

Program News

Community Health News
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Oh Baby! Baby Care Basics Class

WOW— there's a BABY BOOM in Siletz!! To help parents learn about infant safety, feeding, and development and share their own parenting secrets, the Community Health Department and SCHC Nurse Sandra Hahn sponsored a baby care basics class in July. This class provided 1 Class Contact for clients receiving services through the WIC program. Dinner and childcare were provided to make attendance easier for busy parents, and many folks appreciated not having to go to Newport to get their WIC contact hour. We have received very good feedback on the class and hope to offer another class, maybe in another 6 months or so!

Special thanks to Bonnie Crawford, who shared some great ideas on stress management for parents, and to Sherrie Rilatos, who shared her experiences with breast-feeding!

Siletz Tobacco-Free Youth Activities

Throughout the summer, Siletz tribal youths have been participants in several activities funded through a grant from Oregonians for Tobacco-Free Kids. The purpose is to provide opportunities for learning about the dangers of tobacco use and addiction while having a great time! In July, Salem and Portland area youths went out for pizza and a tobacco prevention presentation then headed to Indian Springs Trout Farm for fishing. Everyone had a great time (and a trout dinner)! Still to come, results of the Salem Area Tobacco Scavenger Hunt and a Tobacco Clothing Swap where youth can bring tobacco logo clothing items and trade them for great t-shirts bearing the Siletz tribal logo.

Health Camp 1997

Health Camp, a pilot program of the Community Health Department to teach health concepts to 10-14 year old tribal youth, occurred July 30 & 31 in Siletz. Forty youths were in attendance, with Portland, Salem, Springfield, and Siletz youth represented. Liling Willis of the NW Portland Area Indian Health Board gave youth a presentation on tobacco. Youth got to practice First Aid techniques during a class taught by Siletz Community Health Clinic Nurse Sandra Hahn, and received First Aid kits to take home. Taekwondo USA taught basic self-defense as well as self-discipline, and many youths enjoyed Ropes Course instruction from Frank Petersen and George Nagel. Youth learned about nutrition and used their knowledge to win at Nutrition Bingo. Robert Kentta shared his knowledge of the Feather Dance ceremony and the construction of the Dance House. Robert showed us some very special regalia and even led the youth in a short Feather Dance practice! Nick Vanderford of the Springfield Area JOM Program came and shared some favorite stories by the fire, and Springfield drummer Nick Viles brought a hand drum and led Health Camp participants in a Friendship dance. We camped in tee pees, and were very appreciative for the parents and CTSI staff members (Rose Irwin & Bev Owen, SAO) who chaperoned overnight. Helper of the day award goes to Beverly Owen of the Salem Area Office. Thanks Bev, we couldn't have done it without you!!

Special thanks to Frank & George, Sandra, Liling, Robert, and Nick for sharing their time, expertise & especially their PATIENCE with us!!

Below: Group picture of Kids who participated in Health Camp.

