



Siletz Community



SHU'-YI (BETTER, IMPROVING)

This program, held at the Siletz Community Health Clinic, is for people with pre-diabetes! It is a one year commitment, with classes taking place once a week for the first 6 months.

Limited spots available, first come first serve. Benefits of taking this course are:

- ♥ Develop a healthier lifestyle
- ♥ Learn how to prevent and manage type 2 diabetes
- ♥ Weight loss
- ♥ Feel better and more energetic

There are 15 spots available. Attendance is required to receive incentives. All patients that apply must meet certain criteria to participate. Registration is limited to people with pre-diabetes who are 18 years of age or older. This program is open to both Tribal and non-Tribal members of the community.

Take Action and Get Help Losing Weight

The National Diabetes Prevention Program—or National DPP—is a partnership of public and private organizations working to prevent or delay type 2 diabetes.

The partners work to make it easier for people with prediabetes or at risk for type 2 diabetes to participate in evidence-based, affordable, and high-quality lifestyle change programs to reduce their risk of type 2 diabetes and improve their overall health. For more info: cdc.gov/diabetes/prevention/what-is-dpp.htm.

Participants must be willing to have their weight, activity minutes, and A1c recorded. Weight and minutes will be recorded weekly

Sign Up Today!

Salem, Portland, Eugene, and Siletz all have groups you can join! We will connect you with your area office Life Coach

Contact:
Corey Strong Diabetic Targeted Case Manager, to sign up for this program.

CoreyS@ctsi.nsn.us
541-444-9668

Glaucoma Awareness Month and Healthy Weight Week

January brings opportunities to focus on meaningful health priorities, including Glaucoma Awareness Month and Healthy Weight Week. While these observances highlight different aspects of wellness, they share a common theme, prevention, early detection, and lifestyle choices that support long-term health.

Glaucoma Awareness Month

Glaucoma is an eye disease that damages the optic nerve, often caused by increased pressure in the eye. It is one of the leading causes of irreversible blindness worldwide. Because glaucoma usually has no early symptoms, regular eye exams are essential—especially for older adults, people with a family history of the disease, and groups at higher risk. Early diagnosis and treatment can slow or prevent vision loss. Make a apt with Dr. Doro Hsu, Siletz Community Health Clinic.

Healthy Weight Week

Healthy Weight Week encourages individuals to focus on realistic, sustainable, and positive approaches to well-being. Instead of promoting quick fixes or extreme dieting, this observance highlights balanced nutrition, enjoyable physical activity, and a healthier relationship with food. The goal is to empower people to find a weight that supports both your physical and emotional health.

Obesity: A Growing Health Challenge

Obesity remains a significant public health issue, contributing to conditions such as heart disease, type 2 diabetes, joint problems, and even an increased risk of vision-related issues. Addressing obesity is not simply about appearance—it's about improving quality of life, mobility, and long-term health outcomes. Community support, access to nutritious foods, regular physical activity, and education all play crucial roles in prevention. For support, you can reach out to Corey Strong, Diabetes program case manager.

Supporting Health in the New Year

Recognizing Glaucoma Awareness Month and Healthy Weight Week together, we can approach wellness from a broader perspective. Health screenings, mindful movement, nutritious eating, and public awareness all contribute to healthier lives. These January observances serve as reminders that small, consistent changes can lead to lasting improvements in vision, weight, and overall health.

DECEMBER IS WORLD AIDS AWARENESS. JANUARY IS FOR SEXUALLY TRANSMITTED INFECTION QUESTION

NEVER FORGET!



Bravery isn't always recognized by those in power, but I see you. Your voice for STD awareness matters. Please reach out to Chelcyv@ctsi.nsn.us for updated STD information or any question about STD's and testing.

TRIBAL TOBACCO PROGRAM

LOGO CONTEST

The Tribal Tobacco Program would like to invite all aspiring Siletz Tribal Members and Tribal Descendants artists to create a new personalized logo for our department!

We would love for it to be centered around **Sacred Tobacco**.

Our top three artists will receive Visa gift cards:

1st Place: \$150

2nd Place: \$100

3rd Place: \$50

CONTEST OPEN JANUARY 1ST - MARCH 1ST

The winners will be announced April 1ST.

To submit your art, or for any questions, please email: JustyneO@ctsi.nsn.us