



Siletz Community

Find us on Facebook! Siletz Community Health Department

Scan QR code with your phone, this will pull up calendar of events from CEDARR

CULTURE IS PREVENTION

1-800-QUIT-NOW
AI/AN Line Now Available

- 1 on 1 Counseling
- Nicotine Replacement Therapy
- Creating a Personalized Quit Plan
- Quit Kits to help you get started
- 24/7 Support, 1-800-QUIT-NOW (1-800-784-8669)

If you're interested in quitting commercial tobacco products please contact Alex Harding at 541-444-9682 or email at AlexH@ctsl.nsn.us for free support services.

**SILETZ
CEDARR COMMUNITY
EVENTS CALENDAR**

What has the CARE Program has been up to?

January – CARE contracted with Katrina Sims-Taylor to do a virtual training on Human Trafficking 101 for anyone in our communities.

CARE outreach/education specialist provided education and outreach at two local schools on sex trafficking.
CARE staff went to New Orleans for an American Indian sex trafficking conference.

February – CARE staff got to be a part of the *Portraits in RED* project by Nayana LaFond. She is a well-known artist who paints Missing and Murdered Persons across the United States and Canada.

Outreach and education specialist provided education and outreach to local schools on teen dating violence.
CARE provided a teen dating violence awareness dinner on Valentine's Day for couples to enjoy a free meal and prizes while they learned more information about teen violence.

March – CARE hosted a gathering for the community to sit and complete any cultural arts they are working on.

CARE staff sat on a panel at the Pacific Maritime Heritage Center to discuss MMIP and human trafficking.
Outreach and education specialist went to local schools and discussed healthy vs. unhealthy relationships.

April – CARE emailed weekly statistics on sexual assault.

Care hosted Decorate Your Door contest for SAAM and gave prizes to the winners.
CARE set up a display in front of the clinic showing the number of Tribal members who will be affected by sexual assault sometime in their lifetimes, with flags representing each one and a banner with statistics.

May – CARE hosted two ribbon skirt-making gatherings for the community.

CARE hosted an MMIP event where we honored families who are still missing family as well as those family's loved ones who had been murdered. We danced a few friendship dances, had craft booths that included prayer ties, dentallium earrings, blankets and MMIP Paint a Puzzle pieces.

June – CARE planned a Letting Go Ceremony at the Siletz Dance House.

EMERGENCY PREPAREDNESS

JULY

Each July 4th, thousands of people, most often children and teens, are injured while using consumer fireworks. Despite the dangers of fireworks, few people understand the associated risks - devastating burns, other injuries, fires, and even death.

Firework Safety | ALE Solutions

Before:

- Before buying or using fireworks, check they are legal in your area.
- Purchase all fireworks from a reliable, licensed dealer in your state.
- Never buy or use illegal explosives like cherry bombs, M-80's or dynamite.
- Read all firework directions, cautions, labels and warnings.
- Do not under any circumstances alter any fireworks or try to make your own.
- Avoid wearing loose clothing around fireworks or anything flammable.
- Consider weather conditions. Do not attempt to light fireworks during high winds.
- In case of stray flames or sparks, always keep a water source near, such as a garden hose, fire extinguisher or bucket of water.
- Make sure all spectators are at a safe distance (at least several feet away) from the fireworks display.
- Before festivities and loud noises begin, secure all pets indoors. Turn on the television or music, as this may help to distract them from the fireworks.

During:

- Never allow children to play near or with fireworks. Consider giving them safer alternatives such as glow sticks, confetti poppers or colored streamers. Read more about [Firework Safety Tips for Parents](#).
- Always light fireworks outdoors in a clear, open area away from people, buildings, vehicles, shrubbery and any overhead obstructions.
- Always light fireworks on a flat, hard surface to insure an upright position. Avoid grass, gravel and sand.
- Wear safety glasses and gloves to avoid injury or burns.
- Always point and aim fireworks away from homes, people and animals.
- At any time, never stand or lean directly over any fireworks.
- Do not shoot off fireworks (such as bottle rockets) from your hands, or from metal or glass containers.
- Only light one firework item at a time.
- If at night, use a flashlight to see the fuse better.
- While lighting, keep as far from the fireworks as possible and quickly run to a safe distance after ignition.
- Call 9-1-1 to report any emergency, injury or fire.

After:

- Never pick up or try to re-light "duds" or defective fireworks that may not have fully ignited.
- After fireworks complete their burning, douse them with water from a hose or bucket.
- Safely dispose of fireworks in a sealed metal trash container, then keep outdoors.