

# The AcornBasket

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

Newsletter of United Indian Health Services, Inc.

Volume 42, No. 4



Oct/Nov/Dec 2020

## RETIRING

AFTER 30 YEARS OF DEDICATION

Honoring Dr. Jaso!







## UIHS Board of Directors \* 2020

### Top Row

Laura Borden, Mindy Natt, Richard Myers, Madison Flynn, Lisa Sundberg, Kirsten Boyce, Susan Masten, John Green

### Bottom Row

Shirley Laos, Fawn Murphy, LaWanda Green, Ruby Rollings, Velva Angell, Teresa Ballew, Tracy Mahoney

### Not Pictured

Claudia Brundin, Wendy George, Lana McCovey, Denise Padgett, Kathy Dowd, Joseph Giovannetti, Delmer Keisner, Leann McCallum

### 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.

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

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

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

#### **Eureka Health Center**

(Eureka)

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) 442-0380

WIC-Eureka (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

Syringe Exchange

2nd Monday of the month 10:00 a.m. to 3:00 p.m.

#### **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.

Syringe Exchange

2nd and 4th Wednesday 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

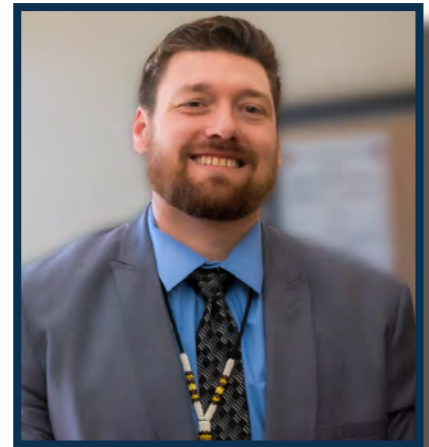
Message from the CEO .....	Page 03
Meet the UIHS Behavioral Health Counselors .....	Page 04
Candy Carb Count .....	Page 05
New Hires / Looking for a Job? .....	Page 07
Cavity Free Club & Dear Dr. Coyote .....	Page 08
Minding Your Life, Another Way to Take Care of Yourself ...	Page 09
Thank You Dr. Jaso .....	Page 11
Road to Resilience .....	Page 13
Flu Season and COVID-19 .....	Page 14
Open Enrollment .....	Page 19
Know your Resources .....	Page 21
Game Page .....	Page 22

## Message from the CEO

Submitted by: John R Reeves III, CEO, UIHS

Clients and Team Members of United Indian Health Services,

I trust this message finds you all well, and in good health. This version's "Message from the CEO" is going to be a bit different than usual. As many of you may already be aware, October officially marked my last day as Chief Executive Officer of United Indian Health Services. My journey in life is taking me and the family to southern California in order to be closer to our own family, and I can honestly say, UIHS, Humboldt and Del Norte counties have made a positive lasting impression on our lives. We did a lot of good work during our time together, and I trust UIHS to continue down the pathway of success and prosperity just as it had prior to my arrival.



At the writing of this, we have seen COVID release a bit of its grip on our service area, but we remain strong in our mitigation techniques (masking, distancing, hand hygiene) to ensure that it does not negatively affect us from a local health system perspective, as it had in New York early on.

Throughout the pandemic, I have received many questions about testing availability, and what UIHS is doing in order to ensure that when our clients need a test, they are able to get one. Well, by the time you read this, we should already have in place, the North Coast Testing Partnership which is a groundbreaking collaboration between United Indian Health Services, Humboldt County Public Health, and Del Norte County Public Health aimed at increasing the local testing capacity of all residents in our area (Native and Non-Native alike) sevenfold. This partnership is going to ensure testing does not need to be sent outside Humboldt county, and will allow us to shave multiple days off the test result turnaround time. Long story short, it is going to allow us all to be swift in our identification of positive COVID cases, while allowing our local contact tracing teams to quickly respond in a manner that is going to efficiently identify, and further slow down the spread of illness. The exciting thing about this entire partnership is that the lab equipment allowing us to do all of this, exists within our very own, Potawot Health Village! What an amazing gift to give, not only to our own Native communities, but the broader Native and Non-Native communities at large.

Now I know what some of you may be thinking, that we are "opening the doors" to treat non-Natives in UIHS clinics, and I can assure you all that is not the case. All of these test collections will be occurring in either stationary "hub sites" in Eureka or Crescent City (think Redwood Acres), or traveling "Mobile Sites", similar to those that we have done at Bear River or Blue Lake. Also, as part of this process, we are building "field test teams", with the ability to go deep into our remote areas (I see you Pecwan) and test people within the safety of their own homes. What an amazing service!

I could go on and on about all of the amazing things we have planned for the future of UIHS, but I will save those for my successor. With my last few lines, I wanted to take one last opportunity to thank every client, UIHS team member, UIHS board member, the Tribes and Tribal communities, and the families of those involved who allow UIHS the time necessary to do the work that improves the lives of those all around us. While I may be gone, I won't be far. Our world is a small one, and I am sure I will bump into many of you down the road. I appreciate you all sharing with me and my family your world, and hopefully one day I will get the opportunity return the favor and share mine with you as well.

Mahalo, until we meet again!



# Meet the UIHS Behavioral Health Counselors

(707) 825-5060



## Fritzie Fernandez-Craft, LMFT

Fritzie was raised and attended school in Hoopa. She is a Licensed Marriage and Family Therapist and has worked at UIHS since 2015. Fritzie utilizes client-centered, strength-based interventions such as Cognitive Behavioral therapies, Trauma-Focused CBT with the focus on Native children, play therapy and EMDR. She has experience working with complex trauma, depression, anxiety, ADHD, postpartum issues, Bi-polar, suicidality, and relationship problems. She enjoys collaborating and supporting clients in their journey of healing.

## Robbie Lara, RADT

Robbie Lara is a Registered Alcohol and Drug Technician at UIHS. She is Hupa, Yurok, and Redwood Creek from Northwestern California. Robbie is a graduate of Haskell Indian Nations University. Her favorite practices are Motivational Interviewing, DBT, Mindfulness, and cultural practices. "I believe wellness is more than sobriety and more than the individual." Robbie believes strongly in the core philosophy of UIHS, "Wellness in Mind Body Spirit" and "Bringing wellness to ourselves, our community and our world."





# Candy Carb Count



Candy	Size/Package	Carbs (g)	Candy	Size/Package	Carbs (g)
3 Musketeers	16 gram fun-sized bar	12g	M&M's, peanut	1.74 oz. Bag	30g
3 Musketeers	2.13 oz. Bar	46g	M&M's, peanut butter	1.69 oz. Bag	27g
Baby Ruth	2 oz. Bar	37g	Milky Way	2.15 oz. Bar	43g
Baby Ruth	1 fun size	17g	Milky Way fun-sized bar	fun-sized bar	14g
Blow Pop sucker	One sucker	13g	Nestle's Crunch	1.5 oz.	28g
Butterfinger	2 oz. Bar	41g	Nestle's Crunch	4 mini bars	26g
Butterfinger	22 gram fun-sized bar	15g	Reese's Cups	2 regular-sized 1 oz. cups	18g
Candy corn	15 pieces	15g	Reese's mini cups	4 1 oz. mini cups	16g
Dum Dum suckers	One sucker	5g	Skittles	15 pieces	15g
Gummy Bears	11 pieces	30g	Skittles	mini pack	17.5g
Heath Bar	1.4 oz. Bar	25g	Snickers	fun size	12g
Hershey's Almond	3 minis	15g	Snickers	2.07 oz. Bar	36g
Hershey's Almond	1.45 oz. Bar	20g	Snickers	20-gram fun-sized bar	12g
Hershey's Kisses	6 pieces	16g	Starburst	4 pieces	16g
Hershey's Milk Chocolate bar	snack size	10g	Sweet Tarts	mini packs - 5 packs	13g
Jolly Rancher	1 piece	6g	Tootsie Pop	1 pop	16g
Kit Kat bar	3 piece bar	10g	Tootsie Roll midgets	12	30g
Kit Kat	1.5 oz. Package	26g	Tootsie Rolls	2 bars	23g
Licorice	3 6-inch Twizzlers	15g	Twix	2 2 oz. Cookies	37g
M&M's	"Halloween" mini box	10g	Warheads	5	13g
M&M's, plain	mini pack	15g	Whoppers'	8 pieces	15g
M&M's, plain	1.69 oz. Bag	34g	Whoppers'	1 small pouch	16g
M&M's, peanut	mini pack	13g	Wonka Pixie Stix	Each (about 6 inches in length)	2g



Description	Serving Size	Weight in grams	Carbs Per Serving	Per 1g (CF)
ALMOND JOY Eggs	1 egg, 31g	31.00	18	0.58
Baby Binks Chocolate Easter Bunny, Hollow	1 package	56.00	34	0.61
Baby Bottle Pop	1 piece, 31g	31.00	25	0.81
Baby Bottle Pop	1 piece, 24g	24.00	19	0.79
Brach's Black Jelly Bird Eggs	14 pieces	41.00	37	0.90
Brach's Easter Mellowcreme Candy	5 pieces	38.00	36	0.95
Brach's Fiesta Malted Milk Eggs	5 pieces	39.00	32	0.82
Brach's Jelly Beans	14 pieces, 41g	41.00	37	0.90
Brach's Marshmallow Chicks and Rabbits	5 pieces	40.00	38	0.95
Brach's Marshmallow Easter Eggs	3 pieces	39.00	37	0.95
Brach's Milk Chocolate Rabbit, Solid		35.00	24	0.69
Brach's Orchard Fruit Jelly Beans	25 pieces	40.00	35	0.88
Brach's Pastel Candy Corn (Bunny Corn)	19 pieces	39.00	35	0.90
Brach's Smuckers Jelly Beans	25 pieces, 40g	40.00	37	0.93
Brach's Spiced Jelly Bird Eggs	14 pieces	41.00	37	0.90
Brach's Tiny Jelly Bird Eggs	25 pieces	40.00	36	0.90
Cadbury Caramel Egg	1 egg	34.00	22	0.65
Cadbury Crème Egg	1 egg	34.00	24	0.71
Cadbury, Mini Eggs	12 pieces, 40g	40.00	28	0.70
Easter Tootsie Rolls		40.00	40.00	40.00
Hawaiian Punch Jelly Beans	25 pieces	40.00	36	0.90
Hershey's Milk Chocolate Bunny	1 pkg	34.00	20	0.59
Jelly Belly Jelly Beans	25 beans	41.00	38	0.93
Jellybeans, Large	10 pieces, 28.35g	28.35	25	0.88
Jellybeans, Small	10 pieces, 11g	11.00	10	0.91
Kit Kat, Bunny Ears	1 (4 pc) bar, 42g	42.00	26	0.62
Life Savers, Jelly Beans		40.00	37	40.00
Nerds, Jelly Beans	23 pieces		34	
Pastel Wrapped Mini York Patties	1 Patty		11	
Peeps	5 peeps, 42g	42.00	40	0.95
Peeps, Chocolate Dipped Peeps	1 piece		20	
Peepsters Milk Chocolate Candy	5 pieces	40.00	22	0.55
Pez, Mini Roll	1 Mini Roll		5.9	
Pez, Regular Roll	1 Roll		9	
Push Pop Candy, Easter Toppers	1 piece	14.00	13	0.93
Real Chocolate Marshmallow Eggs, Necco	4 eggs		26	
Speckled Malted Milk Eggs	7 pieces		32	
Starburst Candy	8 pieces, 40g	40.00	33	0.83
Starburst, Jelly Beans	1/4c, 42g	42.00	37	0.88
SweeTarts Chicks Ducks and Bunnies Candy	10 pieces	14.00	12	0.86
SweeTarts Gummy Bunnies	14 pieces	39.70	32	0.81
SweeTarts Jelly Beans	27 pieces	39.70	36	0.91
Teenee Beanees, Jelly Beans	36 pieces		36	
Whopper's Mini Robin Eggs	24 pieces		31	
Whoppers, Milk Chocolate	18 pieces, 41g	41.00	31	0.76
Whoppers, Strawberry	18 pieces, 41g	41.00	31	0.76



## New Hires



Jennifer Orr,  
PRC Technician



Jose Nieto,  
Night Housekeeper



Lynn Szabo,  
Physician Assistant



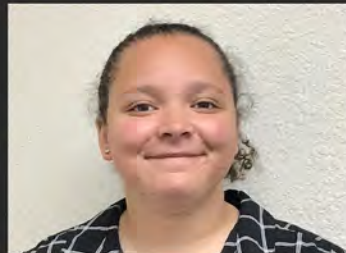
Dallas Segall,  
Medical Assistant



Luci Ryles,  
PRC Technician



Tanya Ryles,  
Front Office Assistant



Annabelle Mulligan,  
Laboratory Assistant



Jessica Hatch,  
Medical Assistant



Vina Free,  
Front Office Assistant



Haley Davies,  
Provider



Melissa Adams-Loya,  
Elder Nutrition



Helen Waishkey,  
Chief Compliance Officer



John Shufeldt,  
Chief Clinical Officer



Yoriko Alexander,  
Night Housekeeper

## 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

departments 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 enjoy our Farmers Markets, walking trails and more. While at Potawatomi 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/](http://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](mailto:Marina.Straughan@uihs.org).

7 We look forward to hearing from you!



### Call to Make an Appointment

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

## Cavity-Free Club

Submitted by: Meghan McCullough, Registered Dental Hygienist, UIHS



Nicole Davis  
Emmett Brown  
Ikaika Burbank  
Jordyn Carter  
Sophia Brown  
Helen De Los Santos  
Kai Brown  
Gabriel Aguila  
Franklin Fowler  
Kylie Fowler  
Summer Sexton  
Taheya Johnson  
Abigail Clair  
Ewan Mclean Jr  
Hendrix Holt  
Hudson Holt  
Miekaylia James

9 Yrs Old  
5 Yrs Old  
5 Yrs Old  
2 Yrs Old  
8 Yrs Old  
9 Yrs Old  
4 Yrs Old  
5 Yrs Old  
6 Yrs Old  
8 Yrs Old  
6 Yrs Old  
4 Yrs Old  
5 Yrs Old  
2 Yrs Old  
6 Yrs Old  
8 Yrs Old  
12 Yrs Old

Trenton Mccovey  
Zechariah Beer  
Caitlyn Sand  
Teyn James  
5 Yrs Old  
5 Yrs Old  
4 Yrs Old  
8 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.

## Dear Dr. Coyote

Submitted by: Andre Cramblit, Cultural Resource Specialist, UIHS

Dear Dr. Coyote;

Wow!!! Things have sure changed in just one year. The pandemic, the economic crash, racial unrest, forest fires gone berserk, things just seem to be spinning out of control. I am feeling down that due to social distancing I will not get to visit all the friends and family that I usually do during the holiday season. We usually have a big ol' reunion for the holiday meal. I am down in the deep in the dumps depressed about how things are gonna be this year. Do you have any suggestions to perk me up? Signed, Hearing Those Xmas Bell Blues.

Dear Bluesy, Buck up things could always be worse. A wise philosopher once said "Time Heals All Non-Fatal Wounds." Sooner or later a vaccine will be available and distributed around the world to help push back the COVID-19 virus. Things may never get back to the way things used to be totally, that is why you are constantly hearing the phrase "New Normal." Be sure and stay in touch with your friends and family members the best way you can. This can include Zoom, FaceTime, texting, phone calls and even old-fashioned handwritten cards and letters. Be sure and take time out for self-care to make sure you pamper yourself once in a while. If you need someone to talk with call the UIHS Behavioral Health Warmline at (707) 825-4080. The fall and winter months are common times that people can start to feel low. It can be due to the lack of sunshine for many people and this is called Seasonal Affective Disorder or SAD. You can try getting some light therapy by getting a special light box. Be sure and look for high brightness bulbs (measured in Lux) that emit as little UV light as possible. Do whatever you can to turn that frown upside down, stay busy, find some new hobbies take an online class etc. Before you know it, you will be hugging friends and family again and feeling better. Signed, stay positive, your friend Dr. C.





# Minding Your Life: Another Way to Take Care of Yourself

Submitted by: Terry Raymer, MD, CDC- Diabetes Program Manager

That Diabetes Program, always telling us to eat healthier and exercise!

Hey, this is Dr. Raymer from the Diabetes Program, and I'm not going to tell you to eat healthier or exercise today. Set all that aside for a bit. What I am really interested in today is how you feel. Are you anxious, are you upset, do you feel calm? Check in with yourself right this minute and see how you are feeling. How does it feel in your body?



Most of us have stressful lives in one way or another. Work, families, money, and social pressures all cause stress. With the pandemic all of that is magnified and then some, right? Try to do home school and work with your kids to learn something. Make sure you have a back-up mask in your car! Stay 6 feet apart. Whew, it's a lot!

Over twenty years ago during my first few years at the clinic, I was pretty stressed out. I had learned about meditation in college and all the studies showing benefits, including health benefits even way back then. But I had a hard time sitting for even short periods of time and quieting my "monkey-brain." This is your thinking-about-everything-all-the-time brain. You probably know about that. Well I had to figure out something because, uh-hum, people were starting to notice. "Dr. Raymer, don't you need a couple days off?" So I did a short course and some lessons on tai chi. Tai chi is an ancient Chinese traditional movement meditation that helps your concentration and focus (among other things) and allows your mind to quiet down as you do the "form," a series of movements that flow together like a dance. There are also a series of warm-up movements that are equally engaging and get you ready to do the form. Even though I hadn't been very successful at the sitting kind of meditation, this seemed to really help calm me a bit. It also helped me to learn to pay attention to my body a little better.



Paying attention. Being mindful. This is something so important that in my opinion we should teach it both at home and in school. Like being polite or learning to get along with others, it is an incredibly powerful life tool. There are so many ways to do it as well, tai chi is just one of many. You've probably heard of Yoga, and from my understanding it has the same kind of benefits for folks who practice it. There are many "sitting" kinds of meditation that can greatly improve our mindfulness, but that may not be suited for many of us. Just stopping

every so often to check in with your breath, how your body feels, and focus on the activity in front of you can bring about calming changes in our mind and our body. Washing dishes for example can be a meditation when done in a mindful way. Feel the warm water on your hands, hold the plates and glasses in your hands and sense their weight and texture. Listen to the timeless sound of water rinse over the cups and watch it dissolve the suds. Sounds a little kooky, huh? But it works.

Try this right now. Please pause for a moment at the end of this paragraph. Notice where you are, are you standing or sitting? Does the room feel cool or warm? Feel your weight in the chair. Are your shoulders or neck tightened up? Check in with your breath. Try not to change it, just feel the breath breathe itself, inhale, and then exhale. Notice any sounds around you? Let them drift by. Okay, now you try, then come back and let's finish up.



## Minding Your Life, Another Way to Take Care of Yourself

Submitted by: Terry Raymer, MD, CDC- Diabetes Program Manager

See? Do you feel a little calmer, more “centered?” That’s okay if you don’t, this takes practice. Like anything else, the more you do it, the better you get at it and the more benefit you get. You can practice mindfulness doing almost anything, like walking or eating. With eating, it can be a way of slowing down your eating, letting your feelings of fullness and being satisfied catch up with how much food you are taking in. When you take time to taste, slowly chew, and notice the textures and flavors and smells and sensations of eating, you might find you don’t feel like eating quite as much.



To be clear, eating healthier and being physically active are still really important! This is just one more thing you can do to help feel better and improve your health. (Although I have it on good authority that chocolate ice cream also tastes better eaten mindfully – and I usually eat less than half the carton when I do!)

Mindfulness is such an important concept that the UIHS Diabetes Awareness Program is joining up with a researcher from Brown University to see how it might help with managing and preventing diabetes. Chronic stress and the historical trauma endured by people in our community can create abnormal levels of stress hormones over time. It can even result in changes to the way our genes are expressed and passed down through multiple generations. Mindfulness may be one powerful tool we have to help with the resilience that people show in the face of multiple adversities. A member of our team, Megan Warren is working on a pilot program with Dr. Jeffrey Proulx right now to bring a new dimension to how we help folks manage their diabetes.

You never have too many trips around the sun to start benefitting from mindfulness. While you can just start practicing in your everyday activities, there are many resources to help you get started if you want to make practicing mindfulness a key part of your health program, a new path to wellness and feeling better. There are beginning meditation and mindfulness books like Jon Kabat-Zinn’s *Mindfulness for Beginners* which is very reasonable on kindle or in paperback. There are on-line resources through Youtube, and apps like “Waking Up” or “Insight Timer.” The Insight Timer app is available to download for free. There are similar programs and DVD’s available to learn tai chi and yoga. Finally, the Diabetes Awareness Program is putting our HAWC Walk mindfulness booklet on the Diabetes Awareness Program section of the UIHS website. If you have questions about mindfulness, feel free to call the Diabetes Program and talk to either Megan Warren or me.

Start to make mindfulness part of your healthier lifestyle today!





# Dr. Jaso, DDS



As of August 5th, after 31 years of service to the UIHS community, Dr. Jaso will be stepping down as dental director to spend more time with family, friends and outside pursuits. We thank Dr. Jaso for his years of service and wish him well in his retirement.

## Dental Director Retiring









# Road to Resilience

Submitted by: Ashley Villagomes, Community Health Representative, UIHS

Here at UIHS, we are always looking for opportunities to better serve and support our clients in their overall health and wellness. We are very happy to announce that we have partnered with First 5 Humboldt to offer a new program called Road to Resilience. This program will be a great addition to the services we provide in Community Health and Wellness!

## What is Road to Resilience?

Road to Resilience aims to support women that are pregnant and/or parenting and experiencing or at risk of experiencing Substance Use Disorder. By connecting these families to a Community Health Representative (CHR), Road to Resilience hopes to help families overcome barriers to accessing much needed services, and provide them the support needed to help achieve goals and find wellness.

## How do I enroll with Road to Resilience?

You can enroll in Road to Resilience by contacting Community Health and Wellness at Potawot Health Village and you will be connected with a Road to Resilience CHR. You and the CHR will fill out the enrollment form together, answering any questions you may have.

You can also talk to your provider about Road to Resilience they can help connect you with a CHR in your community.

## What services does Road to Resilience offer?

Once you are enrolled you will work with a Road to Resilience CHR to develop a personalized plan and set goals to support you in your wellness journey. CHRs can provide:

- Transportation to/from appointments
- Help with navigating referral systems and community services
- Porch visits/ home visitation
- Connecting you with available community resources
- Childbirth education
- Parenting support
- Support you in completing Plans of Safe Care or other service plans
- And more!

These are just some of the services Road to Resilience can provide for you and your family.

If you would like more information on Road to Resilience please contact Community Health and Wellness Front Desk: (707) 825-5070

## Meet our Road to Resilience Community Health Representatives:

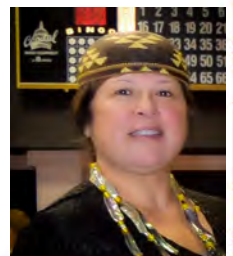


Ashley Villagomes  
Road to Resilience CHR  
Humboldt County



Teal Sanderson  
Road to Resilience CHR  
Del Norte County

Tracy Crutchfield  
Road to Resilience CHR  
Humboldt and  
Eastern Humboldt County





## Flu Season and COVID-19

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

Influenza season starts every year in the United States at week 40—usually late September. This year is no different, even in the midst of a pandemic. September 28th kicked off the flu season, and this year, more than ever, it is important to get vaccinated against influenza. Typically, we see flu activity start in November, and peak in January/February. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against influenza virus infection. That's why it's best to get vaccinated before influenza viruses start to spread in your community.



**It's likely that flu viruses and the virus that causes COVID-19 will both spread this fall and winter. Healthcare systems could be overwhelmed treating both patients with flu and patients with COVID-19. This means getting a flu vaccine during 2020-2021 is more important than ever.**

**Getting a flu vaccine can save healthcare resources for the care of patients with COVID-19.**

Here is a summary of the benefits of getting the flu vaccine in a “normal” flu season:

- Flu vaccination can keep you from getting sick with flu.
- Flu vaccination can reduce the risk of flu-associated hospitalization for children, working age adults, and older adults.
- Flu vaccination is an important preventive tool for people with chronic health conditions.
- Flu vaccination helps protect women during and after pregnancy.
- Flu vaccine can be lifesaving in children.
- Flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick.
- Getting vaccinated yourself may also protect people around you.

Who should get their flu vaccine during the COVID-19 pandemic?

Just about everyone!!!

Annual flu vaccination is recommended for everyone 6 months of age and older, with rare exceptions, because it is an effective way to decrease flu illnesses, hospitalizations, and deaths.

During the COVID-19 pandemic, reducing the overall burden of respiratory illnesses is important to protect vulnerable populations at risk for severe illness, the healthcare system, and other critical infrastructure. Thus, healthcare providers should use every opportunity during the influenza vaccination season to administer influenza vaccines to all eligible persons, including:

- People 65 and older
- Pregnant women
- People with asthma
- Kids younger than 5, especially younger than 2
- People who live in a nursing home
- Anyone with health problems, like diabetes, HIV, cancer, heart disease, or who's had a stroke



# Flu Season and COVID-19

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

## How do I get my flu vaccine this year?

Call your provider and ask for the flu vaccine. The time of arrival of the vaccine for different age groups may vary from clinic to clinic this year. Public events for vaccines will be available to the general public. We will post more information on those events as we are updated.

## Flu and COVID-19 Symptoms: How do I tell them apart?

Unfortunately, the short answer is, you can't. If you come down with any kind of illness, the best thing to do is call your medical provider, explain your symptoms and self-quarantine until you know what's going on.

SARS-CoV-2, the coronavirus that causes COVID-19, is a new germ we haven't encountered before, and symptoms can vary from one person to the next.

Because some COVID-19 symptoms are similar to those of bronchitis, the common cold, the flu and respiratory syncytial virus (RSV), this year United Indian Health Services will be working on testing for all three viruses in one test.

## If You Have Symptoms: What to Do



Call your doctor. If you or your child has a fever, cough, congestion, sneezing, sore throat, runny nose, nausea, vomiting, diarrhea or any other symptoms of infectious illness, stay home, call your provider and follow their recommendation. It is likely that they will recommend that you are tested for the flu and COVID-19.

## Seasonal Flu 2020: Will this year's flu season be severe?

It is hard to predict how bad the seasonal flu will be. Each year there are several different flu viruses around, and the viruses mutate (change) from year to year. The flu shot is updated each year to protect you against three or four of the worst flu strains that are expected to show up during that season.

Human behavior is also a factor. This fall and winter, it may be that our behavior changes — such as wearing a mask and practicing physical distancing, and closures or cancellations affecting school, work, travel and public events — help contain the spread of the flu and other respiratory viruses, in addition to COVID-19.

Both the flu and COVID-19 are spread through infected droplets and particles in the air, and can cause severe illness — even death.





# Flu Season and COVID-19

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

As cases of COVID-19 continue to appear, other respiratory illnesses, including the flu, haven't gone away. A flu outbreak in a location that's also experiencing a lot of COVID-19 cases could overwhelm hospitals and make it hard for doctors and hospitals to care for a sudden surge of sick patients.

## Can you have the coronavirus and the flu at the same time?

Unfortunately, yes — and if you have the coronavirus and the flu at the same time, the resulting impact could be even more severe than having either infection alone.

## Cold and Flu Season Precautions: What to Do

1. **Get a flu shot.** Even if you usually skip a flu shot, this is the year to make sure you get one. It is safe for you to go to your provider for a flu shot. For the 2020–2021 flu season, the U.S. Centers for Disease Control and Prevention, or CDC, recommends that you get your flu shot in the late fall. Ask your provider if you should get a pneumonia shot, too.
2. **Don't forget the kids.** It's important to ensure your children (over 6 months old) get flu shots — and any other vaccines they need. Learn more about keeping up with routine vaccinations for babies and kids during the coronavirus pandemic.
3. **Care for yourself** and your family with good nutrition, plenty of rest, proper hydration, regular exercise and stress management. And always stay home if you don't feel well.
4. **Continue protecting yourself from the coronavirus.** Even if you are tired of following coronavirus precautions such as washing your hands frequently, cleaning and sanitizing, wearing a face mask and physically distancing, it's especially important now to keep up the good work — and encourage your family to do the same.

Maintaining these habits through the cold and flu season will help prevent COVID-19 and other fall and winter illnesses, as well.



[https://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm#anchor\\_1593184899499](https://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm#anchor_1593184899499)<https://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/flu-season-and-the-coronavirus-how-to-prepare>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-disease-2019-vs-the-flu>

<https://www.cdc.gov/flu/highrisk/index.htm>



# Synchronize Your Medication

All regular prescriptions  
filled at one time

## We will need to know

1. How many of each medication you have on hand and the date you counted them.
2. If you use a certain medication faster or slower than prescribed, let us know that as well.

Examples would be medications like insulin or eye drops or prescriptions that read "take 1 or 2 daily".

To set this up, please call:

(707) 825 - 5023  
or  
1 (800) 697 - 0888

# Medication Mailing

Reduce your need to  
come to the clinic

UIHS Pharmacy is offering medication mailing to the address of your choice or delivery to a UIHS clinic closer to your home.

Please call the pharmacy to set this up if you haven't already.

We cannot mail Norco and can only mail other medications controlled by the DEA (Rx numbers that start with a "4") if you sign a release of liability for our pharmacy. We can mail, email, or FAX this form to you or you can pick one up from our pharmacy. Controlled substances cannot be delivered to our clinics for safety reasons.

To set this up, please call:

(707) 825 - 5023  
or  
1 (800) 697 - 0888







Medical  
 Dental  
 Behavioral  
 Health  
 Pharmacy  
 Vision  
 Farmers Market  
 W.I.C.  
 Telehealth  
 Workout Room  
 Walking Trails  
 Community  
 Outreach

## *Potawot Health Village*

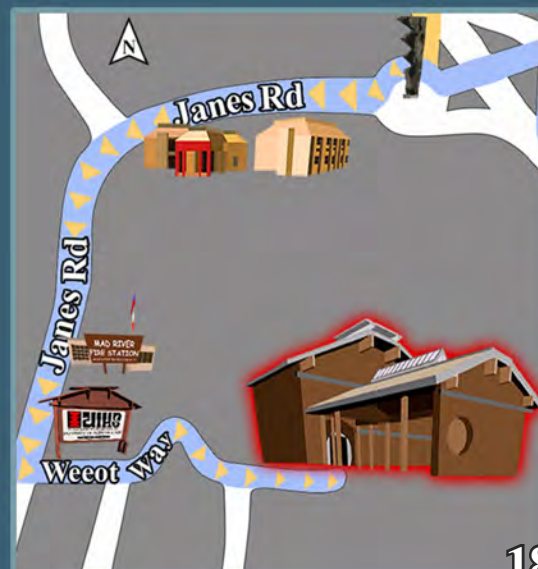
Hours of Operation

Monday - Friday : 8:00 am - 5:00 pm

Pharmacy: 8:30 am - 5:30 pm

Main Number:  
 (707) 825-5000

1600 Weeot Way  
 Arcata, CA  
 95521







# 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**





**Private**

**UIHS now has  
Telehealth!  
Call any clinic to  
make an  
appointment!**

**Same**

**personalized  
health care**

**Low Wait Time**



**Do You Have  
Or Are You:**

**UIHS ELIGIBILITY**  
*Do you qualify?*

- ◆ An enrolled member of a Federally Recognized Tribe
- ◆ California Indian listed on the California Judgment Roll
- ◆ Certificate of Degree of Indian Blood (CDIB) from the Bureau of Indian Affairs (BIA)
- ◆ Certified birth certificate linking client to an eligible CA Indian with verified documentation.
- ◆ Letter from local CA Tribe, stating the entity recognizes the client as a descendent of the tribe.

All minor children need a Certified Birth Certificate or other appropriate document providing a link to an Eligible parent or guardian

A Non-Indian Spouse or Domestic Partner of an Eligible Indian Beneficiary is currently eligible for services but they must meet the following requirements:

- Must provide a Certified Marriage or Certified Domestic Partner Certificate; and
- Must live in the same household as their spouse/domestic partner; and
- Must reside within the UIHS Service Area; and
- Must maintain valid medical insurance coverage

Please bring in all insurance cards or bring a copy of the front and back of the insurance card for which the client is eligible. Please bring in original documents, we will make a copy and return your originals.

For more information please call Member Services phone numbers:  
Humboldt – 707-825-4090, Del Norte – 707-465-2960



# Know your Resources

## National

California Smokers' Helpline: 1-800-NO-BUTTS (1-800-662-8887)  
The National Domestic Violence Hotline: 1-800-799-7233  
Suicide Prevention Lifeline: 1-800-273-8255 or text "HOME" to 741-741  
California Youth Crisis Line: Crisis Support for youth 1-800-843-5200  
The Trevor Project: For LGBTQ youth 1-866-488-7386

## Humboldt / Del Norte

North Coast Rape Crisis Team: Humboldt: 707-445-2881, Del Norte: 707-465-2851  
Humboldt Domestic Violence Services: 707-443-6042 or 1-866-668-6543  
Child Welfare Services, Emergency Response, Abuse Reports: 707-445-6180  
Adult Protective Services, Elder Abuse Reports: 707-476-2100 or 1-866-527-8614  
Humboldt County Mental Health: 707-445-7715  
Del Norte County Mental Health: 707-465-6925  
Public Health Department: Humboldt (707) 445-6200, Del Norte (707) 464-3191  
Planned Parenthood: 707-442-5709  
DHHS Transition Age Youth Program: 707-476-7668  
Queer Humboldt: 707-834-4839  
Humboldt Domestic Violence Service: 707-443-6042 or 866-668-6543  
Harrington House Shelter: 707-465-3013  
Humboldt County HICAP office: 707-444-3000  
Bikers Against Child Abuse (BACA): 707-496-3004

## Tribal

Yurok Tribe Social Services 707-482-1350  
Tolow Dee-ni' Nation Community and Family Services: 707-487-3175  
California Indian Legal Services: 707-443-8397  
Bear River Band of Rohnerville Rancheria: 707-733-1900 x 225  
Blue Lake Rancheria: 707-668-5101  
California Tribal TANF Partnership: 707-476-0344  
Karuk Tribe of Northern California: 530-842-9228  
Northern California Indian Development Council: 707-445-8451  
NIWHONGWH XW E:NA:WH Stop the Violence Coalition: 530-625-1662  
Positive Indian Family Network: 530-625-4816  
Table Bluff Rancheria: 707-733-5055  
Shu'-ag-xuu-dvn (In a Good Way-Place) Tolowa Dee-ni' Nation: 707-487-2089  
Yurok Tribe: Eureka: 707-444-0433, Klamath: 707-481-1350, Weitchpec: 530-625-4130



# Word Search

S R E S P E C T S A F E T Y N  
G K H T L A E H S T I G M A O  
N T N E I T A P K L A T A P I  
I C O M P A S S I O N S Y R T  
L A T N E M G D U J N O N E N  
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E N C O U R A G E G N I P O C

**ACCEPT**

**AVAILABLE**

**BEDIRECT**

**COMPASSION**

**COPING**

**ENCOURAGE**

**FEELINGS**

**GATEKEEPERS**

**GOOD**

**HEALTH**

**HELP**

**INTERVENTION**

**STIGMA**

**STRENGTH**

**INVOLVED**

**LIFELINE**

**LISTEN**

**MATTER**

**NONJUDGMENTAL**

**PATIENT**

**POSITIVITY**

**PREVENTION**

**REMOVEMEANS**

**RESPECT**

**SAFETY**

**SKILLS**

**TALK**

**YOU**



## What's the Difference?

## Can you find the 8 differences?







1600 Weeot Way  
Arcata, CA 95521

### The Acornbasket

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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: \_\_\_\_\_