



Siletz Community

COMPOST DELIVERY

Available for the Siletz Area*

**service available to Siletz Tribal Members*

Contact the Healthy Traditions Program if you're interested in having compost delivered to your home!

ZenaG@ctsi.nsn.us
Cell: 541-270-7886
Desk: 541-444-1030 ext. 1697

OSU KidSpirit GYMNASTICS AT SILETZ

Coordination • Balance • Determination • Confidence

Tillicum Fitness Center

REGISTER TODAY!

Times
Tuesdays and Thursdays
9am - 10am
OR
10:15am - 11:15am

Dates
Session 1:
July 15th - August 7th
Session 2:
August 12th - September 4th

Cost-Free **Ages 4-18**
Beginners to Experienced Gymnasts

Oregon State University Extension and Engagement
For alternative formats or accommodations due to a disability, please contact Kidspirit@oregonstate.edu

Location - Tillicum Fitness Center, Siletz
1016 W Buford Ave, Siletz, OR 97380

Register Online - kidspirit@oregonstate.edu

Questions? Call us at 541-737-5437

GUIDE TO EXPRESSED BREASTMILK STORAGE & HANDLING

"RULE OF THREE"

3 HOURS	AT ROOM TEMPERATURE if 26°C or lower could be up to 6-8 hours, refrigerate if possible
3 DAYS	IN THE FRIDGE store in the back where coldest, if thawed keep in fridge, use within 4 hours
3 MONTHS	IN THE FREEZER use within 24 hours of thawing, store in fridge, never re-freeze or re-warm

NB: Discard any unused breastmilk after the completion of the feed

Sources:
www.breastmilkguidelines.com
www.breastfeeding.asn.au

Essential Me
DOULA • KAI HUNA MASSAGE • PILATES

WWW.ESSENTIALME.COM.AU

Myth: Many believe vaping is just harmless water vapor.

Fact: Vaping produces an aerosol containing nicotine, flavorings, and other chemicals, some of which are known to be harmful. This aerosol is not just water vapor.

Myth: Vaping is not linked to smoking traditional cigarettes.

Fact: Studies indicate that young people who vape are more likely to start smoking cigarettes.

Myth: Some believe vaping can help relieve stress and anxiety.

Fact: Vaping can actually worsen anxiety and depression symptoms, especially when used to manage withdrawal from nicotine.

Alex Lane
Quit Commercial Tobacco Services
541-444-9682
AlexH@ctsi.nsn.us
Monday—Friday, 8am-2:30pm

• 1-on-1 Counseling
• Nicotine Replacement Therapy
• Creating a Personalized Quit Plan
• 24/7 Support, 1-800-QUIT-NOW (1-800-784-8669) and Press 7

Siletz Community Health Clinic

For clinic information, services and contact information, please visit the CTSI website

541-444-1030
200 Gwee-Shut Rd
PO Box 320
Siletz, OR 97380

Clinic Hours
Monday, Tuesday, Thursday & Friday
8 a.m. - 5 p.m.
Wednesday
1-5 p.m.

Scan here