

Siletz Home Visiting can help you form healthy habits with your young children

Help your child form healthy habits from an early age. Habits formed early in life are more likely to continue into adulthood. Here are a few ideas:

- Oral health care – From birth until they get their first tooth, wipe your baby’s gums with a wet washcloth. Once they have their first tooth, brush with a soft toothbrush with a small amount of fluoridated toothpaste (no bigger than a grain of rice).
- Healthy drink choices – Babies only need breast milk or formula for the first six months of life. After six months you can give some water to your baby if needed. Avoid sweet sugary drinks. If babies are given sugary drinks when they are young, they may prefer them over water as

they grow. It is best to avoid fruit juice until your child is 1. Even then it is recommended to give only small amounts. Juice lacks the fiber found in whole fruit, so it’s sweeter and less nutritious. Fruit is a better option than fruit juice.

- Be a role model. What your children see you doing, they are likely to do as well. Here are some examples of things you can do:
 - Take care of yourself, your health and your mental health.
 - Make healthy food choices.
 - Move and exercise regularly.
 - Be safe – wear a seat belt, a helmet when riding a bike, etc.
 - Avoid alcohol and drugs.

- Set goals and stay on target for reaching them.
- Have a routine for you and your family to provide predictability and stability.

11-county service area and meet eligibility criteria. Our program provides parenting and life skills for successful and positive parenting. We use a culturally sensitive curriculum developed by the Johns Hopkins Center for Indigenous Health.

If you’re expecting a baby or have a baby under 1 year ...

If you have questions about how to care for your little one ...

If you’re interested in gaining skills for successful and positive parenting ...

Home Visiting may be just right for you!

We serve federally recognized and Alaskan Native families who live in our

For more information

- * Siletz & Coast Range – Kelley Ellis, 541-444-8222 or 800-922-1399 ext. 1222, Kelleye@ctsi.nsn.us
- * Salem, Portland & Surrounding Areas – Lori Christy, 503-390-9494, loric@ctsi.nsn.us
- * Eugene & Surrounding Areas – Cathy Ray, 541-484-4234, catheriner@ctsi.nsn.us

Ortho screenings for braces

2023 June 15-16 8:30 a.m. - 4:30 p.m.

Siletz Community Health Clinic



Ortho screenings are by appointment only. Call 541-444-9681 to schedule.

Open to CHS eligible Siletz Tribal members of any age (can't be in braces currently or have been in braces before)

PRC process for getting hearing aids

Purchased/Referred Care (PRC) has collaborated with Costco Hearing Aid Centers to purchase hearing aids for Siletz Tribal members regardless of where the referral is made for a hearing evaluation. Purchasing hearing aids at Costco will stretch PRC funding, allowing for more services that will benefit you and all Siletz Tribal members.

Once you have your hearing evaluation and referral for hearing aids, you'll need to make a request for the Gatekeeping Review Committee to approve the first pair. Once approved, you will be sent an approval letter and a copy of the protocol for purchasing hearing aids. Hearing aids can be purchased every three years.

Contact PRC at 541-444-9677 for more information.

USDA distribution dates for June

Siletz			Salem		
Friday	June 2	9 a.m. – 3 p.m.	Tuesday	June 13	1:30 – 6:30 p.m.
Monday	June 5	9 a.m. – 3 p.m.	Wednesday	June 14	9 a.m. – 6:30 p.m.
Tuesday	June 6	9 a.m. – 3 p.m.	Thursday	June 15	By appt only
Wednesday	June 7	9 a.m. – 3 p.m.			
Thursday	June 8	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 FB page.



Tipi Drawing

Name: _____

Address: _____

Phone: _____ Roll#: _____

For Siletz Tribal members to use during the Nesika Illahee Pow-Wow on Aug 11-13, 2023. One entry per household. Must be a Siletz Tribal member to enter.

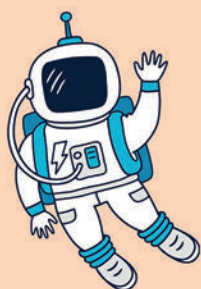
Deadline for entries is June 9, 2023. Names will be drawn soon after the deadline. Return the form to Siletz Pow-Wow, Attn: Tipi Drawing, P.O. Box 549, Siletz, OR 97380-0549. Applications are located on the Tribal website under the Pow-Wow tab – <https://www.ctsi.nsn.us/heritage/pow-wow/>.

Note: You do not win the tipi. The drawing is only for a stay in the tipi over pow-wow weekend.

CTSI VIRTUAL CULTURE NIGHTS

Upcoming Dates:

June 7 at 6 pm: Nee-dash



IN PERSON CULTURE NIGHTS

Upcoming Dates:

June 11 at 12 pm: Maple Bark (Valley)

June 12 at 5 pm: Maple Bark (Siletz)

Exact locations TBA. Depending on the season, plan to either harvest and prepare maple bark for processing or process already harvested bark. Email or call for more details

Sponsored by the Education and Culture Departments

Contact Nick Viles at nickv@ctsi.nsn.us or 541-484-4234 x1757 to sign up

Most Often Requested Numbers

Confederated Tribes of Siletz Indians – 800-922-1399	Siletz Community Health Clinic – 800-648-0449
Salem Area Office – 503-390-9494	Siletz Behavioral Health – 800-600-5599
Portland Area Office – 503-238-1512	Chinook Winds Casino Resort – 888-244-6665
Eugene Area Office – 541-484-4234	Chemawa Health Clinic – 800-452-7823
Purchased Referred Care (PRC) – 800-628-5720	Bureau of Indian Affairs – 800-323-8517
Tribal Veterans Rep – 541-444-8330 or 541-270-0569	Website – www.ctsi.nsn.us