

Health Department



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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

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.



Scan to Learn More

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

TODDLER TIME

Ages 0-5!

Siletz Rec Center

Tuesdays & Thursdays

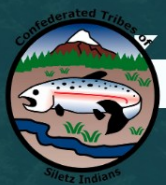


10:30 AM to Noon

Come get your wiggles out with your toddler at the Rec!
Run! Scoot! Jump! Tumble!

*Mats, scooters, and other gross motor skill activities provided.
Enjoy a warm, safe environment with your toddler during the rainy season.*

1010 W. Buford Ave. For questions, call 541-444-8209



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!



Call the Clinic to schedule
541-444-1030

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

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