

Health Department



Healthy Traditions Program

Open Garden Events

Every Saturday in May!

11 AM - 3 PM

Join the Healthy Traditions Program at the Siletz Community Garden for gardening activities, workshops and take-home goodies!

For more information, contact StephanieM@ctsi.nsn.us or 541-272-0396

OUR CLINIC WANTS OUR DIABETICS HEALTHY



Cholesterol Check 

Eye Exam Ophthalmology 

Medical Foot Check 

Dental 

Blood Pressure 

Glucose Urine Test 

A1C 

Siletz Health Clinic Diabetics who complete all of their screenings are entered into a raffle* at the end of the year!

*the drawing takes place on 1/2/25. Winner will receive a two night stay at the Chinook Winds Casino with buffet tickets for two.

Patients are eligible for a Pendleton coffee mug when they complete their first appointment!

If you have any questions, please reach out to Heather Warren at 541-444-9668 or HeatherW@ctsi.nsn.us

MAY IS NATIONAL WILDFIRE AWARENESS MONTH

• Prepare for Wildfires

Have several ways to receive alerts. [Download the FEMA app](#) and receive real-time alerts from the National Weather Service for up to five locations nationwide. [Sign up for community alerts](#) in your area and be aware of the Emergency Alert System (EAS) and Wireless Emergency Alert (WEA), which require no-sign up.

- Pay attention to [air quality alerts](#).

Make an Emergency Plan

- Make sure everyone in your household knows and understands what to do if you need to quickly evacuate.
- Don't forget a plan for the [office, kids' daycare and anywhere you frequent](#).

Review Important Documents

- Make sure your [insurance policies and personal documents](#), like ID, are up to date.
 - Make copies and keep them in a secure password-protected digital space.

Strengthen Your Home

- Use fire-resistant materials to build, renovate or make repairs.
- Find an outdoor water source with a hose that can reach any area of your property.
- Create a [fire-resistant zone](#) that is free of leaves, debris or flammable materials for at least 30 feet from your home.
- Designate a room that can be closed off from outside air. Close all doors and windows. Set up a portable air cleaner to keep indoor pollution levels low when smoky conditions exist.

Know Your Evacuation Zone



Risks from Smoking

Smoking can damage every part of the body

