

Health Department



CEDARR
Community Efforts Demonstrating the Ability to Rebuild and Restore

2024 Meeting Schedule

Lunch meetings are from 12-1:30pm
Dinner meetings are from 5:30-7pm

January 3rd: Lunch
February 7th: Dinner
March 6th: Lunch
April 3rd: Lunch
May 1st: Dinner
June 5th: Lunch
July 10th: Lunch
August 7th: Lunch
September 4th: Dinner
October 2nd: Lunch
November 6th: Dinner
December 4th: Lunch

Use the change model to make progress towards quitting commercial tobacco.

What do you want to change? Why do you want to change it? What resources do you have?

Set future goals. Predict difficulties. Plan to carry out this cycle.

Assess Plan

Reflect Action

Did you meet your goal? Did you predict your difficulties? What did you learn?

Carry out the plan. Track your progress.

Monthly Myth Buster!
Myth: Natural, Organic or Additive Free means it is a healthier cigarette.
Fact: All of these terms are misleading. All cigarettes including these, have harmful chemicals like heavy metals, tar, and carbon monoxide. All commercial tobacco products contain cancer causing chemicals

If you'd like to know more about the resources available to you to quit commercial tobacco products, please call
541-444-9682
or send an email to
AlexH@ctsi.nsn.us

Native Quit Line
1-800-quit-now and press "7"
(1-800-784-8669, Option 7)

The help is free, and a healthier life is priceless.

See more Siletz Community Health Department information on pages 5 and 8.

2024 New Year - Wireless Emergency Alerts (WEAs)

Wireless emergency alerts are short emergency alerts authorities can send to any WEA-enabled mobile device in a locally targeted area. Alerting authorities who are authorized to send WEAs include state, local, Tribal and territorial public safety officials, the National Weather Service, the National Center for Missing and Exploited Children, and the president of the United States.

WEAs look like text messages but are designed to get your attention with a unique sound and vibration repeated twice.

WEAs are not affected by network congestion and will not disrupt texts, calls or in-progress data sessions.

You are not charged for receiving WEAs and there is no need to subscribe.

Children will also receive alerts on their WEA-enabled mobile devices. Parents and guardians - talk to your children about WEA alerts and staying safe in an emergency.

If you are not receiving WEAs, here are some tips to troubleshoot your mobile device:

- ◇ Check the settings on your mobile device and review your user manual (you may be able to find this online too).
- ◇ Older phones may not be WEA capable and some cell phone models require you to enable WEAs.
- ◇ Some mobile service providers call these messages "Government Alerts" or "Emergency Alert Messages."
- ◇ Check with your wireless provider to see if they can resolve the issue.
- ◇ All major phone providers and some smaller providers participate in WEA.

The Federal Communications Commission (FCC) has a registry of WEA providers.

To provide comments or concerns about WEAs sent in your area, contact local officials directly.

For more information, please visit <https://www.ready.gov/alerts>.