability and restoring a landscape as part of healing ourselves.

The mission of the Cully Park Tribal Gathering Garden is to provide the Portland Native community and Tribes whose ceded land includes the Cully Park site with a place to commune, cultivate Indigenous foods and materials for cultural practices and traditions, and restore the associated knowledge, skills and ethics.

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