

H E A L T H

Oregon Health Plan ALERT!

Submitted by Judy Muschamp, Health Director

Recently, Oregon Health Plan clients who are Native American may have accidentally received notice that they would need to begin paying a premium for their Medical Assistance. Because you are a Native American, you do **not** have to make premium payments for yourself or any other members of your household who are Native American.

If you have questions about this notice, call the OMAP Hotline - 1/800-273-0557.

Starting in January, the Clinic will be providing WIC for Siletz & Toledo residents.



Expanding Health Coverage

By Judy Muschamp, Health Director

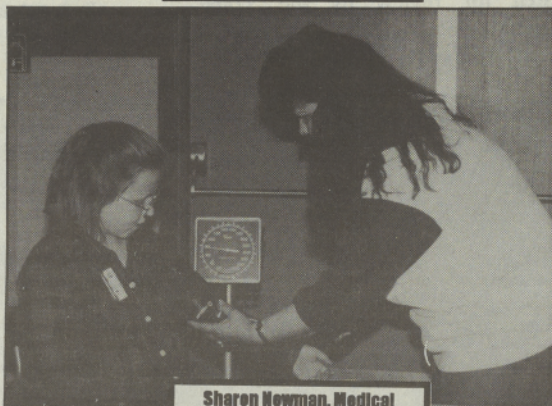
Siletz Tribal Health is taking the first step toward expanding health coverage to tribal members outside the tribe's 11-county service area. Within the next few weeks Siletz tribal members who live outside the service area will receive a packet of forms to be completed and returned to the Contract Health Service office.

Tamara Morrow, a Siletz Tribal Member recently hired in the CHS department to coordinate the expansion project, is currently preparing the packets for mailing. Each packet contains a Health Application in order to begin registering individuals, a Health History form so we can determine the extent of member's unmet health care needs, a letter asking each individual their preference for coverage and a self-addressed envelope.

Look for your packet the next few weeks. The toll free telephone number to the CHS department has been expanded to include access nationwide. If you don't receive your envelope please call Tamara Morrow at 1(800)628-5720.



Linda Kruezer, Dental Hygienist, passed out dental information



Sharon Newman, Medical Assistant, took blood pressure

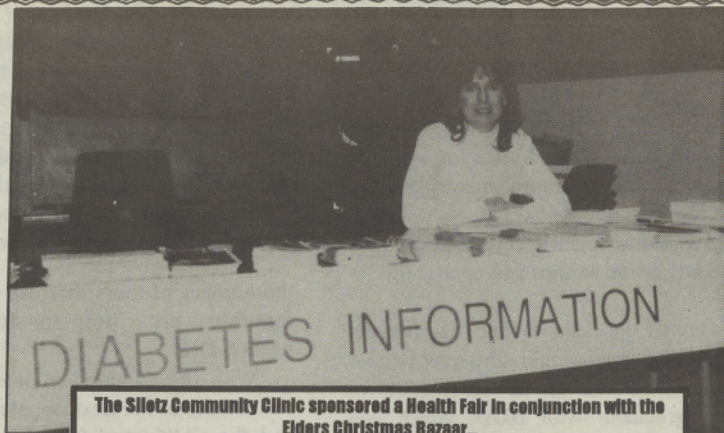
APPLE-PINEAPPLE COOLER

Looking for a non-alcoholic punch to serve to your special guests over the holidays? Try this Apple-Pineapple Cooler using three USDA commodities. Kids will love this, too.

INGREDIENTS

3 cups apple juice
2 cups pineapple juice
1 cup orange juice
2 Tbs freshly squeezed lime or lemon juice
Orange slices to garnish
*1 quart club soda optional
Combine ingredients; chill. Garnish glasses with orange slices. Yields 1 1/2 quarts (without the club soda).

For the extended coverage outside the 11 County Service Area you must respond as soon as possible to be eligible for benefits beginning January 1.



The Siletz Community Clinic sponsored a Health Fair in conjunction with the Elders Christmas Bazaar... Jane Thacker, Community Health Director, manned the Diabetes Booth

Expanding Health Care - UPDATE

By Judy Muschamp, Health Director

Beginning January 1, 1996 Tribal Members who reside outside the service area become eligible for a pharmacy benefit package recently approved by the Siletz Tribal Council. Eligible beneficiaries will be able to fill prescriptions, purchase certain medications and obtain medical supplies at local pharmacies. Maximum annual benefit amount at this time is \$200.00 per individual.

The package will be administered by the Pequot Tribe of Connecticut through a combination of local pharmacy networks and a mail-out program. Brochures describing the Plan are currently being printed and will be mailed to each individual who has already registered for health care.

In order to qualify, you must register for health services with the Siletz Tribal Health Department. If you have not received an application you can contact Tamara Morrow at (503) 444-1236 or 1/800-628-5720. Tamara mailed out more than 700 applications to tribal members identified through the enrollment department as living outside the service area. To date she has received only slightly more than 100 completed applications. Of the 100+ responses, prescription coverage is by far the most requested service. The Pequot Pharmacy package is a start of what we hope will be increasing health services to members outside the area.

In January the Siletz Clinic Dental program will be sponsoring a sealant program for 2nd, 3rd, 5th & 6th graders

HOT FRUIT CASSEROLE

Here's a delicious holiday dessert utilizing five USDA commodities.

INGREDIENTS

1 (16-oz) can applesauce
1 (16-oz) can apricots, drained
1 (16-oz) can pear halves, drained
1 (16-oz) can sliced peaches, drained
1 (16-oz) can white cherries, drained, pitted
1 (16-oz) can pineapple chunks, drained
1/4 lb. brown sugar
3/4 stick butter
tsp. cinnamon
tsp. nutmeg
Combine sugar, cinnamon and nutmeg. Arrange fruit in layers in buttered 3-quart casserole. Sprinkle each layer with sugar mixture. Dot top layer with a small amount of butter. Bake in 300 degree oven about 30 minutes. Yield 10 to 12 servings.

Jane Thacker, MS, RD