

Health Department



Find us on Facebook, at the Siletz Community Health Department

Roots and Visions

CM
Now on View at
Coos Art Museum

OCTOBER 25, 2025 -
JANUARY 25, 2026

Artwork from the Coquille Indian Tribe, the
Confederated Tribes of Coos, Lower
Umpqua and Siuslaw Indians, and
the Confederated Tribes of
Siletz Indians. Where the
fire still burns and the
stories still speak.



These exhibitions and programs supported by:



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



NEW CLINIC HOURS MEDICAL DEPARTMENT AT THE SILETZ COMMUNITY HEALTH CLINIC

To better serve our patients, we are
expanding access for medical
appointments only.

Monday, Tuesday, Thursday & Friday

7:00 AM – 6:00 PM

With a lunch break from noon to 1 PM

Wednesday

1:00 PM – 6:00 PM

Please call: 541-444-1030

Toll Free: 800-648-0449



Don't wait to get your Diabetic Foot Exam!

You could be eligible
for shoes if you are a
Siletz Tribal member!



Get your foot exam so we
can get you set up for the
next shoe fittings.

Call the Clinic
to schedule
541-444-1030

If you are not a patient, reach
out to us and we will get you the
paperwork your provider needs!