

CTSI Client Services Survey

The CTSI Internal Audit Department is conducting a customer service survey of clients who have received or attempted to receive services from the following:

- Siletz Community Health Clinic (Medical, Dental, Purchased/Referred Care)
- CTSI 477 Self-Sufficiency Program (Temporary Assistance for Needy Families (TANF), Emergency Assistance, General Assistance, Home Visiting)
- CTSI Elder Services (Transportation, In-Home Assistance, Meal-Site)
- Siletz Tribal Housing Department (Rental Assistance, Low-Income Home Energy Assistance Program (LIHEAP), Emergency Housing)

If you have had any interaction with these services since January 2021 and are willing to take a short survey to answer questions regarding your experience, please scan the QR code or go to the URL below by March 31, 2022.

If you would like a paper copy of the survey, please leave a message at 541-557-4219 with your name, phone number and mailing address.

<https://www.surveymonkey.com/r/CTSIclientFeedback>



USDA distribution dates for March

Siletz			Salem		
Tuesday	March 1	9 a.m. – 3 p.m.	Monday	March 14	1:30 – 6:30 p.m.
Wednesday	March 2	9 a.m. – 3 p.m.	Tuesday	March 15	9 a.m. – 6:30 p.m.
Thursday	March 3	9 a.m. – 3 p.m.	Wednesday	March 16	By appt only
Friday	March 4	9 a.m. – 3 p.m.			
Monday	March 7	9 a.m. – 3 p.m.			

Sammy Hall, USDA Program Director
541-444-8279, sammyh@ctsi.nsn.us
Fax: 541-444-8306 or 503-391-4296

LIKE us on Facebook at Siletz Tribal FDPIR. We would like to see more people sharing their recipes on our Facebook page.



CTSI Jobs – 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.

2021/2022 HUNTING/FISHING/GATHERING INCENTIVES

- Reminder to all Siletz Tribal members: Please report all harvests of deer, elk, salmon and shellfish to the Natural Resources Department. The name on the tag/permit will be submitted into a drawing after the seasons end and could receive one of the following Cabela’s gift card incentives.

HUNTING INCENTIVES

\$100 ~ \$75 ~ \$50
CABELA’S GIFT CARDS

FISHING INCENTIVE

\$50
CABELA’S GIFT CARD

SHELLFISH INCENTIVE

\$50
CABELA’S GIFT CARD

Please report all harvests to:
Mike Kennedy
541-444-8232
mikek@ctsi.nsn.us
or
Denise Garrett
541-444-8227
deniseg@ctsi.nsn.us

Strong bones are built in childhood through good nutrition, exercise, lifestyle

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

Osteoporosis is a pediatric condition that manifests in adulthood. It doesn’t start in old age. Strong bones must be built in childhood and in today’s world that isn’t always simple. In my role as consultant nutritionist to Siletz Tribal Head Start, I offer nutrition information for families.

Nutrition plays a role in building strong bones early in life and then maintaining bone health to avoid osteoporosis. This means attention to what we eat, as well as what to avoid. Bone health is also impacted by lifestyle and environmental factors.

According to Dr. Sheila Kilbane, pediatrician, some of the biggest factors in creating strong bones include: 1) exercise; 2) adequate calcium; 3) Vitamin-D; and 4) Vitamin-K. She explains that exercise, or physical weight-bearing activity such as running, jumping and playing, are at the top of her recommendations for her pediatric population.

The nutrients calcium, vitamin D and vitamin K are big players in strong bones, but not the only nutrients. Calcium is one of many minerals that make up bone structure. Vitamin D helps with calcium absorption in the GI tract and it supports our immune system.

Vitamin K plays a critical role in making sure the calcium goes into your bones rather than to other unwanted locations, possibly causing kidney stones, osteoarthritis in joints or arterial plaque in blood vessels. Vitamin K and other important minerals are easily available from eating green leafy vegetables.

Dr. Kilbane authored a book, *Healthy Kids Happy Moms*. She devoted one chapter to rethinking dairy, where she discusses science vs. marketing.

Over the years, she had many young

patients with eczema, ear infections, asthma, chronic runny noses, constipation and other inflammatory conditions. Many had dark circles under their eyes, were mouth breathers and had bumps on the back of their arms. She observed that these conditions often improved, or cleared up, with avoidance of milk and dairy foods.

To be sure that her young patients could still grow strong bones without dairy foods, she delved into research. She learned that dairy and bone health are not synonymous.

She discovered that diets rich in plant sources of calcium such as dark leafy greens, beans, almonds, sesame seeds, pumpkin seeds, broccoli, non-dairy milk and other mineral-rich foods were very supportive for bone growth. In addition to plant foods, canned sardines, with the bones, are also a good calcium source.

She does not state that all children need to avoid dairy. She noticed, however, that when children consumed 2-3 cups of milk per day, it was filling and often crowded out other nourishing foods. She recommends that children drink mostly water and up to 8-10 ounces of milk (dairy or non-dairy).

Calcium supplements are tricky because of the other factors needed. It isn’t just about consuming nutrients. They also need to be absorbed and find their way to your cells for benefit. It’s best to focus on food for your needed calcium.

I would like to highlight that milk is not a traditional indigenous food (after breastfeeding) and for this reason it may be important to carefully evaluate the consumption of dairy foods to determine whether it is the best route to strong bones.

When children eat diets rich in vegetables with leafy greens and fruits, there are added benefits. They often poop better, feel calmer and sleep better. A nutrient-dense diet with vegetables, fruits and modest animal protein is associated with bone health.

Beans and greens are a budget-friendly way to eat calcium-rich. Green smoothies can help form a good habit of eating greens. See recipe ideas below.

Vitamin D is actually a hormone and it needs cofactors (other buddy nutrients, such as vitamin K and magnesium). It is important to check vitamin D levels periodically. This is a blood test and research is finding that 55 ng/ml is optimal vs. 30 (the low end of the normal range).

Furthermore, there seems to be an association with more positive COVID tests for people with lower vitamin D levels and less COVID in individuals with levels of 55 ng/ml.

Vitamin D is found in three categories: sun, food and supplements. Sunlight is an important source. Because sunscreen and sunglasses block vitamin D, however, some direct skin exposure is necessary. One recommendation is 15-30 minutes of sun, without sunscreen and without burning.

When sun is in limited supply, such as in during winter, supplementation is recommended. For children, Vit-D-3 drops in oil tend to be a good choice.

Not many foods are high in vitamin D. Sources include oily fish such as salmon, herring, swordfish, tuna fish and sardines, as well as cod liver oil. There is concern about contamination of many fish sources. Vitamin D is also found in egg yolks, liver, products fortified with vitamin D and mushrooms (but only sun dried, not fresh).

In review, major food sources for calcium – vitamins D and K, plus the important cofactors (buddy nutrients) of magnesium and trace minerals – can be found by adopting diets high in plant foods, especially leafy greens. It is important to focus on including calcium-rich plants, seeds and nuts, as well as protein foods.

It is recommended to drink water most often and to limit milk and/or non-dairy replacements to 8-10 ounces per day once a

child is weaned from breast milk or formula and is consuming foods. Consider family mealtime questions – What are the bone-building foods in this meal? What did you do today to help grow strong bones?

In next month’s article, I will continue this bone health topic by addressing important hazards to growing strong bones and healthy tips.

Please know that 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.

Cannellini Beans and Greens Soup

1 quart broth, salted (chicken or vegetarian)
1 can cannellini beans (white beans)
1 medium carrot, thinly sliced, or ½ cup frozen vegetables (optional)
¼ cup leeks, thinly sliced with leafy tops
1 cup greens, chopped (choose from combination of Swiss chard, beet tops, kohlrabi, collard, kale, mustard, parsley, etc.)

Heat broth, carrots, leeks and chopped greens until carrots and greens are tender. Add canned white beans. Serve warm.

Pear-Kale Green Smoothie

3-4 ripe pears (option: add handful raspberries to change the green color to red)
4-5 leaves of kale (could also add a handful of mint leaves)
1-2 tablespoons chia seeds, presoaked (optional)
Water up to 1-quart level

Add all ingredients to blender, secure lid and blend until smooth. Serve for breakfast with toast and nut butter or egg.