

THE ACORNBASKET

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

Newsletter of United Indian Health Services, Inc.

Volume 43, No. 1



Jan/Feb/Mar 2021



Things to Remember
about COVID-19

Understanding the
COVID-19 Vaccine



UIHS Board of Directors * 2021

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, Wendell Freeman, Wendy George, Lana McCovey, Rhonda Dowd, Joseph Giovannetti, Leann McCallum

Clinic Sites

UIHS Clinic Hours

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

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Message from the (Acting) CEO

Submitted by Jed Rudd, COO, UIHS

For those of you that I haven't had the pleasure of meeting yet, I wanted to provide an introduction – my name is Jed Rudd and I have the pleasure of serving as the Chief Operations Officer at United Indian Health Services (UIHS). A unique aspect of my role is the responsibility to serve as the #2 to the CEO and provide day-to-day operational leadership and oversight when the CEO is out of the office. Our current Interim CEO was unable to prepare a message for this edition of the Acornbasket, so I'll be filling in!



With John's announcement that he would be leaving the organization this last October, it presented a moment of reflection for the organization. Leadership transitions can present a major challenge for continuity of strategic initiatives. While a new CEO can bring an exciting vision, it can also stall or halt current areas of focus. Given the amount of emergent, important, exciting and (insert another energetic adjective here) projects we have underway, John Reeves III has agreed to stay on as the Interim CEO for the next year. We are excited to be able to continue down our current path under his leadership! John and I converse daily and I'm proud to assure our community that the direction we were headed is where we are heading – there has been no pause in our momentum.

I joined UIHS after serving for 3 ½ years at Mad River Community Hospital as their Director of Ancillary Services and Safety. Prior to that, I worked at a small hospital in Silver City New Mexico, progressing from front line clinician, occupational therapist to be exact, to COO during my 8 years at that institution. I was drawn to healthcare leadership due the potential for the workplace to be a "healing" experience in our lives and have committed my leadership development journey to attaining the educational background, skills, and experience necessary to foster a "healthy" workplace environment – where we engage in meaningful service to our community and treat each other with the joy and respect we deserve. This positive workplace environment, in turn, can lead to happier people returning to their homes, able to more fully engage with their families, friends, and loved ones, enhancing the overall health of our community. This ongoing commitment has led me here – prepared and ready to support UIHS in its next steps of growth and evolution.

And what a time to join this team! We continue to successfully navigate the challenges of recent increases in transmission of COVID while maintaining services. We have been returning to levels of service and access similar to our operations pre-COVID. As indicated in prior Acornbasket articles, we are putting the final touches on the North Coast Testing Partnership to increase local testing capacity through a unique collaboration between UIHS and Humboldt and Del Norte County Public Health. We are ensuring a safe environment of client care through enhanced air purification and body temperature monitoring systems. We are optimizing our telehealth services to ensure that our essential services can continue regardless of the level of COVID risk. And much more!

On a personal note, my wife, Kaydence, works as a cosmetologist at Blondie's the Beauty Shop in Arcata and my 3 crazy cool kids, Jonas (16), Atty (14), and Eliot (12) attend school and cause general mischief at North Coast Preparatory Academy. I'm an avid (if unexceptional) surfer, who enjoys hiking, backpacking, live art (in its many forms), local food, good books and meaningful conversation.

I look forward to our many adventures that lie ahead!

Meet the UIHS Behavioral Health Counselors

(707) 825-5060



Dylan McClure, LCSW

Dylan McClure (he/him/his) is a Licensed Clinical Social Worker. In addition to his clinical work, Dylan worked for 13 years in the non-profit sector of Humboldt County with particular focus on gender, addiction, trauma, and youth issues. Dylan is committed to bringing an awareness of social justice to his work, and acknowledges the way oppression and racism affect emotional, spiritual, physical, and mental well-being. Dylan uses a collaborative, solution-focused approach in working with people to make changes in their lives.

Annie McLennan, CSAC II

Annie is a Certified Substance Abuse Counselor and a descendant of the Karuk Tribe. She started working at UIHS in 1993 after receiving her AA degree from College of the Redwoods. Annie briefly moved out of the area and worked for the Confederated Tribe of Siletz before returning to UIHS 25 years ago. "I care about my Native community - the cultural, spiritual, and healing - helping people with substance abuse issues as they show with a need. I have been appreciated and honored for protecting my families as an Indian woman does."



Improving Community Health with Food Sovereignty

Submitted by Jasmine Pedroza, HPE Intern Master of Social Work



As a Yoeme that has struggled with my own identity, there is a sense of connection when eating traditional foods. I remember one of the first times I ate deer meat from a relative. The deer that was hunted had been prayed for, and when I ate it I felt a stronger connection to my ancestors knowing they had prayed for and eaten this deer just like me. This experience, a part of many, helped affirm my identity. In advocating for food sovereignty, I know this can also help our people heal physically, spiritually, and emotionally. I hope to advocate for more traditional foods to be accessible to our communities, and for our people to be the ultimate caretakers of the food and land as they once were before.

I'm sure many of us have heard the saying "You need to be healthier," but no one really says how besides exercising or buying super expensive foods that are the new health trend. What if I said there are other ways? As Indigenous people, we hold connection to our ancestral lands as well as to the food that lives among these lands. From being forcibly removed from our lands and the traditional foods provided by it, to being starved in boarding schools, along with other factors of colonization, have affected our people throughout the generations. Loss of traditional foods has caused obesity, disease, and other health problems within our tribal communities¹. To help our communities heal and improve overall well-being, looking at food sovereignty can be one piece of the puzzle. Food sovereignty is many things, but from an Indigenous stand-point, a main focus is on spreading knowledge and access to traditional culturally relevant foods. There is a great importance in revitalizing traditional foods. As Indigenous people we have special relationships with the land, animals, and all living and nonliving things on the land that are central to our identity. It is our responsibility to ensure that these resources are respected and not capitalized, and that they are protected and sustained for future generations. Food sovereignty is one way of connecting back with traditional knowledge, healing, and reclaiming of identity.¹

Since time immemorial, Indigenous peoples have been stewards of the land, agriculture, and food.¹

²Colonization has created a disconnect from traditional knowledge and foods, and implementing food sovereignty, even on an individual level is a basis for restoring this knowledge and identity.^{1 2} Once one auntie starts gathering traditional foods, the word of mouth can travel fast. It can encourage others in our community to want to do the same. There is power in our traditional foods, and there are beliefs across many nations that our traditional foods are separate parts of ourselves. Our foods nurture us as we nurture the food. In addition, food sovereignty would be a basis of ensuring food security for our peoples, and not have to depend on Western diets that have been problematic in our communities causing diabetes, and heart challenges.^{1 2} With many community members struggling to make ends meet, food should not have to be a privilege to attain. Implementing traditional methods of growing and gathering food can help sustain our communities while also sustaining the environment.

For example, the consumption of salmon is one of the number one recommended foods for individuals that have heart challenges or suffer from diabetes is to consume salmon. Salmon is a food eaten across many tribal nations, but most of our peoples do not have adequate access to these traditional food resources. Although our people are resilient, our Indigenous communities still suffer from poverty, health challenges, food insecurity, and loss of identity.



Improving Community Health with Food Sovereignty

Submitted by Jasmine Pedroza, HPE Intern Master of Social Work

Knowing that food sovereignty can be one aspect that can provide healing, reconnection to roots and land, and affirm identity, it's important to advocate for our tribal communities.² Our communities have sacred knowledge, and should be able to say how the land is treated, and use traditional methods of agriculture to feed our people. We can bring health and prosperity to our communities and to the earth by listening to Indigenous knowledge on how it should be treated.

¹ Coté, C. (2016). "Indigenizing" food sovereignty. Revitalizing Indigenous food practices and ecological knowledges in Canada and the United States. *Humanities*, 5(3), 57. doi: 10.3390/h5030057

² Tennant, Z. (Host). (2020, June 12). Chef calls Indigenous Food Lab 'a necessity for our future' [Audio podcast episode] In *Unreserved*. <https://www.cbc.ca/radio/unreserved/how-indigenous-leaders-are-changing-the-future-of-food-1.5605180/chef-calls-indigenous-food-lab-a-necessity-for-our-future-1.5607902>

TAKE A STEP TOWARDS PUTTING YOUR MENTAL HEALTH FIRST

Dance. Go on a walk. Call family or friends. Take a nap. Breathe.

TAKE THE TIME TO DO SOMETHING YOU ENJOY

NATIONAL SUICIDE PREVENTION
LIFELINE: 1-800-273-TALK (8255)





Mary Jensen
Nurse Manager



Adam Daitch
Lab Assistant



Cody Congdon
Pharmacist
Technician



Julie Goforth
Lab Assistant



Allegra Stroup
Provider - FNP /
PA-C



Canyon Smith
HPE Technician



James Matsuda
Provider - MD



Tracy Langhurst
Provider - FNP /
PA-C



Trinity Hover
Medical
Assistant



Kim Anderson
Front Office As.
Behav. Hlth.



Brittany Stevers
Lab As. - Molecular



**Maribel Perez
Espinal**
Lab As. - Molecular



**Stephen
Nicholson**
Lab As. - Molecular



Diego Arevalo
Lab As. - Molecular



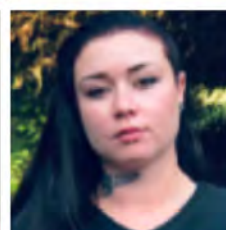
Elidia Adams
HPE Specialist



Megan Zaragoza
Front Office
Assistant - Dental



Amos Wright
HPE Specialist



**Kiari World
Turner**
Sub. Ab. Counselor



Jedediah Rudd
Chief Operations
Officer

New Hires

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 departments 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 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



Jazmin Woodard 9 Yrs Old
Skylar Vanlandingham 7 Yrs Old
Destiny Lewis 10 Yrs Old
Eliana Cotton 3 Yrs Old
Myla Conley 13 Yrs Old
Zion Deforrest 9 Yrs Old
Isabella Deforrest 7 Yrs Old
Austyn Duran 17 Mos Old
Magnus Boucher 8 Yrs Old
Cruz Proctor 10 Yrs Old
Natalie Deal 11 Yrs Old
Avery Bartoo 9 Yrs Old
Paloma Granados 8 Yrs Old
Annamarie Scott 8 Yrs Old
Christopher Wennerholm 8 Yrs Old
Makinzee Sanders 10 Yrs Old
Jace Branlett 5 Yrs Old

Wayne King 8 Yrs Old
Eli Lee 3 Yrs Old
Tucker Sanderson 4 Yrs Old
Eve Quinn 11 Yrs Old
Newie Garcia 3 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.

Dear Dr. Coyote

Submitted by: Andre Cramblit, Cultural Resource Specialist, UIHS

Dear Dr. Coyote;

I know that the winter solstice is just around the corner. Can you share with me why many tribes find this an important day? Signed Happy for the Holidays.

Dear Happy, as you may well know that the winter solstice marks the shortest day of winter and the march towards spring and summer begins. Winter is a rough time for those who rely on hunting and gathering for their subsistence, so the end of that season would be one looked forward to. Many tribes stayed indoors more during the winter time and it was the time for the sharing of customary stories passed down as part of our oral tradition. The food put away and preserved during the hard work and sunny time of summer was brought out and shared around the fire. Baskets and regalia were mended as well as new things that were being made.

The Tolowa people of Northern California celebrate the solstice with a dance called Nee-dash. As tribal member Marva Jones puts it, "the purpose of Nee-dash is to acknowledge with gratitude in our hearts, good intention in our actions and recognition of the past year's blessings through intention, prayer, song, dance and food." Many families today keep this way of life going today by gathering around the kitchen table to share board games and family stories. Families gather together to enjoy each other and share gifts or just be happy in the time in one another's presence.

During current times of COVID-19, it is important to NOT gather with others that are outside of your household. We can still visit and catch up with others by phone, Zoom, Facetime, Skype, and many other virtual platforms are now available, many for free. Storytelling, language classes, chatting, and family games are fun when done on these platforms. More people from other cities and states can be a part of this new way of gathering during the pandemic. Start a new family tradition by watching a favorite seasonal movie or sharing a meal together and recalling the good things of the year soon to pass. Being together with family is good medicine.

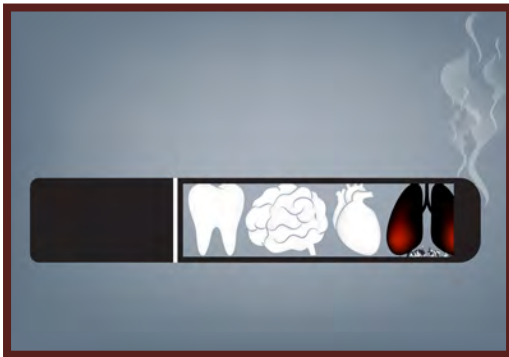
Signed Dr. Coyote, Staying Warm by the Fire.



Dual Use of Tobacco Products

Submitted by Amos Wright, HPE Specialist

Smokeless tobacco products in the United States consist of several selections such as loose leaf chewing tobacco, snus or dissolvable. This is a product that is not burned, hence the name “smokeless.” Smokeless tobacco products are an alternative to smoking tobacco products. Smokeless tobacco products however, do not come without risk and are associated with many health problems. This includes the side effects of using nicotine-containing products such as encouraging a new addiction, developing cardiovascular problems and a weakened immune response. On top of this, smokeless tobacco products also contain many cancer-causing chemicals similar found in cigars and cigarettes. People tend to prefer one product over the other but in some instances, some people prefer to use multiple products at the same time. This creates an increased risk for developing diseases associated with both smoking and smokeless tobacco products.



Using any other tobacco product while attempting to quit is not recommended as it can lead to dual use. Dissolvable tobacco products that are not FDA approved are an example is a gateway for dual use in chewing tobacco users. People who have a habit of using two or more tobacco products are often attempting to quit smoking or other tobacco product use. For some help on quitting tobacco product use, one solution is nicotine replacement therapy (NRT). They come in several forms such as:

- Patches
- Gum
- Lozenge
- Inhaler
- Nasal Spray

NRT is an effective method that is approved by the Food and Drug Administration (FDA) to help tobacco users quit. Cessation counseling is also a FDA approved method to help tobacco users quit. Cessation counseling and NRT is even more effective when used at the same time.

Source: <https://www.cdc.gov/tobacco/campaign/tips/diseases/dual-tobacco-use.html>



Good Health in the New Year

Submitted by Angel Jensen, Nutritionist- Diabetes Management

Stay on track with good health in the New Year.

Whether you like to make New Year resolutions or not, it is good to keep your personal health plan on top of your priority list. This year has been bumpy, and wrapped up with a holiday season that was unlike others. With all of this to navigate through, it is easy to lose sight of our most important focus-ourselves! When we are at our best, everyone around us benefits, and we are at our best when we are at our healthiest. What can you do to stay on track with your health?



1. Remember your focus, for some this is to be healthy enough to finish a life goal, be there for family members, or prevent chronic disorders such as diabetes and cardiovascular problems.

Why do you want to be your best you?

- Have a realistic plan for implementing healthy practices into your life. Start with the most important practices for a good healthy foundation as a big picture “goal”.

- Daily activity that increases your heartrate for at least 30 min each day, such as a brisk walk.
- Staying hydrated with 6-12 glasses of fluids each day (yes, tea & coffee count).
- Eat your colors, include a good variety of non-starchy veggies every day to supply your body with all those nutrients it needs to run smoothly and resist illnesses.
- Include seafood at least twice a week to reduce inflammation and for optimal metabolism.
- Rest and restore, get at least 7 hours of sleep each night and try to be mindful through each day in all that you do. Add prayer, meditation, silence, or mindful intention to your day.

2. Implement your plan one step at a time. For example, walk after 1 meal each day for 10 minutes. Do this until it feels natural, then gradually increase the duration, intensity, and/or frequency of your walks. When you have been walking for at least 30 minutes each day for a few weeks, start setting an alert or timer each day to remind you to drink water throughout the day. Continue to gradually increase your healthy practices in this manner until they all feel like a natural part of your everyday life.

Remind yourself that you are important, and your health matters. Sometimes it is easy to forget to take care of ourselves. Implementing the 5 healthy practices listed above with help to improve your health even if you do not make any other changes. Start with adding in good practices before beginning to cut things out of your life. When you start feeling better those less healthy practices tend to become less important and are easier to replace with healthier ones.



Good Health in the New Year

Submitted by Angel Jensen, Nutritionist- Diabetes Management

*These recommendations are in addition to keeping up with your holistic health care check-ins, such as regular health appointments, vaccinations, and maintaining spiritual, mental, and emotional support. How can you stay on track with good health this New Year? What would these things look like in your life? Think about a typical week when you answer these questions. Be very specific, i.e. "I will have tuna sandwiches on Tuesdays and Thursdays for lunch". When you have them all answered, imagine yourself doing these things really well, and how great you will feel, both for accomplishing them and because of the healthier you!

- a. I am able to walk (dance, cycle, skate, chair aerobics, etc.) for at least 10 min during this time each day:
- b. I would like to have an unsweetened beverage during these 6-12 times each day:
- c. I will add these veggies to my daily meals and snacks:
- d. Fatty fish I enjoy and can easily include in my usual meals:
- e. My optimal sleeping hours are:
- f. I can take at least 1 min to breathe deeply and/or have a moment of appreciation during these times in my day:

A photograph of a woman with brown hair and bangs, wearing a red patterned shirt, sitting on a medical examination table. A young child in a blue long-sleeved shirt is sitting next to her, holding a stethoscope to the woman's chest. The background is a clinical setting with a computer monitor visible.

Do You Have Or Are You:

- ◆ 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

Things to Remember about COVID-19

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



We have had a crazy, upsetting year with COVID-19 as a constant in our lives. Hopefully, with the resources and information we need, we can get through this difficult time.

Things that we need to remember:

1) Stay informed and in touch

Get up-to-date information about local COVID-19 activity from public health officials. Create a list of local organizations you and your household can contact in case you need access to information, healthcare services, support, and resources.

Create an emergency contact list including family, friends, neighbors, carpool drivers, healthcare providers, teachers, employers, the local public health department, and other community resources. Keep a calendar of activities and people you spend time with that are not part of your household, just in case you need to contact them if you become ill.

2) Prepare for possible illness

Consider members of the household who may have an increased risk for severe illness.

Choose a room in your house that can be used to separate sick household members from others.

3) Quarantine

Is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

Quarantine keeps someone who might have been exposed to the virus away from others.



Things to Remember about COVID-19

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



Who needs to Quarantine?

- 4) **People who have been in close contact with someone who has COVID-19—excluding people who have had COVID-19 within the past 3 months.**

People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again. People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

- 5) **Isolation** keeps someone who is infected with the virus away from others, even in their home.

- 6) **Those at higher risk for severe illness**

Take additional precautions for those at higher risk for severe illness, particularly older adults and those of any age who have severe underlying health conditions.

- 7) **Take everyday preventive actions**

Wash your hands frequently.

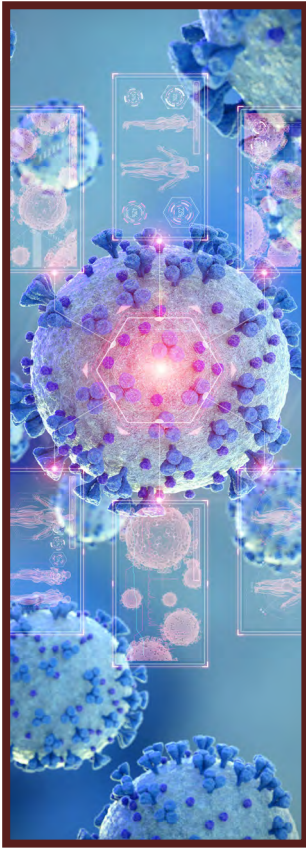
Avoid touching your eyes, nose, and mouth with unwashed hands.

Stay at least 6 feet (about 2 arm lengths) from other people.

13 Stay home when you are sick.

Things to Remember about COVID-19

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



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

Clean and disinfect frequently touched objects and surfaces.

Wear a mask when you go out in public.

Masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

If you have a fever, cough or other symptoms, you might have COVID-19. Most people have mild illness and are able to recover at home. If you think you may have been exposed to COVID-19, contact your healthcare provider.

8) Keep track of your symptoms.

If you have an emergency warning sign (including trouble breathing), get emergency medical care immediately.

9) If someone in your home is sick

- Have their doctor's phone number on hand.
- Call their doctor if the person keeps getting sicker. For medical emergencies, call 911 and tell the dispatcher that the person has or might have COVID-19.

- Help the person who is sick follow their doctor's instructions for care and

medicine.

- For most people, symptoms last a few days, and people usually feel better after a week.
- See if over-the-counter medicines for fever help the person feel better.
- Make sure the person who is sick drinks a lot of fluids and rests.
- Help them with grocery shopping, filling prescriptions, and getting other items they may need. Consider having the items delivered through a delivery service, if possible.
- Take care of their pet(s), and limit contact between the person who is sick and their pet(s) when possible.

10) When to seek emergency medical attention

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face



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

Things to Remember about COVID-19

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

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

11) What to do if you are sick.

- **Stay home.** Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- **Avoid public transportation, ride-sharing, or taxis.**



department

vital that you take the call from the health department to help stop the spread of COVID-19.

14) Monitor your symptoms

- **Symptoms of COVID-19 include fever, cough, or other symptoms.**
- **Follow care instructions from your healthcare provider and local health department.** Your local health authorities may give instructions on checking your symptoms and reporting information.

15) Generations in the household

Those who are at an increased risk for severe illness: take additional precautions. Make sure you have access to several weeks of medications and supplies in case you need to stay home. Stay at home if possible.

Children: How to keep kids healthy. Notify your child's school or daycare if your child becomes sick

Things to Remember about COVID-19

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



Take care of the emotional health of your household members, including yourself.

16) Pets in the household

Treat pets as you would other human family members – do not let pets interact with people outside the household.

17) Are you Ready to Isolate or Quarantine?

In case you or a household member is asked to isolate or quarantine because of a COVID exposure or infection, it's good to know if:

- Do you have enough food, supplies, and drinking water to last 14 days?
- Do you have a thermometer, basic cold/flu remedies, and prescription medications to last 14 days?
- Do you have products for cleaning and sanitizing and gloves in your household?
- Do you have enough face coverings/face masks for everyone in your household?
- Do you have a separate bedroom and/or bathroom for someone in your household?

Let's continue to help prevent the spread of COVID-19 (Coronavirus Disease 2019). Contact your provider's office for more information or questions about COVID-19.

Stay safe while you keep your community safe.

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>



Synchronize Your Medication

All regular prescriptions
filled at one time

We will need to know

1. How many of each medication you have on hand and the date you counted them.
2. If you use a certain medication faster or slower than prescribed, let us know that as well.

Examples would be medications like insulin or eye drops or prescriptions that read "take 1 or 2 daily".

To set this up, please call:

(707) 825 - 5023
or
1 (800) 697 - 0888

Medication Mailing

Reduce your need to
come to the clinic

UIHS Pharmacy is offering medication mailing to the address of your choice or delivery to a UIHS clinic closer to your home.

Please call the pharmacy to set this up if you haven't already.

We cannot mail Norco and can only mail other medications controlled by the DEA (Rx numbers that start with a "4") if you sign a release of liability for our pharmacy. We can mail, email, or FAX this form to you or you can pick one up from our pharmacy. Controlled substances cannot be delivered to our clinics for safety reasons.

To set this up, please call:

(707) 825 - 5023
or
1 (800) 697 - 0888



Understanding the COVID-19 Vaccine

Submitted by Heather Kyte, Provider - FNP / PA-C

I am seeing a lot of fear in the community and online about the COVID-19 vaccine, and I completely understand why. It is a frightening thought to inject something so unknown into one's own body on the advice of someone else. It takes a remarkable amount of trust. Some, like myself, have an advantage of a deeper understanding from studying this stuff in college, an understanding which helps alleviate fear. Others may feel like they are going into this blind. I think people deserve to understand some of why I feel reassured.

A lot of people have so far heard about the safety studies- the Pfizer vaccine has been tested on tens of thousands of humans beings- with side effects reported that only lasted about a day or two. Muscles aches, chills, fatigue, and fever. Beyond the studies, millions more are receiving the vaccines over the coming weeks and months, many if not most of those being people in the medical field. There are reporting tools to track side effects, they are still being used today and will continue to be used to track safety.



One of the other reassuring things about this type of vaccine is that the active ingredient is a molecule that's already in your body in abundance, called mRNA. mRNA is in our bodies at birth. It is in every cell you have right now. That is the major part of the vaccine. The rest is the filling- a little bit of oil and fancy salts in water. This particular mRNA sequence helps us build immunity to the virus. The molecule itself won't last even a couple of days in the human body before it breaks down into natural things like amino acids (the stuff in food and protein shakes)- but not before helping us learn to be immune to COVID-19.

Then it's gone forever, it isn't a heavy metal, it doesn't linger in our bones or in our nerves or any of that. It falls apart so easily that it needs be kept super cold! People worry about long term side effects, but if mRNA caused long term side effects we would know because, well, we've had it in us as long as we've been alive.

Let's talk about the short-term side effects now. So-called "negative" side effects are only negative in that they are uncomfortable. I often tell patients after they receive a vaccine that they may get a fever, chills, body aches, etc...but that this is temporary and is actually a good thing- it means their immune system is working hard to do its job, just like it would do if you were coming down with a cold to help get rid of that cold. Unlike with real illness, once that initial whirl-wind of the immune system is gone (usually a day...the most prolonged reported were rarely a few days) you are completely "recovered" from those symptoms (think of it like your body is a car revving it's engine...). Actually, stronger immune systems may be more prone to side effects, often it's young people with healthy bodies who get more of that. Older people and immunocompromised people may be less likely to mount a robust and side-effect-producing response. Don't fret, if you don't get a fever, it doesn't mean the vaccine doesn't work, it just means your immune system is perhaps a bit less like a mustang and a little more like my Honda civic.

I encourage anyone who is hesitant or has questions to reach out, we want to help. We want people to feel safe and know we medical providers would/will receive this shot ourselves and recommend it for those we love. Mostly we want people to feel safe and feel that they are making the decision to vaccinate equipped with the knowledge of what is going into their bodies. It's normal to be nervous or even scared, but we are with you. It will take bravery for everyone to pull together and get this vaccine. In the words of my ten-year old: "It is worth it, even if it hurts, to save the world."

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.



Know your Resources

National

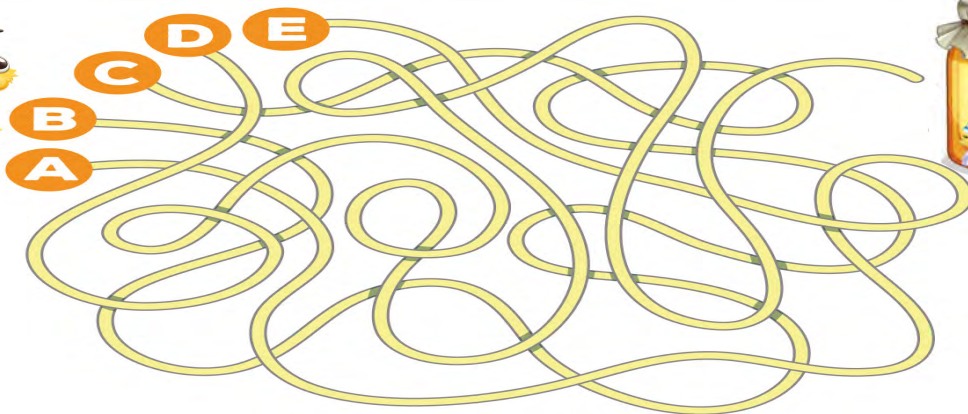
California Smokers' Helpline: 1-800-NO-BUTTS (1-800-662-8887)
The National Domestic Violence Hotline: 1-800-799-7233
Suicide Prevention Lifeline: 1-800-273-8255 or text "HOME" to 741-741
California Youth Crisis Line: Crisis Support for youth 1-800-843-5200
The Trevor Project: For LGBTQ youth 1-866-488-7386

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

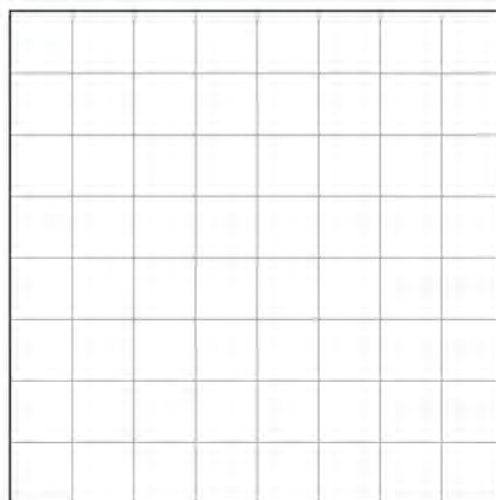
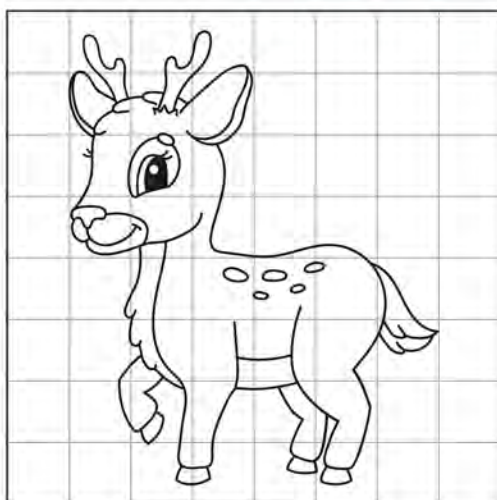


Logic puzzles for the smartest

Solve examples, find correct place for all remaining dominoes and draw the dots.



Copy the picture



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 ECONOMIC
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 FOR
 OPPORTUNITY
 HEALTH
 HISTORY
 INDIAN
 MOVEMENT
 NATION
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 NEW
 NINETEEN
 PEOPLES
 RIGHTS
 SELF
 SERVICES
 SIXTY
 UNITED
 WIDE

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What's the Difference?

Can you find the 32 differences?





**1600 Weeot Way
Arcata, CA 95521**

The Acornbasket

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