



Siletz Community

Find us on Facebook! Siletz Community Health Department

duu-srvn
English - It is Clean

Siletz Community Comfort Station
Restroom; Showers - Laundry



Hours of Operation
Monday—Sunday 10am-8pm
Closed on all C.T.S.I recognized holidays
129 East Logsdan Road

Difference between Sacred and Recreational Tobacco Use

Here are a few differences between Sacred Tobacco and Commercial Tobacco. We are sharing this so that you can see how commercial tobacco products differ from our Sacred Tobacco. Our Tribe views Tobacco as a sacred medicine. There are three primary ways that we use tobacco. Those are offerings, gifting, and ceremonially. We hope that this will help you make an educated decision to quit.

Sacred Tobacco	Recreational Tobacco
• Intentional • Relatively natural & Unprocessed • Not inhaled • Viewed as medicine & sacred ancestor • Used for ceremony or prayer • Seen as a spirit • Gathered and cultivated as a plant ancestor	• Habitual/unmindful • Processed & laced with additives & chemicals • Inhaled or used repeatedly • Viewed as unhealthy, shameful addiction • Seen as a drug • Smoke/Vape/Dip/Chew casually • Produced by corporations for profit & distributed as a commodity

Alex Lane Commercial Tobacco Cessation Services 541-444-9682 AlexH@ctsinsns.us Monday-Friday, 8am-2:30pm	1-on1 Counseling Nicotine Replacement Therapy Creating a Personalized Quit plan 24/7 Support, 1-800-QUIT-NOW (1-800-784-8669) and Press 7
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JANUARY IS CERVICAL HEALTH AWARENESS MONTH

VACCINATE EARLY



GET SCREENED REGULARLY



✓ HPV vaccination at ages 11-12
✓ Pap test starting at age 21
✓ Pap and HPV co-test starting at age 30
Learn more at www.nccc-online.org

NCCC
National Cervical Cancer Coalition
A program of the American Sexual Health Association

BRING ON THE NEW YEAR,

Salem Leather pouch making
Join us on Wednesday January 8th to craft a leather pouch.
We will also have a few medicinal therapeutic mixes available to fill your pouch with sage, cedar and sweetgrass

TO SIGN UP CALL OR EMAIL YOUR SALEM COMMUNITY HEALTH ADVOCATE

Cecilia T.
cecilia.t@ctsinsns.us
503-390-9494



Healthy Cooking Class

Wednesday, January 22nd
11 AM - 1PM
Tribal Community Center

Join the Healthy Traditions Program, in partnership with OSU Extension Services, for a healthy cooking class! Spots are limited- RSVP today.

StephanieMectsi@nsn.us

