



1600 Weeot Way Arcata, CA 95521

View the Acornbasket ONLINE! [www.uihs.org](http://www.uihs.org)

Check out the newsletter and other important information.

#### The Acornbasket

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Chief Executive Officer: Sherri Provolt  
Editor / Layout: SuWorhrom David Baldy

## UIHS Clinic Hours

### Potawot Site

#### All Services Except Pharmacy

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

#### Pharmacy

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

For an appointment call:

Behavioral Health (707) 825-5060  
Community Health (707) 825-5070  
Purchased Referred Care (707) 825-5080  
Dental (707) 825-5040  
Medical (707) 825-5010  
Nutrition (707) 825-5070  
Pharmacy (707) 825-5020  
Vision (707) 825-4129  
All Other Services (707) 825-5000

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

### Elk Valley Site

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

For an appointment call: (707) 464-2919 or

Toll Free Number: 1-800-293-2919

### Fortuna Site

Mon. Tues. Thurs. and Fridays 8:00 a.m. to 5:00 p.m.  
Closed for lunch 12:00 p.m. to 1:00 p.m.

For an appointment call: (707) 725-7988

### Crescent City Sites

#### Dental Clinic

785 E. Washington Boulevard, Suite 8, 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) 464-2583

#### Medical Clinic

1675 Northcrest Drive, 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

### Klamath Site

Tuesday, Thursday, Friday 8:00 a.m. to 4:00 p.m.

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

For an appointment call: (707) 482-2181

### Weitchpec Site

#### Medical Clinic

Monday, Thursday and Friday 9:30 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.

#### Health Education Services

2nd and 3rd Tuesday 10:00 a.m. to 3:00 p.m.

WIC (Jan., Mar., May, July, Sep., Nov.)

Last Wednesday every other month 10:00 a.m. to 3:00 p.m.

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

July/August 2016



Volume 36, No. 4

# The AcornBasket

Newsletter of United Indian Health Services, Inc.

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

## Top 5: Why Dental in Weitchpec is a Good Thing

## Needs Assessment Survey

## Understanding Autism

## Summer Time is Family Time!

## Hepatitis C is Curable





# INSIDE THIS ISSUE

Well Child Checks.....	Page 1
New Hires .....	Page 2
Cavity-Free Club .....	Page 2
Needs Assessment Survey .....	Page 3
Summer Time is Family Time!.....	Page 4
Understanding Autism.....	Page 4
Top 5: Why Dental in Weitchpec is a Good Thing...	Page 5
Top 5: Why Dental in Weitchpec is a Good Thing...	Page 6
Summer Time is Family Time!(continued) .....	Page 7
Gift Cards Available for Smoke-Free Homes Program.	Page 8
Game Page .....	Page 9
Hepatitis C is Curable.....	Page 10
Board of Directors .....	Page 10
UIHS Clinic Hours .....	Back Page



UNITED INDIAN HEALTH SERVICES, INC. (UIHS)  
FORTUNA HEALTH CENTER

**WELL CHILD CHECKS**  
**APPOINTMENTS AVAILABLE**  
**at the Fortuna Health Center**

— Every Thursday —  
June 23, 2016 to  
August 25, 2016

**Operation Hours:**  
(Closed for lunch 12-1pm)  
Monday 8:00 am – 4:30 pm  
Tuesday 8:00 am – 4:30 pm  
Thursday 8:00 am – 4:30 pm  
Friday 8:00 am – 4:30 pm





**CALL TO SCHEDULE TODAY!**  
**(707) 725-7988**  
3302 Renner Drive, Suite C, Fortuna, CA 95540

# Hepatitis C is Curable

## Get Tested Get Treated

### Get Tested

Get tested for Hepatitis C at any UIHS medical clinic  
Call your local clinic to schedule a provider visit

### Get Treated

New medications are available and easy to take  
Most people are treated with a daily tablet for 12 weeks

**Call (707) 825-5010 for a Hepatitis C clinic appointment or call your local clinic**

### Hepatitis C Facts

Hepatitis C is a virus that attacks the liver. The virus is spread by contact with contaminated blood, for example from sharing needles or using unsterile tattoo equipment. There is no vaccine to prevent Hepatitis C, but you can avoid infection by avoiding contact with the blood of others. 4-6% of baby boomers have Hepatitis C and almost half don't know they are infected. Most people do not feel sick from Hepatitis C until very late in the disease. Hepatitis C is a serious disease that can result in long-term health problems, even death. The good news is that Hepatitis C is curable so get tested and get treated. Schedule a provider visit today.



UIHS Board of Directors ~ 2016 All Board Members can be contacted at 1600 Weeot Way, Arcata, CA 95521-4734 1.800.675.3693 or 707.825.5000 or Fax 707.825.6747			
<b>Board Members</b>		<b>Alternates</b>	
Velva Angell	Lorna Johnson Stanley	Barry Brenard	Gary Markussen
Theresa Ballew ~Treasurer	Shirley Laos	Claudia Brundin	Mindy Natt
	Donald McCovey	Joseph Giovannetti	Ruby Rollings
Laura Borden ~ Vice-Chairman	Denise Padgett	Deborah Markussen	Charlene Storr
John Green	LaWanda Quinnell ~ Chairperson		
E. Diane Holliday ~ Member At-Large	Lisa Sundberg ~ Secretary		



## Sudoku

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

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



## Whats the Diff?

Can you find the 8 differences in the two pictures



## Word Search

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

ACTIVISM

CIVIL

DETERMINATION

ECONOMIC

EIGHT

ERA

FOR

HEALTH

HISTORY

INDIAN

MOVEMENT

NATION

NATIVE

NEW

NINETEEN

OPPORTUNITY

PEOPLES

RIGHTS

SELF

SERVICES

SIXTY

UNITED

WIDE

## New Hires



Lucki Colegrove,  
Weitchpec Site Coordinator



Shannon Bates,  
Behavioral Health  
Counselor – Weitchpec



Taryn Borsch, Behavioral  
Health Counselor - fortuna



Lacinda Clausen, Dental  
Assistant – PHV



Tracy "Jeff" Guido,  
Substance Abuse Counselor  
- PHV



Katie Kelly, Behavioral  
Health Counselor –  
Elk Valley



Marcelina Lee, Front Office  
Assistant/ Dental Assistant -  
PHV



Melody Swanson, Dental  
Candy and Soda provider



Rose Russell, Clinical Nurse –  
Per-Diem - PHV



Rachel Rose, Dental  
Assistant - PHV



Alison Robbins, Grants  
and Contracts Analyst -  
PHV



Susan Renner, Dental  
Assistant II – Crescent  
City

## Cavity-Free Club

Submitted by: Meghan McCullough,  
Registered Dental Hygienist, UIHS  
Congratulations to the following for  
being **CAVITY-FREE**.



### Potawat Health Village

Luke Moxon	9 Yrs Old
Payton Thomas age	8 Yrs Old
Aahanna Haile	1 Yrs Old
Lilliam Saunderson	2 Yrs Old
Savannah Lenardo	13 Yrs Old
Rogan Enos	11 Yrs Old
Grace Colegrove	10 Yrs Old
Ahvonntay Blancett	7 Yrs Old
Ronin Martin	4 Yrs Old
Blaine Martin	4 Yrs Old
Kaden Hurt	4 Yrs Old
Robert Viveiros	8 Yrs Old
Tristan Kelley	7 Mos Old
Bryce Johnson	10 Yrs Old
Kyri Price	5 Yrs Old
Justyn Gensaw Crum	5 Yrs Old
Micco Rodriguez	7 Yrs Old
Atsa Nez	6 Yrs Old
Annabel Curtice	18 Mos Old
Hosteen Nez	8 Yrs Old
Mataya Amen Sherman	10 Yrs Old
Chester Bighead	11 Yrs Old
Jazmyn Bighead	9 Yrs Old
Lillian Mahan	6 Yrs Old
Maggie Johnston	6 Yrs Old
Madison Calleja	10 Yrs Old
David Dikes	7 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 Indian client, we have openings available for dental cleanings.

### Call to Make an Appointment

Potawat Health Village at 707-825-5040 or

Crescent City Clinic at 707-464-2583

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: \_\_\_\_\_



1600 Weet Way  
Arcata, CA 95521  
Administration: (707) 825-5000



# Help Guide the Future of UIHS



## We will be asking our community members to complete a **NEEDS ASSESSMENT SURVEY**

We will be hosting events to gather your input.  
UIHS will mail surveys to registered clients.  
We have posted the survey on the UIHS website and you will see us at events throughout the community. Stop by to complete a survey and receive a voucher.

### ***Tell us what you think:***

- ***In Loleta at the Wiyot Community Center, 1000 Wiyot Drive on July 13 at 10:00 am - 3:00pm***
- ***In Weitchpec at the Libby Nix Community Center on July 8 at 10:00 am - 3:00pm***
- ***In Smith River at the Howonquet Community Center on July 14 at 10:00 am - 3:00 pm***

**Light refreshments will be provided and you will be entered in a drawing for door prizes**

**For completing the survey and making your voice heard, UIHS will provide a \$10.00 voucher that can be redeemed from the Potawot Community Garden. Come and get your voucher while supplies last. One per person.**

For more info contact: CTEC Research Assistant at 707-825-4073

## Gift Cards Available for Smoke-Free Homes Program

Submitted by: Stone Wallace Health Technician, UIHS

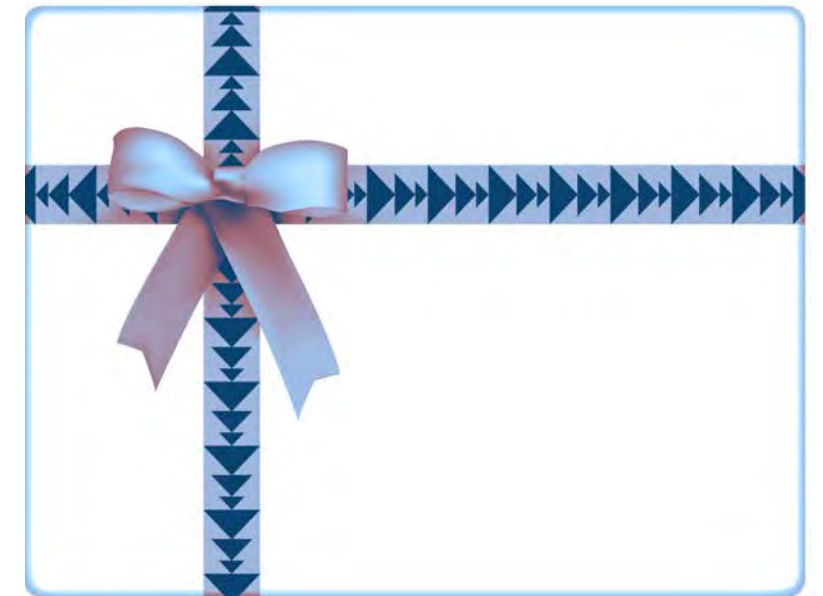
**H**ave you all heard of the hidden dangers that secondhand cigarette smoke poses to our health and the health of our families? Secondhand smoke, exhaled from a person smoking a cigarette, contains more than 70 thousand chemicals—several hundred of those are poisonous and 70 of them are known to cause cancer. Protect your families and pets by preventing or avoiding exposure to this silent lethal burden.

The UIHS NATIVE Tobacco Project is recruiting households for a new program aimed at reducing household exposure to secondhand smoke from cigarettes. Each household that participates will be provided an incentive consisting of two \$10 gift cards; after completing the coaching call (1st gift card) and end of the program survey (2nd gift card).

The Smoke-Free Homes Program consists of three mailings and one coaching call. There is no program cost. To participate in the program you will be asked to participate in the coaching call and answer two brief surveys lasting 10-15 minutes each. The surveys will be conducted at the beginning and end of the program. Your decision to take part or not will not affect your request for services from us.

You must meet the following for program eligibility:

- \* Be 18 years of age or older
- \* Be a smoker living with at least one other non-smoker
- OR a non-smoker living with a smoker
- OR have children under 18 that do not smoke



- \* You must not currently have a total smoking ban (or a rule already in-place that doesn't allow smoking in the house)
- \* Be comfortable speaking & understanding English.
- \* Have a working phone number, a phone you are able to talk on and use to receive messages via voice mail

Look for us tabling at community events or ask your health care provider for a referral. For more information, contact Stone Wallace at UIHS Native Tobacco Project at (707) 825-5070.

#### Article References:

Centers for Disease Control and Prevention

[http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/secondhand\\_smoke/general\\_facts/](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/general_facts/)

UIHS NATIVE Tobacco Project

<http://www.unitedindianhealthservices.org/client-services/health-promotion-and-education> article is here.





## Summer Time is Family Time! (continued)

Don't forget to keep moving this summer! Here are some fun family activities that will keep you going.

Frisbee rounders.

Similar to baseball, -The 'batter' throws the frisbee as far as they can before running around the bases, while the fielding team tries to retrieve it and tag the player out before they can make a home run.

Treasure hunt.

Make a list of common outdoor objects like leaves, feathers and pebbles. The hunters have to track down all the items on their list. The first one to gather everything and return them to base wins!

I'm going on a picnic.

Sit everyone down in a circle, and begin by saying "I'm going on a picnic and I'm bringing \_\_\_\_".

The next person repeats the phrase, but has to remember your object as well as saying their own. Continue going round, with each person adding an object until people start forgetting. Whoever can remember the most wins. Try to name as many healthy food items as possible.

Fruit bowl.

Everyone stands in a circle and gets labelled with one of four fruits (i.e. 3 bananas, 3 oranges, 3 pears and 3 apples). One player stands in the center of the circle and shouts out a fruit name randomly, the person in the center who shouts the fruit name along with everyone who's labelled with the fruit name that was shouted out has to run and switch places with another. Whoever does not find a new place is 'it' and is the next player to shout out a fruit name. Shout out 'fruit bowl' and EVERYONE has to run and find a new place.

## Summer Time is Family Time!

Submitted by: Angel Jensen Nutritionist- Diabetes Management, UIHS

Families who spend regular time together doing leisure activities create stronger emotional ties between family members. Summer time is a great opportunity to get the family together for some healthy and fun activity time, like summer picnics!

Here are some healthy and handy summer snacking ideas:

Make ahead wraps: Use a corn or whole grain tortilla, spread hummus, avocado, nut butters, plain yogurt, cottage cheese or beans over a tortilla. Line with your favorite veggies, fruits, nuts, dried fruits, seeds, meat, or cheese and roll it all up. You can stack

them in a plastic container, storage bags, or wrap them individually for an easy to grab anytime snack. Slice them up for fun looking finger foods.



Frozen fruit snacks: Blend any combination of fruit, veggies, fruit juice, yogurt, nuts, tofu, honey, dried fruit, spices and herbs such as cinnamon, cayenne, mint, basil, ginger, etc. together and freeze in popsicle trays or ice cube trays with toothpicks for ready to eat frozen treats. Freeze them without toothpicks, and bring along in a reusable drink container. They will melt just enough for a smoothie treat!

Countiued on page 7

## UNDERSTANDING AUTISM

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

When people refer to "Autism" these days they are usually talking about Autism Spectrum Disorder (ASD). ASD is a developmental disability that affects a person's behavior as well as social and communication skills. There is a wide range of ability among people with ASD. Some people with ASD are gifted while others need significant levels of support to ensure their health and well-being. While much progress has been made, there is no known cause or a known singular effective treatment for ASD.

Since there is no known cause and no known treatment screening and early detection is crucial for children with ASD. ASD begins before the age of 3 years and lasts throughout a person's life. There are specialized screening forms that are used in the medical, community and school settings to help identify any concerns early on. These screenings should start at 2 months of age and continue through the child's 5th birthday. This screening form is called Ages and Stages Questionnaire (ASQ) and assists care providers and teachers in identifying any delays a child may be experiencing and then provide early education and intervention as needed.

Early signs of ASD:

- No big smiles or joyful expressions by 6 months
- Failure to respond to own name by 12 months
- No babbling by 12 months
- No back and forth gestures such as pointing or waving by 12 months
- No words by 16 months
- Any loss of speech or babbling at any age.

These are just a few of the possible early signs of ASD. If you have concerns or questions please contact your healthcare provider about screening your child.

DON'T WAIT!!!!





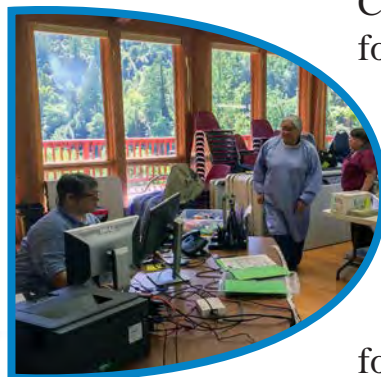
# Top 5

## Why Dental in Weitchpec is a Good Thing.



**Thank you to the Vesper Society for their generous support**

# 1



**Consistent Dental Care:** Regular dental visits are essential for the maintenance of healthy teeth and gums. Once your examination and cleaning have been performed, the dentist will tell you about the health of your teeth and gums and then make any additional recommendations. It is important that you see your dentist every six months and that they give you routine examination and cleaning. Remember, by seeing your dentist on a regular basis and following daily good oral hygiene practices at home, you are more likely to keep your teeth and gums healthy.



# 2

**When will Dental be in Weitchpec?** UIHS schedules dental services two times a year that occur in the spring and again in the fall at the Libby Nix Community Center. The UIHS Mobile Dentistry Team works hard to create a schedule that accommodates as many patients as possible. At the recent dental clinic held in May, the UIHS Mobile Dentistry Team saw over 110 patients in a short 7 day period. The energy in setting up and taking down the dental equipment takes an enormous team effort from many folks at UIHS.

# 5

# 3

**Creating More Options:** UIHS recognizes how difficult it is to travel to Arcata to seek dental care. We are working closely with the Yurok Tribe to create space that would allow UIHS to provide regular dental services on a more permanent basis. Planning, building and preparing adequate space takes time, but we are committed to bring regular dental services to the Weitchpec

Community. With the support of the Vesper Society, a not-for-profit organization, UIHS will receive grant dollars to purchase needed equipment to support a stationary dental clinic. It is our hope to provide dental and medical services under one roof at the UIHS Weitchpec Clinic in the near future.



# 4

**Your Teeth Count:** With proper care, your teeth and gums can stay healthy throughout your life. The healthier your teeth and gums are, the less risk you have for tooth decay and gum disease. In order to keep your teeth healthy, it is important to develop good dental care routines early in life and maintain them as you get older. Brush each morning and each evening, use fluoride toothpaste, dental floss daily, and eat a healthy diet. Teach your children good oral hygiene habits by having them start brushing as soon as they get their first baby teeth.

# 5



**Don't Wait:** If you have tooth pain, denture concerns, redness and swelling of gums, a chipped or fracture tooth, or pain when chewing, don't wait - call UIHS Dental Services. Even though UIHS only comes to Weitchpec twice a year, it's important to take care of any problems as soon as possible. UIHS will assess your situation and determine how to help you with an emergency visit. It is important to seek immediate care for two reasons: to treat the pain as soon as possible, and to determine the extent of the problem. If needed, don't hesitate to go to the UIHS Medical Clinic in Weitchpec to be seen immediately.

Thank you for the positive feedback in providing dental services at the Libby Nix Community Center.

# 6