

Health Department



COMMUNITY HEALTH DEPARTMENT

Creative Minds

An Arts, Crafts & Games Class for Dementia Prevention

Open to Adults, Elders & Caregivers

**Every Wednesday
from 3 - 4:30 PM**

Siletz Community Center
NE 402 Government Hill Drive

Why Join?



Boost your memory & thinking skills

Learn new crafts & create keepsakes

Relax & reduce stress

Enjoy social time with friends

Express yourself through creativity

Win small prizes in games & raffles

How Arts & Crafts

May Help
Prevent
Dementia



Scan to Learn More

By incorporating arts and crafts into daily life, individuals may experience improved cognitive function, reduced stress, and increased overall well-being, potentially reducing the risk of dementia or delaying its onset.

**There will be
incentives &
prizes for
attending
classes!**

Activities You'll Enjoy

- Arts & Crafts
- Games
- Collage Art
- Board Games
- Painting & Drawing
- Trivia
- Beading
- Puzzles
- Memory Boxes
- Scrabble & Word Games
- Clay Making
- Brain Teasers
- Scrapbooking
- Bingo
- Creative Coloring

**and so much
more!**

Questions? Contact Jeff Green at JeffG@ctsi.nsn.us or 541-444-9613

• In an outreach activity, during Domestic Violence Awareness Month, we asked some of our 8th graders what an ideal relationship would look like to them •

Here are the responses

They must be:

Nice, truthful, kind, loyal, funny, supportive, communicative, have similar interests, take pride in their achievements, smart, helpful, honest, shorter than me, accepts no for an answer and wants kids.

Deal breakers:

Aren't mean, not annoying, mean posts on social media, lies to keep them happy, physical abuse, cheater, act like they don't know you in public, body shames, spreads rumors, manipulative, mean to animals or people different than them, talks or flirts with others and has different political views.

In a relationship I need:

Someone who isn't controlling, that plays video games with them, nice, comforting, supportive, respectful, trust and love, communication, patience, humorous, genuine, someone I can go/talk to and someone with similar interests.

What I value and it's important to me that they value:

Their own life and others, must love video games, their mental health and others, in each other's beliefs, religion, gender identity, sexuality, my culture, their family and goals, own and others friends and families, themselves and baseball.

Questions I would ask before a relationship:

What are their likes, are they loyal, do you believe in breaks, do they do drugs, who their role models are, political opinions, favorite food and sports team.

Here is how they can expect me to treat them:

I will not be controlling, I will not threaten suicide if you want to break up, kind, allow space when partner is angry, will not say they hate them, respectful, non-physical playfulness, give them all their love and respect, appreciative, patience, will be caring, and helpful.

Thank you!

For your food drive donations

We would like to extend a heartfelt "thank you" to everyone who participated in our recent food drive.

Your generosity and commitment to supporting our community are deeply appreciated.

Together, our offices collected an impressive total of 1039 pounds of food! The breakdown by office is as follows:

Eugene Area Office: 347lbs | Portland Area Office: 89lbs

Salem Area Office: 180lbs | Siletz Area Office: 423lbs

We also would like to recognize our raffle winners for their participation and enthusiasm:

EAO Community Winners:

Shelia Solis
Amanda Kenyon
Charlie Jeter

SAO Community Winners:

Jerry Myrland
Michelle Myrland
Kristoffer Kaminsky

Siletz Community Winners:

Sean Lussier
Cheryl Lane

PAO Community Winners:

Michelle McKelvey
Kay Steele
Roger Peterson

CTSI Staff Winners:

Jessica Hibler
Cathy Ray
Dana Rodriguez
Cathy Ray
Kurtis Barker

Each contribution made a meaningful impact, and we are so grateful for your support and community spirit.

SITTING ON SAFETY

Drive safely & ensure your child's safety by using a proper child car seat.

Checklist:

Straps are snug with one finger-width of slack; no twists.

Straps are at shoulder level.

Ensure the seatbelt straps/tethers are tight, keeping the car seat in place.

Position your child with his or her back and bottom flat against the car seat.

Chest clip is at armpit level.

Never leave your child alone in a car



0 - 2 years

2 - 7 years

4 - 12 years

8 years and above



REAR-FACING



FORWARD-FACING



BOOSTER



SEAT BELT

Keep your child in the specified car seat until they reach the recommended height & weight limit of the seat.



All children under 13 years old must be buckled and seated at the back seat.



Never place a rear-facing car seat in front of an active airbag.



Don't substitute a booster seat with a cushion; they can slide off, displace the child & cause strangulation.