



1600 Weeot Way
Arcata, CA 95521

Volume 41, No. 3
July/Aug/Sept 2019

The Acornbasket
©1996 United Indian Health Services, Inc.
Chief Executive Officer: John Reeves
Editor / Layout: SuWorhrom David Baldy

The AcornBasket

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

Newsletter of United Indian Health Services, Inc.

It's coming!

The California WIC Card

Shopping with your WIC Card
will be easier than using
paper checks.



Flexible shopping

Get your WIC foods as
you need them.

Easier checkout

Shopping with your WIC Card will
be like using a debit card.

Convenient benefits

Carry all your family's
WIC food benefits
on one card.



California Department of Public Health,
California WIC Program
This institution is an equal opportunity provider.
1-800-852-5770 | www.wicworks.ca.gov
HHSN #940269 05/18



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: _____

Message from the CEO

Natives Are The Original Environmentalist

CalFresh Updates





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:	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.
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
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		

Tolowa
English
Français

Trunxai
Woman
Femme

Hla'
One
Un

Hlen
Dog
Chien

Naxai
Two
Deux

Xwet'e
Sun
Soleil

Taqe
Three
Trois

Chagutlsri
Moon
Lune

Dunch'i
Four
Quatre

Tutlxut
Water
Eau

Shwela
Five
Cinq

Hiki
White
Blanc

Chusne
Man
Homme

Hitsu
Yellow
Jaune

Hlsrik
Red
Rouge

Hlshun
Black
Noir

Word Search



What's the Difference

Can you find the 8 differences?



DO YOU RECEIVE SSI?

DON'T MISS OUT ON FOOD BENEFITS



Beginning June 1, 2019
SSI recipients may be eligible
for **CalFresh Food benefits**.

What is CalFresh Food?

CalFresh Food helps people with low-income buy the nutritious food they need for good health. Recipients can buy food any grocery store or farmers market that accepts EBT.

How do I know if I am eligible?

- Click, Call or Come in to your local county office.
 - Complete an application – by phone, on-line, or in person.
 - Complete an interview – by phone or in person
 - Provide proof of income and expenses, if needed.
- The county will determine your eligibility in 30 days or less.

Does CalFresh Food change my SSI benefits?

There is **NO CHANGE** or reduction to SSI/SSP amounts.



Click **GetCalFresh.org**
to apply online

Call **1-877-847-3663** (FOOD)

Come in/find an office
at **CalFreshFood.org**

INSIDE THIS ISSUE

Message from the CEO	Page 3
Native Tobacco Project: Things to Consider in Summer	Page 6
New Hires / Looking for a Job?	Page 7
Cavity Free Club & Dental Facts	Page 8
Original Environmentalists	Page 9
Updates and Reminders	Page 10
Food Safety	Page 11
CalFresh Updates	Page 13
Game Page	Page 14

New Client?

Submitted by: Sandra Jones, Nurse Manager, UIHS

Your care is very important to us! Our medical providers work hard to create a positive experience for all clients. Often, many of our providers are responsible for the care of several hundred to even one thousand clients. Currently, we have four providers that are now accepting new clients. If you are looking at becoming a new client, please call 707 - 825 - 5010 to request an appointment with one of the four providers below:

- Roxanne Alsbury, MD in Crescent City
- Katie Cassel, MD in Klamath
- Hugh Kent, MD in Weitchpec and
- Marty Kimble, PA in Fortuna



Save the Date
Saturday, August 10th

**2019 HAWC Walk & Run
in Arcata at Potawot
Health Village**

Message from the CEO

Submitted by: John R Reeves III, CEO, UIHS

Dear Community,

I hope this message finds you all in good health. Over the last three months, I have continued to be impressed with the amount of knowledge and resources that we have within our community. In the previous AcornBasket I outlined key questions, concerns and issues identified from our Annual Members meeting that I'd be addressing. Thank you to those who took the time to voice your questions, concerns and issues, below are my answers.

How many patients do doctors see per day?

This question has multiple answers depending on site and specialty. In 2018, the average number of daily visits were: 154 for Medical, 67 for Dental, 33 for Behavioral Health and 8 for Vision.

How many doctors do we have?

Currently we have 10 Medical Doctors that provide care between our seven Health Village sites. However, at UIHS we have multiple types of providers, including: Medical Doctors, Doctors of Osteopathic Medicine, Nurse Practitioners, Physician's Assistants, Dentists, Pharmacists, Behavioral Health Counselors, and Optometrists. We are in the process of determining the number of patients we have, where they are being seen, and where they are coming from, in order to identify our clinics need for providers. We are working very hard to recruit providers in order for us to be fully staffed.



[UIHS] needs a full time: Medicine Person, Acupuncture, Massage, X-Ray Department, Native Plants Garden

These are great recommendations. I can honestly say that all of these have been discussed from one time to another during the short time I have been here. While a few of what you have outlined above require a bit more analysis, you can be assured that this is important to us and we are looking into them.

Fifteen minutes is not enough time with a provider. The whole body is connected (not sections)

The time allotted for a visit is largely dependent upon the type of visit a client is being seen for. In order to

ensure you receive adequate care, it is important to explain to whomever is scheduling your appointment the magnitude of the visit. Once they are able to understand the full extent of why

September is National Food Safety Month!

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



Enjoy your summertime gatherings and food, and use these precautions:

Clean: Wash your hands with soap and water before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.

Separate: When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bag.

Cook: Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at 225°F to 300°F to keep meat at safe temperature while it cooks.

Chill: Keep meat, poultry and seafood refrigerated until ready to grill. When transporting, keep below 40°F in an insulated cooler.

Temperatures inside meat to ensure it is cooked hot enough:

- 145°F beef, pork, lamb, veal (then let rest 3 minutes before serving)
- 145°F fish
- 160°F hamburgers and other ground meat
- 165°F poultry

Don't cross-contaminate: Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.

Food poisoning: Anyone can get food poisoning some people are more likely to get sick because their bodies can't fight germs as well. People with higher risk of food poisoning include adults age 65 and over, children younger than 5 years, people with weakened immune systems, and pregnant women. Choose and prepare food carefully to help prevent food poisoning.

If you have these symptoms, see a doctor!

Bloody diarrhea, fever higher than 102°F, frequent vomiting, dehydration, diarrhea for more than 3 days.

www.cdc.gov/foodsafety

September is National Food Safety Month!

Submitted by: Roxanne Johnson, Maternal and Child Nutrition Manager, UIHS



WIC Clients: Visit us on Potawatomi Farmer's Market days between **12-2 pm** once during the season to pick up a **FREE \$10 Voucher!** You can also use your WIC \$11 fruit/veg voucher each month. We will also have recipe taste testing and fun kid activities and prizes.

Buy Local Food

- **Less expensive**
- Sold fresher- better taste, more nutrients
- \$ stay local
- Environment protected- less pesticides.
- Involve children in growing a garden.

Increase your Fruit and Vegetables

- Set out a fruit bowl
- Keep veggies cut up and ready to eat in the fridge.
- Hide veggies in other foods (sauces, meatloaf)

Kids can help you shop and prep!

- When kids see others excited about fresh fruits and vegetables, they will want to eat them too!
- Let them pick a fruit or veggie.
- Try a new recipe.

Roast Veggies

Toss cut veggies with a little olive oil, salt, and black pepper. Roast in a 425 degree oven.

Carrots (30-40 min)

Zucchini (10-15 min)

Squash (20-30 min)

Broccoli (10-15 min)

Green Beans (10-15 min)

Create a Summer Fruit Bowl

Top your favorite WIC yogurt with fruit that is in season at the market.

Strawberries, diced apples and crushed graham crackers.

Kids can scoop yogurt, add fruit to bowl and crush graham crackers.

Farmer's Market Pizza

Top a pizza crust with pizza sauce and shredded WIC mozzarella cheese.

Add veggies from the market. Bake in 400 degree oven for 10 to 15 minutes. Try chopped tomato/broccoli, or red pepper /spinach, or cherry tomato/basil

Message from the CEO

Submitted by: John R Reeves III, CEO, UIHS



you wish to see your provider, they can appropriately schedule your appointment based upon the time slots available.

When is Weitchpec Dental going to be open?

While I do not have an exact date for when Weitchpec Dental will open, we are anticipating this will be in September of this year. To date, we have completed the majority of space re-construction, and recently acquired new cabinetry. Upon installation of the cabinets, we will then be put on a list to receive dental equipment. Once the equipment is installed, we will be a step closer to opening. Stay tuned for more updates.

Where is the clinic in the process of hiring an additional dentist?

We are working very hard to recruit and are currently in the process of hiring multiple dentists. We hope to have 2 more dentists hired by August.

It seems it is harder to get a dentist appointment now that we see “non-Indians”, what happened to the “waiting list?” Please look into this situation. / People Need Appointments (dentist)

The current challenges that we face regarding dental appointments is due to the lack in Dental providers that are currently staffed. We are working very hard to recruit and are currently in the process of hiring multiple dentists. We hope to have 2 more dentists hired by August. As soon as we have these positions filled, appointment access will open up.

We also need evening and weekend hours for working people.

We are currently having these discussions to see how we could extend our hours of operation.



We will be sure to update the community about these discussions when decisions are made. First though, we must work to hire more providers in order to be fully staffed.

Presents for the elders.

Acknowledging our elders is so important. While I am in favor of providing presents, I would need to know more about the type of presents. Please make an appointment with me, so that we can further discuss.

Message from the CEO

Submitted by: John R Reeves III, CEO, UIHS

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?

Since 2014 it has been the policy of UIHS to only pay for glasses and lenses and not for transition or antiglare. I encourage you to directly speak to our PRC representatives about why transition and antiglare are not covered, and what other options you may have to get these costs covered.

Create and encourage events that include our people who struggle with alcohol and/or drugs 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.

Thank you for mentioning this. As an organization, it is so important that everyone within our community feels welcomed and invited to participate in our events regardless of what challenges they face. At UIHS our purpose is “healing the whole” mind, body, and spirit. If you have any recommendations, please reach out to your Board Member and share with them suggestions in how we can better approach this.

UIHS = Health Village – This is a concept worth revisiting and discussing. The word “clinic” is not appropriate.

I appreciate your comment, and will focus on keeping “Health Village” on the forefront of our collective minds. These are key discussions to be made among our staff and community in order for us to appropriately identify ourselves.

How many board members do we have?

UIHS has 13 Primary Board Members and 11 Alternate Board Members.

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?

I apologize that you personally feel unrepresented; you are welcome to set up an appointment with me to discuss and identify your Board Representative. I will also bring this issue to the next Board Meeting to determine how to better communicate, and inform our community on whom their Board representative is and how to connect with them.

Also, agendas and meeting minutes should be posted so we have some idea of where we are and where we are going.

This is a great recommendation, and we have been discussing a better way to reach our clients with this information.

Updates and Reminders

AcornBasket will Become a General Mailout Service!!!

Submitted by: SuWorhrom David Baldy, Marketing Specialist, UIHS

On August 1, 2019 the AcornBasket will become a general mailout service. If you are currently receiving the AcornBasket you can expect to receive additional information on upcoming UIHS program activities and events. UIHS will not share addresses with anyone outside of our organization nor will UIHS use these addresses for political influence or any other solicitation of any kind.

UIHS believes that making this link to our members will allow us to provide better outreach and improve our connection to our community. We hope to better inform you for a better way to create a “Healthy mind, body and spirit for generations of our American Indian community.”

Sports Physicals

Submitted by: Submitted by: Sandra Jones, Nurse Manager, UIHS

Dear Parents,

Another school year has finally come to an end! Along with planning what to do for the summer, it’s also the perfect time to start thinking about fall sports. If your child has played sports in the past, or is showing an interest in taking up a sport this year, **now is the time to call and schedule a sports physical.** Clearance for participation in sports is required before your child can even tryout. The appointments we have available for these visits always fill up **FAST**, so please don’t hesitate to call and make an appointment for your child.

Before the start of the next school year it’s also important to make sure your children are up to date on their vaccines. Any child starting Kindergarten, Transitional Kindergarten, or Seventh grade should come in for a school physical and to make sure their immunizations are updated. Please call our Medical Department at (707) 825-5010 to schedule your child’s school or sports physical today.



Natives are the Original Environmentalists

Submitted by: Andre Cramblit, Cultural Specialist, UIHS



Restoring the planet is more than a mantra, it is what we need to adopt as our main focus to ensure a long and healthy future for the generations to come. Our area has seen the impact of over cutting of timber, the impacts of the dams on the salmon run and the change in global climate on wildfires. We have to get beyond our single use economy and strive to reduce, reuse and recycle.

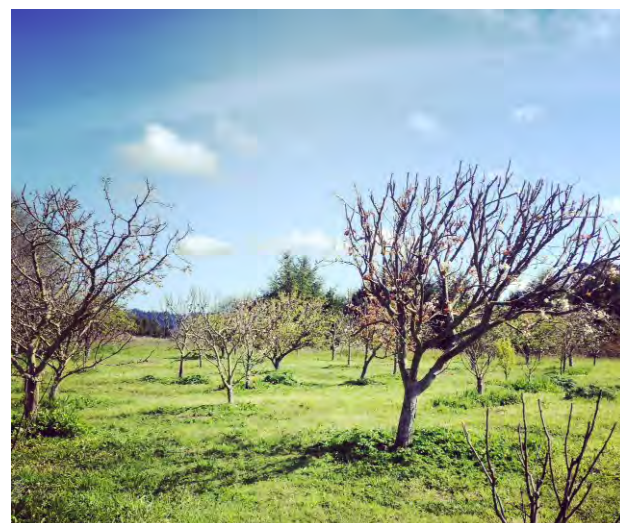
Plastic is the utter essence of our problem. While it solves many practical problems, it is also the bane of our existence and it will outlive us all. Miles deep in the ocean in the Mariana's Trench they are finding plastic deposits. In the bellies of whales and

other sea creatures they are finding pounds of plastic that they consume along with their natural food. Located between the pristine beauty of the Hawaiian Islands and California lies the Great Pacific Garbage Vortex, the largest accumulation of ocean plastic in the world.

Think of how you can live more in balance with the ecosystem. Shop for local organic foods, buy products with less packaging, reduce the amount of plastics you empty out in your trash. One simple solution is to buy a sturdy metal straw to use instead of the instantly disposable ones given away at most restaurants.

Long before Iron Eyes Cody (of the Italia Tribe) cried his tears over garbage in our surroundings American Indians have been working to preserve our natural habitat. Our traditional stewardship of the natural world is part of our symbiotic relationship with creation. We try to walk lightly on mother earth. Our dances and ceremonies seek to restore balance for what we have taken out of the biosphere to survive. We need to remember our job in protecting the world. Every day is Earth Day.

Just my two dentalias worth.



Native Tobacco Project: Things to Consider in Summer

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

As you know; the last few years we have had some intense fires across the state of California. Predictions of this fire season are above normal for the dry regions of California, and we would like to take the opportunity to remind all about the caution of a cigarette butt. 90% of wildland fires are caused by humans, with a percentage of that coming from discarded cigarettes. Studies have shown that cigarette use increases in the summer months, and a great way to manage cigarette butts is to carry a small pouch for discard. Have a great summer and remember:

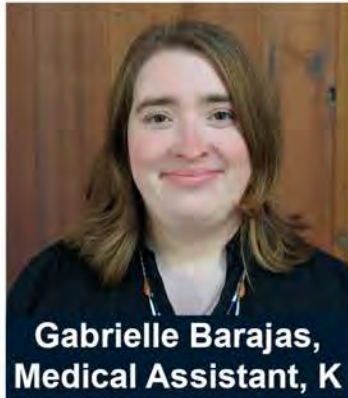


- Always smoke outside and away from windows and doors.
 - o Secondhand smoke can cause developmental issues in infants and children and expose individuals to cancer causing carcinogens.
 - o Approximately 7,330 deaths from lung cancer and 33,950 deaths from heart disease related to secondhand smoke from nonsmokers each year.
- Discard used cigarette butts in a proper disposal area.
- Don't smoke in cars.
 - o Even with the windows down; secondhand and thirdhand smoke will linger in the vehicles upholstery.
 - o Thirdhand smoke (the residual toxins settled on surfaces) has shown to cause developmental issues in children and infants due to exposure to toxic chemicals.
- Stay hydrated! One harmful effect of nicotine is that it dehydrates the body. Drinking plenty of water ensures that your body will stay hydrated during our hotter months coming.

For more information please refer to:

- Travis Vale, Health Promotion Education Technician, NATIVE Tobacco Project
- (707) 825-4124 or Travis.Vale@uihs.org
- <https://www.lung.org/stop-smoking/smoking-facts/health-effects-of-secondhand-smoke.html>

New Hires



Looking for a Job?

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

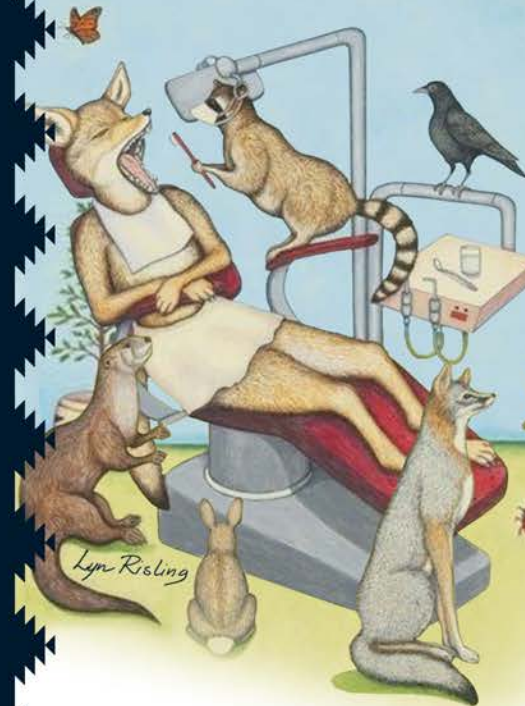
UIHS is a full service healthcare facility. We continue to fulfill our mission by using teamwork and providing integrated healthcare. Our divisions include: Medical, Dental, Vision, Pharmacy, Behavioral Health, and Community Health and Wellness. At UIHS we offer our staff excellent benefits, a healthy work life balance, and competitive wages. Come check out our beautiful location for yourself. We welcome the public to come enjoy our Farmers Market's, 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!

Cavity-Free Club

Submitted by: Meghan McCullough, Registered Dental Hygienist, UIHS



Dominic Guiseppi	12 Yrs Old
Edward Bowie	11 Yrs Old
Paxton Bateman	8 Yrs Old
Aeris George	2 Yrs Old
Madisyn Mccovey	6 Yrs Old
Yaamach Marshall	21 Mos Old
Hazel Marshall	9 Yrs Old
William Beadle	9 Yrs Old
Colton Lane	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.

Call to Make an Appointment
Potawot Health Village at (707) 825-5040
Crescent City Clinic at (707) 464-2583

Dental Facts & Fun

Submitted by: Meghan McCullough, Registered Dental Hygienist, UIHS

Did you Know:

- Cavities are a transmissible disease.
- Children with poor oral health were nearly 3 times more likely to miss school due to dental pain, according to a North Carolina study.
- Cavities are preventable by reducing or eliminating sugar and acid in the diet and good consistent homecare.
- That it is recommended children be seen by a dental provider by 1 years of age or when their first tooth is present.
- That by taking care of your teeth you can reduce your risk for heart attack and/or stroke.

Try the Eggsperiment:

Take a raw egg and place it in a jar and pour your favorite soda till it covers the egg. Cover and let it sit for 24 hours. Observe what happens. Egg shells are similar in make up to the outer layer of our teeth. You will notice that the shell will dissolve, which shows how soda can break down our teeth and cause a cavity.