



**1600 Weeot Way
Arcata, CA 95521**

The Acornbasket

©1996 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: _____

State: _____ Zip _____

Email: _____

Crescent City Vision Services
is Changing from Wednesdays
to **Thursdays**



**Starting in
February 2022**

To Make an Appointment Call

Crescent City Clinic – (707) 465 – 2950

Potawot Vision – (707) 825 – 4129

THE ACORNBASKET

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

Newsletter of United Indian Health Services, Inc.

Volume 44, No. 1



Fall 2022

A portrait of Tony Titus, a middle-aged man with short grey hair and glasses, wearing a red and blue plaid shirt. He is smiling slightly and looking towards the camera. The background is a soft, out-of-focus brown.

Happy Retirement!

Tony Titus

Don't Wait, Vaccinate

**"Stop Ye'srlh-chut
(COVID-19) and
protect your families,
get vaccinated."**

**- Loren & Lena
Bommelyn**



Call any UIHS Clinic to make an appointment



Clinic Sites

UIHS Clinic Hours

| | | |
|---|---|--|
| Potawot (Arcata) | Monday-Friday 8:00 a.m. to 5:00 p.m. Pharmacy Monday - Friday 8:30 a.m. to 5:30 p.m. | Closed for lunch 12:00 p.m. to 1:00 p.m. |
| For an appointment call: | | |
| 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. 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 |
| Eureka Health Center (Eureka) | Monday-Friday 8:00 a.m. to 5:00 p.m. For an appointment call: (707) 442-0380 | Closed for lunch 12:00 p.m. to 1:00 p.m. WIC-Eureka (707) 822-9900 |
| Hop'-ew Puel (Klamath) | Monday, Tuesday, Thursday, Friday 8:00 a.m. to 4:00 p.m. For an appointment call: (707)-482-2181 | Closed for lunch 12:00 p.m. to 1:00 p.m. 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. 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. |
| | Syringe Exchange 2nd and 4th Wednesday 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 |

Word Search

**HEALTHY
INFORMATION
KAYWOI
KENT
LIFECYCLE
MANAGEMENT
MARSHALL
MARTINEZ
MATA
NUTRITION
PARTY
PREVENTION
PRODUCE
VOLUNTEERS
WELLNESS**

**AND
BASED
CHILD
CHOICES
COMBAT
COMMUNITY
CULTURAL
EDUCATION
EMPOWER
GARDEN
GRIFFIN
HARVEST
ROUSSELOT
SERVICES
SOUNDTAG
WOMEN**

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Whats the Diff? Can you find the 8 differences in the two pictures

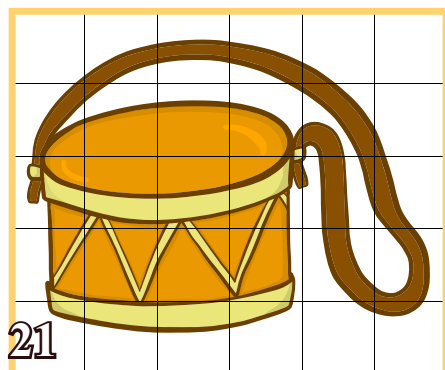




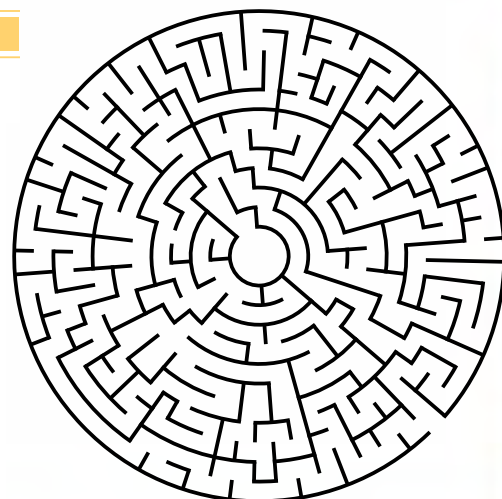
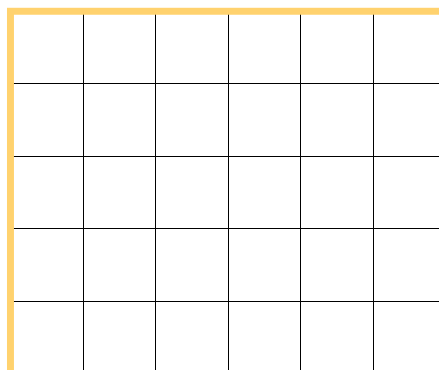
1.LEMON 2.RASPBERRY 3.ORANGE 4.BEETROOT 5.CUCUMBER 6.BANANA 7.AVOCADO 8.ONION 9.STRAWBERRY 10.PEPPER 11.SPINACH
12.BLUEBERRY 13.CARROT 14.APPLE 15.PEAS 16.TOMATO 17.CABBAGE 18.CORN 19.EGGPLANT 20.BROCCOLI, KEYWORD: VITAMINS



Copy the picture



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Message from the CEO

Submitted by Elizabeth Lara-O'Rourke, CEO, UIHS

I am honored to have been selected as United Indian Health Services' Chief Executive Officer. Please let me introduce myself.

My father is Walt Lara, Sr. and my second father is Nick Mercado. My mother was "awok" Delores Moon Mercado and my second mom is Callie Lara. I am married to Greg O'Rourke. I have four daughters (Lucinda, Lau-lei, Chu-cheesh, and Charlene), one son (Ernie), and three grandchildren (Ellie Sumeg, Caleb Nic-wich, and Eli Cher-eree). I am Hupa, Yurok, and Chilula. I have lived in Humboldt County all of my life. I love it here and have never wanted to leave. This is where my ancestors walked, my parents walked, where I walk and my children and grandchildren walk. Like many of you, we are so lucky! I graduated from McKinleyville High School. I studied Communication and Native American Studies and received my Bachelor's degree from Humboldt State University. I received my Master's Degree in Public Administration from the University of San Francisco.



Many of you may know me from the 35+ years that I have worked at UIHS. I have been the Patient Registration Technician, Clerical Assistant, Assistant CHR Coordinator, Health Promotion Specialist, Health Promotion and Education Manager, Tribal Public Health Director, and now the Chief Executive Officer. A previous CEO, Jerry Simone, called me a "clinic brat." Indeed, I have grown up here at UIHS, serving our community in any way that I can. I may have met many of you while you were a Teen Advisory Group Member or a member of the Community Offering Resources and Education (CORE) Coalition. Or perhaps we spoke at a Tribal meeting or a community outreach meeting. I may have met you at the brush dances, flower dances, jump dances, deer skin dances or boat dances. I love going to ceremony. I have been around for a long time and am lucky to have had the chance to serve our American Indian community in many capacities. Thank you for helping to shape me and prepare me for this new role.

Having been raised by a very traditional family, I bring cultural values and understanding to the workplace and to all of the projects I am involved in. Providing services that meet the unique cultural and traditional needs of our people is a priority for me. I am one of many generations of clients at UIHS, from my grandmother to my grandchildren, we look to UIHS for our health care needs.

I look forward to continuing to serve our community at UIHS. I have quite a few more years in me! I think my dad retired when he was 80! When you love what you do, time flies!

Make **YOUR** voice heard!

UIHS wants to learn more about the needs of our community and how we can **improve** upon the services we offer and don't offer. Please take a few minutes to complete this important survey.

Scan this code to take this important survey



For completing this survey you will receive a \$25 gift card!



To scan the QR code:

1. Open the camera app on your phone.
2. Hold your camera as if you were taking a picture of the code. Your phone will recognize the QR code and show a notification.
3. Tap the notification to open the link to our survey.

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
Victim Witness Assistance Program: 707-445-7417
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 Services: 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
Tolowa 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'-aa-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

Zucchini Pizza Bites

Ingredients:

3 zucchini, sliced in 1/4 inch rounds
1 tbl olive oil
Marinara or pizza sauce
Mozzarella cheese, shredded
Miniature pepperoni
Salt & pepper
Italian seasoning (optional)



Preparation:

1. Heat oven to 350
2. Heat oil in frying pan and working in batches, add zucchini and cook, flipping once, until golden for about 1-2 minutes; season with salt and pepper.
3. Place rounds onto baking sheet with sauce, cheese, pepperoni and Italian seasoning and bake for 2 minutes.

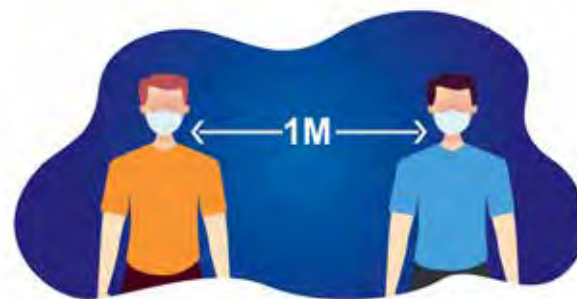
Tips on Preventing Illness from COVID-19

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

Here are some tips on preventing illness from COVID-19, and most of the tips will help prevent other types of viruses as well. For more information on staying healthy, call any United Indian Health Services Clinic and ask to speak with someone on your medical team.

Preventing COVID-19 (Coronavirus)

- **Avoid people who are infected with COVID-19!**
 - o Be aware of infection rates in your area
 - o Practice physical distancing



KEEP DISTANCE

Because it can be difficult to determine who is infected with COVID-19, it is important to follow these guidelines as well:

- **Get vaccinated! (Everyone 5 years and older is eligible for a COVID-19 vaccine)**
 - o Two shots of Moderna vaccine 28 days apart
 - o Two shots of Pfizer (Comirnaty) 21 days apart
 - o One shot of Janssen
- **Stay “up to date” with vaccines, including get your booster (full dose Pfizer or half dose Moderna) when:**
 - o You are at least 12 years old **AND**
 - o It has been at least 2 months since your Janssen vaccine or at least 5 months since your second Moderna or Pfizer (Comirnaty) vaccine



People younger than 18 years old will receive Pfizer vaccine

- **Wear a mask when in crowded areas or while indoors with people who are not in your household**



WASH HANDS

- **Practice hand hygiene!**

-Wash your hands with soap and water frequently and thoroughly for at least 20 seconds, especially:

- o After being in public places and touching door handles, shopping carts, elevator buttons or handrails
- o After using the bathroom
- o Before preparing food or eating

Tips on Preventing Illness from COVID-19

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

• Take precautions if you are living with or caring for someone who is sick with COVID-19

- o Limit contact with the person who is sick. If possible, have the person who is sick use a separate bedroom and bathroom.
- o Eat in separate rooms, if possible.
- o Avoid sharing personal items.
- o Wear a mask and ask the sick person to put on a mask before entering their room.
- o Clean your hands often.
- o Get tested regularly while caring for an individual who has COVID-19.
- o Clean high-touch surfaces frequently with cleaning products appropriate for the surface.
- o Seek medical attention if you begin to experience COVID-19 symptoms.

Because United Indian Health Services serves a very vulnerable population of people, it is the recommendation from the leadership at United Indian Health Services to continue the more protective recommendations for isolation and quarantine rather than recommend shortened time frames that can be found in some guidance documents. While we understand that guidance has changed for some areas, we are carefully watching our local communities' case numbers and selecting the more protective time frames for isolation and quarantine at this time. Guidelines change frequently, and it may be that this document does not contain the most current recommendations. Please check with your health care office for current recommendations and guidelines.



WEAR MASK

What you should do if you come into contact with someone who has COVID-19:

| | |
|---|--|
| <p>If you are:</p> <p>Unvaccinated</p> | <ul style="list-style-type: none">• Stay home for at least ten days from last contact with a person positive for COVID-19• Test 5-7 days after last contact• If symptoms develop, test and continue to stay home |
| <p>If you are:</p> <p>Vaccinated</p> | <ul style="list-style-type: none">• Do not need to quarantine• Test 3-5 days after last contact• If symptoms develop, test and stay home |

What you should do if you test positive for COVID-19:

ISOLATE--Regardless of vaccination status, stay home for at least 10 days from start of symptoms (or positive test result if no symptoms). Isolation can end after ten days if symptoms are resolving and it has been at least 24 hours since fever was present.

Stay Safe!

5 Call your health care provider's office for questions about COVID-19 precautions.



Reach your New Year's resolution fitness goals

**Check out our
brand new
equipment at
Potawot Health
Village! Schedule
an appointment
today with our
Fitness
Coordinator
Ryan Matteri at
707-825-4162**



Thank you for your feedback

Thank you to all of our clients who participated in our last Client Experience Survey. We value your feedback. Gathering data from clients helps us learn what we are doing well and where we could improve.

Our management and Quality Improvement teams will use your input to improve our services so that we are providing you the best quality care.

**Let's get
better
together!**



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.

New Hires



Gabriel M Martinez
Molecular Lab Assistant



Cameron M Purdy
Purchased Referred
Care Technician



Michael A Sanchez
Health Promotion and
Education Specialist



Taryan Nicole Parvis
Behavior Health
Counselor



Andrea M Davis
Purchased Referred
Care Technician



Jessica L Cornelis
Purchased Referred
Care Technician



Angela M Webster
Member Services
Representative



Mistery G Weber
Member Services
Representative



Michael A Sanchez
Health Promotion and
Education Specialist



Mahaliakita Phillips
Night Housekeeper



Rue M Hughes
Night Housekeeper



Mark A Rizk
Dentist



Cecil P Wilson
Chief Financial Officer



Muronica L Owen
Elder Nutrition Assistant

Dear Dr. Coyote

Submitted by: Andre Cramblit, Cultural
Resource Specialist, UIHS

Dear Doctor Coyote, I have a family member who seems to be under a ton of stress this winter. He lost his job, had COVID 19 over the past year and is having marital strife. I know he is already taking medication for depression but I want to know some other resources just in case he needs some extra support. Signed, Supportive Cousin.



Alisha Slavsky
Front Office Assistant



Marie E Guthrie
CHCS Public Health
Nurse Manager

Dear Supportive Cousin, you are a good relative looking ahead to find resources in advance of when he may need them. There are several places I can suggest for your cousin to seek assistance. Try any of the following:

- The National Association of Mental Health. The NAMI helpline can be reached Monday through Friday, 10 a.m. – 10 p.m., ET. 1-800-950-NAMI (6264) or info@nami.org
- The crisis text line. Text HOME to 741741 to connect with a Crisis Counselor
- The National Suicide Prevention Hotline. Call 1-800-273 TALK (8255)
- 7 • For Veterans. Call 1-800-273-8255 and press the number 1.

In all cases, you can also call 911 in an emergency. Signed, Your Supportive Pal Doctor Coyote.

New Chief Operations Officer

Submitted by Valerie Reed, Chief Operations Officer, UIHS



I am fortunate enough to have worked for UIHS since 2010. Since my start here I have worked in the Tribal Public Health realm and brought with me many years of grant world and leadership experience. I am from a traditional dance family and strive to promote cultural and traditional values and awareness. I am community focused, a team player and will work tirelessly to build strong, lasting partnerships and relationships with not only our Tribes and communities but, other collaborating agencies and organizations as well. My overarching goal is to not only uphold the UIHS Mission and Vision, but to strengthen the day to day operations of our great organization. I am honored and humbled to receive the opportunity to serve as the Chief Operations Officer. Wok-lew.



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

Lost your COVID-19 vaccine card? Here's a link to get a record of your vaccination

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

<https://myvaccinerecord.cdph.ca.gov/>



Get Your Digital COVID-19 Vaccine Record

Your Digital COVID-19 Vaccine Record is an electronic vaccination record drawn from the data stored in the California immunization registry.

The digital record shows the same information as your paper CDC vaccine card: your name, date of birth, vaccination dates

and type of vaccine you received. The digital record also includes a QR code that when scanned by a SMART Health Card reader will display to the reader your name, date of birth, vaccine dates and vaccine type. The QR code also confirms the vaccine record as an official record of the state of California.

Will my information remain private?

Yes. Filling out the form on the portal does not provide instant access to your vaccine record. The link to the vaccine record requires a PIN that you create and is sent only to the mobile phone or email that is associated with your immunization record.

For questions and other assistance, contact:

1-833-422-4255

M-F 8AM-8PM, Sa-Su 8AM-5PM

NOTE: We're unable to update your Digital COVID-19 Vaccine Record over the phone.

Safe, free, and effective COVID-19 vaccines are now available to everyone age 12 and up, get vaccinated.



<https://myturn.ca.gov/>

Cavity-Free Club

Submitted by: Meghan McCullough, Registered Dental Hygienist, UIHS

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



| | | | |
|----------------------------|------------|----------------------|------------|
| Shade Kelley | 12 Yrs Old | Marlee Lawson | 5 Yrs Old |
| Stella Mccovey | 1 Yr Old | Zeina Morales | 9 Yrs Old |
| Paityn Richard | 6 Yrs Old | Everly Giovanetti | 3 Yrs Old |
| Madisyn Robinson | 7 Yrs Old | Sophia Brown | 10 Yrs Old |
| Luke Robinson | 4 Yrs Old | Mallory Turner | 11 Yrs Old |
| Laney Titus | 4 Yrs Old | Macy Sherman | 11 Yrs Old |
| Bristol Titus | 4 Yrs Old | Skylar Smith | 11 Yrs Old |
| Taisley Titus | 6 Yrs Old | Ztishia Her | 3 Yrs Old |
| Rebecca Canez | 5 Yrs Old | Skylar Vanvoltenburg | 7 Yrs Old |
| Kaydee Carper | 7 Yrs Old | Lucas Garcia | 10 Yrs Old |
| Eliana Cotton | 4 Yrs Old | Ezra Mellon | 7 Yrs Old |
| Adrina Hendrickson McBride | 13 Yrs Old | Madeline Sherman | 9 Y Rs Old |
| Isabella Deforrest | 8 Yrs Old | Jesse Ortega | 11 Yrs Old |
| Cherish Giovanetti | 6 Yrs Old | Emiree Robinson | 6 Yrs Old |
| Skylar Vanlandingham | 8 Yrs Old | Mariah Cota-Loveall | 5 Yrs Old |
| Faith Silvey | 10 Yrs Old | Jade Pavloff | 10 Yrs Old |
| Easton Roberts | 6 Yrs Old | Will Moore | 11 Yrs Old |
| Michael Williams | 7 Yrs Old | Gavin Keisner | 9 Yrs Old |
| Jahisiah Jackson | 9 Yrs Old | Justin Osbourne | 10 Yrs Old |
| Evaleigh Gonzalez | 3 Yrs Old | Tiko Pena | 14 Yrs Old |
| Luke Shumard | 8 Yrs Old | Aerianna Branch | 11 Yrs Old |
| Shawn Harnden Iv | 11 Yrs Old | Skye Proctor | 8 Yrs Old |
| Selena Olea | 17 Mos Old | Gabriella Garcia | 12 Yrs Old |
| Dawson Gonzalez | 2 Yrs Old | Adriana Garcia | 3 Yrs Old |
| Karter Quinn | 9 Yrs Old | Noah Jones | 12 Yrs Old |
| Andrew Dorgan Ii | 3 Yrs Old | Adrian Moore | 9 Yrs Old |
| Freya Dunn | 3 Yrs Old | | |

Kick It California

Submitted by Elidia Adams-Loya, Health Promotion & Education Specialist, NATIVE Tobacco Project, UIHS

Kick It California began as the California Smokers' Helpline back in 1992. They opened as the first publicly funded statewide quitline, offering services in English & Spanish, to help people quit smoking. In 1994, they began adding Asian language services. Once big tobacco really started hitting high numbers of people in rural areas and low socioeconomic status, California Smokers' Helpline was well utilized in these communities. Then began the fight against big tobacco... California Smokers' helpline was able to have a landmark study published on the health effects associated with using commercial tobacco products. In 1998 quit line training went global! The first national & international quitline trainings were organized and formed the American Quitline Consortium. Teen & pregnancy services were later added in 1999. They were able to launch counseling for teens that focuses on developmental issues associated to using commercial tobacco products while pregnant. Year later, they were able to implement counseling protocol for pregnant smokers and those with children 0-5. As time went on and commercial tobacco products began to evolve, quit vaping services were added. A quit vaping phone line was added as well as a website, mobile application, and text services, these services grew rapidly, specifically among youth. In 2021, The California Smokers' Helpline was rebranded as Kick It California to appeal to a broader range of people who want to quit nicotine in any form via web, chat, text, mobile application or by phone.



Kick It California has helped people quit for nearly 30 years through customized one-on-one training that is grounded in science. You can speak with a Quit Coach via:

- Phone (1-800-300-8086) or texting by sending QUIT SMOKING to 66819
- Chat (by going to the website)
- Self-help tools

KICK/IT California

Kick It California is completely free, they have skilled coaches, it's based in science, and they have personal quit plans, they're encouraging and supportive.

Quit coaches are available via phone and chat Monday-Friday 7am to 9pm and Saturday 9am - 5pm. You can join their text program to either quit vaping or to quit smoking. You can also download their mobile application for either smoking or vaping.

Call for free help to quit commercial tobacco: 1-800-300-8086
Or check out KickItCa.org

Make WIC work for YOU!



Phone:

Schedule a follow-up call during a time that works for you.

Online: Take an online lesson (wichealth.org) anytime, 24/7, using your smartphone, computer, or tablet.



Clinic Visit:

Come see us in person.



Nutrition Education

ON the GO

(Even during naptime)



Be confident about healthy choices



Peace of mind at mealtime



Healthy recipes your kids will love



Get the most of your WIC benefits

TO GET STARTED

1. Visit www.wichealth.org
2. Is this your first time visiting wichealth.org? Click "Sign Up"



Choose  wichealth.org

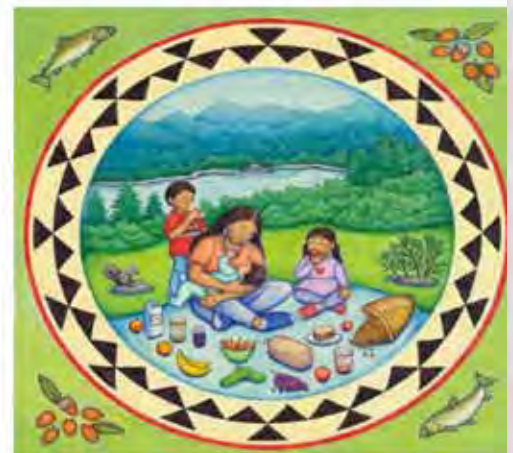
3. Enter Your Information

Agency:
Clinic:
WIC ID:

4. Complete Your Account

Username:
Password:

5. Click "Start Lesson"



United Indian Health Service WIC Program

Call: 707-822-9900

Text: 888-411-1973

Email: wicprogram@uihs.org

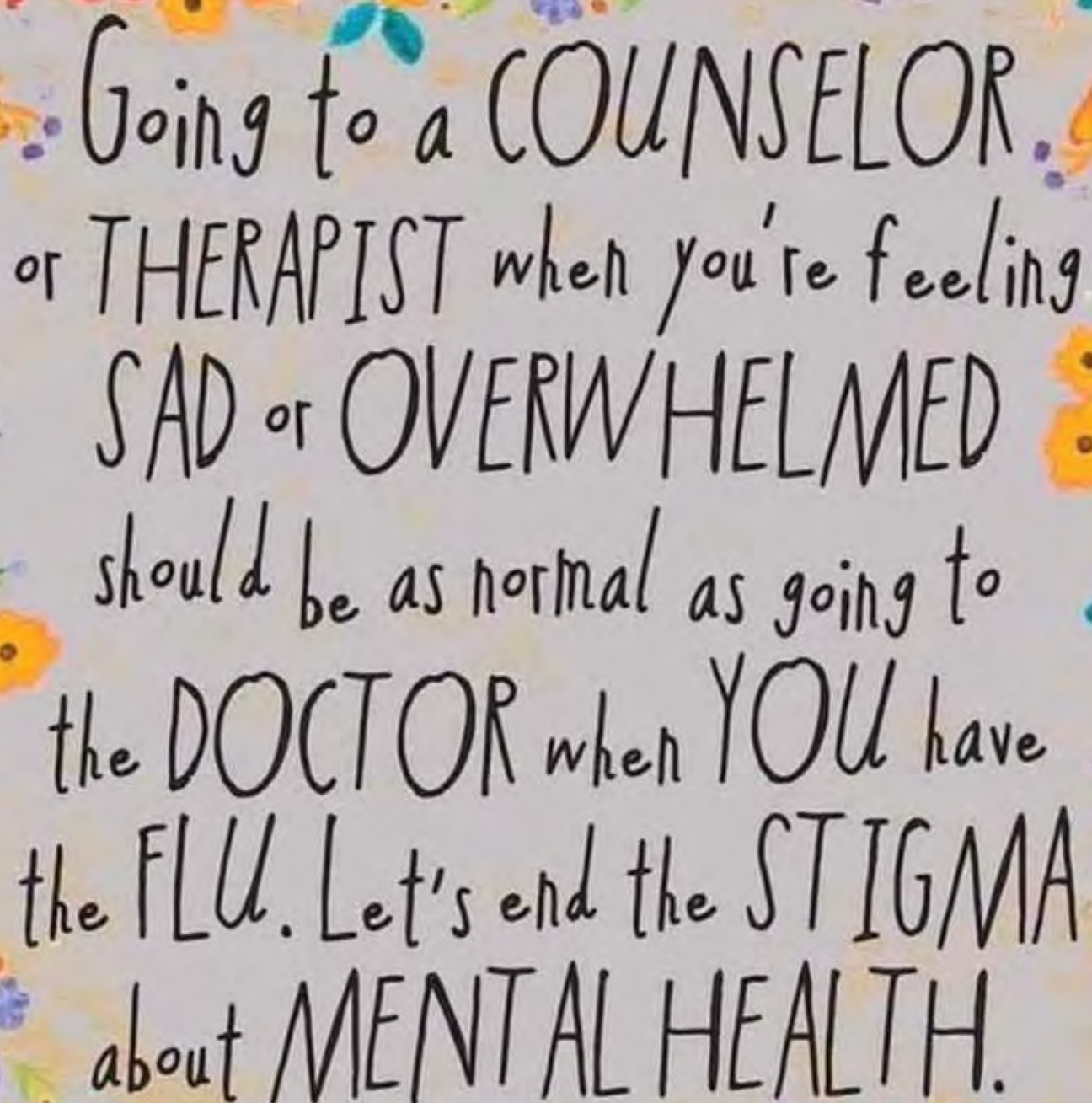
WIC is an equal opportunity provider and UIHS WIC is open to all who qualify.

Self-care is more than just breathing and exercise

Submitted by: Dr. Antoinette Martinez, UIHS

There are always a handful of roles that each of us are juggling. If you are a parent, a student, an employee, a caretaker, someone struggling with a mental health concern, or are just feeling overwhelmed with the responsibilities of day-to-day life, the idea of taking time for yourself may seem unimaginable. Sometimes it can be difficult to even take basic care of ourselves - but there are small things that can be done to make self-care and taking time for ourselves a little bit easier.

Self-care is more than just breathing and exercise... it's setting boundaries, making good choices, following your dreams, making a life you don't have to regularly escape from, laughing with friends, making new friends, sitting in the sun, being kind to yourself... the list goes on! Making time for your mental wellness is important! Go see your therapist, get a massage, get acupuncture, get a green juice... get your physical health in order! Most of all... live a meaningful life

A handwritten message in black ink on a light-colored background decorated with colorful floral patterns. The text reads: "Going to a COUNSELOR or THERAPIST when you're feeling SAD or OVERWHELMED should be as normal as going to the DOCTOR when YOU have the FLU. Let's end the STIGMA about MENTAL HEALTH." The words "COUNSELOR", "THERAPIST", "DOCTOR", "FLU", "STIGMA", and "MENTAL HEALTH" are written in all caps.

Going to a COUNSELOR
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about MENTAL HEALTH.

What is Omicron?

What do we know?

Omicron (Ah-muh-krawn) is a “variant of concern”, meaning its activity, ability to spread, and ability to make people sick is being closely monitored by the World Health Organization.

- Multiple cases have been found in the United States, including California. New variants will continue to evolve as long as there are large proportions of unvaccinated people.
- We do not know at this time if this new variant causes more severe COVID-19 illness than other variants or how it might impact response to treatment.

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>



What is Omicron?

What can we do to protect ourselves from COVID-19 and the Omicron variant?

What can we do to protect ourselves from COVID-19 and the Omicron variant?

- **Get Vaccinated:** All people ages 5 and older are now eligible for vaccination. To get vaccinated, contact your local UIHS clinic.
- **Wear Masks:** Recommendation are for everyone to wear masks.
- **Get Tested:** You should immediately get tested for COVID-19 if you are feeling any symptoms – regardless of your vaccination status. COVID-19 symptoms can feel like a common cold (including just “the sniffles”), seasonal allergies, or flu.
- **Stay Home if Sick:** Stay home if you are feeling sick.

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>



What It Really Means to Take Care of Yourself

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

It's not all about massages and green juices.

KEY POINTS

- Real self-care is choosing to create a life that you don't feel the need to regularly check out of.
- Self-care means doing things you initially don't want to do, and making the choice to do what's uncomfortable.
- Self-care is allowing yourself to be normal and average, instead of always pushing yourself to be perfect or exceptional.

Real self-care probably isn't what you think it is. It isn't all about escaping and relaxing. Although it pays off for your well-being in the long run, in the present, self-care can be a hard thing to do.

Taking care of yourself might look like making a plan to pay off your debt, sticking to a hard morning routine, or cooking healthy meals. It's facing your problems and unresolved issues head-on, instead of avoiding them and then trying to distract or soothe yourself later.

Self-care means doing what makes you anxious now, like setting boundaries with tough people, saying no when you don't want to do something, getting through a tough workout, or telling someone something they don't want to hear. Taking care of yourself means compassionately accepting yourself for who you are instead of burning yourself out trying to be everything to everyone all the time. It's living your life in a way that doesn't leave you needing to check out or take a break just so you can have a bath, read a book, or sip tea.

Currently, consumer-based self-care is a very popular topic; however, a world we need to escape from in the name of self-care is a world that needs a perspective change. Self-care isn't something we should be doing just because we're so burnt out that we need time away from our internal and external pressures.

Real self-care isn't massages and green juices; it's choosing to create a life that you don't feel the need to regularly check out of.



LOVE YOURSELF *More.*

What It Really Means to Take Care of Yourself

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

DO
SOMETHING
TODAY -
THAT YOU
FUTURE
SELF
WILL THANK
YOU
FOR

Self-care means doing things you initially don't want to do and making the choice to do what's uncomfortable. It means accepting your personal failures and disappointing relationships, then deciding to re-strategize them. It's not about giving in to your immediate urges when that means giving up on a long-term goal. It's about forgiving, letting go, and accepting what you can't change. It's about being willing to let people down and even saying goodbye to some of them. Self-care can sometimes be about putting your life aside to care for someone in need, and other times about putting yourself first above those who drain you. Ultimately, it's about living a life you choose, not one that you sleepwalk through.

Self-care is allowing yourself to be normal and average, instead of always pushing yourself to be perfect or exceptional. It means letting your house stay messy when you're tired of cleaning up or deciding you don't need the perfect body after all. It's knowing yourself and understanding how you operate, so you can decide what changes are the right ones to make in your life.

If you constantly feel like you need a break, it may be because you're disconnected from living a life that includes you in it. Real self-care isn't so much about treating yourself as it is about taking actions for your personal growth and development, aiming to choose what's better for your wellness in the long run.

Self-care is not about believing that being super busy is a badge of honor and making yourself so exhausted that you self-sabotage in ways that aren't actually good for you. It's about taking time to take care of yourself because you truly know that you aren't broken and don't need fixing. Once you start doing the real self-care, you start realizing that loving yourself and compassionately being there for you might just solve many of your problems.

When you take care of yourself, you become the author, not the victim, of your life. You create a life you truly enjoy, instead of one you might need recovery, or even therapy, from. It's not creating a life that looks good on paper, but one that fits well with who you are. It's letting go of some of your goals so that you can truly live a more balanced life. It's choosing to no longer make decisions based on what will ease your anxiety, but instead based on what will be good for you tomorrow or the next day. It's not looking to others to meet your needs; it's meeting your own needs.

SELF
care
IS NOT SELFISH

Self-care is living a life that's meaningful and being true to yourself. It's knowing that massages and green juices are great ways to enjoy life, not escape from it.

Living my
BEST LIFE
♥