



1600 Weeot Way Arcata, CA 95521

View the Acornbasket ONLINE! 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
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.

May/June 2016



Volume 36, No. 3

The AcornBasket

NEWSLETTER OF UNITED INDIAN HEALTH SERVICES, INC.

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

Good Health
& Wellness
in Indian
Country:
California

WIC Postive Meal
Time

American
Health Care
Pharmacy
Card

Eat Local at
the Potawot
Community
Food Garden



(Pictured) Dr. Ursula Bauer, CDC

INSIDE THIS ISSUE

Join Tag	Page 2
Cavity-Free Club	Page 2
WIC Positive Meal Time	Page 3
Eat Local at the Potawot	Page 4
Good health and wellness	Page 5
AHC Pharmacy Card	Page 7
TAG Family Fun Events	Page 7
Game Page	Page 8
May is Mental Health Month	Page 9
BlueDot Project	Page 10
Board of Directors	Page 10
UIHS Clinic Hours	Back Page



United Indian Health Services



Bike



Sunday May 15, 2016
11:00 am to 2:00 pm

Del Norte County

Crescent City in

Elk Valley Clinic

Potawot Health

Village Arcata

Saturday, May 21, 2016
11:00 am to 2:00 pm

There will be hot dogs and snacks for everyone. Bike helmets, each child will be given a ticket with their rodeo entry for drawing through out the day.

Don't Forget To Enter.

If you have any question please call Theresa



UIHS Community Health Representatives will be conducting water safety courses and giving out life jackets to children in these locations on these dates:

Weitchpec–June 11, 2016, 10 am to 2 pm

Klamath–June 25, 2016, 10 am to 2 pm

Smith River–June 26, 2016, 10 am to 2 pm

UIHS Water Safety



BlueDot Project

Submitted by: Chanda Pifferini - Ambulatory Service Director

Here are ways to use Social Media outlets that either you or your agency can do to raise awareness:

- Take a picture of yourself wearing your BlueDot button and post it on your social media outlets and use the appropriate #hashtags/handles.
- “Like” the following Facebook Pages: [Humboldt-County-BlueDot-Project-267778140227856/](https://www.facebook.com/Humboldt-County-BlueDot-Project-267778140227856/) <https://www.facebook.com/2020MomProject/> [MayCampaign/?ref=hl](https://www.facebook.com/MayCampaign/?ref=hl) [PartumSupportInternational](https://www.facebook.com/PartumSupportInternational)

- If you took a photo with the large Blue Dot, please be sure that you and Humboldt Pregnancy & Postpartum Support Network are “friends” and that your organization is listed to ensure that we can tag

your organization.
RECOMMENDED #Hashtags & Handles:

[FACEBOOK](#)

#BlueDotProject

#AskHer

#HumboldtCountyBlueDotProject

[INSTAGRAM](#)

#BlueDotProject

#AskHer

#MomsMatter

[HANDLES](#)

@2020MomProject

@MayCampaign

[Resources BlueDot Project 2016](#)

HUMBOLDT COUNTY MENTAL

HEALTH

Mental Health: 707-268-2900

Website: <http://humboldt.gov.org/DocumentCenter/View/845>

Information Flyer: <http://humboldt.gov.org/406/Adult-Behavioral-Health-Services>

Mental Health Program Contact

and Humboldt Pregnancy & Postpartum Support Network are

are interested in joining the Humboldt Pregnancy & Postpartum Support if you JOIN THE COMMUNITY THE HUMBOLDT PREGNANCY & POSTPARTUM SUPPORT If you are interested in joining the Humboldt Pregnancy & Postpartum Support Network please contact: Allison Tans, MCAH Analyst: atans@co.humboldt.ca.us or 707-441-5085. Thank you.

UIHS Board of Directors ~ 2016

All Board Members can be contacted at
1600 Weot Way, Arcata, CA 95521-4734

1.800.675.3693 or 707.825.5000 or Fax 707.825.6747

Board Members

Velva Angell
Theresa Ballew ~Treasurer
Laura Borden ~ Vice-Chairman
John Green
E. Diane Holliday ~ Member At-Large
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Claudia Brundin
Joseph Giovannetti
Deborah Markussen
Gary Markussen
Mindy Natt
Ruby Rollings
Charlene Storr

May is Mental Health Month

Submitted by: Chanda Pifferini - Ambulatory Service Director

Pregnant and postpartum mood and anxiety disorders impact at least 1 in 7 families. The Humboldt Pregnancy & Postpartum Support Network is promoting the BlueDot Project with the goal of reducing stigma, increasing community awareness and engagement in conversation about maternal mental health.

Target audience is **everyone!**

Through this Project, we will be able to increase our capacity to reach more individuals and organizations as well as gain a collective approach to an issue that impacts the entire community.

IT'S NOT JUST ANXIETY AND DEPRESSION

Many women will experience mild mood changes (often referred to as the "baby blues") before, during or after the birth of their pregnancy. However 15-20% of women experience more significant symptoms of depression, anxiety or other mood disorders. The following can occur during pregnancy and/or postpartum: depression, anxiety, obsessive-compulsive disorder, post-traumatic stress

disorder, bipolar, psychosis.

THE BLUEDOT PROJECT

The BlueDot Project was created by three women who had experienced postpartum depression and anxiety. The Blue Dot was selected by Postpartum Support International as the universal symbol that demonstrates support for postpartum families. The goal of this Project is to raise awareness, to decrease stigma and to let moms know that they are not alone. Whether you have been there yourself, or know someone else who has, join women everywhere by proudly displaying your BlueDot today.

We want to blanket Humboldt County in BlueDots.

Together with Yolo County and Santa Clara County, and other national platforms (www.mmhcoalition.org), Humboldt County is participating in a joint effort to raise awareness using the BlueDot in a variety of ways.

BLUEDOT BUTTONS

Please wear them and share them.

Be sure you are able to talk about the BlueDot. You wear

your BlueDot to raise awareness of Perinatal Mood and Anxiety Disorders, to decrease stigma and to be able to have a conversation about it with clients, partners, co-workers, friends and family.

It is important to #AskHer, and to be aware of how you are communicating. Mindfulness of your emotions and reactions is the first step in offering therapeutic communication with those around you.

BLUEDOT PHOTO OPS

Organizations will be able to take a photo with the large BlueDot. These photos will be on Social Media sites.

Tagging others on Facebook and using dedicated #hashtags as well as sharing is encouraged. The Department of Health & Human Services-Public Health Maternal Child and Adolescent Health Program and the Humboldt Pregnancy & Postpartum Support Network will be leading this effort.

Interested in taking a photo with the BlueDot? Contact Allison Tans: atans@co.humboldt.ca.us or 707-441-5085 (ASAP).



Patricia "Patti" Lambert,
RN CHW-PHN, Del Norte



Anna Carpenter,
Office Assistant, Del Norte



Geri Gallegos,
EHR Trainer, PHV



Julia McCovey,
Medical Site Coordinator



Allie Wipf,
Medical Assistant, PHV



Reina Suarez,
Dental Hygienist, PHV



Denise Lee,
Substance Abuse Counselor,
PHV



Rebecca Corcovelos,
Office Assistant, Elk Valley



Wendy "Poppy" George,
Cultural Resource Specialist



Lila Honahni,
PRC Technician, Del Norte



Melody Swanson,
Dental Assistant, PHV



Andrea "Smokey" Leal,
Lab Assistant, PHV



Angel Jensen,
DM Nutritionist, PHV

New Hires

Cavity-Free Club

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



Potawot Health Village

Bowdy Hicks
Zaida Pifferini
Harper Smith
Natalia Sanderson
Paxton Bateman
Earl Davidson Iii
Keeshan Davidson
Hunter Redhat
Blake Sample
Paige Sample
Xelali Frenness
Carson Hicks
Pachomio Feliz
Bryce Gruetzmacher
Kole Haven
Dylan Moorehead O'loughlin
Kyra Lawton
Angel Wilson Baltazar Perez
Merissa Miller
Jade Canfield

6 Yrs Old
4 Yrs Old
22 Mos Old
5 Yrs Old
5 Yrs Old
8 Yrs Old
9 Yrs Old
7 Yrs Old
4 Yrs Old
8 Yrs Old
8 Yrs Old
4 Yrs Old
9 Yrs Old
8 Yrs Old
9 Yrs Old
11 Yrs Old
8 Yrs Old
2 Yrs Old
8 Yrs Old
10 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

Potowat 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: _____

UHS WIC PROGRAM

(707) 822-9900 /// UHS-WIC@crlhb.org
5000 Valley West Blvd, Arcata, CA 95521

Positive Meal Time



Picky eating and disruptive meal time is very common with children at a young age. Fortunately, there are many ways to work together as a family and overcome these difficulties.

Offer a food several times. The more chances children have to try a new food, the more likely they are to accept it. It can take up to 10 tries for a child to find if they like/dislike a food! Make meal time fun! Cooking dinner as a family can familiarize the child with food, from preparation to plate. Eat a veggie rainbow! (e.g. red morning, orange lunch, green dinner). Mix the disliked foods with favorite foods. Offer the food when the child is with a sibling / friend.



- *Use of different textures*
- *Use of different colors*
- *Use of different temperatures*
- *Use of different shapes*
- *Whole/sliced/ blended fruits & veggies*

Make Foods Appealing!

Recognizing hunger/ fullness cues early on is very healthy. If a child doesn't want to eat the food provided, they are not required to do so. They can wait to eat the next meal, if they wish...While this approach may seem harsh, it is beneficial in the long run as it develops a positive relationship with food, recognizes hunger/fullness cues, and allows the parents to remain in charge. A child will not let themselves starve. It is up to the parents to choose what is for dinner. The child chooses how much of it they want to eat. While the 'clean your plate' method of forcing the child to finish their meal before leaving the table may have ensured the child gets adequate nutrients at that specific mealtime, it has the potential to develop a negative relationship with food in the long run.

These are NOT rules, nor are they black and white. Choices can work, but they are encouraged to be in favor of the parents. Children like options. For example: Ask your child if they would rather eat *broccoli* or *asparagus*. This way, they have the freedom to choose, but are ultimately eating vegetables.

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.

Hard

1	2	5						
4								
8								

Easy

1	8							
3	6	7						
4		1	7					

Word Search

U S I N G E R S B A C O R N S
B L U E L A K E H E A L T H
X P Z E W B M B A O G K L S D
U B W L W A U X R S L J T R C
R I A S Y S S A R E F H J E A
O G T M U K S H I U G Z U S N
H L R I R E E B V I Z B Q I D
N A I T O T L H E U S M K G L
E G N H K W S H R I T A U H E
R O I R V E S B I U D N I F
V O D I A A R A A N R I N I
I N A V R V R L N D G I T I S
L D P E B E I M D I E V E Y H
L R H R O R B O J A O E D J L
E C D N D S S N J N N R S E G
UNITED
INDIAN
HEALTH
BEAR RIVER BAND
ROHNERTVILLE
BIG LA GOON
YUKON
BLUE LAKE
RESIGNING
SMITH RIVER
MAD RIVER
EEL
CHERAE HEIGHTS
TRINIDAD
SALMON
ELK
MUSSELS
BASKETWEAVERS
SINGERS
STURGEON
CANDLEFISH
ACORNS

Whats the Diff?

Can you find the 8 differences in the picture up top from the picture below



American Health Care (AHC) Pharmacy Card Understood

Submitted by: Timothy Connell, Pharmacy Director, UIHS

Have you seen one of these cards? There has been confusion about the AHC pharmacy card, and we hope to help answer those questions.

All UIHS eligible Indian clients should have received a card in the mail. The AHC card is for our eligible Indian clients to use when they have to pick up medications prescribe by a UIHS provider at a pharmacy other than the UIHS Pharmacy at Potawot Health Village. The card allows our clients to get prescriptions at the same price as if they were filling at the UIHS pharmacy. UIHS encourages clients to obtain and use their own prescription insurance card first. The AHC card can be use along with a client's own insurance to help lower the copay and reduce the costs for UIHS. However, if a client does not have insurance

that covers medications, this card can be used as a primary insurance.

What you should know about the AHC card:

- 1) Only Eligible Indian clients may use the card. Some non-Indian clients have reported receiving an AHC card. These have been sent in error.
- 2) To remain eligible, Indian clients must be seen at medical at least once a year by a UIHS provider at one of our clinics.
- 3) Clients have reported receiving more than one card. Any of the cards will work for the person who is named on the card as long as they remain eligible.
- 4) The AHC card may only be used at our contracted pharmacies.



- a. WalMart and Safeway in Crescent City
 - b. Green's Pharmacy in Fortuna
 - c. Willow Creek Pharmacy in Willow Creek
 - d. Barne's Pharmacy in Arcata
 - e. Lima's Pharmacy in Eureka
- If you feel you should have an AHC card, but did not receive one, you can call AHC directly at 916-773-7227 or UIHS pharmacy at 707-825-5020.

TAG Family Fun Events

Submitted by: Rebecca Lowry, MSW, Program Manager Health Promotion and Education

Every spring, we invite family members of our Teen Advisory Group (TAG) to join in fun games, a delicious meal and learn about TAG's educational activities and accomplishments. We also honor TAG members who are graduating from high school with sweat shirts designed by a local Native artist. Everyone who attends the Family Fun event gets a tee-shirt with this design. TAG members are planning a very special program for their families so we strongly encourage family members of all ages to attend.



We encourage TAG members who are graduating this spring to attend-even if they have not been active for a while.

The Family Fun Event for Humboldt TAG members is Saturday, May 21, 2016, from noon-2:30, at the Potawot Health Village.

The Family Fun Event for Del Norte TAG members is Friday evening, May 27, 2016, from 5:30pm-8:00pm, at the Elk Valley Community Center.

Hope to see you there!

Eat Local at the Potawot Community Food Garden

Submitted by: Jude Marshall-Community Nutrition Manager



What is considered local food? The North Coast CO-OP defines local food as, "any food grown or produced within 250 street miles, meaning how far food is transported/ driven. We chose this distance in order to be more in line with our bioregion (Humboldt/Del Norte/Trinity/Mendocino counties) and to provide food choices from a broad range of climates." Some tips to eat local are to hunt, harvest and gather local, wild, traditional foods, attend your local Farmers Market, barter, and shop at your local grocery store where most stores are labeling product if local.

Eddie Tanner, owner of Deep Seeded Farm and author of The Humboldt Gardner, writes his perspective on building community: "Eating locally is more than just a great way to get the freshest foods and to support the local economy. It is a way to connect with our environment and strengthen the ties that make us a community."

Eating is our most fundamental link to the natural world, and by looking to local sources we become attuned to the abundance and the limits of the soil under our feet and the climate we dwell in. Never before in history have we had more opportunity to separate ourselves from our environment, and thus it has never been more important to consciously make that connection. In taking this action, we become more in touch with our humanity. By sharing local foods and recipes, and by connecting with local producers, we come to a fuller realization of what it means to be a member of the community. Eating locally is more than just a great way to get the freshest foods and to support the local economy. It is a way to connect with our environment and strengthen the ties that make us a community. Eating is our most fundamental link to the natural world, and by looking to local sources we become attuned to the abundance and the limits of the soil under our feet and the climate

we dwell in. Never before in history have we had more opportunity to separate ourselves from our environment, and thus it has never been more important to consciously make that connection. In taking this action, we become more in touch with our humanity. By sharing local foods and recipes, and by connecting with local producers, we come to a fuller realization of what it means to be a member of the community. "It's important to shop local and eat local. It helps the economy and its better for your health and the health of the environment. By eating local you are increasing the nutritional value of the fruits and vegetables that you purchase."

Eating Local Facts:

- "A recent study showed that fresh produce loses nutrients quickly, in the week or longer delay between harvest and the dinner table, sugars turn to starches, plant cells shrink, and produce loses its vitality" (Community Alliance for Family Farmers, www.caff.org).
- "Locally-produced food requires 17 times less petroleum than does a diet based on food shipped across country" (Roberts, Paul, The End of Food. New York. New York; Houghton Mifflin Harcourt; 2008. pg. 221).
- Produce season is almost here!! June 3rd, 2016 is the first Farmers Market of the season!!!

Good Health & Wellness in Indian Country: California

Submitted by: Valerie Reed, UIHS Project supervisor

tobacco, community gardens, and many more topics. Dr. Ursula Bauer, CDC Director, was our keynote speaker, presenting, “Understanding Policy, Systems, and Environment Approaches in Indian Country”. The participants traveled from distant places such as, 2 different locations in Alaska, North and South Dakota, Idaho, Nebraska, New Mexico, Colorado, Georgia, Kansas, Oklahoma, Oregon, Arizona, Great Plains, Nevada, Great Lakes, Washington, Florida, all over California, and many, many others. The Tribal Resource meeting was a powerful presentation of shared and learned knowledge, time spent with old friends and the making of new ones, and helpful educational tools for all who attended.

“We do this work, we love our community, Always Remember..”

The intentional destruction of Native culture through colonization, assimilation, taking of land and other natural resources, as well as genocide served as the catalyst toward the decay of traditions, culture, knowledge, and the health and wellness of our American Indian People. The devastation of American Indian culture in Humboldt and Del Norte counties, began around 1850, and was particularly brutal. In fact, the largest American Indian massacres in the United States occurred in the Humboldt and Del Norte regions. Entire tribal villages were decimated and hundreds were sold into slavery or forced to immigrate. By 1900 only five of the original fifteen autonomous tribal entities had survived the 50 years of government sanctioned genocide.

The tiny coastal town of Klamath, population 779, had its share of visitor’s in early April 2016. Hundreds of people from all over the nation poured into all the hotels, motels, cabins and villas and restaurants to be a part of monumental events in Klamath. Not only did the historical event of the signing of the documents for the removal of the dams take place, but the event, Good Health & Wellness in Indian Country: California Tribal Resource Meeting brought in over 200 participants and was held in Klamath Blue Lake for the last day. April 5-7, 2016 was a direct result of requests for resources, education and information from the grantees of a grant funded by Center for Disease Control (CDC), “A Comprehensive Approach to Good Health and Wellness in Indian Country (GHWIC)”. Across the nation, there are 33 total grantees who received monetary awards for this particular grant, 11 Tribes (Component 1), 11 Tribal organizations (Component 2) and 11 epidemiology centers. UIHS fit the Component 2 criteria and we are currently in Year 2 and are presently working with our nine (9) Tribes to implement their respective Community Action Plan, designed from the community needs assessment and evaluation thereof that they had created, developed in Year 1 of the grant.

The Tribal Resource Meeting featured speakers from local to across the nation spoke and presented on issues such as, nutrition, physical activity, risk factors, community wellness,



The lasting effects of colonization continue to impact all aspects of American Indian (AI) communities. AI’s still suffer higher rates of poverty, poor educational achievement, substandard housing, and higher rates of disease and illness. They continue to rank at or, near the bottom of nearly every social, health, and economic indicator. Many of these poor conditions are attributed to isolation on distant reservations, food deserts, pervasive poverty, hopelessness, injustices, and intergenerational historical trauma. Intergenerational historical trauma has led to many of the problems facing our People today, such as alcohol and drug abuse, tobacco abuse, child abuse, suicide, domestic violence, loss of traditional knowledge, poor nutrition and physical inactivity remains part of the heritage of those government practices. The effects caused by the breakup of the family with removal of children to boarding schools just two generations ago, served to undermine tribal ways of parenting and resulted in the loss for many families of traditions such as traditional use of tobacco and medicines, traditional foodways, hunting, gathering and preserving and many, many other important cultural factors.

Looking to better the health of our communities and realizing CHANGE is needed, UIHS researched, and discovered CDC was announcing a grant titled, “A Comprehensive Approach to Good Health and Wellness in Indian Country (GHWIC),” a five-year funding opportunity that would offer support the reduction of chronic risk factors, and other health concerns such as tobacco use, physical inactivity, and unhealthy diet in American Indian tribes and Alaskan Native villages through a holistic approach to population health and wellness utilizing a PSE approach. Interventions that increase availability and use of traditional and other healthy foods and beverages, opportunities for physical activities, the elimination of exposure to second-hand tobacco



smoke, and culturally relevant health education are the foundations of this grant announcement. We applied and were awarded this grant wherein we proposed to provide leadership, technical assistance, training and resources to benefit all nine (9) of our Tribes in our service area to prevent and reduce chronic risk factors that plague our people utilizing a Policy, System and Environmental (PSE) approach. Year One (1) with the Tribes was very successful where UIHS assisted all 9 Tribes to create and develop community needs assessment and implement and evaluate the assessment and from there a Community Action Plan was created.

CDC serves as a leader in developing and applying disease prevention and control, environmental health, and health promotion and health education activities designed to improve the health of the many populations including American Indians and Alaska Natives. CDC’s National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP) leads the nation’s efforts to create expertise, information, and tools to support people and communities in preventing chronic diseases and promoting health for all. NCCDPHP Tribal support activities are focused on CDC’s supportive role in improving the health of American Indian tribes and Alaskan Native village persons and communities. CDC is committed to working with federally recognized tribal governments and tribal organizations and strongly supports chronic disease prevention efforts. In addition, these CDC programs have laid important ground work in chronic disease prevention efforts.

Whereas, United Indian Health Services (UIHS) has been a state and national model for planning, educating and delivering quality health care throughout rural northwestern California. UIHS’ mission states that we are “committed to working together with our clients and community to achieve wellness through health services that reflect the traditional values of our American Indian Community”.