

Apr/May/June 2017



Volume 38, No. 1

The AcornBasket

Newsletter of United Indian Health Services, Inc.

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

Improve Your Health

Thank you for Easing my Burden

Honey Beet Salad



You Don't Have to Smoke

UIHS Community Needs Assessment

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IMPROVE YOUR HEALTH
Affordable Coverage Available

Enroll Now!
(707) 465-2960

 **COVERED CALIFORNIA**
FOR AMERICAN INDIANS

 **United Indian Health Services, Inc.**

New Hires



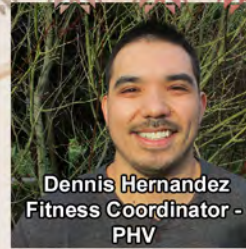
Andrea Swindle Fiscal
Temp PHV



DR Reyes CMO (Locum)
PHV



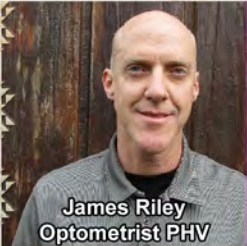
Daniel Feicco Medical
Assistant PHV



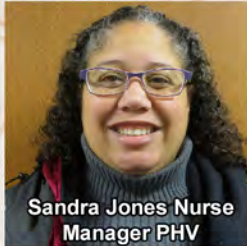
Dennis Hernandez
Fitness Coordinator -
PHV



Hollie Strahm Nurse
Manager - Del Norte



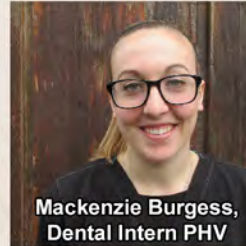
James Riley
Optometrist PHV



Sandra Jones Nurse
Manager PHV



Julie Groff Medical
Assistant Temp PHV



Mackenzie Burgess,
Dental Intern PHV



James Monahan
Information Systems
Specialist - PHV



Destinee Morrow
Medical Assistant - CC



Meredith Myers
Purchase Referred Care
Technician - PHV



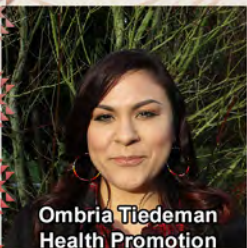
Mary Pellatier
Registered Dental
Assistant - PHV



Priscella Kinney
Community Nutrition
PHV



Lisa Smedley HR
Recruiter - PHV



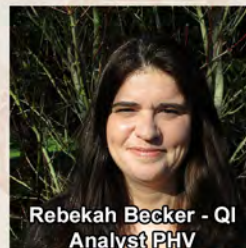
Ombria Tiedeman
Health Promotion
Technician III - PHV



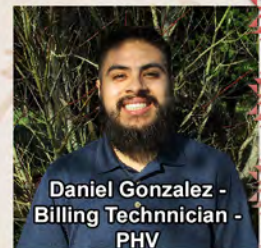
Isaac Scott - Night
Housekeeper



Johanna Samansky -
Billing Technician PHV



Rebekah Becker - QI
Analyst PHV



Daniel Gonzalez -
Billing Technnician -
PHV

Cavity-Free

Submitted by: Meghan McCullough,
Registered Dental Hygienist, UIHS

Call to Make an Appointment

Potawat Health Village at 707-825-5040
Crescent City Clinic at 707-464-2583

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 Indian client, we have openings available
for dental cleanings.



Potawat Health Village Cavity Free Club Members

Mariena Dimarzo
Ida Myers
Chayce Mcginnis
Tahlyia Curtice
Dru Curtice
Talon Turner
Isabella Ryan
Nathan Alvarado
Hazel Tripp
Scarlet Cornelson

10 Yrs Old
1 Yrs Old
1 Yrs Old
12 Yrs Old
8 Yrs Old
7 Yrs Old
6 Yrs Old
9 Yrs Old
10 Yrs Old
9 Yrs Old

Colton Hedin
Marlee Lawson
William Mead
Cruz Proctor
Marin Matteoli
Mitchell Matteoli
Talen Townsend
Madelyn Conley
Mathew Conley

7 Yrs Old
10 Mos Old
8 Yrs Old
7 Yrs Old
10 Yrs Old
8 Yrs Old
11 Yrs Old
11 Yrs Old
6 Yrs Old

Why the Bloodmobile is a good thing

Submitted by: SuWorhrom David Baldy, Marketing Specialist, UIHS



It used to be worse

In the 1950s, blood was only available to patients in Humboldt and Del Norte counties after a long and grueling process. Once donors with the correct blood group and type were found, their blood had to be cross matched with the patient's blood. Donors then had to wait by a telephone during surgery in case they were needed since Humboldt and Del Norte had no way to store unused blood.

It's obvious a must

Local physicians decided that Donors waiting by a telephone during surgery was not an effective way to provide needed blood for surgery. Consequently, Shiras Jarvis, Phillip Dohn, Stanwood Schmidt, and George Watson decided to form a community blood bank. They approached the Eureka Elks Lodge, and under the leadership of Carl Hansen, the Elks raised the money to start the "Humboldt Del Norte Blood Bank." The blood bank was incorporated in 1951 and in 2001 they celebrated their 50th anniversary.

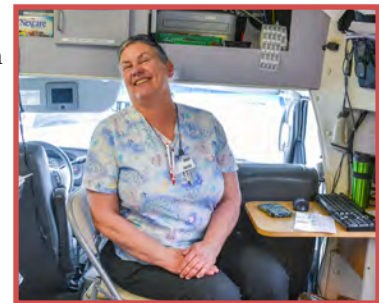


Bloodmobiles work

Northern California Community Blood Bank relies heavily on our Bloodmobiles to help supply roughly 70% of our blood supply! There are three bloodmobiles that you might see out and about. The bloodmobiles are entirely self-contained so they can perform the entire blood donation process anywhere they go! For over sixty years there has been a diverse group of individuals (too many to name) that have helped the blood bank thrive.

You can make a difference

Hundreds of thousands of selfless donors have willingly and silently come through our doors and to our blood mobiles to give "the gift of life" for no other reason but to do the right thing for someone in need. In the first year of business the blood bank drew a couple hundred units. In 2008, the blood bank drew over 16,000 units of blood. One third was collected at our site on Harrison Avenue and the rest from blood mobiles throughout the two counties. The blood bank has come far from its humble beginning and is looking to continue to grow with the aid of the community. UIHS wants to honor and thank our community and staff who donate to the Humboldt Del Norte Blood Bank



Spring Craft Fair Dates

Del Norte – Elk Valley,
Saturday, April 29, 10-5

Jun 27-30
for youth ages 12-17

Humboldt – PHV,
Saturday, May 6,
10-15

July 11-14
for youth ages 9-11

Summer Camp Dates

Thank you for Easing my Burden

Submitted by: SuWorhrom David Baldy, Marketing Specialist, UIHS

Clients are welcomed to share their experiences at UIHS and provide us feedback on the care they receive. When a UIHS Staff Member has "eased the burden" by providing excellent service and make the client visit a great experience, clients have the opportunity to let us know. Our staff are pleased to hear from our clients when care is provided in a way that works best for the client needs.

Eased my burden by
Thank you for making check
in easy and reliable this is
the first time I have used
my benefits here. It is by far
the easiest nicest office in
the county

Thank you for easing my burden!

Judy
(Name of Staff Member)

Eased my burden by
staying to help register my daughter past
her time to go to lunch. Thank you

Thank you for easing my burden!

Fritzie Fernandez
(Name of Staff Member)

Eased my burden by
Allowing me to make my
own educated choices
regarding my birth.

Thank you for easing my burden!

Maddy-Med - Raymer assist.
(Name of Staff Member)

Eased my burden by
being always friendly & cheerful &
efficient & if always professional
& helpful. It's very appreci-
ated.

Eased my burden by
Fritzie did an amazing job describing
a patient that was in crisis. Even
when the pt was verbally abusive
to her. Fritzie remained calm and
gave excellent patient care.

Thank you for easing my burden!

Susie Wilson
(Name of Staff Member)

Dental Staff!
(Name of Staff Member)

Eased my burden by
Being wonderful
and taking great
care of me and my kids

Eased my burden by
Thank you for everything
susie you do a lot with your
job driving all over this county
taking patients to and from UIHS.
Thank you so much susie you are
a big part of my recovery.

PHARMACY
(Name of Staff Member)

Thank you for easing my burden!

Dr. Amy Brown
(Name of Staff Member)

Eased my burden by
being so kind, understanding
& helpful while always being
professional. I'm fortunate
to have you to speak with.
Much appreciated!

Describe in your own words the information you would like to share:

I JUST WANT TO SAY HOW MUCH I APPRECIATE
DR. MATT BURZ. EVERY TIME I COME HERE
I LEAVE FEELING HE IS ONE OF THE BEST DOCTORS
I'VE EVER MET. PUT HIM ON THE BACK FOR ME.

Thank you for easing my burden!

Jeff Guido
(Name of Staff Member)

Eased my burden by
your a huge part of my
recovery thank you for putting
up with me

Honey Beet Salad

Submitted by: Jude Marshall, Nutrition Manager, UIHS

Ingredients:

4 large beets
1/4 c water
3 tbl balsamic vinegar
1 1/2 t red wine vinegar
1 tbl honey
1/4 tsp pepper
1/4 chopped onion
1/4 c chopped walnuts
1/3 c crumbled feta cheese
2 tbl chopped fresh parsley

Salt to taste

Preparation:

Preheat oven to 400. Arrange beets in a baking dish and pour in water; cover with foil. Bake about 1 hour. Allow to cool and remove outer skin and chop beets into bite size pieces.

Whisk balsamic, honey, vinegar and pepper together in a bowl. Stir in beets, onion, and walnuts into vinegar dressing. Sprinkle with cheese and parsley.

New Member to our Community Nutrition Program Team



I'm pleased to announce a new member to our Community Nutrition Program team Priscella Kinney, Garden Technician. Priscella will be working full-time in the Potawot Community

Food Garden and working with the UIHS CDC Tribal grantees on solutions addressing food insecurity for their area. When you see Priscella please welcome her to UIHS. Here is a little information Priscella wanted to share about herself with you.

Manawhuu tu e hoga, Hello everyone. My name is Priscella Kinney and I am working as a Garden Technician in the Potawot Community Garden within the Community Nutrition Program. I was raised on the Bishop Paiute Shoshone Reservation in Bishop, California; this is where I first learned about working with the land

whether it be gardening, getting wood and/or gathering traditional foods and medicines. After graduating high school I moved to Arcata to attend Humboldt State University, I continued to pursue my passions and earned a BS in Rangeland Resource Science with a minor Native American Studies in 2010. After graduating I received a small community grant from Building Healthy Communities and started a project called the Down River Beekeeping Project, which started with two hives one near the village of Sregon and another in Weitchpec on the Yurok Indian Reservation. I also had the opportunity to work with an Environmental Non-Profit called the Mid Klamath Watershed Council (MKWC) as a Program Assistant with the Foodsheds Program. While I was with MKWC I had the honor to participate in a TREX Prescribed Fire Training, and earned some Wildland Fire Training in the Mid Klamath region. Currently I reside in Weitchpec, CA with my husband and three children, I find myself incredibly blessed to be working with United Indian Health Services and look forward to continue to work for the people.

Results of the 2016 UIHS Community Needs Assessment

Submitted by: Sherri Provolt, Chief Executive Officer, UIHS

Throughout 2016, the Board of Directors and UIHS staff evaluated how better to structure the organization to meet current and future demands. New positions were created to support and optimize operations. UIHS collaborated with the California Tribal Epidemiology Center (CREC) to conduct a Community Needs Assessment. The results of the survey will be used to help guide future planning of services. Priority areas were identified:

Access –Appointment Availability/ Wait Times

Strategies to address Access include, but not limited to:

- Evaluating space needs at Potawot to meet demand
- Use strategies learned in the Advance Care Collaboration Project to reduce the time to the next available appointment
- Increase provider staff and support team

Transportation

Strategies to address Transportation include, but not limited to:

- Develop a transportation schedule (all in one) that lists all transportation services to UIHS
- Look at gaps and evaluate ability to provide additional services

Providing more services at more sites

Strategies to address more services at more sites include, but not limited to:

- Howonquet (medical, dental, etc.) Winter 2017
- Fortuna – Dental, Summer 2017
- Weitchpec – Dental, Summer/Fall 2017
- Pharmacy – Delivery System to sites Summer 2017

Substance Abuse and Mental Health Services

Strategies to address more services at more sites include, but not limited to:

- Evaluate current services for expansion
- Develop substance abuse programs, including aftercare programs
- Establish psychiatry services



You Don't Have To Smoke To Be At Risk For Health Problems

Submitted by: André Cramblit, Health Promotions and Education Manager, UIHS

Lung cancer can be caused by the unfiltered smoke that is exhaled by smokers and comes from the end of the burning cigarette. This is known as side-stream or secondhand smoke. People that work at places where smoking is permitted come into contact with this secondhand smoke. Employees of Casinos have a higher risk of developing lung cancer and other health problems. One example of this has been posted on the website of the Center for Disease Control (<https://www.cdc.gov/tobacco/campaign/tips/stories/nathan.html>):

"Nathan, a Native American and member of the Oglala Sioux tribe, never smoked cigarettes. For 11 years, he worked at a casino that allowed smoking. Secondhand smoke contains dangerous chemicals. The exposure to secondhand smoke caused him to develop allergies and serious infections that triggered asthma attacks, eventually causing permanent lung damage called bronchiectasis. "The casino was filled with smoke from so many people smoking." Breathing in other people's smoke on a daily basis made his health so bad that he had to leave that job.

Nathan used to be active and athletic. He served in the Marines. He loved to participate in tribal dances. After getting sick, dancing just a few steps wore him out. Nathan hoped that sharing his story would



help others understand how dangerous exposure to secondhand smoke really is. Nathan's lung damage led to his death on October 17, 2013. He was 54."

The right to breath clean air is not in the constitution directly. It may be considered to fall under the concept of an Americans (including American Indians since 1924) "inherent and inalienable rights to the pursuit of life liberty and the pursuit of happiness." One just has to consider that secondhand smoke is a leading cause of a large range of dangerous health conditions to non-smokers.

Contact Andre Cramblit at the NATIVE Tobacco Project at (707) 825-5070 to ask about culturally appropriate cessation classes. If you want additional information and resources go to www.nobutts.org/ or call 1 (800) No Butts, (1-800-662-8887).

New Optometrist

Submitted by: Dr. Jim Riley, Optometrist, UIHS



I grew up in northern Arizona mostly hunting and fishing, specifically from Flagstaff AZ. It is in the high country

of AZ and not a desert. Its at 7,000 ft of elevation and home to the largest ponderosa pine forest in the country. We even get snow about 72 inches a year which is different than most people's Arizona perception of a desert and cactus.

I am a full time permanent hired Optometrist. I went to Optometry school in southern California which started my career and my love of the ocean. After graduating in 2000 I did residency at Southern Arizona VA Health Care System in Tucson AZ

specializing in ocular disease. Prior to moving to Arcata to work at Potawot Health Center I spent the last 14 years working for the Dine' or more commonly known as the Navajo Nation at the Winslow Indian Health Care Center. I feel this experience will help me adapt quickly to a new culture and better serve the people in our community.

As an outdoor enthusiast I am excited to explore this area and experience all it has to offer, particularly the ocean. In AZ we have a lot beach just no ocean! So paddling and surfing are high on my list of things to do. I am grateful to be a guest in your land and look forward to many years of service and friendship.

California families grow healthy with wic

WIC is a USDA funded nutrition program for Women, Infants, and Children.

Who is Eligible?

- * Are you pregnant?
- * Did you just have a baby?
- * Do have Children under age 5?
Foster Children? A Temporary
Guardian?
- * Does your family have low to
medium income?

Then you may qualify for WIC services.

WIC Provides:

- * Nutrition Education and Health
Information
- * Breastfeeding Support
- * Checks for healthy foods
(like fruits & vegetables)
- * Referrals to medical providers and
community services

Newly pregnant women, migrant workers, and working families are encouraged to apply.

**You may qualify for WIC if you receive Medi-Cal, CalFresh (food stamps),
or CalWORKS (TANF) benefits.**

WIC Income Guidelines Table* (Income Before Taxes)					
Effective May 18, 2016—June 30, 2017					
Number of persons in Family*	Annual	Monthly	Twice Monthly	Bi-Weekly	Weekly
2	\$29,637	\$2,470	\$1,235	\$1,140	\$570
3	\$37,296	\$3,108	\$1,554	\$1,435	\$718
4	\$44,955	\$3,747	\$1,874	\$1,730	\$865

*Income levels change annually. A pregnant woman counts as 2 persons. Call or go to our website for current information. www.wicworks.ca.gov

The UIHS WIC Program is open to all Ethnic Groups.

This institution is an equal opportunity provider.

**Enroll early! Call today if you
are pregnant, have an infant, or
children under 5:**

**UIHS Nutrition—WIC Program 5000
Valley West Blvd., Suite #9 Arcata,
CA 95521
(707) 822-9900
UIHS-wic@crihb.org**

Tips for Happy Mealtimes



Make meals family time

Slow down, relax, and enjoy
each other's company—no TV
or phones.



Get the kids to help

Let them pick out fruits and veggies
at the store and do small jobs
depending on their age.



Set an example

Eat healthy foods yourself!



Let the kids make choices

From the healthy foods you serve,
let them choose which to eat and
how much.



Keep in mind what the kids eat throughout the day

Offer healthy foods, and trust them
to eat enough. They may eat more
at some times than others.



Offer small amounts

Let your kids decide how much
to eat. Let them stop when they say
they are full.



For new foods, offer just a taste

Don't give up if the kids don't like
them right away! Patience works
better than pressure.



Let them learn to serve themselves

Teach them to take small amounts at
first. Don't worry about a few spills.

www.fns.usda.gov/tipsformoms.htm

Sudoku

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

	8					2		
				8	4		9	
		6	3	2				1
	9	7						8
8			9		3			2
	1					9	5	
	7			4	5	8		
	3		7	1				
		8						4



Whats the Diff?

Can you find the 8 differences in the two pictures



Word Search

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

ACTIVISM

CIVIL

DETERMINATION

ECONOMIC

EIGHT

ERA

FOR

OPPORTUNITY

HEALTH

HISTORY

INDIAN

MOVEMENT

NATION

NATIVE

NEW

NINETEEN

PEOPLES

RIGHTS

SELF

SERVICES

SIXTY

UNITED

WIDE



UIHS Board of Directors * 2017

Board Members

(Pictured from left to right)

Teresa Ballew (Treasurer), Shirley Laos, John Green, Velva Angell, Sherri Provolt (CEO), Charlene Storr, Diane Holliday (Member At-large), Joseph Giovannetti, Deborah Markussen, Gary Markussen, Lisa Sundberg (Secretary), Mindy Natt, Laura Borden (Vice Chairperson), LaWanda Quinnett (Chairperson), Ruby Rollings,

(Not Pictured)

Lorna Johnson Stanley, Donald McCovey, Lyle McKinnon, Richard Myers, Denise Padgett, Robert Borden, Claudia Brundin, Ellen Durfee, Joseph Giovannetti, Delmer Keisner,

UIHS Clinic Hours

Potawot Site 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.

For an appointment call:

Behavioral Health (707) 825-5060

Purchased Referred Care (707) 825-5080

Medical (707) 825-5010

Pharmacy (707) 825-5020

All Other Services (707) 825-5000

WIC-Valley West Phone #: 707-822-9900

Community Health (707) 825-5070

Dental (707) 825-5040

Nutrition (707) 825-5070

Vision (707) 825-4129

Toll-free number: 1-800-675-3693

Crescent City Sites Monday-Friday 8:00 a.m. to 5:00 p.m. Closed for lunch 12:00 p.m. to 1:00 p.m.

Dental Clinic

785 E. Washington Boulevard,

Suite 8, Crescent City

For an appointment call: (707) 464-2583

Medical Clinic

1675 Northcrest Drive, Crescent City

For an appointment call: (707) 464-2750

WIC-Crescent City Phone #: 707-822-9900

Elk Valley Site 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 or Toll Free Number: 1-800-293-2919

Fortuna Site 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) 725-7988

WIC-Fortuna Phone #: 707-822-9900

Klamath Site 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 Phone #: 707-822-9900

Howonquet Site Opening in February

For an appointment call: (707) 487-0215

Weitchpec Site Closed for lunch 12:00 p.m. to 1:00 p.m.

Medical Clinic

Monday, Thursday and Friday 9:30 a.m. to 3:00 p.m.

Anonymous Syringe "Points" Exchange

2nd and 3rd Tuesday 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 Phone #: 707-822-9900

WIC-Willow Creek Phone #: 707-822-9900 **WIC-Hoopa** Phone #: 707-822-9900



View the Acornbasket ONLINE! www.uihs.org

Check out the newsletter and other important information.

1600 Weeot Way Arcata, CA 95521

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: _____

State: _____ Zip _____

Email: _____

Come Join Us!!!
Potawot Community Food Garden
Farmers Market
Potawot Health Village
Tuesdays and Fridays 12pm-2pm
June - October
Free Taste Testing
Organically Grown Produce

cali fresh
United Indian Health Services

The Acornbasket

©1996 United Indian Health Services, Inc.
Chief Executive Officer: Sherri Provolt
Editor / Layout: SuWorhrom David Baldy