

The AcornBasket

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

Newsletter of United Indian Health Services, Inc.

Volume 42, No. 2

Apr/May/Jun 2020

**Message from
the CEO**

**New Licensed
Midwife at UIHS**

**Cavity Free Club &
Dental Facts**

The Value of Self-Care

**Preventing Infections...
Don't Touch Your Face**





UIHS Board of Directors * 2020

Top Row

Laura Borden, Mindy Natt, Richard Myers, Madison Flynn, Lisa Sundberg, Kirsten Boyce, Susan Masten, John Green

Bottom Row

Shirley Laos, Fawn Murphy, LaWanda Green, Ruby Rollings, Velva Angell, Teresa Ballew, Tracy Mahoney

Not Pictured

Claudia Brundin, Wendy George, Lana McCovey, Denise Padgett, Kathy Dowd, Joseph Giovannetti, Delmer Keisner, Leann McCallum

Clinic Sites

UIHS Clinic Hours

(Reception windows open during lunch)

Potawot

(Arcata)

For an appointment call:

All Other Services (707) 825-5000
Behavioral Health (707) 825-5060
Community Health (707) 825-5070
Dental (707) 825-5040
Medical (707) 825-5010
Nutrition (707) 825-5070

Monday-Friday 8:00 a.m. to 5:00 p.m. Closed for lunch 12:00 p.m. to 1:00 p.m.
Pharmacy Monday - Friday 8:30 a.m. to 5:30 p.m.

Pharmacy (707) 825-5020
Purchased Referred Care (707) 825-5080
Toll-free number 1-800-675-3693
Vision (707) 825-4129
WIC (707) 822-9900
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)

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) 725-7988 WIC-Klamath (707) 822-9900

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

Anonymous Syringe "Points" Exchange

2nd and 3rd Tuesday 10:00 a.m. to 3:00 p.m. WIC-Weitchpec (707) 822-9900

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

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Message from the CEO

Submitted by: John R Reeves III, CEO, UIHS

What an exciting time for UIHS...

By the time this reaches you all, I am hoping to have had the opportunity to speak with a few of you during our Annual Membership Meeting which occurred on February 22, 2020. If you did not have the chance to attend, I would ask you plan to next year. As this is a great way to get familiar with the many services our organization provides, as well to gain valuable information about your care. We also may have some awesome give-a-ways, and even food. I can't wait to see everyone again next year!

United Indian Health Services Turns 50 – As many of you are likely aware, UIHS was born in 1970, making 2020 its fiftieth year! We have some exciting things planned to celebrate this organizational milestone, so keep an eye on the various platforms we utilize in disseminating our information. We are excited to share our history together!

Improved Access – As an organization, in the past few months we have focused on improving our client access (your ability to get an appointment), it appears from the data we look at monthly, that we are succeeding! In the past five months, UIHS has set the record for most clients seen in a given month, not once but twice! In January of 2020, UIHS registered 6,482 client visits! January broke the previous record, which was set in October of 2019, when we saw 6,408 client visits. Improved access will continue to be the goal, as we continue to staff up our clinical service lines over the remainder of the year.

Client Comments and Concerns – I would like to thank each and every one of you for the expression of your comments, as well as your concerns. As we continue to improve our process in handling complaints and comments in an efficient and effective manner, I would like to ask you to continue to bring these forward. We would like to express to our clients that we have an established process in which to register, route, address, and then close out each comment or concern we receive. It is important that we continue to hear from you as clients about the areas in which we can improve our care as an organization.

Dental Provider Staffing – I am pleased to announce that in February, we added two new dental providers to our team, one at our Smith River site, and another at our Potawot Health Village site. This is exciting, because 2019 we experienced a bit of turnover in dental, which impacted our dental appointment access. Expect things to drastically improve both in Del Norte, and Humboldt as far as appointment availability is concerned!

As I leave you this time, I will take the opportunity to thank each and every one of you for your faith in our ability to provide care! I will again mention that we exist because of you. At the end of the day, we realize that you have the opportunity to seek care anywhere in Humboldt and Del Norte counties, and we are pleased you come in to see us in your time of need. Until next time...



Fresh Basil Pesto

Ingredients:

2 cup fresh basil, packed
1/2 cups freshly grated
Parmesan cheese (about
2 oz.)
1/2 cup olive oil
1/3 cup pine nuts
3 garlic cloves, minced
(about 3 tsp)
Salt and pepper to taste

2. Slowly add the olive oil in a steady stream.
3. Stir in some salt and pepper for taste.

Preparation:

1. Place the basil leaves and pine nuts into a food process or a blender and pulse until leaves are small pieces. Add the garlic and parmesan cheese and pulse several more times. Scrape down the sides with a rubber spatula.



Xaa-wan'-k'wvt Health Center!

For Eligible Indian Beneficiaries

Smith River, CA



Serving the Native American Community in Del Norte County

❖ **Medical**

❖ **Dental**

❖ **Behavioral Health**

❖ **Elder Nutrition**

❖ **Diabetes**

❖ **Work Out Room**

❖ **And More!!!**

Hours of Operation

Monday – Friday : 8:00 am – 5:00 pm

For an Appointment call (707) 487 – 0215

501 Indian Court Smith River, CA 95567



Preventing Infections...Don't Touch Your Face

Submitted by: Michelle Lewis-Lusso, Infection Prevention/Employee Health, UIHS

To help prevent infections, keep your hands away from your eyes, nose, and mouth. Why? Touching the mucous membranes on your face with your dirty hand allows germs that cause respiratory infections to enter the body.

WHY IS NOT TOUCHING YOUR FACE SO IMPORTANT?

It is estimated that people touch their faces about 23 times per hour! Respiratory infections can be caused by many different bacteria, viruses, and other disease-causing germs. When you touch your face with dirty, unwashed hands, germs can take up residence in your mucous membranes which can lead to an infection.



HOW ARE RESPIRATORY INFECTIONS SPREAD?

Respiratory infections, like pneumonia or the flu, can spread through droplets in the air when a sick person coughs, sneezes, or talks near you. Respiratory infections can also spread by direct contact with bacteria, viruses, and other disease-causing germs. When we touch people who are sick, or touch dirty surfaces, we contaminate our hands with germs. We can then infect ourselves with those germs by touching our face.

HOW CAN I PROTECT MYSELF FROM RESPIRATORY INFECTIONS?

There are several ways that you can protect yourself from getting a respiratory infection:

- Avoid touching your eyes, nose, and mouth. Never touch your face with dirty hands.
- Wash your hands frequently. Washing hands with soap and water is the best way to get rid of germs in most situations.
- Use an alcohol-based hand sanitizer to clean your hands if soap and water are not available.
- Get a flu shot every year. Encourage your family and friends to get a flu shot too!
- Ask your healthcare provider if the pneumonia vaccine is right for you.
- Avoid being close to people who are coughing and sneezing.

New Hires



Brett Nestman
Dentist
Potawot



David Crabtree
Dentist
Smith River



Precious Wilson
FOA Medical
PHV



Ohshinnah Savage
Admin Asst - HR
PHV



Brooke Brown
Medical Assistant
PHV



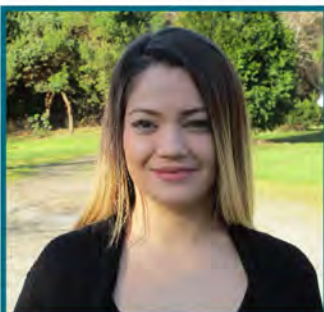
Sommer Halligan
Licensed Midwife
PHV



Jennifer Leslie
PRC Technician
PHV



Miranda Buyak
Medical Assistant
PHV



Sierra Stansbury
FOA Medical
PHV



Tanya Fechner
Credentialing
Coordinator
PHV

Looking for a Job?

Submitted by: Marina Straughan,
Human Resources- Recruiter, UIHS

UIHS is a full service healthcare facility. We continue to fulfill our mission by using teamwork and providing integrated healthcare. Our divisions include: Medical, Dental, Vision, Pharmacy, Behavioral Health, and Community Health and Wellness. At UIHS we offer our

staff excellent benefits, a healthy work life balance, and competitive wages. Come check out our beautiful location for yourself. We welcome the public to come enjoy our Farmers Markets, walking trails and more. While at Potawot Health Village, come by our Administrative office to learn about our current job opportunities! If you'd prefer digital, check out our website unitedindianhealthservices.org/. There you will find more information about the organization, as well as a list of all job openings.

If you are interested in learning more about our jobs and would like to talk to someone directly, please reach out to Marina Straughan at (707) 825-5000 or email: Marina.Straughan@uihs.org.

We look forward to hearing from you!

Call to Make an Appointment

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

Cavity-Free Club

Submitted by: Meghan McCullough, Registered Dental Hygienist, UIHS



Karter Quinn
Sophia Brown
Mariah Cota-Loveall
Cheygoone Gensaw
Blake Graham
Mikah Sheaf
Chris Wennerholm
Alex Wennerholm
Weysenaw Reed
Alena Brown
Caroline Christian
Rebecca Christian
Madisyn Oguva Mccovey
Rosalee Burger
Gracelyn Cox
Jaron Powell
Abigail Hunter
Faith Smith
Austin Atmore

6 Yrs Old
8 Yrs Old
3 Yrs Old
9 Yrs Old
5 Yrs Old
2 Yrs Old
9 Yrs Old
7 Yrs Old
11 Yrs Old
9 Yrs Old
7 Yrs Old
10 Yrs Old
6 Yrs Old
15 M Old
5 Yrs Old
13 Yrs Old
4 Yrs Old
9 Yrs Old
9 Yrs Old

Cassius Calderon
Mason Hedrick
Freedom Jenkins
Robert Moscara
Drake Ward
Kylie Fowler
Franklin Fowler
Ansley Bartoo
Avery Bartoo
Ardie Eleck
Kaylani Kelly
Kylee Vance
Kymber Vegnani
Malania Moulton
Nevaeh Abbott Brown
Tucker Sanderson
Dean Colegrove
Andee Lewis

1 Yr Old
9 Yrs Old
6 Yrs Old
5 Yrs Old
9 Yrs Old
7 Yrs Old
5 Yrs Old
8 Yrs Old
8 Yrs Old
13 Yrs Old
11 Yrs Old
10 Yrs Old
13 M Old
9 Yrs Old
5 Yrs Old
3 Yrs Old
7 Yrs Old
9 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.

Dental Facts & Fun

Submitted by: Meghan McCullough, Registered Dental Hygienist, UIHS

Fun Dental History Facts:

- Most Americans did not brush their teeth every day until after WW2. In WW2, the military required soldiers to brush their teeth twice daily and brought that habit home after the war.
- Archeologists have evidence of the first dental fillings in teeth from people who lived 7,500 and 9,000 years ago.
- Orthodontics was the first recognized specialty in dentistry.
- The first toothbrushes were tree twigs: chewing on the tips of the twigs spread out the fibers, which then were used to clean the teeth.
- In 1905, Dental Assistant Irene Newman was trained to clean teeth. She became the first Dental Hygienist.

Cavities and Oral Health:

Cavities are caused by bacteria named *Streptococcus Mutans*. In order for these bacteria to break down the tooth structure and form a cavity it needs a food source which is sugar and an acidic environment. Cavities are considered to be a transmittable disease because the bacteria is introduced to you from someone else through sharing cups, eating utensils, and toothbrushes. To reduce your risk for dental cavities eat foods that are low in sugar, avoid sticky foods like fruit gummies and dried fruit, avoid drinking soda, drink water, and brush your teeth two times daily with a fluoridated toothpaste and floss daily. If you would like to have an exam to check for dental cavities, call UIHS Dental services to schedule an appointment with your dental provider.

Hypertension: It Doesn't Hurt, So What's The Big Deal?

Submitted by: Terry Raymer, MD, CDC- Diabetes Program Manager & Angel Jensen, Nutritionist-Diabetes Management, UIHS



Years ago, when I was periodically donating blood in Alaska, I kept getting told by the nurse checking me in that my blood pressure was too high. It wasn't high enough to prevent me from donating, but it was well over "normal." I didn't pay too much attention at first, after all, I did all kinds of aerobic exercise 6 days a week, did tai chi, ate pretty well (well sort of), and I had what the books said was a healthy "Body Mass Index." (Body Mass Index or BMI is a measure of your weight to height ratio; if it is too high it can put you at risk for certain conditions like hypertension). I just figured I was stressed, or hadn't slept well, or anything other than I might have high blood pressure. But it kept happening, and I knew from all my work in medicine, especially working in the diabetes field, what that could mean...

High blood pressure, or hypertension, is a condition where the arteries in our body get less flexible over time. It can cause damage to the blood vessel walls that can have even more damaging effects when people have diabetes and/or high cholesterol. This damage can affect many organs in our body and can result in many different disease processes. These include heart attack, stroke, congestive heart failure, kidney disease, eye disease, and decreased blood flow to our internal organs or our lower extremities (“peripheral vascular disease”). I also knew that treating high blood pressure is the most important thing we can do besides stopping smoking to decrease our risk for conditions like heart attack, stroke, and all those listed above.

Remembering all this, I decided to see my Nurse Practitioner at the local community clinic. I hadn't had a check-up in a few years, so I figured what could I lose? She ran few tests, did a basic physical, and she checked my blood pressure. Too high, over 140/90. I was kind of surprised because I tried to be healthy, but I also remembered that my mom has high blood pressure. All my lab tests including my cholesterol came back normal, so we gave it another 3 months of trying to cut out salt and get better sleep. I checked it at home and work, and it was usually over a safe target range. And it was still elevated when I went back to see my Nurse Practitioner, so she put me on a blood pressure medication I often use with my diabetes patients and it came right down into the target range.



That was over 10 years ago and I still take that medication (at a little higher dose) and when I go to donate blood now, my blood pressure is always in a safe range. I still try to eat healthier, get enough sleep,

Hypertension: It Doesn't Hurt, So What's The Big Deal?

Submitted by: Terry Raymer, MD, CDC- Diabetes Program Manager & Angel Jensen, Nutritionist-Diabetes Management, UIHS

and stay physically active, but I also take my blood pressure medication every day. I feel very fortunate, because a lot of folks, especially working age men, don't go to their medical providers a lot (unless they are really sick!) and their first visit to the ER might be for a heart attack or stroke.

The UIHS Diabetes Program is partnering with the Medical Department to promote a program to improve our blood pressure management here at UIHS. There are many things we can do to help manage our high blood pressure, or even prevent it, by the way we eat and how active we are, but sometimes medications are needed, just like in my case.



What do the numbers mean??

It is always important to know your blood pressure number. It is expressed in two numbers. For example, we may say "your blood pressure is 120 over 80." The higher or "top" number is when the heart is in full "pump" mode and the lower or "bottom" number is when the heart is relaxed. Not everyone has the same goal for their blood pressure, so please talk to your provider or anyone in the Diabetes Program about what your blood pressure is, what your goal should be, and what you can do to improve it. Together, we can partner with you to help eliminate heart and vascular (blood vessel)

Why is high blood pressure referred to as the "silent killer"?

Continuously high blood pressure causes extra strain on our veins arteries

Extra pressure damages our veins and arteries

Damaged veins and arteries cannot move the blood around our bodies effectively

All of this can be happening without pain or noticeable side effects for a long time

Hypertension: It Doesn't Hurt, So What's The Big Deal?

Submitted by: Terry Raymer, MD, CDC- Diabetes Program Manager & Angel Jensen, Nutritionist-Diabetes Management, UIHS

What happens to our body when we have high blood pressure over time?

All of our body parts depend on healthy circulation of blood to function properly

We do not always notice when our organs and bodie's sytems are unhealthy



A tired and weakened heart leads to heart disease and heart failure

Increasing the risk of stroke and blood clots

After a while, aneurisms may form from the extra pressure



The brain is affected similarly to the heart, leading to strokes and impaired thinking

The eyes, sex organs, kidneys, and other parts of the body that depend on healthy blood flow through tiny arteries also have compromised functioning



We may not feel the effects of high blood pressure until a significant health problem arises

What can we do to improve our heart health?

AVOID

Processed, fast, fried, and sweetened foods

INCREASE

Vegetables, nuts, seeds, beans, legumes, fruit, and seafood

Move more than you don't move

Increase your heart rtae through activity at least 30min EVERY DAY

Do stregnthening movements at least 2 days each week

Calming your mind calms your heart

Even 1 minute of deep belly breathing

lowers heart rate and blood pressure

Mindful eating improves heart health

For more information about hypertension, heart health, nutrition, physical activity, or mindfulness call the UIHS diabetes awareness program (707)825-5070

What are realistic improvements you would like to see happen in your life to improve your heart health?

Physical activity does not have to be formal exercises, what activities to you enjoy that get your heart rate up?

Meal planning and preparation does not have to be overwhelming, which whole foods do you enjoy?

A New Classification of Illness

Submitted by: Travis Vale, Health Promotion and Education Technician, UIHS

Recently, electronic cigarettes have been given a new classification of illness labeled EVALI (Electronic Vaping Associated Lung Injury). The Food and Drug Administration (FDA), Center for Disease Control (CDC), and state health authorities all have identified this illness and have given the warning to the public that E-cigarettes that use both nicotine juice and THC can have harmful effects to the lungs. One major factor of the lung damage comes from Vitamin E Acetate. Current recommendations from the CDC and FDA:

- E-cigarettes are not an approved quit method from the FDA.
- E-cigarettes can cause EVALI, both nicotine juice as well as THC pods.
- While it appears that vitamin E acetate is associated with EVALI, there are many different substances and product sources that are being investigated.
- Refrain from buying these products from informal sources, such as friends, family, or in person or online sellers.
- Youth are more prone to become addicted and lifelong users than adults.
- Studies are still being conducted on the harmful effects of e-cigarettes, new information will emerge in the following years.

If you are interested in more information, please visit the following CDC website links:

<https://www.cdc.gov/media/releases/2019/p1220-cases-EVALI.html>

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html

Spring Heralds Ceremony Season

Submitted by: Andre Cramblit, Cultural Resource Specialist, UIHS

Spring is here and ceremony season is just around the corner. Also coming up is our summer camp. We are scheduled to take kids (ages 12-17) out to Patrick's Point June 29 to July 3 and then again for younger students (ages 9-11) July 13-17. The outdoor event will allow children to participate in a variety of activities supporting healthy lifestyles, culture and language, as well as keeping them physically active.

People prepare for ceremonies in a range of ways. Some begin prayers before they attend a ceremony and some fast for up to 10 days prior to the event. Fasting involves not eating and keeping up your strength with water that has acorn powder or cooked acorns in it. Occasionally people fast as part of their daily life and some people go into isolation to fast.

Regalia is brought out and repaired as needed in preparation for ceremonies. Food is collected to feed the people that will attend. Camping supplies are taken out of storage and updated as required.

Ceremonies that will occur include, the flower dance, the brush dance, the jump dance and depending on the year the white deerskin dance. Some tribes will occasionally hold a war dance for a variety of reasons.

Ceremony season is a time to come together, to share your prayers, thoughts and hopes for a better world. It is a chance to see old friends and meet new people who are working together for a common spiritual goal. Take this opportunity to bring your family to ceremony and be part of the healing process.

Just my two dentalia's worth.

**NEW UIHS
Clinic!**



Eureka Health Center Now Open

- * *Medical*
- * *W.I.C*
- * *Medication Pick Up*
- * *Behavioral Health*
- * *Laboratory Services*

**Monday - Friday
8am - 5pm**

Closed for Lunch

(Reception windows open during lunch)



Eureka Health Center
2332 Harrison Ave. Suite C&D
Eureka, CA 95501

Main: (707) 442 - 0380
Fax: (707) 442 - 0381

What our Ancestors Can Teach us: The Importance of a No'os

Submitted by: Ashley Villagomes, Maternal Child Health CHR, UIHS

With an immense amount of information at our fingertips on pregnancy and parenting in this day in age, it can leaves us questioning, "What is the right way to raise our children." First there is no right way, but getting back to our basic ancestral knowledge of parenting can help ease some of these feelings.

Our ancestors have so much to teach us, looking to them for knowledge and support can bring healing to ourselves and future generations. Traditional practices and ways of life in tribal communities all over the world are being researched and recommended in western medicine today; the perfect example of this is the use of a no'os, the Yurok word for baby basket.

In our region, as far back as we can go, we know that our ancestors carried their babies using a no'os. We also know that in many other cultures they had variations of a baby basket, but what they all had in common was the purpose to keep the babies close to their mothers at all times. On the surface one may think carrying your baby in this way was purely out of convenience but it goes much deeper than that.

Having that constant connection with their mother's body that the no'os provides is the most soothing and emotionally nurturing experience for a baby other than breastfeeding. Carrying your baby actually goes hand in hand with breastfeeding, not only do babies feed on their mother's milk but they feed off of the constant bodily contact of being close to their mother. It cultivates an ongoing physical and emotional bond between them, which can help regulate the babies breathing, increase milk production and prevent postpartum depression, all while evoking a sense of confidence for the new mother as she walks the path from maiden to mother.

As you wrap your baby tightly and lace them up in your no'os, it gives your baby feelings of being secure and safe by mimicking the precious time they spent in their mother's womb. This traditional practice calms and relaxes the baby, offering better sleep for both, them and their mother. Because they are unable to move their arms, the baby's sense of sight is heightened, they begin to observe and process the world around them with intention while exercising and developing their brains. They believe the children brought up in this way will learn to observe and to look over situations before reacting. In western society they adopted this tradition our ancestors passed down, which can be known as swaddling and is highly recommend to all new parents.

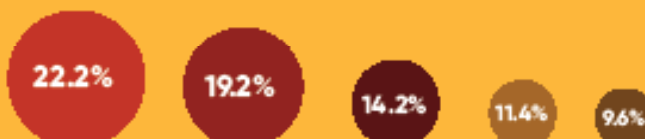
These teachings alone reflect what deep connections our ancestors had about the importance of honoring all facets of ourselves; the physical, emotional, and spiritual, to cultivate overall wellbeing for all ages. These deep knowing's are the foundation that made it possible for us to be here today and are carving the way for future generations to thrive. We honor our ancestors every time we lace our babies in a no'os or swaddle them tightly, it's as if they are holding them tightly soothing and comforting them, welcoming them into this lifetime.



TOBACCO USE AMONG AMERICAN INDIANS & ALASKAN NATIVES



AI/AN adults in California had the
HIGHEST CIGARETTE SMOKING RATE*



 AI/AN  African American  White  Hispanic  Asian
*From 2011-2014

“THERE IS NO
**SAFE LEVEL
OF EXPOSURE**
TO COMMERCIAL
TOBACCO SMOKE”



AI/AN RATE OF ASTHMA IN 2013-2014

14.3%

HIGHEST ASTHMA RATE
OF ANY RACIAL/ETHNIC GROUPS IN CA

*From 2013-2014



1 IN 5

AI/AN middle and high school
California students smoked in
the past 30 days, higher than
any other race/ethnicity.

*From 2011-2012

SMOKING HAS BEEN LINKED TO



MULTIPLE CANCERS

(E.G. Lung And Stomach)



HEART DISEASE



STROKE



ASTHMA



COPD

(CHRONIC OBSTRUCTIVE PULMONARY DISEASE)

Source: California Department of Public Health,
2016 Tobacco Use among American Indian and
Alaska Native Populations

© 2016, California Department of Public Health,
Funded under contract # 16-10293. CCAP is a
project of ETR.

advancing
health
equity **etr.**

CCAP
CALIFORNIA COMMUNITY ACTION PROGRAM
California Department of Public Health

 CHGA
ASSOCIATE
MEMBER

Mindful Moment

Submitted by: Megan Warren, Diabetes Awareness Program, UIHS

Wait a Mindful Moment!

At the end of the day people tend to reflect on what went wrong more than what went right. This habit can lead to thoughts about how to fix it, what should have happened, or what worse might happen. This creates an opportunity for stress and anxiety to sneak in.

Try breaking the habit by being mindful and giving more attention to your positive experiences! Refocusing your thoughts will make it harder for stress and anxiety to find a way in.



Try this bedtime activity:

- Think about what happened in your day.
- Choose 4 positive events to focus on. It could be the feeling of the crisp morning air or remembering to take your umbrella. Anything that went right.
- Jot down the 4 events.
- Reflect on how each event made you feel and why. Maybe the crisp morning air felt good because it reminded you of your favorite time of the year and fun activities. Perhaps remembering your umbrella brought cheer because it was a gift from someone special.
- After a week gauge how you feel. Are you noticing more positive events happening? Are you looking forward to writing them down?

If you like it then keep doing it!
Occasionally check in with yourself so you can go over the changes and progress you've made!



If you've been thinking seriously about incorporating mindfulness into your lifestyle keep in mind that UIHS will be offering a 12-week series of classes on Mindfulness Based Stress Reduction. Please refer to the flyer on our website for additional information at www.unitedindianhealthservices.org

The Value of Self-Care: Putting it into Practice

Submitted by: Brian Sheehan, BSW Student, Health Promotion & Education Intern, UIHS

What exactly is Self-Care? Why is it important for us? Self-care is all about wellness, OUR wellness. Self-care is about our physical, emotional, and mental health; it is about upholding and nourishing the state of our well-being. Finding a healthy balance of these key areas of our lives is a daily challenge for many of us; yet, it is vital for our quality of life.

Many of us are programmed to stay busy, work hard, press forward, and take care of the family, let alone our other pressing responsibilities. Further, some argue that “self-care” is a selfish act, and we “should be” focusing on helping others. However, we must remember that we can’t give away what we don’t have; we cannot pour from an empty glass! Without intentionally taking care of ourselves, our emotional, physical, and spiritual well being, we will have nothing to truly offer others; worse, we will end up burned out, physically sick, and/or spiritually bankrupt. So no, self-care is not a selfish act; in fact, it is the kindest offering to others we can begin with.



Knowing where to start in our self-care practice, (yes it is a practice), can be a challenge. In order to uncover and discover what area(s) of our life need attending to, we must first become aware; we must slow things down and check-in with ourselves. Self-reflection is the key to this door, asking: How am I doing today, physically? Am I getting enough sleep? Am I nourishing myself, eating regular healthy meals? How am I doing emotionally? Am I angry, sad, or lonely? How am I doing spiritually? Have I become a “human doing” vs. a human being?

Our first most helpful habit will be the practice of mindfulness; here we can further develop our self-awareness. Consistent mindfulness practice is one of the many self-care practices we can draw upon to improve our well-being. Mindfulness simply begins by taking sacred time to ourselves; here, we can be alone in a calm space, a place we claim for ourselves. This is a time to connect with “me”, sit with my thoughts, my attitudes, and my feelings. This is a sacred time to focus on my prayers and/or my intentions for the day. This may be a time to practice the tradition of burning sage and/or root. We may also use this time for meditation.

Ask yourself, have I fallen into any of the H-A-L-T (Hungry, Angry, Lonely, Tired) patterns? If so, practices like healthy eating, forgiveness, connecting with others, and/or basic sleep will get us back on track faster than we may think. Gently pushing ourselves to do these small routine things can have a profound effect on our sense of well-being.

A good self-care practice requires engagement, commitment, and consistency; yet, our self-determination is what empowers its success.

Here are a few more self-care activities to include in our basket of options:

- 1.) Find a creative outlet that you enjoy; whether through the arts or hobbies, this will have benefits beyond providing much-needed stress relief;

The Value of Self-Care: Putting it into Practice

Submitted by: Brian Sheehan, BSW Student, Health Promotion & Education Intern, UIHS

2.) Get out into the great outdoors (taking a walk). This will help us to unwind and can also provide an effective way to manage our stress.

3.) Practice self-nurturing by providing yourself with “creature comforts” by focusing on soothing each of the five senses: For vision, you might look at beautiful pictures in a book or magazine; for hearing, you can listen to soothing music; for smell, you can burn a scented candle or burn some sage/root; for taste, drink herbal tea; and touch, stroke your pet, or cuddle a stuffed animal.

The main concept behind many of these ideas is to initiate a shift from within, from more negative energy to a more positive one. In fact, a positive feedback loop can be started by simply taking better care of ourselves, even in what may appear to be menial ways; these can include going to bed and getting up at reasonable hours or taking a shower and getting nicely dressed. Nourishing ourselves by eating well will also help begin this positive chain reaction.

Most importantly, have fun and enjoy the process of our self-care practices. Investing in ourselves allows us to better serve others because our well-being is fortified and refreshed. Sustaining ourselves, while finding the balance between our physical, emotional, and spiritual selves will improve the true quality of our lives; further, it will empower us to navigate the many challenges life may present



Do You Have Or Are You:

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

New Licensed Midwife at UIHS

Submitted by: Sommer Halligan, Licensed Midwife, UIHS



I grew up in a small beach town just south of San Francisco, but my family always spent as much time as we could in the woods of Mendocino County. I never really liked city life, and so I relocated to Humboldt in 1996. Over the years, most of my family moved up here as well. I am close with them and we spend a lot of time together. I am the mother of two children, a son and a daughter. I am an avid fan of traditional music and dance, and attend dance camps each summer. I try to spend time outside every day, even if it is just for a few minutes. I enjoy doing “hand work,” mostly quilting, knitting and embroidery. I am curious about basket making and beadwork.

I came to UIHS because I believe in our mission and core values, and because I believe UIHS represents the most effective model of health care services – attending to the mind, body and spirit of our community and using the best of modern medicine together with traditional healing modalities. I will be working at Potawot, Taa-‘at-dvn, and Weitchpec Health Village sites. I will be seeing patients for home visits and in clinic for well woman care, birth control, lactation/breastfeeding, preconception planning, and early pregnancy care.

It is important to me to build personal relationships with my clients and I want the people I care for to feel honored and respected. I am passionate about providing health education services, so each person feels empowered to make decisions that resonate with their own personal values. I believe that the human body is an everyday miracle, and I practice midwifery from this perspective. I do this work because I am called to service. It has been a tremendous honor to share the journey of childbirth with the families of the north coast. Becoming a mother was the most transformative experience of my life; being a mother is my greatest joy.

**COVID
19**
CORONAVIRUS
DISEASE

If you are experiencing a fever, cough, or trouble breathing. Please CALL before coming to see your provider

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

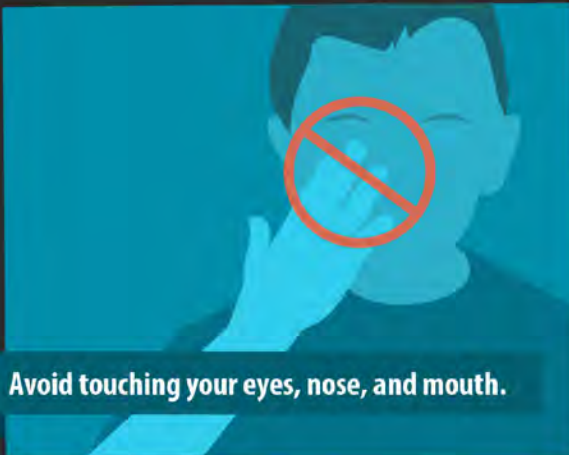
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



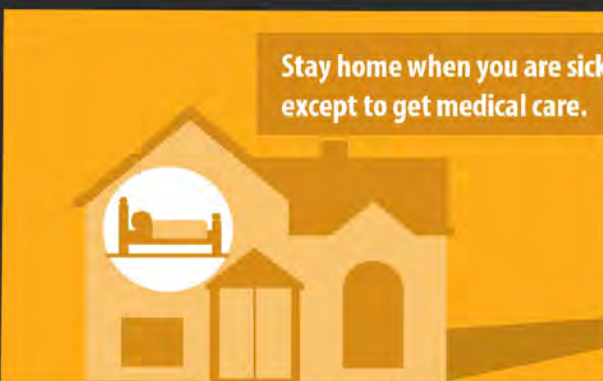
Avoid touching your eyes, nose, and mouth.



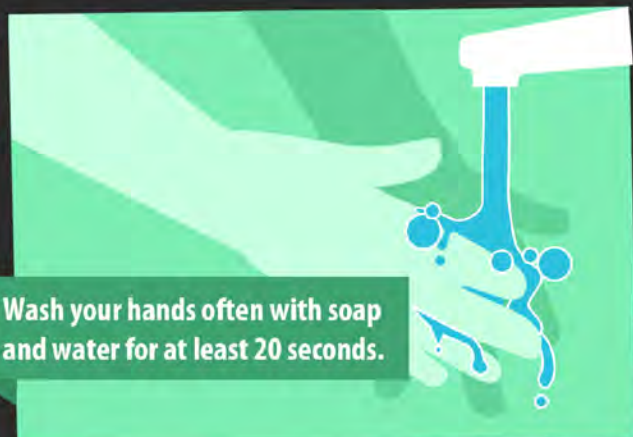
Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19

Know your Resources

National

California Smokers' Helpline: 1-800-NO-BUTTS (1-800-662-8887)
The National Domestic Violence Hotline: 1-800-799-7233
Suicide Prevention Lifeline: 1-800-273-8255 or text "HOME" to 741-741
California Youth Crisis Line: Crisis Support for youth 1-800-843-5200
The Trevor Project: For LGBTQ youth 1-866-488-7386

Humboldt / Del Norte

North Coast Rape Crisis Team: Humboldt: 707-445-2881, Del Norte: 707-465-2851
Humboldt Domestic Violence Services: 707-443-6042 or 1-866-668-6543
Child Welfare Services, Emergency Response, Abuse Reports: 707-445-6180
Adult Protective Services, Elder Abuse Reports: 707-476-2100 or 1-866-527-8614
Humboldt County Mental Health: 707-445-7715
Del Norte County Mental Health: 707-465-6925
Public Health Department: Humboldt (707) 445-6200, Del Norte (707) 464-3191
Planned Parenthood: 707-442-5709
DHHS Transition Age Youth Program: 707-476-7668
Queer Humboldt: 707-834-4839
Humboldt Domestic Violence Service: 707-443-6042 or 866-668-6543
Harrington House Shelter: 707-465-3013
Humboldt County HICAP office: 707-444-3000
Bikers Against Child Abuse (BACA): 707-496-3004

Tribal

Yurok Tribe Social Services 707-482-1350
Tolow Dee-ni' Nation Community and Family Services: 707-487-3175
California Indian Legal Services: 707-443-8397
Bear River Band of Rohnerville Rancheria: 707-733-1900 x 225
Blue Lake Rancheria: 707-668-5101
California Tribal TANF Partnership: 707-476-0344
Karuk Tribe of Northern California: 530-842-9228
Northern California Indian Development Council: 707-445-8451
NIWHONGWH XW E:NA:WH Stop the Violence Coalition: 530-625-1662
Positive Indian Family Network: 530-625-4816
Table Bluff Rancheria: 707-733-5055
Shu'-ag-xuu-dvn (In a Good Way-Place) Tolowa Dee-ni' Nation: 707-487-2089
Yurok Tribe: Eureka: 707-444-0433, Klamath: 707-481-1350, Weitchpec: 530-625-4130

Word Search

Kuwahdahwilt
Restoration
Area
twenty
acres
of
restored
natural
Space
a
conservation
easement
dedicated
forever
to
enhance
and
protect
the
wetland
meadows
cultural
education
wildlife
habitat

recreation
traditional
Native
agriculture
food
production
spiritual

meditation
Wiyot
Indian
Land
Revitalization
wetlands
forest

grasslands
community
coastal
prairie
Gudinih
willow
salmonberry

alder
spruce
thickets
brush

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

What's the Difference? Can you find the 8 differences?





**1600 Weeot Way
Arcata, CA 95521**

The Acornbasket

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Chief Executive Officer: John Reeves
Editor / Layout: SuWorhrom David Baldy

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