



Volunteer Garden Days

Come learn and grow with us!

4th Friday of Each Month!

 SCHC Farm Property
5213 Logsdan Rd.

Contact Zeph Mullins at
JamesM@ctsi.nsn.us for more information

LAUNCHING OUR NEW PATIENT PORTAL



The Siletz Community Health Clinic has launched a new NextGen® Patient Portal that is easier to use, navigate, and has additional features for patients to utilize.

**The previous portal will only be accessible up until August 25th, when it will no longer be available.*

ABOUT

A patient portal is a personalized, secure website that enables you to manage healthcare interactions and communicate with your healthcare providers at any time. This convenient online connection puts you in control of your healthcare from any web enabled device.

HIPAA COMPLIANT & EASY TO ACCESS HEALTHCARE INFORMATION

REGISTRATION

Any SCHC staff member can give you access to the new portal, as long as you have a valid email address.

Once requested, you will just need to enter your DOB and zip code, then you will be instructed to create a password.

You will then be able to log in to the new patient portal.

REQUEST ACCESS



REGISTER ACCOUNT



VIEW PORTAL



FEATURES

Direct Messaging	Access to Health Records	Access to Visit Summaries
View Lab & Test Results	View Medications	See Appointment History
Review, Download and Share Health Records	Access Minor Children's Accounts	Additional Feature to Be Added...

Forms are not currently available on the patient portal, but efforts are being made to complete that feature.

HAVE A FOOD SAFE SUMMER

While the warmer weather conditions may be ideal for outdoor picnics and barbecues, the summer months typically see a spike in reports of foodborne illness. Make sure your fun in the sun doesn't get cut short by following some simple summer entertaining tips:

1 in 6

Approximate number of Americans stricken with food poisoning each year

128,000

Estimated annual hospitalizations from foodborne illnesses

Did You Know?

U.S. beef sales are highest during the week of July 4th, when Americans are expected to buy about **\$400 MILLION WORTH OF IT—25% MORE THAN AN AVERAGE WEEK** (according to the National Cattlemen's Beef Association).

Basic Tips

CLEAN



CLEAN SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER. If you're at a picnic, bring moist towelettes to use!

Wash all produce under plain running water before eating, cutting or cooking, even if you plan to peel them!

SEPARATE



SEPARATE PLATES AND UTENSILS. When grilling, use separate plates and utensils for raw and cooked meat and poultry and ready-to-eat foods (like raw vegetables).

COOK



USE A FOOD THERMOMETER.
Burgers: 160°F

Just because your burger is brown, not pink, doesn't mean it's safe to eat!

CHILL



CHILL RAW AND PREPARED FOODS PROMPTLY if not consuming after cooking.

Don't leave food at room temperature for longer than two hours (or 1 hour if it's above 90°F). If planning a picnic, perishable food should be kept in an insulated cooler packed with ice or ice packs.

What Are You Making?

Here are some food safety tips for preparing a few signature summer dishes.

BARBECUE

Cook all meat and poultry to recommended internal temperatures.

Burgers: 160°F.

Chicken and Turkey: 165°F.

Sausage: 160°F.

Steaks: 145°F with a 3-minute rest time.

FRUIT SALAD

Rinse all produce before peeling or chopping.

Chop all produce with clean knives on cutting boards not used with raw meat to avoid cross-contamination.

DEVILED EGGS

Refrigerate prepared eggs until they're ready to be served and once out, keep them nestled in ice to keep them cool.

ADDITIONAL SOURCE: CDC

USDA

Ad Council

For more summer food safety tips, go to **FoodSafety.gov**

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