



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.

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: \_\_\_\_\_

Emal: \_\_\_\_\_

**Come Join Us!!!**  
**Potawot Community Food Garden**  
**Farmers Market**  
**Potawot Health Village**  
**Tuesdays and Fridays 12pm-2pm**  
**June - October**  
**Free Taste Testing**  
**Organically Grown Produce**

Logos for CalFresh and United Indian Health Services, Inc. are visible at the bottom.

**The Acornbasket**

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

July/Aug/Sept 2017



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# The AcornBasket

Newsletter of United Indian Health Services, Inc.

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

## School/Sports Physical Days



**2017 HAWC Walk**  
**Save the Date**

**Same Day Access Clinics**

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GREAT NEWS!!!

Pharmacy Delivery Notifications

Submitted by: Tim Connell, Pharmacy Director, UIHS

**Starting** on October 16, UIHS will begin delivering prescription medications to all UIHS Medical Clinics, (Smith River, Klamath, Crescent City, Weitchpec, and Fortuna).

**Remember** pharmacy can mail prescriptions to the address of your choice in California.

**On November 1, 2017**, your American Health Care (AHC) Pharmacy Benefit Card will no longer be valid. Instead, you can have us mail your prescriptions to you or you can pick up your prescriptions at a UIHS Clinic.

**Give us a call or drop by** our pharmacy to see which service will work best for you!

**PHV Pharmacy# 800-697-0888**



UIHS Board of Directors \* 2017

Board Members

(Pictured from left to right)  
Teresa Ballew (Treasurer), Shirley Laos, John Green, Velva Angell, Sherri Provolt (CEO), Charlene Storr, Diane Holliday (Member At-Large), Joseph Giovannetti, Deborah Markussen, Lisa Sundberg (Secretary), Windy Natt, Laura Borden (Vice Chairperson), LaWanda Quinell (Chairperson), Ruby Rollings,  
(Not Pictured)  
Lorna Johnson Stanley, Donald McCovey, Lyle McKinnon, Richard Myers, Denise Padgett, Robert Borden, Claudia Brundin, Ellen Duffee, Joseph Giovannetti, Delmer Keisner,

UIHS 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:

Behavioral Health (707) 825-5060  
Purchased Referred Care(707) 825-5080  
Medical (707) 825-5010  
Pharmacy (707) 825-5020  
All Other Services (707) 825-5000  
WIC-Valley West Phone # : 707-822-9900  
Closed for lunch 12:00 p.m. to 1:00 p.m.

**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: 1-800-293-2919  
WIC-Crescent City Phone # : 707-822-9900

**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  
WIC-Klamath Phone # : 707-822-9900  
**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.

**Howonquet Site**

Opening in February

For an appointment call: (707) 487- 0215

**Weitchpec Site**

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

Medical Clinic  
OB Care and Same Day Access Care  
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.  
Anonymous Syringe "Points" Exchange  
10:00 a.m. to 3:00 p.m.  
WIC Phone # : 707-822-9900  
2nd and 3rd Tuesday

**WIC-Willow Creek** Phone # : 707-822-9900  
**WIC-Hoopa** Phone # : 707-822-9900

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

## Word Search

**Covered  
California  
November  
January  
October  
December  
Medical  
Dental  
Vision  
Insurance  
Plans  
Are  
Available**

**Prescription  
Drug  
Insurances  
Plans  
Available  
Medicare  
PartD  
Open  
Enrollment  
Optometry  
Vision  
Purchased  
Referred  
Care  
Health  
Benefits**

**Whats the Diff?** Can you find the 8 differences in the two pictures



## New Hires



Jennifer Quigley,  
PHV Counselor



Chance Carpenter,  
PHV Cultural Specialist



Kowashay Bigpond,  
KL CHR



Keith Rigby, PHV  
Counselor



Arlene Spiers, PHV  
Payroll Specialist



Kel Stockdale, PHV  
Clinical Nurse Supervisor



Lorie Poole, CC  
Lab Assistant



Alissa Leigh, PHV  
Education Specialist



DR Pono Kelly, DMD  
PHV Dental Director



Paula McKinney,  
PHV Clinical Nurse



Silver Evans, CC  
Office Assistant



Eli Hensher-Aubrey,  
PHV Maintenance Worker



Heather Payne, CC  
Clinical Nurse



Stefanie Heckel, CC  
Office Assistant



Teri Lockhart, PHV  
Lab Assistant



Mackenzie Burgess,  
PHV Dental Assistant



James Hubbard, PHV  
EHR Developer



Elizabeth Jackson,  
PHV HPE Technician



Debra Smith, SR  
Assistant Cook



Aaron Claussen, CC  
Clinical Nurse

### Cavity-Free

Submitted by: Meghan McCullough,  
Registered Dental Hygienist, UIHS

[Call to Make an Appointment](#)

Potawat Health Village at 707-825-5040  
Crescent City Clinic at 707-464-2583

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.



#### Potawat Health Village

##### Cavity Free Club Members

Estrella Olivares	9 Yrs Old	Skylar Vanvoltenberg	3 Yrs Old
Cole Jewel	9 Yrs Old	Mira Martin	6 Yrs Old
Logann Fells	12 Yrs Old	Naiya Castillo	6 Yrs Old
Madisyn Oqua Mccovey	4 Yrs Old	Sophia Castillo	7 Yrs Old
Grace Waters	8 Mos Old	Les Mclaughlin	7 Yrs Old
Wyatt Waters	3 Yrs Old	Ac Mclaughlin	6 Yrs Old
Macie Wantt	6 Yrs Old	Zen Schwartzman	12 Yrs Old
Willow Wantt	5 Yrs Old	Violet Parton	5 Yrs Old
Chay-Guen Aubrey	9 Yrs Old	Tucker Sanderson	1 Yr Old
Javelin Samulski	6 Yrs Old	Wyatt Sanderson	3 Yrs Old
Beau Parker	5 Yrs Old	Trinity Mickley	6 Yrs Old
Ollie Canez	3 Yrs Old	Cameron Pool	11 Yrs Old
		Clio Saulsbury Bruck	7 Yrs Old
		Mariah Cota Loveall	1 Yr Old
		Weysenaw Reed	9 Yrs Old

# Open Enrollment Coming Soon!!



## Covered CA

November 1, 2017 to January 31, 2018

Medical, Dental and Vision insurance plans are available.

American Indian / Alaska Natives can enroll in Covered CA at any time. However, Covered CA open enrollment is when non-Indians who need insurance cannot be denied by a health plan and many may qualify for subsidized health insurance for the upcoming year!

UIHS can assist you with the application process. Call today to set up an appointment. Humboldt County 707-825-4090 Del Norte County 707-465-2960

October 15, 2017 to December 7, 2017  
Medicare Part D  
Prescription drug insurance plans are available. Medicare Part D is available to clients who are already enrolled with Medicare.

## Vision Services Expanded and New!

Submitted by: James M. Riley OD, Optometrist, UIHS

Potawot Health Center is excited to announce a completely new Vision Service Team. The Optical and Optometric Assistants have been staffed with long time native PHV employee's Kenna Miller-Adame and Lisa Hayden. Kenna has completed Certified Optician training course and already has a year of experience working as an optometric assistant. Lisa will additionally be completing the training soon and they will be providing excellent respectful service to you the client. Dr. James Riley continues to be our full time permanent eye doctor bringing 14 years of experience working for the Navajo Nation in AZ and a residency in primary care and ocular disease. You would be hard pressed to find a more experienced staff so tailored to our client's needs and culture. In addition we have also expanded our service hours to make it more convenient than ever to pick up glasses or have them fixed and adjusted.



Monday 8:00-12:00 1:00-5:00,  
Tuesday 8:00 am -6:30 PM  
Wednesday 12:00 - 6:30 PM  
Thursday 8:00 -6:30 PM  
Friday 8:00- 6:30 PM

It is our goal to better serve the needs of our clients. Being able to pick up glasses at lunchtime or have an eye exam done after work or school should make eye care easier than ever for busy people.

This new schedule will start in October and run through December initially as trial. We will gauge its effectiveness at satisfying your needs as our valued clients. Please let us know if For Glasses information /Optical Services 825-4129 For eye examination by the doctor 825-5000

# 16th Annual UIHS Harvest Party!!!



Friday, October 20th, 2017  
10:00am-1:00pm

Potawot Community Food Garden

Games, Costumes, Pumpkins, Prizes and Much More!

For more info contact Jude Marshall at 707-825-4098, email jude.marshall@crihb.org



## Homemade Applesauce

Submitted by: Elizabeth Lewis, Community Nutrition Assistant, UIHS

### Ingredients:

6 lbs apples: peeled, cored & cut into slices  
1 cup apple juice or apple cider  
Juice of 1 lemon  
1/2 cup brown sugar, packed  
1 tsp cinnamon (or to taste)  
optional ingredients:  
nutmeg, maple syrup, allspice, butter

### Preparation:

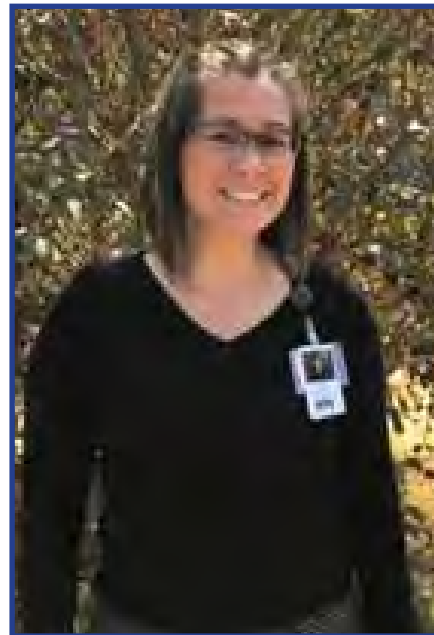
Combine all ingredients in a large pot and cook over medium heat, stirring occasionally, for 25 minutes. Carefully puree in a food processor or blender until smooth, careful not to fill too full; split into two portions if needed. Store in the fridge or preserve using an approved canning process.



## Welcome NEW BH Counselor, Leona Sousa to UIHS

Submitted by: Leona Sousa, Behavioral Health Director, UIHS

Hello! My name is Leona Sousa, I usually go by Leo. I am honored and thrilled to be working with the passionate and supportive staff of UIHS. I am a mother of two really cool boys, a Great Dane, and a Bull Mastiff mix. Those guys always keep me on my toes! Thankfully, I am happily married to my best friend and partner in crime, and we do a good job keeping the peace. I am a very committed dog person and a passion of mine is training my Mastiff to eventually become my therapy assistant dog. I received my BSW and MSW from Humboldt State University, and my PPSC from San Jose State University. Before settling here in Humboldt, I spent a significant amount of time working with the Deaf, Counseling, Advocacy, and Referral Agency in the Bay Area. There I fell in love with American Sign Language and the Deaf community. I have also worked in San Francisco as a Family Advocate for Head Start and a Case Manager for dual-diagnosed adults in transitional housing at Conard House Inc. I am currently living in Fortuna and will be working in the Fortuna clinic.



## Smoke Free Multiple Unit Housing Policies

Submitted by: Andre Cramblit, HPE Manager, UIHS

September, 2017 Community Health & Wellness, Health Promotion and Education –United Indian Health Services\*

Smoke free multi-unit housing (MUH) policies can have an impact on all tenets of that premise. Such policies will be helpfully to the people who live in apartments, condos or townhouses. Implementing Smoke Free policies will reduce exposure to second and third hand smoke, reduce the risk of fires, increase the value of the property to landlords, and provide a healthier environment for all the people that live and visit these homes.

The American Lung Association has commented on this topic:

“Secondhand smoke exposure poses serious health threats to children and adults. According to the U.S. Surgeon General, there is no safe level of secondhand smoke exposure. Eliminating indoor smoking is the only way to protect nonsmokers from the harmful effects of tobacco smoke. For residents of multi-unit housing (e.g., apartment buildings and condominiums), secondhand smoke can be a major concern given that it can migrate from other units and common areas and travel through doorways, cracks in walls, electrical lines, plumbing, and ventilation systems.”

For more information or to sign up for smoking cessation classes you can call the NATIVE Project Tobacco program of United Indian Health Services at (707) 825-5070. You can also get help to quit tobacco use by calling 1-800-NO-BUTTS (1-800-662-8887) or at their website: <https://www.nobutts.org/>

\*The Community Health and Wellness division of UIHS operates a grant from the California Tobacco Control Program

## New Purchased Referred Care Health Benefits Eligibility Cards Available Beginning August 2017

Submitted by: Kathy Busenius, Member Services Manager, UIHS

Purchased Referred Care (PRC) will begin providing PRC Health Benefits Eligibility Cards to our eligible PRC clients. These cards will help to identify you as eligible for the Purchased Referred Care Health Benefit when receiving services both at United Indian Health Services, and most importantly when receiving approved services at outside specialty provider offices and hospitals.

The front of the PRC card provides your name, member number, and expiration date. It also states PRC is payer of last resort as well as a reminder to notify PRC within 72 hours of emergency services.

The back of the PRC card provides information for both the PRC member and the Provider.

The PRC Health Benefits Eligibility Card will help remind you to:

1. Show this card and any other insurance cards when checking in for any health services
2. Notify PRC within 72 hours of emergency services
3. Provide phone numbers if you have questions
4. All services need preauthorization from PRC when accessing PRC services

The PRC Health Benefits Eligibility Card will help outside providers by:

1. Providing the PRC address for claims submission
2. Providing the PRC Claims fax number
3. Providing the PRC phone numbers to verify PRC coverage or if they have questions

This PRC Health Benefits Eligibility Card is not a guarantee of payment. The eligibility expiration date is the date that a new Family Intake form is required by Member Services. A completed (front and back) Family Intake form can be given to PRC, and if complete, a new PRC Health Benefits Eligibility Card will be mailed to you.

Stop by PRC to find out if you are eligible for a PRC Health Benefits Eligibility Card.

Below is an example of the front and back of the PRC card.

### Front of card:

<b>Purchased Referred Care (PRC) Health Benefits Eligibility</b>	
<hr/>	
<b>Test Record</b>	
Member ID: 999999	Expiration Date: 05/19/2018
<hr/>	
PRC is Payer of Last Resort per 42 CFR 136.61 All other payers are considered primary (including Medi-Cal and Partnership). Notify PRC within 72 hours of Emergency Services.	
 UIHS Authorized Signature	

### Back of card:

<b>MEMBERS:</b> Be prepared to show this card and any other health insurance cards when you check in for any health services.	<b>PROVIDERS:</b> To ensure prompt payment, submit itemized claims and any explanation of benefits to PRC. Please include the member ID number on claims.
<b>Emergency Services:</b> <b>Notify PRC within 72 hours.</b> Please have ready: Patient name, date of birth, hospital name, and date of service. When referred to a specialist, be sure to contact PRC before your appointment. Preauthorization of all services required. Possession of this card does not guarantee payment.	<b>Claims Address:</b> PRC-UIHS 1600 Weet Way Arcata, CA 95521 <b>Claims Fax #:</b> (707) 825-5029 <b>Website:</b> <a href="http://www.uihs.org">www.uihs.org</a>
<b>To notify PRC, verify coverage or have questions call:</b> (707) 825-5080 - Humboldt County (707) 465-2970 Del Norte County	

## COMMUNITY HEALTH CARE SERVICES

Submitted by: Theresa Green, CHR Boss, UIHS

What is a Community Health Representative (CHR) and what do they do?

I have often been surprised when I talk with people about the services the CHRs can provide and they all state "I didn't know they could do that". I would like to take this opportunity to introduce you all to the Community Health Care Services program. Our section is comprised of 5 CHRs in Humboldt, 3 CHRs in Del Norte, a Community Health RN, van driver at PHV, Administrative Assistant, and myself, the Public Health Nurse Manager. The CHRs provide home visits, work with local community organizations and provide support and education to our clients ages 0 – 120 years. They have all received specialized training and education so they can support our clients where they live as well as work with the medical providers to optimize the clients health at home. We receive many referrals for a variety of reasons in a variety of ways including phone calls, conversations, provider referral in the Electronic Health Record (EHR) and concerned family members and friends. Some of the services we can provide for our clients include Maternal Child Health education (prenatal care and early childhood development); Elder Care (check in on clients living by themselves, assist with medications, home safety evaluations etc); Injury Prevention (car seats, bike helmets and smoke detectors); Social Services visits, WIC referrals, and transportation services to name a few. We can also offer nursing care in the home if the need arises. Services the CHRs do not provide include house work, cooking, bathing and transporting clients to appointments other than health related appointments. There are many local resources that offer these services and we are happy to help you get connected to organizations that can help you. All referrals are followed up on and documented in the health record. The CHRs are based out of several of our clinics including Weitchpec, Potawat Health Village, Klamath, Crescent City, And Smith River. If you're unfamiliar with your local CHR please contact the clinic and speak with someone about meeting your CHR. Please feel free to contact us in Community Health & Wellness with any requests, concerns or referrals. If we can't help you we will find someone who can.