

April/May/June 2019



Volume 41, No. 2

THE ACORNBASKET

**Newsletter of
United Indian Health
Services, Inc.**

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

A portrait of John R. Reeves III, a man with dark hair and a beard, smiling. He is wearing a blue dress shirt, a patterned tie, and a grey houndstooth blazer. A lanyard is visible around his neck.

**Please welcome John R. Reeves III,
the new CEO of UIHS**

INSIDE THIS ISSUE

World Hand Hygiene Day is May 5th!.....	Page 1
New Hires	Page 2
Cavity-Free Club	Page 2
Sources of Strength in Del Norte County	Page 3
Sources of Strength in Del Norte County 2	Page 4
New CEO	Page 5
Questions from the Community	Page 6
Start Here	Page 7
Questions from the Community 3	Page 8
Community Health Care Services	Page 8
Game Page	Page 9
Board of Directors / UIHS Clinic Hours	Page 10

World Hand Hygiene Day is May 5th!

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

Hand hygiene is still one of the best ways to reduce the spread of germs which may cause serious infections. There are two recognized methods for routine hand hygiene: the use of alcohol-based hand sanitizers or washing with soap and water. Alcohol-based hand sanitizers are the most effective in reducing the number of germs on the hands and should be used when hands are not visibly dirty. Hand washing (with soap and warm water) should occur if the hands are visibly dirty, after using the restroom, and before eating. Hand hygiene is important all of the time, but especially in healthcare settings. The Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO) have resources on hand hygiene and disease prevention.



The UIHS care teams are trained in proper hand hygiene and are proud of the care they give our clients! Your health is important to us! Go ahead and ask your health care team members to perform hand hygiene before examining you. It's ok to ask!

New Hires



John R. Reeves III,
CEO



Tammy Wilson,
Van Driver, PHV



Rosalie Buzzard,
Asst Medical, PHV



Nicole Ott,
Ex Asst, PHV



Charity Punch,
Medical Asst, PHV



Regina Holts,
HR Supervisor, PHV



Mary Baugh,
Lab Asst, W



Damien Beauchemin,
BH Counselor, W



Lauren Fleek,
Admin Asst, PHV



Amber Gensaw,
Asst Medical, CC

Cavity-Free

Submitted by: Meghan McCullough,
Registered Dental Hygienist, UIHS

Call to Make an Appointment

Potawot 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 American Indian client, we have openings available for dental cleanings.



Potawot Health Village

Cavity Free Club Members

Zion Deforrest
Bella Deforrest
Steven Watson
Luke Shumard
Harper Smith
Paloma Granados
Bryce Gruetzmacher
Barry Mccovey
Zeina Morales Brown

7 Yrs Old
5 Yrs Old
6 Yrs Old
5 Yrs Old
4 Yrs Old
7 Yrs Old
9 Yrs Old
20 Mos Old
6 Yrs Old

Shia Marquez
Lillian Dempewolf
Lukas Ramsey
Easton Ramsey
Raven Bowman
Mackinsey Lemley
Quintin Donahue Jr
Braxton Hufford
Miyah Evenson
Wesey Markussen

8 Yrs Old
5 Yrs Old
8 Yrs Old
4 Yrs Old
7 Yrs Old
10 Yrs Old
4 Yrs Old
7yrs Old
3 Yrs Old
11 Yrs Old

Sources of Strength in Del Norte County

Submitted by: Wendy Rinkel, Health Promotion & Education Specialist, UIHS

United Indian Health Services' Ko'I Ho Koom' Mo (Working Together) Youth Suicide Prevention Program has brought Sources of Strength to Del Norte County.

What is Sources of Strength? It's a suicide prevention program that uses peer leaders to enhance protective factors associated with reducing suicide within schools. Designed to harness the power of peer social networks to change unhealthy norms and culture, ultimately preventing suicide, bullying, and substance abuse. The mission of Sources of Strength is to prevent suicide by increasing help seeking behaviors and promoting connection between peers and caring adults.



Crescent Elk Middle School

"Sources of Strength has influenced our students at Crescent Elk and we are in the middle of our second year of implementing this program and with each new activity, campaign, peer-lead meeting, we are growing together and stronger as a school community. Sources of Strength at Crescent Elk Middle School has helped in so many ways: Connectedness with the adults in our school, connectedness with other students, and connectedness with each other. It is a real privilege to be named a peer leader at our school. These peer leaders help develop and lead our Sources of Strength meetings. They are learning what it means to be a positive peer leader and developing ideas on how to get positive messages out to the rest of our school community. We want to learn more about life's difficulties, our strengths and how to help ourselves and others get through difficult times we hope to help change the stigma of mental health and the acceptance of seeking help". Caryn Celand, school counselor

Sunset High School

During the spring of 2019, Sunset High School's culture shifted as peer leaders stepped up to connect every student to one another through Sources of Strength. As their adult advisor, I witnessed students step up, take on leadership roles, and exhibit bravery as they stepped out of their comfort zones.

Sunset High School is divided into five advisory groups, and peer leaders lead monthly campaigns with those groups of students.

Sources of Strength in Del Norte County 2

Submitted by: Wendy Rinkel, Health Promotion & Education Specialist, UIHS

When we began last spring, 16% of our student body served as enthusiastic peer leaders. A year later, 38% of our student body has chosen to be a peer leader. This increased level of involvement, ensures that every Sunset High School student feels increased connectedness to adults, school engagement, and most importantly, positive perceptions of adult support for suicidal youth and the acceptability of seeking help.

Now, Sunset High School's peer leaders stand out as exemplary youth in our community. They are being called upon to co-facilitate trainings for groups of dozens of adults. They are being hired as mentors for both middle school students and graduates. Sources of Strength has empowered our students to be powerful leaders in our larger community.

Each week, more of Del Norte Unified School District's youth is experiencing more positivity, a stronger school community, increased hope when facing challenges, and more connections to help, especially with mental health. Sources of Strength peer leaders from Sunset High School will be mentoring and training 5th- 8th graders at Redwood and Smith River Schools as they begin Sources of Strength programs in the spring of 2019. These high-quality, evidence-based practices support the prevention of suicide, violence, bullying and substance abuse by training, supporting, and empowering both peer leaders and caring adults. A collaborative partnership between Title VI American Indian Education and Student Support Services is ensuring that mentors will be able to meet with middle school peer leaders weekly to plan school-wide messaging campaigns, carry out those plans with all 5th- 7th graders at their schools, and reflect on their practices. Other schools are lining up to have Sources of Strength peer leaders from Sunset High School bring the program to their schools and continue to spread the power of connection, hope, help and strength. By Kelly Troyna

Sources of Strength is a program for suicide prevention. It's there to help connect people to other people that are having any sorts of issues. I see it as a way for me to make friends with others and help them. I knew that I want to make other kids feel this safe and comfortable with me. Make them feel like they aren't alone and that there are people everywhere that are willing to help and even just listen to them. I feel like have Sources of Strength at Sunset High School is very helpful because we are such a small school everyone knows everyone. Knowing everyone makes it easier for me to connect with other people. By a peer leader. *Cont. pg 8*



New CEO

Submitted by: John R Reeves III, CEO, UIHS

I was born in Memphis, Tennessee to an airline pilot father, and a flight attendant mother, and I am the eldest of two children. As a child, due to the nature of my father's occupation, we moved around a lot, and growing up, I spent time in Tennessee, South Dakota, Idaho, Georgia, Texas, and the place I consider to be home O'ahu, Hawai'i.



The early years of my life were spent involved in sports, and upon high school graduation, I went on to play basketball, football, and run track in college. After a year and having little idea of what I wanted to be when I grew up, I decided to enlist in the Army to find myself. It was there I realized my love for the synergy that is healthcare management.

Upon ETS'ing (expiration term of service) from the Army, I immediately enrolled in college and began an educational journey that would lead me through a Bachelor of Science in Healthcare Management (National American University) and a Masters of Health Administration (University of Minnesota).

I got my start in Indian Country working as a Clinic Operations Officer, with a small Tribal Health Organization in eastern South Dakota. From there, I took a brief detour in the for-profit dialysis sector where I served as the Director of Operations for the Pacific Northwest Region overseeing thirty-two hospital inpatient dialysis programs in Alaska, Washington, and Oregon.

Over time, I began to realize that the values of the for-profit healthcare industry did not entirely align with those of my own, and in August of 2015, I made the decision to establish a consulting company aimed at improving the healthcare operations in Indian Country. During these years, I was fortunate to work with tribes in South Dakota, Alaska, Washington, and Idaho, and eventually the company expanded to working with state hospital systems (Hawai'i) and private outpatient practices (Oregon).

I have been a single dad of two children; Jayden (17) and Janessa (15) for the past fourteen and a half years, and recently, I have added another to my family, my father John Jr. (73). Due to the dynamic of my family life, I decided it was time to consolidate my energy and it was at that time I began to look for positions in California, which is where the majority of my extended family resides.

I am extremely excited to be working at UIHS! I am impressed with the amount of knowledge and resources we have at our disposal. I am looking forward to learning from and growing with everyone, as we continue serving the mission and values of our fine organization.

Questions from the Community

Submitted by: SuWorhrom David Baldy, Marketing, UIHS

Your new CEO John R. Reeves will be addressing the following questions in the next Acornbasket coming out in July. He would like you to know that if you have any questions for him, that he will make every attempt to address any issues, concerns, or ideas you have.

If you would like to ask John a question you can leave a message at any of our "Ease Your Burden" boxes around all of our UIHS buildings. You can also go to our website and select "Contact Us" then "Compliment: Ease Your Burden" page and leave your message there.

Below is a list of the issues, concerns and ideas that will be addressed in the next issue.

- * When is Weitchpec Dental going to be open?
- * How many patients do doctors see per day?
- * How many doctors do we have?
- * How many board members do we have?
- * Where is the clinic in the process of hiring additional dentist?
- * It seems it is harder to get a dentist appointment now that we see "non-indians", what happened to the "waiting list?"
- * More cultural respect for our elders.
- * PRC can only pay for glasses and lenses and not for transition or antiglare. What if someone cannot afford it? Why is it that PRC is unable to help with the cost?
- * Create and encourage events that include our people who struggle with AOD to feel welcome and included in traditional style events to help bring them back to the things and people that can and will help them back onto their path.
- * UIHS = Health Village – This is a concept worth revisiting and discussing. The word "clinic" is not appropriate.
- * Fifteen minutes is not enough time with provider.
- * People need to get appointments (dentist). Needed full time:
 1. Medicine Person
 2. Acupuncture
 3. Massage
 4. X-Ray Department
 5. Native Plants Garden
- * I, as a community member feel totally unrepresented. There is no way to know or contact a Board Member. How can we expect representation by Board Members when we do not know who they are? Also, agendas and meeting minutes should be posted so we have some idea of where we are and where we are going. We also need evening and week-end hours for working people.

Save
the
Date!!

G.O.N.A Gathering of Native Americans

Community GONA, May 30 – June 2nd, at Morek Won

Youth GONA, July 16th – 19th, at HSU



Start H.E.R.E.

Health Education & Risk Elimination

UIHS clients are invited to take part in a 4-week series of health focused classes facilitated by the Diabetes Awareness Program.
Join us!

- Participation is free
- Open discussions
- Learning activities
- Get tools to practice health in the home
- And more...
- Healthy meal

Del Norte

Location: **Howonquet Hall
Community Center**
101 Indian Ct
Smith River, CA 95567

Time: **5:15—7:00PM**

Dates: **Session 1 Wednesday, April 10, 2019**
Session 2 Wednesday, April 17, 2019
Session 3 Wednesday, April 24, 2019
Session 4 Wednesday, May 8, 2019

For questions or to RSVP please
call 707-464-2919 Ext. 5722.

Humboldt

Location: **Potawot Health Village**
1600 Weeot Way
Arcata, CA 95521

Time: **5:30—7:00PM**

Dates: **Session 1 Thursday, April 11, 2019**
Session 2 Thursday, April 18, 2019
Session 3 Thursday, April 25, 2019
Session 4 Thursday, May 2, 2019

For questions or to RSVP
please call 707-825-4128.



RSVPs are appreciated. Dinner will be provided.

Community Health Care Services

Submitted by: Theresa Green, RN Public Health Nurse, UIHS

The Community Health Representatives (CHRs) continue to do a lot of amazing work with our clients and communities. Injury prevention, elder home visits, and social service visits continue, as well as new programs.

The CHRs started our new pregnancy and parenting program, Keet-kah 'ne chyue Strong Family, in January thanks to our grant from the Office of Adolescent Health (OAH). We are currently serving our young families with children under the age of 5 years. We have moms, dads, aunties, grandmothers and other family members who support these young people attending our groups when they can. The CHRs running this program, Ashley Villagomes (PHV) and Silver Evans (Elk Valley) have had extensive training. We are currently holding these groups at 3 locations- PHV, Klamath and Weitchpec and we will be expanding our groups to Elk Valley and Fortuna area in the next few months. These groups have been well attended and have been a great success.

We encourage anyone who is a caregiver to young children (under the age of 5) to attend these groups. We feel it's important to include all individuals who are influential in our young children's lives.



Sources of Strength in Del Norte County 3 (continued)

Submitted by: Wendy Rinkel, Health Promotion & Education Specialist, UIHS

I was originally trained as a Sources of Strength facilitator in 2015 and knew this program would be wonderful for Del Norte County. It brings me great pleasure as I provide awareness of the positive aspects of this program to adults and youth in this county. After doing an adult training, the excitement and anticipation that adults have is unexplainable. The youth are always excited and willing to participate at peer leader meetings, workshops, adult trainings, and community presentations. The positive messaging that youth bring to our community to change unhealthy norms and culture is remarkable and very inspiring. I'm thrilled to see Source of Strength peer leaders take the lead and continue to spread hope, help and strength.

cheykenee	choonen
chyerery	four
small	parkokwch
bear	guessing
chelel	sticks
kingfisher	heyomues
hophl	skunk
sinew	puesoomelek
kaan	l
deerhide	smell
blanket	of
maak	musk
head	charkoo
rings	dried
puuek	fish
nego	head
slender	cheguen
bird	fallfish
rego	cheskew
feather	scoop
werhlikeehl	net
kelp	for
	candlefish

Word Search

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

chperwerk
remember

lekeeta
backbone

koyaakw
starfish



**What's the
Difference**

**Can you
find the 8
differences?**





UIHS Board of Directors * 2019

Board Members (Pictured top row from left to right)

LaWanda Quinnell - Chairperson, Madison Flynn, Tracy Mahoney, Teresa Ballew, Mindy Natt, Yvonne Guido, Lisa Sundberg - Treasurer, Richard Myers - Member At-large, John Green

(Pictured bottom row from left to right)

Ruby Rollings, Velva Angell, Laura Borden, Lana McCovey - Vice Chairperson, Donald McCovey, Shirley Laos, Fawn Murphy

(Not Pictured)

Claudia Brundin, Wendy George, Joseph Giovannetti, Delmer Keisner, Deborah Markussen, Susan Masten, Leann McCallum, Denise Padgett - Secretary

Clinic Sites

UIHS Clinic Hours

Potawot

(Arcata)

For an appointment call:

All Other Services
Behavioral Health
Community Health
Dental
Medical
Nutrition

Monday-Friday

8:00 a.m. to 5:00 p.m.

Pharmacy Monday - Friday 8:30 a.m. to 5:30 p.m.

(707) 825-5000
(707) 825-5060
(707) 825-5070
(707) 825-5040
(707) 825-5010
(707) 825-5070

Pharmacy

Purchased Referred Care

Toll-free number

Vision

WIC

(707) 825-5020

(707) 825-5080

1-800-675-3693

(707) 825-4129

(707) 822-9900

Taa'-at-dvn

(Crescent City)

Monday-Friday

8:00 a.m. to 5:00 p.m.

For an appointment call: (707) 464-2750

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

WIC-Crescent City (707) 822-9900

Elk Valley

(Elk Valley)

Monday-Friday

8:00 a.m. to 5:00 p.m.

For an appointment call: (707) 464-2919

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

Toll-free number 1-800-293-2919

Tish-non

(Bear River)

Monday-Friday

8:00 a.m. to 5:00 p.m.

For an appointment call: (707) 725-7988

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

WIC-Fortuna (707) 822-9900

Hop'-ew Puel

(Klamath)

Tuesday, Thursday, Friday

8:00 a.m. to 4:00 p.m.

For an appointment call: (707) 725-7988

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

WIC-Klamath (707) 822-9900

Xaa-wan'-k'wvt

(Smith River)

Monday-Friday

8:00 a.m. to 5:00 p.m.

For an appointment call: (707) 487-0215

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

Weitchpec

(Weitchpec)

Monday, Thursday, Friday

9:30 a.m. to 3:00 p.m.

For an appointment call: 530-625-4300

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

OB Care and Same Day Access Care

1st and 4th Tuesday 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.

WIC-Weitchpec (707) 822-9900

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

WIC-Hoopa Phone #: 707-822-9900



United Indian Health Services, Inc.

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: _____

The Acornbasket

©1996 United Indian Health Services, Inc.

Chief Executive Officer: John Reeves

Editor / Layout: SuWorhrom David Baldy