

Health Department



Food Sovereignty Box Program

The Food Sovereignty Box is a seasonal availability of veggies, herbs, flowers, and fruit produced by the Siletz Health Clinic Farm and is available for Siletz Tribal members and their families at no cost.

Participants in the Food Sovereignty Box Program will be contacted each week via text/phone to be notified of seasonal produce availability either as a prepared Food Sovereignty Box or an update for veggies that can be fresh picked on the Siletz Farm Property.

It is required that Food Sovereignty Boxes be picked up each week from the Siletz Farm either by the participant or any individual identified to pick up for the participant.

Pick up days and times are subject to change as well as delivery of communication to better fit the needs of the program and those we serve.

If you are interested in signing up please fill out the required information below:

Name: _____

Phone: _____

Designated Individuals: _____

Circle One:

- | | | |
|---|---|---|
| 1) Are you a Siletz Tribal member or other Tribal member? | Y | N |
| 2) Can you pick up weekly or have a designated individual pick up for you? | Y | N |
| 3) Are you interested in picking additional produce from the farm property? | Y | N |
| 4) Can you pick up on one of the following days: Friday, Saturday? | Y | N |
| 5) Can you pick up during the following times: 10a-4p? | Y | N |
| 6) Can you receive text on your phone number? | Y | N |
| 7) Are you willing to share other information for program reporting? | Y | N |

*Return completed forms to a Siletz Farm staff member or email jamesm@ctsi.nsn.us

-Siletz Clinic Farm: 5213 Logsdon Rd. "Second drive past mile marker five."



Our Clinic Wants Our DIABETICS HEALTHY

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

Regular check-ups and screenings are an essential part of staying healthy and managing diabetes!

Call the clinic today to make your appointment!

541-444-1030

**SILETZ HEALTH CLINIC
DIABETICS WHO
COMPLETE ALL OF
THEIR SCREENINGS
ARE ENTERED INTO A
RAFFLE* AT THE END OF
THE YEAR!**

To qualify, you must receive your primary care at the Siletz Community Health Clinic.

*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.



Cholesterol Check



Eye Exam
Ophthalmology



Medical
Foot Check



Dental



Blood Pressure



Glucose Urine Test



A1C

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

Farm Walking Group

EVERY SATURDAY
Starting at 10 AM at the
Clinic's Farm Property

Walking can help people feel less stressed and can improve mood, it increases strength, balance, and flexibility, it can improve blood sugar, blood pressure, and cholesterol levels, as well as help to maintain a healthy weight.

If you have any questions, please reach out to Stephanie Matthews at StephanieM@ctsi.nsn.us or 541-272-0396

THE ANNUAL WELLNESS CARNIVAL IS BACK!

August 20th 12 PM - 4 PM

Behind the Siletz Garden & Rec Center

We will have lots of activities such as water slides, bouncy houses, dunk tank and more!

Win door prizes and come eat some yummy BBQ food.