

The Acorn Basket

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

Newsletter of United Indian Health Services, Inc.

Volume 41, No. 4

Oct/Nov/Dec 2019





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, 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 - Treasurer

(Not Pictured)

Claudia Brundin, Wendy George, Joseph Giovannetti, Delmer Keisner, Deborah Markussen, Susan Masten, Leann McCallum, Denise Padgett - Secretary

Clinic Sites

UIHS Clinic Hours

(Reception windows open during lunch)

Potawot

(Arcata)

For an appointment call:

All Other Services
Behavioral Health
Community Health
Dental
Medical
Nutrition

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.

(707) 825-5000
(707) 825-5060
(707) 825-5070
(707) 825-5040
(707) 825-5010
(707) 825-5070

Pharmacy
Purchased Referred Care
Toll-free number
Vision
WIC
Client Records

(707) 825-5020
(707) 825-5080
1-800-675-3693
(707) 825-4129
(707) 822-9900
(707) 822-9900

Taa'-at-dvn

(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

WIC-Crescent City (707) 822-9900

Elk Valley

(Elk Valley)

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

Toll-free number 1-800-293-2919

Fortuna Health

(Fortuna)

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-Fortuna (707) 822-9900

Hop'-ew Puel

(Klamath)

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

WIC-Klamath (707) 822-9900

Xaa-wan'-k'wvt

(Smith River)

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) 487-0215

Weitchpec

(Weitchpec)

Monday, Thursday, Friday

9:30 a.m. to 3:00 p.m.

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

For an appointment call: 530-625-4300

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

INSIDE THIS ISSUE

Message from the CEO	Page 3
New Chief Clinical Officer	Page 4
Recognizing our UIHS Team	Page 5
New Hires / Looking for a Job?	Page 7
Cavity Free Club & Dental Facts	Page 8
Updates and Reminders	Page 9
The Harmful Effects of E-cigarettes	Page 11
Native Connections	Page 12
It's Easier than you Think	Page 13
Being Indian In the 21 Century	Page 15
Influenza Season	Page 16
Open Enrollment	Page 17
Game Page	Page 18

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

Message from the CEO

Submitted by: John R Reeves III, CEO, UIHS

Dear Clients,

A few days ago marked my sixth month as CEO of UIHS, and I can honestly say I have enjoyed every second of getting to know our staff, clients, and those of whom we conduct business with. The perception of UIHS within the community is, as a whole, a favorable one, but not without opportunity for improvement. It is that “improvement” that I would like to focus on in this message.



A few of the “urgent” opportunity areas involve client access, and organizational communication. Access, for those unfamiliar with healthcare lingo, is essentially a client’s ability to obtain an appointment with one of our providers. It is no secret that we are currently understaffed in many of our clinical areas. We have been working hard on recruiting providers, and will continue to do so in order to address our access issues. Unfortunately, provider shortage is an issue most healthcare providers are facing. According to a recent report from the Association of American Medical Colleges, United States healthcare facilities could see a shortage of up to 120,000 physicians by 2030, impacting patient care across the nation. I say this not as an excuse, but rather to display the reasons why our clients may be facing similar experiences when accessing care beyond the walls of UIHS.

So how do we address this? Well, personally, I am pleased to report, the Board of Directors of UIHS also understands the increased odds we are up against as residents of remote areas, and has been open to doing whatever need to be done (within reason and carefulness) in order to make UIHS, a desired place for prospective providers to become a part of. The key is going to be in our ability to set ourselves apart from the rest of the market, from compensation and benefit standpoint, making UIHS an attractive landing place for top provider talent. Recently, we have been able to hire a phenomenal Chief Clinical Officer, Dr. Tracy Thompson, and his addition to our team should ensure that what we build here exhibits us putting our best foot forward.

Which now brings me to my second area of urgent opportunity, “communication.” I have yet to work with a organization that has not struggled with the “how” surrounding communication. Often times unfortunately, the “how” usually turns into Facebook, and with the speed at which technology and applications become irrelevant, we as an organization need to do better than Facebook. We have begun internal discussion as to how to best take advantage of the communication mediums, from our own website, to radio, to television, and others. In the near future, we hope to have a better evolved manner in which to transmit pertinent information, while also opening up the pathway for you all to best reach us as well. I will take this opportunity to remind everyone that we have an internal process to manage anything from

Message from the CEO

Submitted by: John R Reeves III, CEO, UIHS

a complaint, to a highlight of a job well done, and I urge all clients to reach out if they have any questions or concerns.

Lastly, I would like everyone to know that we do have an amazing team. I have worked in many Tribal healthcare environments, and not a day goes by that I do not think to myself how fortunate our clients are to have the people that we have working for us here at UIHS. Everyone should be proud of what is here before us, and always remember to thank those (in the physical and in spirit), for their contribution in making UIHS the premier organization in which to receive care. While we can always improve, we will carry forward the foundation upon what UIHS was established, and strive to never lose sight of why we are here. To work together with our clients and community to achieve wellness through health services that reflect the traditional values of our American Indian Community.

Yours in Health,
John R Reeves III, MHA

New Chief Clinical Officer

Submitted by: SuWorhrom David Baldy, Marketing Specialist, UIHS

We are excited to introduce our new Chief Clinical Officer (CCO), Dr. Tracy Thompson. The CCO is the lead clinician in charge of all aspects of patient care services provided at our clinic. Working from a solutions-orientated approach, the CCO monitors clinical performance to ensure services and operations are in compliance with all policies and procedures.

An enrolled Cherokee Tribal Member, Dr. Thompson grew up in rural Oklahoma, where he developed a love for the great outdoors and in particular fishing, hunting and hiking. He is married with three children. His oldest daughter is a graphic designer, with his other daughter just finishing up animation school. His son is in the 82nd Airborne at Fort Bragg, North Carolina.



Dr. Thompson attended Medical School at Oklahoma State University, College of Health Sciences and Medicine and has been practicing for 24 years. His extensive knowledge and experience comes from his 21 years of working for the Cherokee Nation Health Services as the Clinical Medical Director. He also has worked with the Chapa-De Indian Health Center and worked at the Health Plan of San Joaquin. He has great passion for what he does. Dr. Thompson loves working within United Indian Health Services and feels that it's a unique type of medicine that you do not get to be a part of anywhere else.

Recognizing our UIHS Team

Submitted by: Carol Larsen, UIHS



35 Years of Service Award given to Kathy Busenius

Kathy Busenius first joined UIHS in 1977 and left in 1978 to start her family. She returned in January 1982 and worked until June 2012. She moved to Sacramento to become a Coding/Billing Compliance Auditor for California Rural Indian Health Board, and then returned to UIHS in September 2015 as the Member Services Manager to present day. In the early years working for UIHS there were several co-workers named Kathy; which Kathy then received the nickname 'Kathy B' and is often used today. Kathy is an enrolled member of the Standing Rock Sioux Tribe and is married with two sons.

It was an honor for UIHS to present Kathy with a Pendleton blanket that represents 35 years of service for her achievements that exemplify and honor the mission "To work together with clients and community to achieve wellness through health services that reflect the traditional values of our American Indian Community."

During her tenure with UIHS, she has earned certificates from the American Academy of Professional Coders – Certified Coder in 2004 and became an American Academy Professional Coders – Coding Instructor in 2014. She graduated from Blue Shield/UCSF Clinic Leadership Institute – Emerging Leaders Program in June 2018.

As the Member Services Manager, Kathy is responsible for the oversight of Purchased/Referred Care and Member Services Sections. We here at UIHS are fortunate to have Kathy as a knowledgeable and experienced co-worker in her field of expertise. Thank you, Kathy.

30 Years of Service Award given to Ruby Rollings

Ruby Rollings first joined UIHS as a board member on January 23, 1979 to January 24, 1980 and then on January 24, 1991 to present day. It was an honor for UIHS to present Ruby Rollings with a ruby feather that represents 30 years of service for her achievements that exemplify and honor the UIHS mission "To work together with clients and community to achieve wellness through health services that reflect the traditional values of our American Indian Community."

Recognizing our UIHS Team

Submitted by: Carol Larsen, UIHS

Ruby is a Board member that advocates strongly and loudly for the UIHS American Indian community. Also, she serves as an alternate delegate on the California Rural Indian Health Board (CRIHB) and she is the Chairperson for Northern California Indian Development Council. Ruby's voice may be heard speaking up for the elders, those with chronic illness, and especially for our youth. She is willing to lead governance committee meetings, volunteering at UIHS events, workshops, and walking the halls of Congress. For the past several years, Ruby has attended CRIHB's March on Washington, D.C. to advocate for the healthcare needs of the local American Indian community and for the nations American Indian peoples. Ruby prides herself for her participation on the UIHS Election Committee as she brings a long history of knowledge and experience to ensure the election process follows the policies for a fair election. We thank Ruby for her time and service she gives to UIHS.

30 Years of Service Award given to John "Greg" Jaso, D.D.S.



Dr. Greg Jaso joined UIHS on May 16, 1989 up to present day. It was an honor for us to present Dr. Jaso with a ruby feather that represents 30 years of service for his achievements that exemplify and honor the mission "To work together with clients and community to achieve wellness through health services that reflect the traditional values of our American Indian Community."

Dr. Jaso has dedicated his life career to the American Indian community of UIHS providing comprehensive dental care to approximately 2,832 clients annually. Dr. Jaso is a conscientious and gracious provider that will come in on a weekend to provide dentistry to clients who are in need of emergency care. He goes out of his way to travel the windy back road in our remote rural community to treat our clients. He is one of the favorite dentist at UIHS for his kind, skillful dentistry.

In his early years, he volunteered his dental services to the Havasupai and Hualapai Indian Reservations, the Navajo Indian Reservation, the Northern Sacramento Valley Rural Health Project, the Project Concern, and the Tijuana Clinic. On his vacation time he volunteers with 'Indigenous People

from around the World' to provide dental services in many other countries such as Africa and South America.

Dr. "J," as many of his co-workers call him, has served as the Dental Director for years. His leadership has broadened and maintained the comprehensive dentistry for UIHS and our clients. We here at UIHS appreciate having Dr. "J" as a fellow co-worker. Thank you Dr. 'J.'

New Hires



Katherine Allen,
Nurse Practitioner, PHV



Tiffany Strohbin, Off. Assi.
Behavioral Health, PHV



Winona Vigil, Off. Assi.
Medical, PHV



Nicole Winters, Behavioral
Health Counselor, PHV



Jennifer Woody,
Billing Tech, PHV



Teal Sanderson, CHR,
Elk Valley



Marta Mejia, Dentist, Smith
River



Jeffrey Lewis, Substance
Abuse Counselor, PHV



Angela Lewis, Medical
Assistant Weitchpec, PHV



Nicoletta Leonardo,
Dispensing Optician, PHV



Robbie Lara, Substance
Abuse Counselor, PHV



Richard Kircher, Registered
Nurse, PHV



Robin Johnson, Health
Information Technician, PHV



Tara Jackson, PRC
Technician, PHV



Elizabeth Jackson, Nutrition
Assistant, PHV



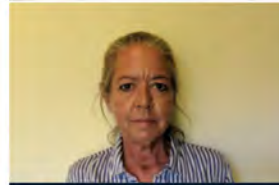
Angel Goodman, Front
Office Medical, PHV



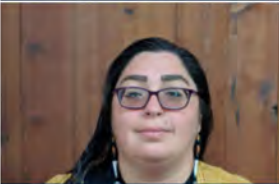
Julia Duong, Dentist, PHV



Dr. Tracy Thompson - CCO



Melanie Bright, Quality
Improvement Analyst, PHV



Ashley Balletto, Clinical
Nurse, PHV



Kendall Black, Dental
Hygiznist, PHV

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 Markets, 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

Call to Make an Appointment

Potawot Health Village at (707) 825-5040
Crescent City Clinic at (707) 464-2583

Submitted by: Meghan McCullough, Registered Dental Hygienist, UIHS

Beau Parker	7 Yrs Old	Skylar Vanlandingham	5 Yrs Old
Annalise Terrell	4 Yrs Old	Paityn Richard	3 Yrs Old
Tirion George	22 Mos Old	Willow Talbott	12 Yrs Old
Estrella Olivares	11 Yrs Old	Caleb Albers	5 Yrs Old
Mira Martin	8 Yrs Old	Javelin Samulski	8 Yrs Old
Shawn Long	9 Mos Old	Cameron "Keget"	
Natalie Edgins	9 Yrs Old	Montgomery	3 Yrs Old
Zoey Patapoff Pruitt	7 Yrs Old	William Jones	6 Yrs Old
Patrick Patapoff Pruitt	6 Yrs Old	Hendrix Holt	5 Yrs Old
Charlotte Patapoff Pruitt	4 Yrs Old	Raina Hendrickson	
Kaliha Black	12 Yrs Old	Mcbride	9 Yrs Old
Cruz Proctor	9 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.



Dental Facts & Fun

Submitted by: Meghan McCullough, Registered Dental Hygienist, UIHS

Did you Know?:

- People who drink 3 or more glasses of soda each day have 62% more tooth decay, fillings and tooth loss than others.
- Tooth enamel is the hardest substance in the human body.
- Tooth prints are unique to each individual just like our finger prints are unique to each individual.
- There are more than 300 types of bacteria that make up dental plaque.
- People who smoke are 2-7 times more likely to develop periodontal disease than non smokers.

Baby Teeth are Important:

- They help us smile, eat, talk, and also they hold the space for our adult teeth.
- Baby teeth, also known as primary teeth, start coming in at 6 months of age.
- Brushing should start as soon as the first tooth is present in the mouth.
- Help your child brush their teeth two times daily and floss daily until they are at least 9 years of age.
- Schedule a Well Child Dental Visit here at UIHS Dental as early as 6 months of age to establish care, reduce dental decay and learn more about what to expect with your baby's oral health.

Updates and Reminders

Arts & Crafts Fair 2019

Summer is winding down and it is time to start planning for the approaching holiday season. This is a reminder that we will be hosting the **19th Annual Winter Arts and Crafts Fair** on Saturday, November 2, 2019 at the Xaa-Wan'-K'wvt Hall in Smith River and at Potawot Health Village on Saturday, December 7, 2019. If you are interested in being a vendor at either event, please contact Andre Cramblit, UIHS Cultural Resource Specialist at (707) 825-4153.



Weitchpec Dental Services

UIHS is proud to announce Dental Services in Weitchpec due to the generous support of the Vesper Society. To make an appointment call (707) 825-5040 or contact your Community Health Representative to assist in making an appointment.

**UIHS is Proud to Announce
Dental Services in Weitchpec**

**To make an appointment call
(707) 825 – 5040 or contact your CHR to
assist in making an appt!**

Libby Haripop Nix
Community Center

UIHS Clinic

Updates and Reminders

UIHS' Rohkwon Softball Team - Come Join our Team!

We are excited to share with our community that we now have our very own Softball Team. This team is open to the public for anyone to join. For most softball tournaments the minimum age is 16. These tournaments usually occur on Saturdays and Sundays and we typically need 12-14 people to participate. This is a wonderful community event, and we always have lots of fun. This is a great way to not only get involved but a way to bring our community and families together. A group page was created on the UIHS Facebook page. Members can post on the page directly when they know of local events. People can sign up or indicate they are interested. When enough people have signed up, we request to enter the tournament through UIHS' support. We hope to see more of you out there playing or cheering on our team!



Need Transportation?

The Community Health & Wellness Division at UIHS can help get you to your healthcare-related appointments. We currently offer van rides to Potawot Health Village (PHV) every Monday, Tuesday, Thursday and Friday mornings for local residents. If you need a ride for an appointment at PHV, please tell the scheduler **at the time you make the appointment**. This is communicated directly to the van driver, Tammy Wilson (x4072).

The van driver can also help you get to other local healthcare-related appointments. If you need a ride to an appointment not at a UIHS clinic site, please contact Tammy **BEFORE** scheduling your appointment. We will schedule your appointment for you to ensure transportation is available. All transportation needs will go through Tammy and she will coordinate with other staff to ensure your transportation needs are met. For any questions, please call Theresa Green or Tammy at (707) 825-5070.

CHR's can NOT transport clients out of Humboldt or Del Norte County or across state lines. CHR's can assist you in finding other transportation services to meet your needs.

The Harmful Effects of E-cigarettes

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

Recently, the Center for Disease Control has released a statement about the E-cigarette epidemic primarily amongst young adults in the states of California, Wisconsin, Illinois, Indiana, and Minnesota. 94 possible cases of severe lung illness associated with vaping products have been reported between June 28, 2019 and August 15, 2019. The surgeon general has released statements warning about the harms and effects of E-cigarettes and the compounds contained in the nicotine juices, such as:

- Diacetyl, a flavoring compound linked to lung damage.
- Heavy metals, such as nickel, tin, and lead, which are all cancer causing carcinogens.
- Volatile organic compounds that can permanently damage the lungs.
- Nicotine, the highly addictive compound in tobacco, can harm the part of the brain responsible for memory, attention, and learning.
- One pod of nicotine liquid can contain as much nicotine as 20 cigarettes, or one pack.
- FDA does NOT recommend using e-cigarettes as a quit method for cigarettes.

If you would like to read more about this topic, please visit the CDC website that includes the article in entirety. <https://www.cdc.gov/media/releases/2019/s0817-pulmonary-disease-ecigarettes.html>

If you would like assistance in quitting nicotine in any form, please contact:
California Smokers Quit Line: 1-800-NO-BUTTS

Tuesday, October 22nd

5:30 PM

Potawot Health Village • 1600 Weeot Way • Arcata • CA • 95521

Navigate the Holidays

Maintaining a healthy lifestyle routine during the holidays can be challenging but we want to help make this time of year easier.

The UIHS Diabetes Awareness Program is offering a class aimed to help support your efforts in having a healthy holiday season.

Tips
Recipes
Support
Ask questions

Those with diabetes *and* those who know someone with diabetes can benefit from this class!

Avoid the "Holiday Thinking" trap

Special occasions come and go but good health can last.



RSVPs are appreciated. Dinner will be provided.
For details or questions call 707-825-4128

Native Connections

Submitted by: Rebekah Becker, Native Connections Manager, UIHS



Exciting things are happening in the UIHS Behavioral Health Department! The past several months have been filled with promising new developments from our Native Connections grant program. The purpose of our Native Connections program is to strengthen community collaborations in order to prevent suicide and substance abuse among Native youth ages 10-24.

We recently organized and sponsored a training for Eye Movement Desensitization and Reprocessing (EMDR) therapy for 15 counselors from UIHS and several outside agencies including Two Feathers Native American Family Services and K'ima:w Medical Center. EMDR is a form of evidence-based treatment that enables people to heal from the symptoms and emotional distress that are the result of trauma. Many of us have experienced trauma in our life, as an organization we understand and acknowledge this trauma and therefore have developed goals within our Behavioral Health Department to provide trauma-informed care to effectively help our clients in their healing journey. We are happy to be able to offer this therapy to our clients.

In addition, we are very excited to announce that we have expanded our Traditional Healer services for youth clients. The Native Connections program has contracted with Ruben Talavera to offer his services two additional days per month at Potawot Health Village specifically for youth ages 10-24. Ruben is a spiritual practitioner of the healing arts. He has been serving clients for several years in Humboldt and Del Norte counties using traditional methods. If you would like to make an appointment, please contact our Behavioral Health Team at (707) 825-5060.

In collaboration with the Yurok Tribe Boys and Girls Club, we are developing and sponsoring a Brazilian Jiu Jitsu program for youth ages 7 and older.

The program is taking place at the Morek Won Community Center on Wednesday afternoons as part of the Boys and Girls Club after school program from 4 - 6pm. Classes are being taught by UIHS Behavioral Health Counselor and Black Belt Brazilian Jiu Jitsu instructor, Pete Han. Brazilian Jiu Jitsu is a sport and martial art that provides youth amazing physical conditioning, mental focus, and self-confidence. Many of the skills and values taught and reinforced on the mats such as discipline, loyalty, respect, and humility are powerful tools that can help youth improve in other areas of their lives and relationships.

We will continue to keep you updated on our Native Connections Project and the exciting new opportunities that will be made available. For more information about this program, contact the Native Connections Project Manager, Rebekah Becker, at (707) 825-4016.



It's Easier than you Think... Eating Healthy

Submitted by: Angel Jensen, Nutritionist-Diabetes Management, UIHS

For busy parents it may seem impossible to think about trying to figure out what your kids need to eat, and how to find the time and energy to plan, prepare, and shop even on a good day. Some days it is easier to drive through for fast food, pick up a pizza, or grab corndogs at Costco, especially when trying to juggle school, activities, work, and housework.



Even though I am a nutritionist on the diabetes team here at UIHS, I still find myself giving in to my grandbabies because it just seems easier. Instead of listening to my 2 year old grandson screech at me, I allowed him to eat cupcakes with his dinner; which doesn't seem so bad really, except that I had only opened a can of spaghetti oh's and a can of green beans to feed them. I was trying to get dinner in before bath time and bedtime, which was closing in quickly.

Times like this happen pretty often when caring for children. Sometimes a child will suddenly refuse to eat a food they usually love, or an entire food group. Here are some things to remember:

1. Your kids will eat cake for dinner sometimes. It is OK, as long as they are eating healthier foods most of the time.
2. Serve unfamiliar foods with foods they enjoy when they are hungriest.
3. Plan meals with your children and allow them age appropriate cooking duties.
4. Veggies can be blended and added into most things.
5. We are born intuitive eaters, kids will naturally know what to eat, when to eat, and how much to eat.
6. Imposing food rules such as "clean your plate" "it's TIME to eat," and "eat your veggies before your sweets" instills the notions we all struggle with such as overeating, guilt, and "bad" foods.
7. Humans learn from example and repetition, if there is always a variety of healthy options offered they will always think this is normal.



It's Easier than you Think... Eating Healthy

Submitted by: Angel Jensen, Nutritionist-Diabetes Management, UIHS



Use age and size as a guide for how much to serve your child, 1 of their handfuls per age per meal per day. For example a 2 year old requires 1 cup each of fruit and veggies each day, a serving the size of the inside of the palm of their hand (or 1 tablespoon) 6 times per day will equal about 1 cup per day.

Helpful Tips

-  Choose whole grains instead of white refined grains
-  Try bean & veggie pastas
-  Skip any sweetened drinks
-  Put berries or other fruit in water
-  Try fizzy flavored waters
-  Cut sandwiches into shapes with cookie cutters
-  Be creative! Broccoli=Trees, peas= dino eggs
-  Sing songs "on top of spaghetti"
-  Eat together without media distractions
-  Have easy foods ready for on the go
-  Vienna sausages
-  Beef sticks
-  Shelled edemame beans
-  Drinkable yogurt
-  Hard boiled eggs
-  String cheese, cubed cheeses
-  Veggie sticks in hummus
-  Nuts, seeds, beans
-  Dried fruits & veggies
-  Cubed meats
-  Meat slices wrapped around cheese or veggies
-  Pre-cut fruit & veggies in containers or bags

Potawot Health Village



Begins at
5:30PM

1600 Weeot Way
Arcata, CA 95521



Start H.E.R.E.

Health Education & Risk Elimination

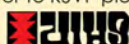
Session 1 Thursday, Oct. 3, 2019
Session 2 Thursday, Oct. 10, 2019
Session 3 Thursday, Oct. 17, 2019
Session 4 Thursday, Oct. 24, 2019

Join Us!

UIHS clients are invited to take part in a 4-week series of health focused topics facilitated by the Diabetes Awareness Program.



RSVPs are appreciated. Dinner will be provided.
For questions or to RSVP please call 707-825-4128.



- Nutrition
- Healthy Dinner
- Learning Activities
- Physical Activity
- Open Discussions & Topics
- And more....
- Recipes

Being Indian in the 21 Century

Submitted by: Andre Cramblit, Cultural Resource Specialist, UIHS

One of the stories I tell is how much the world has changed for Native people in North West California since contact with western society. The miners came into our territory in the hunt for allusive gold around 1850. Not finding it as easily accessible as they hoped, they soon left for parts more favorable for their prospecting. True permanent and undeniable interaction between the dominant societies would not take place until the turn of the century. Natives of this region were allowed extra time to begin to adapt to the ways of the new neighbors.

My great uncle, Leonard Super was born at a traditional village site in a time when there were no roads, electricity or phones and english was definitely not the dominant language of the River. By the time he passed, well into his 80's, he had gone to school, joined the military and FLEW to the Pacific front of WW II, saw man land on the moon, heard music go from traditional Karuk songs sung onto wax cylinders to the mysteries of the melodies coming from a CD player, read by an honest to goodness laser light. The entire universe of inventions, captivated in one life time.



He blended his life as best he could, combining the power and technology of modern medicine with the understanding that a Native American doctor also possessed the power to heal. He underwent surgeries, had x-ray's, took heart pills and over the counter vitamins as well as relying on the medicines, probing's and advice of his Native doctors.

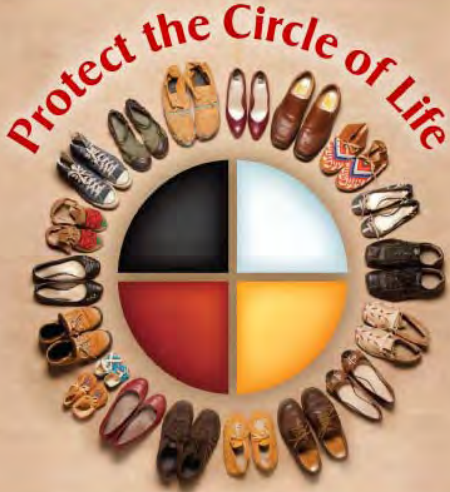
There is a sanguine beauty to the delicate arts of medicine and healing. It is a cooperative relationship between the plants and herbs of traditional knowledge and the tablets and shots of more modern science. Digatalis is a powerful heart medicine that comes from the foxglove. There are tannins and other ingredients found in yew wood that have a healing factor in cancer. And, there is always power in prayer, whether it be to a western deity or to more local Spirit people or Creator.

If you can find a way to include traditional healing practices into your ever compressed medical perambulations. Then you can receive the benefits of thousands of years of wisdom, research and practice that compliments the sheepskin on your physician's wall. Just my two dentalias worth.



Influenza Season


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



Protect the Circle of Life

**Your Flu Vaccine Protects Me
My Flu Vaccine Protects You**

- The flu vaccine is safe. You can't get the flu from a flu vaccine.
- Pneumonia and flu are a leading cause of death among Native elders.
- Please get a flu vaccine each year to protect you and your family.

 Learn more at www.cdc.gov/flu
or call 1-800-CDC-INFO

As we enter flu (Influenza) season, it is important to think about how we can protect our families and communities. A flu vaccine not only protects you but also your community. Vaccination against influenza is especially important for American Indians and Alaska Natives, who are at higher risk for complications from the flu. Compared to the general U.S. population, American Indians and Alaska Natives are more likely to be hospitalized from the flu than the general U.S. population.

It is recommended everyone six months of age or older receive a flu vaccine. It's especially important for children under age 5; pregnant women and women who have recently had a baby; adults age 65 and older; people with long-term health conditions; people with weakened health conditions or immune systems; people who live or work in long-term health facilities; or people with extreme obesity.

The flu is caused by viruses that infect your nose, throat and lungs. It spreads from person-to-person when someone with the flu coughs, sneezes or talks. It's also possible to get the flu by touching a surface or object that has the flu virus on it and then touching your mouth, nose, or eyes. People sick with influenza usually feel some or all of these symptoms: Fever* or feeling feverish/ chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and fatigue (very tired). Some people may have vomiting and diarrhea, though this is more common in children than adults. Not everyone with the flu will have a fever. You can be sick and contagious without running a temperature.

HELP PREVENT the SPREAD of the FLU by getting a flu vaccine each year. If you choose to not get the flu vaccine, remember, you can spread the flu to others before you are ever aware that you have the flu. Stop the spread of germs, including influenza viruses: Cover your coughs and sneezes, wash your hands often, if you're sick, stay home, take antiviral drugs if they are prescribed for you. And remember antibiotics do not help the flu.

People sick with influenza feel some or all of these symptoms: Fever* or feeling feverish/ chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue (very tired) and a sore throat. Some people may have vomiting and diarrhea, though this is more common in children than adults. *Not everyone with the flu will have a fever. You can be sick and contagious without running a temperature.



Open Enrollment Coming Soon!!

Covered CA

November 1
to
January 31

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!

Medicare Part D

October 15
to
December 7

Prescription drug insurance plans are available.

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 707-825-4090
Del Norte County 707-465-2960



Word Search

Our
Mission
Healthy
Mind
Body
And
Spirit
For
Generations
Of
Our
American
Indian
Community
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Uihs
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What's the Difference? Can you find the 8 differences?





**1600 Weeot Way
Arcata, CA 95521**

The Acornbasket

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