



1600 Weeot Way Arcata, CA 95521

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Check out the newsletter and other important information.

Nov/Dec 2016



Volume 36, No. 5

The AcornBasket

Newsletter of United Indian Health Services, Inc.

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

The Doorways to
Change Project

Covered CA
Medicare Part D

2016 Harvest
Party!!!

Meet our
new...

The 1st Annual Women's Wellness Day

The Acornbasket

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

If you would like the Acornbasket Newsletter mailed to your home
or emailed to you please fill in this form and return to: United Indian
Health Services, Inc., 1600 Weeot Way, Arcata, CA 95521

Attention: SuWorhrom David Baldy

Name: _____

Street or P.O. Box: _____

City: _____

State: _____ Zip: _____

Email: _____

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**NOVEMBER IS NATIONAL
AMERICAN INDIAN
HERITAGE MONTH**

In 1990, President George H.W. Bush proclaimed the first American Indian Heritage Month

UHS is marking this year's observance with community events

ON NOVEMBER 29 FROM 5:30 - 7 PM

**TRADITIONAL STORY TELLERS, SINGERS AND SPECIAL
SPEAKERS WILL BE FEATURED.**

Held at
**Weitchpec Yurok Tribal Office,
Elk Valley Rancheria Community Room
and at Potawot Health Village**

A light supper will be served.

**The theme for this event will be
"Water is Life."**

Please join the UHS Board of Directors and Staff for this
special occasion!

UHS Board of Directors * 2016

Board Members

LaWanda Quinnell ~ Chairperson, Laura Borden ~ Vice-Chairman, Theresa Ballew ~Treasurer,
Lisa Sundberg ~ Secretary, E. Diane Holliday ~ Member At-Large, John Green, Lorna Johnson
Stanley, Shirley Laos, Donald McCovey, Denise Padgett, Velva Angell

Alternates

Barry Brenard Claudia Brundin Joseph Giovannetti Deborah Markussen
Gary Markussen Mindy Natt Ruby Rollings Charlene Storr

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

UHS Clinic Hours

Potawot Site

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:

Community Health (707) 825-5070
Dental (707) 825-5040
Nutrition (707) 825-5070
Vision (707) 825-4129
All Other Services (707) 825-5000

Crescent City Sites

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

Dental Clinic

785 E. Washington Boulevard,

Suite 8, Crescent City

For an appointment call: (707) 464-2583

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

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) 725-7988

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) 725-7988

Weitchpec Site

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

Medical Clinic

Monday, Thursday and Friday 9:30 a.m. to 3:00 p.m. 1st and 4th Tuesday 9:30 a.m. to 3:00 p.m.

OB Care and Same Day Access Care

Health Education Services WIC (Jan., Mar., May, July, Sep., Nov.) Last Wednesday every other month 10:00 a.m. to 3:00 p.m.

WIC-Valley West 5000 Valley West Blvd., Suite #9 Monday - Friday 8:00AM to 5:00PM

Phone #: 707-822-9900 Closed Wednesdays from 8:00AM to 10:00AM

WIC-Fortuna 3302 Renner Drive, Suite C Third Thursday of each month 9:30AM to 3:30PM

Lunch from 12:30PM to 1:00PM

WIC-Klamath-241 Salmon Ave First Tuesday of each month 10:00AM to 3:00PM Lunch from 12:00PM to 12:30PM

WIC-Crescent City 2298 Norris Ave. Second and Third Tuesday of every month 10:00AM to 2:45 PM

Lunch from 12:30PM to 1:00PM

WIC-Willow Creek 77 Walnut Way September 12th, due to Labor Day Holiday. 10:00AM to 3:00PM

Lunch from 12:00PM to 12:30PM

WIC-Hoopla 1200 Airport Rd September 1,2,8,9,15, 16 10:00AM to 3:00PM Lunch from 12:30PM to 1:00PM

WIC-Weitchpec Libby Nix Community Center - September 28th

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.

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

Word Search

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

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

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

New Hires



Anne Wadham, Medical Provider FNP/PA-C PHV



Leslie Horn, RN - CC



Heather Boak, RN - PHV



Grace McAtasney - RN - PHV



Jennifer Woody, Front Office Assistant - PHV



Shawndell Evans, CHR - PHV



Andre Cramblit, HPE Manager - PHV



Roxanne Johnson, Registered Dietician - PHV



Daraxa Mattice, HR Coordinator - PHV



Cynthia Soares, Medical Assistant - CC



LaRhonda Toreson, Member Services Representative - CC



Trish Melvin, Front Office Assistant - CC



Seana Edwards, HR Recruiter - PHV



Karen Meek, Lab Assistant - PHV



Marianne Eneim, Medical Assistant - CC



DR Hanna, Vision - PHV



Marc Riggins, Garden Technician - PHV

Cavity-Free Club

Congratulations to the following for being

Submitted by: Meghan McCullough, Registered Dental Hygienist, UIHS

CAVITY-FREE.

Potawat Health Village

Naiya Salena Castillo
Tyler Whipple Johnson
Michael Thallheimer III
Mason Bass
Robbie Brennan
Olivia Tanno
Oscar Mata Comesi
Preston Zumwalt Haralson
Paige Sample
Aliyanna Shirley Ann
Tseeyaba Kinney
Dentalia Ramirez
Robert Hall
Makai Orourke
Calleigh Smith
Malorie Pontes
Sawyer Friedrich
Tsinte Steinruck
Kokoy Mcconnell
Bryon Remington

5 Yrs Old
5 Yr Old
12 Yrs Old
5 Yrs Old
10 Yrs Old
5 Yrs Old
5 Yrs Old
7 Yrs Old
8 Yrs Old
1 Yrs Old
1 Yrs Old
7 Yrs Old
7 Mos Old
9 Yrs Old
6 Yrs Old
1 Yrs Old
3 Yrs Old
9 Yrs Old

12 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



Whats the Diff?

Can you find the 9 differences in the two pictures





**National Indian Health Board
2016 Awards**
Carol Larsen
Susanville Rancheria
United Indian Health Services

Carl De Lorme Larsen learned the ways of her ancestors, especially traditional stories, to respect all Tribes' teachings, and to have integrity from a young age. She began working at United Indian Health Services (UIHS) after attending Humboldt State University and has served there for the past 18 years. Since 2003, when the sweat lodge was placed, Carol has been a purification ceremony leader and has led the community in storytelling, making handcraft items and regalia, singing, and drumming.

John Green
Elk Valley Rancheria

John is highly involved in several organizations and is currently serving on boards for United Indian Health Services, Indian Health Service (California Area Tribal Advisory Committee), California Indian Manpower, Inc., California Department of Transportation Tribal Advisory Committee, and California Environmental Protection Agency Tribal Advisory. John is dedicated to the best interests of the Tribe and is a lifelong resident of Del Norte County. He continues to bring a great deal of knowledge both culturally and environmentally to the different committees on which he serves. Currently, John serves on the Tribes Cultural Committee & NAGPRA. Housing Committee, and Cemetery Committee. He and his wife are the grandparents to eight children and have adopted five ranging from four to nine years old.



Laura Borden
Yurok Tribe
Yurok Tribe of the Yurok
Reservation
Laura has worked for the United Indian Health Services (UIHS) for years and is

responsible for effectively advocating to federal and state agencies on behalf of the Yurok Tribe. Most recently, her efforts assisted in bringing in additional financial and other resources for the Tribe to prevent and heal from suicides and behavioral health crises. Her strong efforts have enhanced and supported policies for improving health care in behavioral health, dental treatment, emergency services for rural areas, and traditional health.

Why Means Matter

Reducing access to lethal means is one of the most effective strategies for preventing suicide deaths

Guns are the focus of most means reduction efforts because:

- They are the leading method in the US (51%)
- They are highly lethal
- There is rarely a chance to change one's mind or for rescue
- Firearms are very accessible
- Firearms used in youth suicide usually belong to a parent
- Suicidal crises are often short-lived
- 90% who survive a suicide attempt don't go on to die by suicide

National Suicide Prevention Lifeline Number 1-800-273-TALK (8255)



Open Enrollment Coming Soon!!



Covered CA
Medicare Part D

November 1, 2016
to
January 31, 2017

Medical, Dental and Vision
insurance plans are available.

Prescription drug insurance
plans are available.

October 15, 2016
to
December 7, 2016

Medicare Part D is available
to clients who are already
enrolled with Medicare.

UIHS can assist you with the
application process. Call today
to set up an appointment.
Humboldt County 707-825-4166
Del Norte County 707-465-2967



insurance cannot be denied
by a health plan and many
may qualify for subsidized
health insurance for the
upcoming year!

Meet our new Registered Dietitian ROXANNE JOHNSON

Submitted by: Roxanne Johnson, Dietitian, UIHS

Roxanne is a Registered Dietitian who received her degree from the University of North Dakota. She is an enrolled member of the Turtle Mountain Band of Chippewa (Ojibwe) from Belcourt, North Dakota. She grew up on the Dakota plains but also spent several years in Humboldt County. She graduated from McKinleyville High School and attended her first year of college at HSU before returning to the Midwest to pursue her career in Nutrition. She has now been providing nutrition education and counseling for almost 13 years. Roxanne worked for the Leech Lake Band of Ojibwe in Northern Minnesota for ten years. She gained valuable experience in several tribal nutrition and diabetes programs, and

Indian Health Service before moving to the Twin Cities. Her most recent positions include Wellness Coordinator for the Shakopee Mdewakanton Sioux Community; Diabetes Educator at HCMC, the largest acute care medical center in Minneapolis, and Diabetes Education Coordinator at the department of Indian Work in St. Paul. She is a Certified Diabetes Educator and believes Indigenous diets can help fight modern illnesses. Good food should be a priority; eat seasonally, locally, and prepare it yourself. She has a passion for the culinary side of nutrition and enjoys catering when she's not busy with her 2 children.



Patowat Health Village Pharmacy

Submitted by: Tim Connell, Pharmacy Director, UIHS

Patowat Health Village Pharmacy staff provide prescription medications and medication counselling to UIHS clients. Medications may be picked up from the pharmacy or mailed to the client. In either choice there is no fee in most cases for eligible Indian beneficiaries (EIB) and reduced costs for non-EIB clients. Clients may also receive pharmacy services from our contract pharmacies located around the UIHS service area. EIB's may use their American Health Care (AHC) card at contract pharmacies to reduce their fees.

PRESCRIPTION FEE SCHEDULE - EFFECTIVE JULY 5, 2016

<u>Eligible Indian Beneficiary (EIB)</u>	<u>Client Pays:</u>
Formulary Medication Prescriptions filled at UIHS Pharmacy	\$ 0
Deductibles, co-insurance payments, and co-payments (co-pays) are WAIVED	
Non Formulary Medication Prescriptions filled at UIHS Pharmacy.....	acquisition costs or insurance co-payment (whichever is less) or may be covered by PRC if medically necessary
<u>Non-Indian Clients</u>	
Formulary Medication Prescriptions filled at UIHS Pharmacy	acquisition costs + \$10.00 dispensing fee or Insurance co-payment (whichever is less)
Non Formulary Medication Prescriptions filled at UIHS Pharmacy.....	acquisition costs + \$10.00 dispensing fee or Insurance co-payment (whichever is less)
NO CHANGES at this time for medications filled at a Contracted Pharmacy.	
<u>Eligible Indian Beneficiary (EIB)</u>	
Formulary Medication Prescriptions filled at a Contracted Pharmacy	\$5 / 30-days or Insurance co-payment (whichever is less)
Non- Formulary / High Cost Medication Prescriptions filled at a Contracted Pharmacy.....	\$10 / 30-days or Insurance co-payment (whichever is less) if PRC Eligible. Non- PRC eligible, all costs
<u>Non-Indian Clients</u>	
Formulary & Non-Formulary Medication Prescriptions filled at a Contracted Pharmacy	All Costs

1st Annual Women's Wellness Day

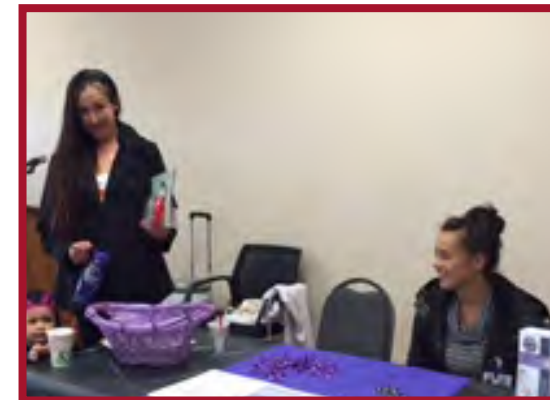
Submitted by: Amanda O'Connell, Smith River Community Health Representative, UIHS

Dv-laa-ha~ (hello),

On October 14th the UIHS Community Health Representatives (CHR's) held the 1st Annual Women's Wellness Day in Smith River, CA. This event was one of the first that was exclusively dedicated to the health and wellness of the women in our community, and it was warmly received.

We started the day with a beautiful and gracious opening speech, prayer and song by Suntayea Steinruck who is the Tribal Historic Preservation Officer at the Tolowa Dee-ni' Nation. Activities included informational booths from local agencies focused on women's health. Breast Health-Gyn Project, UIHS Nutrition, UIHS WIC, UIHS Diabetes, North Coast Rape Crisis Team, UIHS Suicide Prevention, Elk Valley Domestic Violence and Tolowa Dee-ni' Nation Domestic Violence Program were the programs who came to table. Attendees were encouraged to walk through the booths to gain knowledge about current women's health and wellness issues, risks and strategies for prevention. By visiting at least 3 booths the participants were entered into a raffle drawing for some great prizes that were donated by several generous local businesses and agencies.

Throughout the event our UIHS Public Health Nurse, Theresa



Green and DN Registered Nurse, Patti Lambert offered influenza vaccinations for attendees to get vaccinated on site. We also had an interactive wall where participants were encouraged to post a pledge of something they planned to practice wellness for themselves. A light lunch was served, during which our guest presenter Wendy "Poppy" George, UIHS Cultural Resource Specialist discussed traditional basket making, the historic importance of women to our local tribes and also covering the emergence of domestic violence and abuse in our communities. Participants felt this gathering was such a safe and comfortable environment many of them were inclined to share experiences and personal stories in regards to domestic violence and abuse within their own lives. Many of the women expressed how much they enjoyed the theme of this event and would like to see it continue. In fact, several individuals from Humboldt and Eastern Humboldt expressed interest in collaborating to host similar events in their areas.

October is National Breast Cancer Awareness and Domestic Violence Awareness month. All in all, this was the perfect time to gather our mothers, daughters, grandmothers, sisters, aunties and nieces to discuss and celebrate the women in our community. The Community Health Representatives plan to continue the Women's Wellness Day in years to come and we hope to see you next time around!

Shu'-shaa-nin~la (thank you),

On behalf of the Community Nutrition Program staff, we would like to send our thanks to all the volunteers and UIHS staff who contributed to this year's successful Harvest Party. This year's Harvest Party would not have been made possible if our UIHS staff and volunteers did not donate their time to this event. In the 15 year history of the Harvest Party, this was the most successful and enjoyable event so far! We had over 330 attendees at the Harvest Party with multiple elementary schools attending including Big Lagoon, Margaret Keeting, Jack Norton, Weitchepec Magnet School, and Orleans.

We also had numerous head start programs attend including the Kepel Head Start, Klamath Head Start and Elv Valley Rancheria Head Start. We also had a great turnout of community members as well. We would like to send a shout out all the Directors, Managers, and Supervisors who let their staff attend the Harvest Party to help prep, decorate, set-up, donate prizes and work the event. The Community Nutrition Staff is very grateful and happy with the turnout of this year's event.

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Submitted by: Korbj Skoglund, DVSA Prevention/Education Specialist, UHS

A hand-drawn illustration on a rectangular piece of paper. At the top, two hands are drawn in a simple, sketchy style, palms facing each other. Below the hands is a large, stylized heart. The heart is primarily red with a darker red outline and a small notch at the top. A green stem with a small red flower-like shape at the base connects the heart to a rainbow at the bottom. The background is a solid yellow color. The rainbow at the bottom consists of several horizontal bands of color: red, orange, yellow, green, blue, and purple. The entire drawing is done in a simple, illustrative style with visible pencil or crayon marks.

HOW FAR FAMILY

Jill

UHS AMERICAN INDIAN
WINTER ARTS & CRAFTS FAIR
HOWMONQUET HALL - SMITH RIVER
SATURDAY, NOVEMBER 19, 2016 - 10AM - 5PM

UHS
Promoting Community Healing
through Arts & Cultural Gatherings



UIHS AMERICAN INDIAN WINTER ARTS & CRAFTS FAIR POTAWOT HEALTH VILLAGE

FIRST SATURDAY IN DECEMBER 10AM - 5PM

Promoting Community Healing
through Arts & Cultural Gatherings

6L AONI

The logo for DEC 3, featuring the text "DEC" in a large, bold, sans-serif font, with a smaller "3" to its right. The text is white with a dark outline, set against a dark green background.