

SILETZ C.H.R. NEWS

Siletz Nutrition/Exercise Class:

The Nutrition and Exercise Class held Thursday nights at 7:00 p.m. will not be held during the summer. With the hectic schedules of summer-time and vacations we thought it would be better to hold back until September. If you would be interested in only the exercises, let Wilma or Maxine know. If enough people come to the aerobic dance (exercise) it could continue throughout summer. The nutrition classes will begin again in September. See you then!!

Wynona Town, Nutritionist
Chemawa Indian Health Center

Thanks to the Siletz A.A. Program for another good friend Beverly White. We have a adult woman's activity group and craft class, held at the Siletz Area Office every Tuesday night at 7:00 p.m. Bring your own supplies and enjoy the fun with us.

Bear with us- we are still doing home visits. If we have missed you we would really appreciate it if we could make an evening appointment with the Tribal Members that can't be reached during the day. Please call us at 444-2536.

Please remember to get pre-authorization from Lorraine Hesketh or Janet Rogers on all doctor and dental needs. Toll free number 1-800-452-7823.

The Siletz C.H.R.'S will be representing the Siletz Tribe at Lapawaii, Idaho on June 15th through the 18th for a CHR Convention. We are excited about going.

For more information feel free to call the Siletz Area Office 444-2536 and ask for Wilma Strong C.H.R. or Maxine Rilatos C.H.R.

INDIAN HEALTH NEWS

By: Kathy Phipps

The Indian Health Service is currently carrying a contract with Lincoln County Health Department to provide health services to Tribal members and their dependents living within Lincoln County. At this time the services are under-utilized and I would encourage all eligible members to seek care through this source. The major services available are:

- (1) Blood pressure and diabetes screening along with nutritional counseling and available at the Siletz Area Office on the 1st and 3rd Tuesdays of every month. (10:00 A.M. - 4:00 P.M.)
- (2) Tribal Members may also go to screening clinics located in other communities within the county at no cost.
- (3) All services provided at the Lincoln County Health Department in Newport including immunizations, well-child clinics, and family planning are also available at no cost.

Whenever you request services through the Lincoln County Health Department please identify yourself as being eligible for the Siletz pre-paid health program. There is no need to pay for services already covered by this contract.