

Acornbasket

"Healthy mind, body, and spirit for generations of our American Indian community."

INDIGENOUS
MILK MEDICINE

UIHS GOES
DIGITAL

TWO YEARS OF
COVID-19

A CAREER IN HEALTHCARE

**THERESA
SURBAUGH**



**PUZZLE, GAMES,
JOBS AND MORE!**



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MESSAGE FROM THE CEO

Spring is a time of growth and renewal, and at UIHS we're bringing new projects to life to better serve your healthcare needs.

One project that I want to share more information about is our expansion in Eureka. We have purchased three buildings in Eureka to form the new Eureka Health Village. We have not given this new village a name yet, but will be coming soon. The offerings at Eureka Health Village will include:

Tribal Public Health Services, Vision Services, Medical Services, Dental Services, Occupational Health and Physical Therapy Services (NEW), and Behavioral Health Services.

We will not be able to offer these services right away, as we do have some renovation to complete in the buildings. However, we will be able to offer some Tribal Public Health Services this spring, and Occupational Health & Physical Therapy by this summer. We hope to roll out more services this fall, and the remaining services in the winter or spring of 2023.

We are pleased to have received our AAAHC Accreditation, completing a three-year process which intends to make care for our clients better. Accreditation separates UIHS from many other outpatient facilities through its adherence to rigorous standards of care and safety. This coincides with receiving the results from our Community Needs Assessment and Client Surveys, which continue to give our organizations high marks from the people that matter - our clients.

Increasing and improving communication is another important project that we have been working on. We are excited to launch



our revamped website with an easier to use interface, options for bigger text and simpler-to-read formats, and access to our patient portal- which lets you request appointments and access your own health records. Check it out at uihs.org. We've also redesigned the Acornbasket newsletter to make it more enjoyable to read, and to share important information about health and healthcare.

And finally, I would like to invite you to join our growing team at UIHS, and help to serve the healthcare needs of our American Indian community. To see the jobs we have available, check out our open positions at <https://uihs.org/index.php/jobs/>

We look forward to growing together with you in 2022!

Wokhlew.

Liz Lara-O'Rourke

Liz Lara-O'Rourke
CEO

TWO YEARS LATER

We can still take steps to stay safe from COVID-19



After two years of the COVID-19 pandemic, the recommendations for staying safe have not changed much at all. Some things are still true and are universal for infection prevention –with or without a pandemic.

Wash your hands

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections. Germs can spread from person to person or from surfaces to people when you:

- Touch your eyes, nose and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch surfaces or objects that have germs on them
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects

Stay up to date with vaccines

- Staying current with recommended vaccines has always been an important part of staying healthy and preventing severe illness from things like the flu, and now COVID-19.

Staying up to date with COVID-19 vaccines includes receiving a booster vaccine after you are fully vaccinated.

Ask your clinic what vaccines you may need to get "up to date".

Get tested if you have symptoms

As with any illness, if you are experiencing symptoms that are unusual for you:

- Call your provider for recommendations
- Separate yourself from others
- Wear a mask when you are out or around others
- Clean your hands often
- Avoid sharing personal household items
- Cover your coughs and sneezes
- Get tested
- Seek emergency medical attention immediately for any of the following:

1. Trouble Breathing
2. Persistent pain or pressure in the chest
3. New confusion
4. Inability to wake or stay awake
5. Pale, gray or blue-colored skin, lips or nail beds

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning you.

As we go into the third year of COVID-19, with over 6 million deaths and countless lives impacted by this virus, we are fortunate to have the knowledge we do helping to keep us safe, including hand hygiene, vaccines, and testing.

We also have resources available to us to keep us updated on what is happening with COVID-19 in our communities.

Key times to wash your hands

- Before, during and after preparing food
- Before and after eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing or sneezing
- After touching an animal, animal feed, or animal waste

Visit the CDC website "COVID-19 by County" for an updated look at what safety precautions to use when you are at home or traveling.

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>

UIHS ELIGIBILITY
Do you qualify?

- An enrolled member of a Federally Recognized Tribe
- California Indian listed on the California Judgment Roll
- Certificate of Degree of Indian Blood (CDIB) from the Bureau of Indian Affairs (BIA)
- Certified birth certificate linking client to an eligible CA Indian with verified documentation.
- Letter from local CA Tribe, stating the entity recognizes the client as a descendent of the tribe.

All minor children need a Certified Birth Certificate or other appropriate document providing a link to an Eligible parent or guardian.

A Non-Indian Spouse or Domestic Partner of an Eligible Indian Beneficiary is currently eligible for services but they must meet the following requirements:

- Must provide a Certified Marriage or Certified Domestic Partner Certificate; and
- Must live in the same household as their spouse/domestic partner; and
- Must reside within the UIHS Service Area; and
- Must maintain valid medical insurance coverage

Please bring in all insurance cards or bring a copy of the front and back of the insurance card for which the client is eligible. Please bring in original documents, we will make a copy and return your originals.

For more information please call Member Services phone numbers:
Humboldt - 707-825-4090, Del Norte - 707-465-2960

INDIGENOUS MILK MEDICINE: THE FIRST SACRED FOOD



Breast pins that were made at the training are stuffed with medicines: tobacco, sage, cedar, and sweet grass.

In February, the United Indian Health Service Women, Infants, and Children program (WIC) hosted the first Indigenous Breastfeeding Course (IBC) in California. The course was open to the staff at UIHS and also the community.

Less than 1 percent of America's lactation consultants are Indigenous.

In 2017, Camie Jae Goldhammer, MSW, LICSW, IBCLC (Sisseton-Wahpeton) and Kim Moore-Salas, IBCLC (Dine') launched the Indigenous Breastfeeding Counselor training — a 45-hour foundational lactation course to “train Indigenous people as breastfeeding peer counselors so they can serve their own community.”

Many women of color have been shut out of lactation education due to the high cost of licensing and credentialing requirements that require formal education. Goldhammer and Moore-Salas are two of only about a dozen Indigenous certified lactation consultants, out of more than 18,000 in the United States.

This course is Native owned, Native designed, Native taught and is specifically for those that self-identify as Indigenous. The IBC is unique in that it centers Indigenous families and provides Counselors with what they need to serve their communities.

We believe:

- In the mothers and babies and their ability to feed
- That breastfeeding is our traditional practice across all cultures



Indigenous Breastfeeding Counselors: Wendy Joyner, Trudy Adams, Shawna Huggins, Ruby Tuttle, Roxanne Johnson, Lydia Davis, Sarah Falkenstrom, Camie Goldhammer (Instructor), Darla Marshall, Kimberly Moore-Salas (Instructor), Antoinette Martinez, Theresa Barney, Sandra Trabue, Ashley Villagomes, and Francisca Tripp.



"Breast friends" and instructors
Camie and Kim.

- That breastfeeding is the foundation of a healthy mother and baby and that healthy mothers and babies are the foundation of a healthy community
- That breastfeeding is essential in Indigenous resiliency
- That breastfeeding is a community responsibility
- In the validity of traditional knowledge

- In centering Native people in all of our work
- In the importance of providing culturally relevant care.

Breast pins made at the training are stuffed with medicines: tobacco, sage, cedar, and sweet grass.

If you would like to reach a breastfeeding counselor for support please contact the WIC Program.



WIC Phone
707-822-9900
WIC Text
888-411-1973
CHR Program
707-825-5070

Dr Martinez Creating a breast pin.





UIHS GOES DIGITAL

UIHS has launched several new digital projects to make life easier for our clients. With just your smartphone, tablet, or computer, you can request health records and even meet with a provider from your couch.

Read on to learn about all the improvements we've made to get you fast, reliable healthcare.

Patient Portal

The patient portal is your access to all of your health information. You will have access to your lab results, visit history, upcoming appointments, and so much more.

You can also use our portal to conveniently request an appointment with your care provider and send secure messages to UIHS regarding your health care, questions about your referrals, billing questions, or to make records requests.

Additionally, you can access valuable patient education materials.

Sign up or access the Patient Portal at:

uihs.org/index.php/patient-portal/

Self Check In

UIHS is launching a new system so clients can check in and fill out paperwork on their phones, tablets, computers, or any device with internet connectivity. We'll miss the flower pens, but will be glad that you can focus on your visit, not paperwork.

Learn more about self check in at:

<http://uihs.org/index.php/patient-portal/>

Website

UIHS has a new look and feel for our website (uihs.org). The redesign was done to make the site easier to navigate, and make the focus on you, our clients.

Menus and pages have been redesigned to be easier to read and give clear guidance on services available, and allow access to health records and all of the events and programs on offer at UIHS.

Telehealth

The pandemic brought about many tough challenges for everyone, but one silver lining has been the advancement of telehealth services at UIHS.

Telehealth is receiving healthcare using audio and/or video technology. When using telehealth, you will be able to talk to your provider in real time, and



with video technology, you will be able to see your provider and they can see you - just like a regular clinic visit.

Social Media

UIHS is active on social media sites like Facebook, Twitter, and YouTube.

Watch one of our Facebook Live events, where we interview providers on important health topics and answer your questions.

Learn about jobs and community events in our newsfeed. You can follow us at:

FaceBook Link:
facebook.com/unitedindianhealthservices

Twitter Link:
[@UIHSinc](https://twitter.com/UIHSinc)

Instagram Link:
instagram.com/uihsinc/



NEW HIRES



Mario Lopez
Molecular Lab Assistant



Bonnie Loyd
Billing Technician



Tammy Heryford
Fiscal Technician



Lydia Davis
Administrative Assistant-WIC



Tvshiina Jacobs
Medical Assistant



Stephanie Combs
Medical Assistant



Jamie Biesanz
HPE Technician



Danessa Secor
Medical Assistant



Damien Camper
Lab Assistant



Felicia Kayotuk
Front Office Assistant-Dental



Emily Wight
Admin Assistant- Fiscal



Chelsey Castiglione
HPE Supervisor



Stormy Smith
HPE Technician



Alexandra Garcia
Pharmacist Technician



Crystal Sanchez
Medical Assistant



Trudy Adams
Nutrition Assistant



Wendy Ormsby
PRC Technician



Patricia Williams
Locums RN



Alma Orellana
Pharmacist Technician



Hoang Le
Pharmacist



Imya Tripp
Molecular Lab Assistant



Hannah Crandall
Molecular Lab Assistant



Barbara McCovey
Van Driver



Patricia Marshall
Clinical Nurse -RN

Word Search

Covered
California
November
January
October
December
Medical
Dental
Vision
Insurance
Plans
Are
Available

Prescription
Drug
Insurances
Plans
Available
Medicare
PartD
Open
Enrollment
Optometry
Vision
Purchased
Referred
Care
Health

P R A J J S E C N A R U S N I
Q R R D X B L A C I D E M E O
Z T E V I S I O N F L G P C O
H R N S E S G L A B U C T N C
W E W E C C I V A R T O A A F
R F A C M R B L D T B X L R D
E E P L Q L I S J E N I Q U E
B R U M T A L P R A F E S S R
M R R K V H I O T O N A D N E
E E C A P Z T X R I Y U R I V
C D H L G C Y N K N O J A L O
E G A M E D I C A R E N C R C
D N S C B A O P T O M E T R Y
S R E B M E V O N D T R A P D
Z M D S T I F E N E B O P E N

What's the Diff?

Can you find the
7 differences?





OUR YOUTH ARE BECOMING ADDICTED AT ALARMING RATES

New Federal Law Raises Sales Age from 18 to 21.

United Indian Health Services' NATIVE Tobacco Project is here to provide resources for quitting.

VISIT: KICKITCA.ORG OR CALL 1-800-300-8086

Want to join our team?



Visit uihs.org



CONGRATS THERESA SURBAUGH

Theresa Surbaugh has worked at UIHS for over 22 years as a phlebotomist. This year, she is beginning her transition out of the position, and is retiring to a life of the fun creations which she wants to re-visit and create anew in her home life.

From August 1986 to 1990, Theresa worked at UIHS in Trinidad as a Medical Assistant. Theresa left the UIHS clinic in Oct 1990 and after a 13 year absence- in which time she worked at Humboldt Open Door Clinic - she returned to Potawot.

An aspect that Theresa has enjoyed about working at UIHS is the access to the native community.

"In many ways UIHS is a hub for the community

at large: not the only one, but an important one" said Surbaugh.

Theresa's hopes for the future of UIHS are to have daycare for children, and elder care for seniors.

"I have many incredible memories of wondrous conversations with clients. The experience of trust of my patients. Individuals who shared with me while I was doing my lab duties. Their personal stories are the magic. I have developed many meaningful relationships which I hold dear and am honored to have been brought into their lives."

Theresa is a traditional basket weaver, and to some, she is a boater,



rowing on the Klamath River or whitewater kayaking. To others she is a mushroom hunter. Some have seen her as a cyclist pedaling to work, or riding long distances on the backcountry roads. Wherever the future takes Theresa, rest assured it will be a time of excitement and happiness.

"The Native community is unique and diverse as are people. We are a precious community, one that has taught me and shared with me, one which has brought meaning into my life."



Training The Next Generation of Doctors

This year, United Indian Health Services has been serving as a training site for the University of California Davis School of Medicine's Rural PRIME (Programs in Medical Education) program and the Saint Joseph Providence Family Medicine Residents.

Many of you may be asking, what is the Rural PRIME program?

Rural PRIME was created to train and produce doctors who wish to work in rural communities. We have had two medical students in the past 10 months, and both grew up in Humboldt County. Anna Nordstrom and Savannah Nickols successfully completed their Family Medicine clerkship at UIHS. They have now returned to UC Davis to continue their training, and soon will be in their final year of medical school. In May, we will have additional students visiting. If you happen to see them, please say hello and welcome them!

<https://www.bing.com/images/search?q=uc+davis+rural+prime&id=660DB2123BEC45ED299AA38823139C101C9CCAF8&FORM=IQFRBA>

We are also providing a clinical and public health rotation for the third year Family Medicine Residents who are nearly finished. Family Medicine residents are physicians who are specializing in caring for all ages and genders. This includes, infants, children, adolescents, adults, pregnant women, elders, and everyone in between.

While these residents may not stay in the area, the goal of this rotation is to expose them to tribal healthcare, and the unique challenges found with providing rural healthcare in tribal communities. Their academic year will conclude in June. UIHS wishes them all the best in their careers in Family Medicine!



BOARD MEMBER SPOTLIGHT

Introducing Ruby Rollins, the longest serving member of the United Indian Health Services board.

Ruby has served on the UIHS board for thirty years, and loves the work that they have done together in that time. An alternate Tribal Representative for the Trinidad Rancheria, she serves Area 2, in and around Orick, Trinidad, McKinleyville and Blue Lake North of Mad River.

"It has been hard but very fulfilling. The older I get, the more I appreciate the hard work that we do [at UIHS]. I can see the results of what we are doing helping so many people. As you get older it's a lot more work, but you feel good doing it. I feel good."

In her spare time, Ruby crochets hats with native designs on them, and makes jewelry. She also helps her granddaughter train her

puppy, a lively shepherd mix.

Ruby's hope for the future is to see more youth involvement with UIHS.

"I want to see us move into the future with more youth involvement. Young people need to be involved, because they have fresh ideas and different directions to take us!"

CAVITY FREE CLUB



Anthony Mccovey 7 Yrs Old	Nicky Nix 7 Yrs Old
Maverik Wilton 3 Yrs Old	Blade Pavloff 8 Yrs Old
Blake Sample 10 Yrs Old	Kaden Martin 9 Yrs Old
Rebel Scott 3 Yrs Old	Judah Hayden 5 Yrs Old
Kylee Vance 12 Yrs Old	Sam Morris 7 Yrs Old
Nathan Graham 13 Yrs Old	Pearl Samulski 7 Yrs Old
Levi Farmer 8 Yrs Old	Aneekah Hostler 11 Yrs Old
Dyllan Burrus 6 Yrs Old	Mckenzie Martin 4 Yrs Old
Aviana Mccovey 7 Yrs Old	Cataleyah Diaz 8 Yrs Old
Jamie John 6 Yrs Old	Delilah Ochoa 7 yrs. old
Mikah Sheaf 4 Yrs Old	Lily Emery 4 yrs. Old

If you want to be a member of the Cavity Free Club, make an appointment with our receptionist to see the hygienist to find out what it takes to become a member of this prestigious club and be cavity free! We look forward to seeing you!! If you are a registered American Indian client, we have openings available for dental cleanings.

Call to Make an Appointment

Potawot Health Village at (707) 825-5040
Crescent City Clinic at (707) 464-2583

Board Information



Back Row from left to right:

Madison Flynn, Joseph Giovannetti, Teresa Ballew, Ruby Rollings

Front Row from left to right:

LaWanda Green, John Green, Shirley Laos, Laura Borden

Primary (Not Pictured):

Claudia Brundin, Susan Masten, Lana McCovey, Fawn Murphy, Vanessa Rios, Paula Tripp-Allen

Alternate (not pictured):

Marnie Atkins, Debbie Boardman, Ellen Durfee, Wendell Freeman, Phillip Williams

Area 1

In and around Del Norte

Area 2

In and around Orick, Trinidad, McKinleyville, and Blue Lake (North of the Mad River)

Area 3

In and around Arcata, Eureka and all points south to the Humboldt - Mendocino County Line

Area 4

In and around Hoopa and Willow Creek

Area 5

In and around Pecwan Weitchpec and Orleans



ATTENTION TRIBAL ELDERS!

~The Native Will Project~

Have your simple will written, for free. UIHS General Counsel, Neal Latt, a licensed California attorney, is initiating an independent, pro bono (FREE) semiannual (twice a year) event to prepare simple wills for tribal elders, ages 60 and up.

If you are a tribal elder 60 or over, you may call Serena Brooks at (707) 825-4136 to schedule your one-hour appointment to meet confidentially with Neal to prepare your simple will. Appointments are made on a first come, first served basis, so call now!

~2022 Native Will Project Dates~

- Saturday, March 5 - 10 a.m. - 5 p.m. @ Potawot
- Saturday, September 10 - 10 a.m. - 5 p.m. @ Potawot

First Come, First Served By Appointment Only

UIHS is unaffiliated with the Native Wills Project but has generously offered to provide the space for its 2022 dates.

When to Take an At-Home COVID-19 Test

Test Yourself If...

You have any COVID-19 symptoms immediately.

Test Yourself If...

you were exposed to someone with COVID-19 3-5 days after your exposure. If you test negative, consider testing again 1-2 days after your first test.

Test Yourself If...

You are going to an indoor event or gathering immediately before the gathering, or as close to the time of the event as possible. This is especially important before gathering with individuals at risk of severe disease, older adults, those who are immunocompromised, or people who are not up to date on their COVID-19 vaccines, including children who cannot get vaccinated yet.



OVERALL CLIENT

SATISFACTION

with SERVICES RECEIVED AT UNITED INDIAN HEALTH SERVICES



9 OF EVERY 10 CLIENTS ARE **VERY SATISFIED**



96% of our clients say we are respectful of their culture.



93% of our clients say they feel well cared for by our staff.

Data from September 2021 Client Experience Survey

QUALITY CARE

In a survey sent out to UIHS clients in September 2021, there was an overwhelmingly positive response to the satisfaction of care that clients received.

In our results received from the survey, we found that 96% of clients are pleased with UIHS's respect of Native American Indian and Alaskan Native culture, and that they felt well cared-for by our staff.

"We are so pleased to see the positive results from the survey, and we look forward to providing that same level of excellent service to our clients for years to come," said Rebekah Becker,

the Quality Improvement manager for UIHS.

UIHS works very hard to integrate the respect of our Native cultures into every aspect of our healthcare offerings. We are committed to providing quality care to our clients, and in that respect we are also pleased to have received our AAAHC accreditation in February of 2022.

The Accreditation Association for Ambulatory

Health Care (AAAHC), is the nation's leading accrediting organization of outpatient facilities. Being accredited means that UIHS has undergone rigorous professional scrutiny by highly qualified AAAHC professionals, and is found to provide excellent quality care.

"We look forward to providing that same level of excellent service to our clients for years to come."

So congratulations; you've made an excellent choice by choosing to receive your healthcare services at UIHS.

If you are looking to send a compliment to your providers or care team at UIHS, please visit our Client Forms page on our website.

FEATURED JOB

TRIBAL PUBLIC HEALTH NURSE MANAGER

SUMMARY: The Tribal Public Health Nurse Manager supervises the Community Health Care (CHR) Section Staff and administers community health care programs that meet the needs of the UIHS service population.

ESSENTIAL DUTIES AND RESPONSIBILITIES:

- Provides and/or coordinates ongoing training for CHRs
- Refers and coordinates care of clients by CHRs
- Provides skilled public health nursing services to clients and families through referrals, visits homes to determine client need and provides public health nursing services.
- Coordinates and evaluates community health care services to ensure balanced and adequate programming designed to meet changing needs of community that are culturally appropriate.
- Directs collection, analysis and interpretation of statistics significant to program planning and budget preparation.
- Prepares applications for grants/funding and completes required reports.
- Prepares and submits budget estimates for community health programs and activities.
- Represents UIHS to local communities and tribal organizations to inform about UIHS services.
- Participates in organization-wide Infection Control Committee.
- Plans injury prevention programs, including but not limited to car seat safety, child safety, bike safety, and home safety.
- Adheres to accreditation and compliance standards/guidelines.

SUPERVISORY RESPONSIBILITIES: Directly and indirectly supervises CHR Section staff.

For a complete job listing for this and all open positions, please visit our website at uihs.org



**1600 Weeot Way
Arcata, CA 95521**

The Acornbasket

©2022 United Indian Health Services, Inc.
Chief Executive Officer: Elizabeth Lara-O'Rourke
Editor / Layout: SuWorhrom David Baldy

If you would like the Acornbasket Newsletter mailed to your home or emailed to you please fill in this form and return to: United Indian Health Services, Inc., 1600 Weeot Way, Arcata, CA 95521

Attention: SuWorhrom David Baldy

Name: _____

Street or P.O. Box: _____

City: _____

Clinic Sites

UIHS Clinic Hours

Potawot (Arcata)		Monday-Friday 8:00 a.m. to 5:00 p.m.	Closed for lunch 12:00 p.m. to 1:00 p.m.
For an appointment call:		Pharmacy Monday - Friday 8:30 a.m. to 5:30 p.m.	
All Other Services	(707) 825-5000	Pharmacy	(707) 825-5020
Behavioral Health	(707) 825-5060	Purchased Referred Care	(707) 825-5080
Community Health	(707) 825-5070	Toll-free number	1-800-675-3693
Dental	(707) 825-5040	Vision	(707) 825-4129
Medical	(707) 825-5010	WIC	(707) 822-9900
Nutrition	(707) 825-5070	Client Records	(707) 822-9900
Taa-'at-dvn (Crescent City)		Monday-Friday 8:00 a.m. to 5:00 p.m.	Closed for lunch 12:00 p.m. to 1:00 p.m.
For an appointment call:		(707) 464-2750	WIC-Crescent City (707) 822-9900
Elk Valley (Elk Valley)		Monday-Friday 8:00 a.m. to 5:00 p.m.	Closed for lunch 12:00 p.m. to 1:00 p.m.
For an appointment call:		(707) 464-2919	Toll-free number 1-800-293-2919
Eureka Health Center (Eureka)		Monday-Friday 8:00 a.m. to 5:00 p.m.	Closed for lunch 12:00 p.m. to 1:00 p.m.
For an appointment call:		(707) 442-0380	WIC-Eureka (707) 822-9900
Hop'-ew Puel (Klamath)		Monday, Tuesday, Thursday, Friday 8:00 a.m. to 4:00 p.m.	Closed for lunch 12:00 p.m. to 1:00 p.m.
For an appointment call:		(707)-482-2181	WIC-Klamath (707) 822-9900
Syringe Exchange			
2nd Monday of the month		10:00 a.m. to 3:00 p.m.	
Xaa-wan'-k'wvt (Smith River)		Monday-Friday 8:00 a.m. to 5:00 p.m.	Closed for lunch 12:00 p.m. to 1:00 p.m.
For an appointment call:		(707) 487- 0215	
Weitchpec (Weitchpec)		Monday, Thursday, Friday 9:30 a.m. to 3:00 p.m.	Closed for lunch 12:00 p.m. to 1:00 p.m.
For an appointment call:		530-625-4300	
Syringe Exchange			
2nd and 4th Wednesday		10:00 a.m. to 3:00 p.m.	
OB Care and Same Day Access Care			
1st and 4th Tuesday		9:30 a.m. to 3:00 p.m.	
WIC-Willow Creek Phone # : 707-822-9900		WIC-Hoopa Phone # : 707-822-9900	