

THE ACORNBASKET

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

Newsletter of United Indian Health Services, Inc.

Volume 43, No. 4



Winter 2021



Don't Wait Vaccinate



Clinic Sites

UIHS Clinic Hours

| | | | |
|--|---|---|--|
| Potawot (Arcata) For an appointment call: | 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. | |
| All Other Services | (707) 825-5000 | Pharmacy | (707) 825-5020 |
| Behavioral Health | (707) 825-5060 | Purchased Referred Care | (707) 825-5080 |
| Community Health | (707) 825-5070 | Toll-free number | 1-800-675-3693 |
| Dental | (707) 825-5040 | Vision | (707) 825-4129 |
| Medical | (707) 825-5010 | WIC | (707) 822-9900 |
| Nutrition | (707) 825-5070 | Client Records | (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) | Monday, Tuesday, Thursday, Friday | 8:00 a.m. to 4:00 p.m. | Closed for lunch 12:00 p.m. to 1:00 p.m. |
| | For an appointment call: | (707)-482-2181 | 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 | |
| | Syringe Exchange 2nd and 4th Wednesday | 10:00 a.m. to 3:00 p.m. | OB Care and Same Day Access Care 1st and 4th Tuesday 9:30 a.m. to 3:00 p.m. |
| | | | WIC-Weitchpec (707) 822-9900 |
| WIC-Willow Creek Phone # : 707-822-9900 | | WIC-Hoopa Phone # : 707-822-9900 | |

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Message from the CEO

Submitted by John Reeves, CEO and Jed Rudd, COO, UIHS

It has been a few issues since I have had the opportunity to share words for the Acorn Basket, and this submission is going to be a bit different from the past. This issue, we find ourselves in a unique situation. In the time between this issue (OCT/NOV/DEC) and the first 2022 issue (JAN/FEB/MAR), you will have seen a complete turnover of both the Chief Executive Officer and Chief Operations Officer positions at United Indian Health Services. I figured that given this looming transition it was appropriate for the two of us to tag team a message to the community.



COVID has also helped us realize the need to celebrate and reward our loyal staff – who remain committed year over year – through pandemic after pandemic – to UIHS and its mission. We have completed an exhaustive analysis and are implementing important changes to our compensation to ensure that UIHS staff are properly paid. If you are looking for a competitive job, UIHS should be on your list – and we're always looking for great people!

We were able to finalize the purchase of 2 new properties in Eureka during the past quarter. The first is a property at 434 7th Street in Eureka. This 2 story, 10,000 square foot building will be the future hub of our Eureka clinical services are excited to report that we will be expanding our footprint in Eureka! The second property is located at 525 7th St in Eureka. It will house an assortment of our COVID response related services, including tribal public health and behavioral health. We also purchased the parking lot at 621 F St in Eureka, creating a convenient complex of services for our clients in that area! We are still working through the design process but are excited to report significant progress.

Significant progress is also being made on our very own Potawot Health Village campus. We are in the midst of tearing down the existing aged structures located on the property in preparation for new aesthetically appropriate ones to further support our emergency preparedness needs.

Jed Rudd – Chief Operations Officer



While it is never “convenient” for a leader to transition roles, the timing, in this case, felt appropriate, and I have made the tough decision to resign from my position as Chief Operations Officer at UIHS. My last day will be October 8, 2021. I honestly never expected my stay to be this brief. There may be some of you who feel like I am another example of the “revolving door” of leadership at UIHS. I’ve heard this frustration expressed many, many times. While this may be a valid perception, I choose to perceive my resignation as a way of making space for leaders to rise from within the organization – creating space for growth and American Indian Staff Development within our leadership structures. I believe we can attract and retain qualified American Indian / Alaska Native leaders for our top 2 positions at UIHS – and I’m choosing to create room for that possibility.

I want to thank you all for profound honor to sharing this time with you – through the Acornbasket and all the other avenues I’ve been able to contribute. I am optimistic that our paths will cross in the future – and look forward to that potential manifesting into reality!

Message from the CEO

Submitted by John Reeves, CEO and Jed Rudd, COO, UIHS

John R Reeves III – Chief Executive Officer

When I look back to October of last year, and I look forward to today, I can honestly say that I never once considered the fact that I would be writing a few parting paragraphs for the second time. Since I made the decision to move down to Southern California to be closer to family, a part of me stayed behind to aid UIHS from an entirely remote capacity.

With the onsite handled by Jed, I was able to ensure the process aspects of the CEO position were able to continue as outlined in policy. Think signatures, responsibility on licenses, the minutia that keeps UIHS accountable to its organizational policies, procedures, and processes. The role of CEO at UIHS is a voluminous one, but ever formidable under the increased strain of COVID. I wanted to personally thank Jed for his time and commitment to UIHS during his time with us. As we start to get a better handle on COVID in the communities, and we formalize our strategy forward, UIHS, beyond our collective transition, will be in a place for a new leader to pick it up and cultivate its evolution into what it will be for years to come. During our years at UIHS, we have come to appreciate the organization's drive and desire to provide the best possible healthcare to the American Indian and Alaska Native inhabitants of Humboldt and Del Norte counties. As the winds of change blow through the leadership of the organization, hopefully for the last time in a long time, the recent gusts have not been for nothing. In the time between then and now, it is pleasing to us the strides the organization has made. This is a testament to the governance from the Board Members, the leadership of the Executive Leaders, the management of our Managers and Directors, as well as the work of our Teams. A healthcare organization is nothing without its clients, so thanks must be extended to you all as well.

It has been an honor and pleasure to serve you all.

John Reeves and Jed Rudd

Using Commercial Tobacco Products and want to quit?

Elidia Adams-Loya, Health Promotion & Education Specialist, NATIVE Tobacco Project

Did you know that American Indians and Alaskan Natives are at an increased risk of cancer from commercial tobacco? More than 60% of tribal members are current smokers, compared to 44% of American Indian/Alaska Natives adults overall and 14% of adults nationally. American Indian/Alaskan Natives have high smoking rates which contribute to tobacco-related cancer diagnoses and deaths.

Source: www.cdc.gov

There are so many resources available to help you in your journey with quitting!

Here are a few that can help:

- KICKITCA (Formerly known as California Smokers' Helpline)- KICKITCA.ORG
- To quit vaping, Call 1-844-8-NO-VAPE (1-844-866-8273)
- Teen Helpline to quit smoking, Call: 1-800-662-8887

Our NATIVE Tobacco Project also provides quit kits designed specifically for pregnant American Indian women & UIHS clients.



Meet the UIHS Behavioral Health Counselors

(707) 825-5060



Isabel Fazzone, LMFT

It takes courage to change and being a part of that process for someone seeking help is why I love my work! I have advanced training and experience in trauma recovery and use a relationship and systems oriented approach utilizing a strength based lens. My concentration consists heavily on identifying trauma based issues and working collaboratively with my clients to ensure a good outcome. I use techniques from CBT-TR, Mindfulness Practices, Family Systems Therapy, Solution Focused Therapy, DBT, Jungian Therapy, Narrative Therapy methods and am trained in EMDR and Flash technique to compliment the trauma resolution aspect of your therapy experience. Let's learn new ways to enjoy your life and relationships and feel more in control!

Heather Blankenship, LMFT

Heather is a Licensed Marriage Family Therapist who has been with UIHS since 2009. She utilizes a Humanistic approach believing each person is unique and when given unconditional positive regard, empathy, and support within a trusting environment, they can discover the path to their own healing and truth. Heather encourages clients to engage with mental, emotional, physical, and spiritual aspects of healing. "I feel blessed to witness the courage and strength of community members while they travel their journey of healing. The terrain may be rough, and the weather uncertain, but the effort is always worthwhile."



Boosters and 3RD Doses

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

Boosters are administered when a person has completed their vaccine series and protection against the virus has decreased over time. COVID-19 vaccine **booster** shots are now available—**though only to select people who are at increased risk**. In September, the Food and Drug Administration (FDA) and the Centers for Disease Control and Prevention (CDC) authorized a Pfizer-BioNTech **booster** dose for some Pfizer vaccine recipients.

The guidelines for the BOOSTER of the **Pfizer** vaccine are that **a single dose be administered at least 6 months after completion of the Pfizer series in people who are:**

- 65 years and older
- Age 18+ who live in long-term care settings
- Age 18+ who have underlying medical conditions*
- Age 18+ who work in high-risk settings
- Age 18+ who live in high-risk settings

If you received the last of your two-dose **Pfizer COVID-19 vaccine** more than six months ago, you might be eligible for a booster shot. Those who received the **Johnson & Johnson** or **Moderna** COVID-19 vaccine are not yet eligible for a booster dose.

On October 14th, the FDA authorized a Moderna booster dose for some Moderna vaccine recipients, but CDC approval is still required to move forward with administering these boosters. We should know more in the coming days for the Moderna vaccine full approval. The proposal for the booster of the Moderna vaccine are that a **HALF DOSE** be administered at least 6 months after completion of the Moderna series following similar guidelines. **Again, the CDC has not yet approved the Moderna booster at the time of printing. The CDC vaccine advisory committee is expected to vote on the proposal next week.**

Third Doses

Currently, any individuals who are considered **moderately to severely immunocompromised** may receive a **third dose of Pfizer or Moderna**, depending on which vaccine they first received.

If you're immunocompromised, talk t your provider about getting a third dose now.

Key points:

- **Third shots** of mRNA COVID-19 vaccines have already been authorized by the Food and Drug Administration (FDA) for some people who are immunocompromised.
- **Booster shots** are now approved for select **Pfizer-BioNTech** vaccine recipients.
- Those who received the **Moderna or Johnson & Johnson** COVID-19 vaccines **are not yet eligible for a booster shot**, however, new information on the Moderna booster is expected in the next week.

*Underlying medical conditions:

Cancer, Chronic Kidney Disease, Chronic Lung Disease, Dementia or other neurologic conditions, Diabetes, Down syndrome, Heart Conditions, HIV infection, Immunocompromised state, Liver Disease, Overweight and obesity, Pregnancy, Sickel Cell disease, Smoking, current or former, Solid organ or blood stem cell transplant, Stroke or cerebrovascular disease, Substance use disorders

Resources:

- Centers for Disease Control and Prevention. Interim clinical considerations for use of COVID-19 vaccines currently approved or authorized in the United States. Updated September 27, 2021.
- Centers for Disease Control and Prevention. COVID-19 vaccine booster shot. Updated September 30, 2021.
- <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html#HighRisk>

New Hires



Alyssa Atira Montgomery
Garden Technician



Kevin H Lee
Provider- MD



Amanda C Valenzuela
Front Office Assistant



Helen L Lance
Fiscal Controller



April Brodhag
Dental Assistant



Susan Wellman
Dentist



Lonnie S Johnson
Van Driver



Meghan B Glazebrook
Lab Assistant-Molecular



Peter V Barajas
Member Services Representative



Sophia E Mitchell
Medical Assistant



Kellen X O'Neill
Lab Assistant-Molecular



Kevin T Hand
Lab Assistant-Molecular



Barbara L Beck
FO-Medical Supervisor



Taiya N Baldy
Administrative Assistant- Diabetes



Christopher R Myers
Chief Clinical Officer



Julie-Onnah A Solomon
Front Office Assistant- Medical



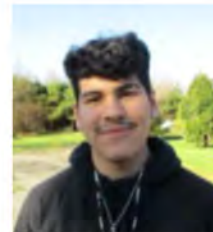
Maryah A Ferreira
Clinical Nurse- RN



Myriah M Davis
Front Office Assistant -Medical

Dear Dr. Coyote

Submitted by: Andre Cramblit, Cultural
Resource Specialist, UIHS



Cesar Kartaltepe
Maintenance Technician



Shawna Huggins
Community Health Representative

Dear Dr. Coyote; I would like to know more about Tribal tattoos. I have seen women with the tats on their chin but don't know what it means. Can you shed some light on this for me please? Signed Tattoo Tempted.

Dear Tempted; I am more than willing to fill you in on what I know about Tribal tattoos. The markings you have noticed on local Native women are general called one hundred and eleven tattoos. This is due to the parallel nature of the three stripes on their chin the looks like the numeral 111. In traditional times tattoos were called beauty marks but suffice it to say they are certainly symbols of distinction. Nowadays it can be seen as a way of reclaiming culture and tradition, but you would have to ask the person to see what it means to them.

In days gone by tattoos were made by slitting the skin with obsidian knives and packing it with a mixture of oily drippings from animal fat and ash from the fire. This compound was rubbed into the exposed flesh of the person getting the tattoo.

Men also had tattoos. They had one on their wrist and one on the upper arm to measure out strands of dentalia for trading. They also might have notch marks on the thumb to measure each individual shell of dentalia.

7 Today men and women have integrated basket designs into the tattoo world and wear these pieces of tribal skin-art with pride.

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

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.



| | |
|---------------------------|------------|
| Aubrey Dalton | 7 Yrs Old |
| Travis Wolfe Hodgins | 10 Yrs Old |
| Koda Nelson | 8 Yrs Old |
| Neikoma Cantrell "Junior" | 10 Yrs Old |
| Ryder Nelson | 8 Yrs Old |
| Maverick Rideout | 5 Yrs Old |
| Thomas Brown | 11 Yrs Old |
| Brayden Stauffacher | 9 Yrs Old |
| Maya Dallan | 9 Yrs Old |
| Aurora Buchholtz | 10 Yrs Old |
| Mckenzie Martin | 3 Yrs Old |
| Emery Baltzer | 11 Mos Old |
| Kylie Fowler | 8 Yrs Old |
| Jazmin Woodard | 10 Yrs Old |
| Colton Hedin | 11 Yrs Old |
| Nanya Van Pelt | 8 Yrs Old |
| Nii Li Smith | 10 Yrs Old |
| Tyler Obie Holt | 9 Yrs Old |
| Corbin Green | 10 Yrs Old |
| Navaeh Abbott Brown | 8 Yrs Old |
| Eliana Cotton | 3 Yrs Old |
| Kylee Secor | 10 Yrs Old |
| Brooks Cordalis | 8 Yrs Old |
| Faith Silvey | 10 Yrs Old |
| Aleyce George | 7 Yrs Old |
| Tessla Carpenter | 6 Yrs Old |
| Zion DeForrest | 9 Yrs Old |

| | | | |
|-----------------------------|------------|-------------------------|------------|
| Isabella DeForrest | 8 Yrs Old | Gavin Thomas | 4 Yrs Old |
| Gavin Keisner | 8 Yrs Old | Rudy Garcia | 14 Yrs Old |
| Skylar Vanlandingham | 7 Yrs Old | Mason Duncan | 5 Yrs Old |
| Marlee Lawson | 5 Yrs Old | Damian Aguilar | 5 Yrs Old |
| Lillian Free | 5 Yrs Old | Ke Se Loh (Lala) Powell | 5 Yrs Old |
| Jack Kyte | 10 Yrs Old | Kaytlyn Porter | 3 Yrs Old |
| Ryland Terrini | 5 Yrs Old | Easton Ramsey | 6 Yrs Old |
| Evelyn Ramirez | 2 Yrs Old | Daphany Brown | 9 Yrs Old |
| Freya Dunn | 2 Yrs Old | Myka Smith | 4 Yrs Old |
| Jessalyn Miller | 6 Yrs Old | Kayannah Reed | 5 Yrs Old |
| Wisdom Hershberger | 2 Yrs Old | Iim'nih Marshall | 2 Yrs Old |
| Clio Saulsbury Bruck | 10 Yrs Old | Hudson Spears | 3 Yrs Old |
| Gemma Dean | 3 Yrs Old | Lilith Mann | 4 Yrs Old |
| Jordan Mcpherson | 4 Yrs Old | Taitlianna Lafayette | 4 Yrs Old |
| Brinley Christie | 2 Yrs Old | Kion King | |
| Carson Moulton | 4 Yrs Old | Joycie Montgomery | 2 Yrs Old |
| Brylee Costa | 4 Yrs Old | Brydan Carterby | 10 Yrs Old |
| Krysdon Cearley | 8 Yrs Old | Azrell Phounleuth | 11 Yrs Old |
| Ztishia Her | 2 Yrs Old | Axel Tripp | 10 Yrs Old |
| Eli Lee | 4 Yrs Old | Kenai O'loughlin | 12 Yrs Old |
| Isaiah Case | 12 Yrs Old | Devin Liles | 10 Yrs Old |
| Sophie Green | 7 Yrs Old | Kimber Smith | 5 Yrs Old |
| Alena Brown | 10 Yrs Old | Ryan Vaughn | 10 Yrs Old |
| Aniyah Raymond | 9 Yrs Old | Aneekah Hostler | 11 Yrs Old |
| Blake Sample | 10 Yrs Old | Riggin Albee | 6 Yrs Old |
| Bradley Brennen | 9 Yrs Old | Hudson Holt | 9 Yrs Old |
| Camille Bailey | 4 Yrs Old | Hendrix Holt | 7 Yrs Old |
| Cassius Trujillo | 2 Yrs Old | Lucas Morgan | 6 Yrs Old |
| Desirae Miller | 9 Yrs Old | Taylor Schultheis | 6 Yrs Old |
| Emmett Randle | 3 Yrs Old | Cameron Hayden Davi | 11 Yrs Old |
| Ezra Mellon | 7 Yrs Old | Madisyn Mccovey | 8 Yrs Old |
| Grayson Pontious | 5 Yrs Old | Isabelle Valdez | 2 Mos Old |
| Javelin Samulski | 10 Yrs Old | Jazmin Macks | 10 Yrs Old |
| Maia Mager | 5 Yrs Old | Maya Dalton | 5 Yrs Old |
| Miyah Evenson | 5 Yrs Old | Cailyn Shumard | 11 Yrs Old |
| Nor-Ow Turner | 12 Yrs Old | Chayton Robbins | 8 Yrs Old |
| Silas Wantt | 5 Yrs Old | Emery Baltzer | 16 Mos Old |
| Tah Tayth Romanannose Jones | 5 Yrs Old | | |
| Wallace Donahue | 10 Yrs Old | | |
| Wayne Mosier | 5 Yrs Old | | |
| Easton Prado | 3 Yrs Old | | |
| Casey Thomas | 6 Yrs Old | | |

Flu Season 2021 - 2022 is here!

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

It has been a tough year and a half for all of us with COVID-19 directing all of our activities, precautions, and lifestyles. Last year, influenza (flu) activity was unusually low, most likely because of all of the precautions we had in place, such as wearing face masks, staying home, hand washing, school closures, reduced travel, increased ventilation and physical distancing.

As recommendations change for the prevention of COVID-19 (schools are open, people are coming back to in-person work, people are traveling, etc.), AND because we did not have the usual immune-building exposure to the flu last year, there are concerns that the flu season this year could be severe. The Centers for Disease Control and Prevention is recommending that everyone 6 months of age and older (who do not have contraindications*) get the vaccine to prevent influenza (the flu).



Even healthy people can get the flu, and it can be serious. Vaccination is important for those at high risk for serious complications, i.e., infants, children, adults >65, those with heart disease, asthma, diabetes and pregnant women. Healthcare staff are at risk for contracting the flu and transmitting it to their patients.

While seasonal flu viruses are detected year-round in the U.S., flu viruses are most common during the fall and winter. Flu activity begins in October and peaks between December and February, although activity can last as late as May.

The flu vaccine is the best way to protect against flu. Vaccination can reduce illness, doctors' visits, missed work and school, and prevent hospitalizations.

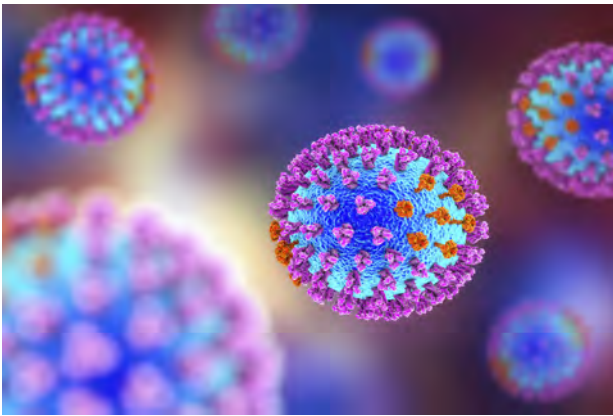
September and October are generally good times to be vaccinated. Ideally, everyone should be vaccinated by the end of October. Adults, especially those older than 65, should not get vaccinated early (in July or August) because protection in this group may decrease over time. Children can get vaccinated as soon as vaccine becomes available—even if this is in July or August. Some children need two doses. For those children it is recommended to get the first dose as soon as vaccine is available, because the second needs to be given at least 4 weeks after the first. Early vaccination can also be considered for people who are in the third trimester of pregnancy, because this can help protect their infants during the first months of life (when they are too young to be vaccinated).



Flu Season 2021 - 2022 is here!

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

*contraindications for the flu vaccine include severe allergic anaphylactic reactions to the influenza vaccine.



Frequently asked questions about the flu vaccine/flu season for 2021-2022:

When is the best time to get my influenza vaccine?

September and October are generally good times to be vaccinated. Ideally, everyone should be vaccinated by the end of October. Adults, especially those older than 65, should not get vaccinated early (in July or August) because protection in this group may decrease over time. Children can get vaccinated as soon as vaccine becomes available—

even if this is in July or August. Some children need two doses. For those children it is recommended to get the first dose as soon as vaccine is available, because the second needs to be given at least 4 weeks after the first. Early vaccination can also be considered for people who are in the third trimester of pregnancy, because this can help protect their infants during the first months of life (when they are too young to be vaccinated).

Will new flu viruses circulate this season?

Flu viruses are constantly changing so it's not unusual for new flu viruses to appear each year. More information about how flu viruses change is available.

When will flu activity begin and when will it peak?

The timing of flu is difficult to predict and can vary in different parts of the country and from season to season. Reduced population immunity due to lack of flu virus activity since March 2020 could result in an early and possibly severe flu season.

Flu activity is low in my community right now. Should I wait to get my flu vaccine?

No. You should not wait for flu activity to be rising or high in your community to get a flu vaccine. September and October are generally good times to be vaccinated and ideally, everyone should be vaccinated before the end of October. While flu activity may be low in your community now, it could begin increasing at any time. Remember, after you are vaccinated, your body takes about two weeks to develop antibodies that protect against flu. Ideally, you should get vaccinated against flu by the end of October.

What is the difference between flu and COVID-19?

Flu and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a coronavirus (called SARS-CoV-2) and seasonal flu (most often just called "flu") is caused by infection with one of many influenza viruses that spread annually among people. Because some symptoms of flu and COVID-19 are similar, people may need to be tested to tell what virus is causing their illness. People can be infected with both a flu virus and the virus that causes COVID-19 at the same time. In general, COVID-19 seems to spread more easily than flu and causes more serious illnesses in

Flu Season 2021 - 2022 is here!

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



some people. Compared with people who have flu infections, people who have COVID-19 can take longer to show symptoms and be contagious for longer.

Will there be flu along with COVID-19 in the fall and winter?

While it's not possible to say with certainty what will happen in the fall and winter, CDC believes it's likely that flu viruses and the virus that causes COVID-19 will both be spreading at that time.

Can I have flu and COVID-19 at the same time?

Yes. It is possible to have flu and other respiratory illnesses like COVID-19 at the same time. Health experts are still studying how common this is. Some of the symptoms of flu and COVID-19 are similar, making it hard to tell the difference between them based on symptoms alone. Diagnostic testing can help determine if you are sick with flu or COVID-19.

Because symptoms of flu and COVID-19 are similar, how will I know if I have flu or COVID-19? Your health care professional may order a test to help confirm whether you have flu or COVID-19 or some other illness. Get more information on COVID-19 and flu testing and symptoms of COVID-19 and flu.

Will a flu vaccine help protect me against COVID-19?

Flu vaccines are not designed to protect against COVID-19. Flu vaccination reduces the risk of flu illness, hospitalization and death in addition to other important benefits. Likewise, getting a COVID-19 vaccine is the best protection against COVID-19, but those vaccines are not designed to protect against flu.

Does a flu vaccination increase your risk of getting COVID-19?

No. There is no evidence that getting a flu vaccination raises your risk of getting sick from COVID-19 or any other coronavirus. (Common human coronaviruses usually cause mild to moderate upper-respiratory tract illnesses, like the common cold.)

If COVID-19 is spreading in my community, should I still go out to get a flu vaccine?

Yes. Getting a flu vaccine is an essential part of protecting your health and your family's health every year. Take recommended precautions to protect yourself from COVID-19 while getting your flu vaccine.

Do I need a flu vaccine if I wear a mask and practice physical distancing?

Yes. Wearing a mask and physical distancing can help protect you and others from respiratory viruses, like flu and the virus that causes COVID-19. However, the best way to reduce your risk of flu illness and

Flu Season 2021 - 2022 is here!

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

its potentially serious complications is for everyone 6 months and older to get a flu vaccine each year. By getting a flu vaccine, you may also be protecting people around you who are more vulnerable to serious flu complications.

Can I get a COVID-19 vaccine and a flu vaccine at the same visit?

Yes, you can get a COVID-19 vaccine and a flu vaccine at the same time. Even though both vaccines can be given at the same visit, people should follow the recommended schedule for either vaccine: If you haven't gotten your currently recommended doses of COVID-19 vaccine, get a COVID-19 vaccine as soon as you can, and ideally get a flu vaccine by the end of October.

We all need to stay cautious for the next several months to prevent flu as well as COVID-19. Get your vaccine for flu today! Call your United Indian Health Services clinic to find out how to get your vaccine. If you have not been vaccinated for COVID-19 yet, let us know how we can help you get vaccinated today. Stay Safe! Stay Healthy!

Resources:

<https://www.cdc.gov/flu/season/faq-flu-season-2021-2022.htm>

<https://www.cdc.gov/flu/season/index.html>



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

Introduce Anna Nordquist

Submitted by: Dr. Antoinette Martinez, UIHS

My name is Anna Nordquist. I am a third year medical student in the Rural PRIME program at UC Davis. I grew up in Humboldt County and graduated from Arcata High School in 2013. I did my undergraduate studies at UCLA where I completed a double major in Integrative Physiology and French with a minor in Global Health. After college I moved back home, where I served in AmeriCorps at the Blue Lake Community Resource Center and worked as a Medical Assistant at Redwood Urgent Care before starting medical school. During medical school, I have volunteered as a co-director and ObGyn Clinic coordinator at the Willow Student Run Clinic, worked as a TA for an undergraduate anatomy course at UC Davis, and, alongside my Rural PRIME colleagues, piloted a tele-mentoring program for high school students interested in the medical field. I am interested in maternal child health, medical education and rural healthcare. In my free time, I enjoy backpacking, hiking, bouldering, coffee, cooking, and spending time with family.

Maternity Care Updates

Submitted by: Dr. Hugh Kent, UIHS

I am writing to let everyone know about a change to my practice here at UIHS. For the past 7 years I have been providing maternity care. This involves prenatal care both at PHV and our Weitchpec clinic, as well as being available day and night at Mad River Community Hospital, to provide safe, caring, and whole-hearted medical care for the birth of new members of our community at UIHS. This has been the most meaningful thing that I have done in my entire life. It is a blessing and a privilege to be a part of such a special and sacred time in people's lives and I will carry that with me forever. I have decided that the on-call, hospital portion of this medical care is not something that I can continue. The schedule and calls in the middle of the night are not sustainable for our family. Artemis (5) and Apollonia (2) have been woken up too many times by this, as well as impacted by my absence (and sleep-deprived grumpiness) due to my work duties. The degree that my work has shifted childcare and home upkeep onto my partner Kelly does not match up well with the egalitarian view of parenting/partnering that I believe strongly in. Children thrive with consistency and I am needing to put my attention to this. I anticipate more consistent wholesome meals, playing, books, settling children to sleep, engagement in various projects, just being a good parent. As a doctor it is not always easy to prioritize such things but it is important and should be done.



The dedication and care that is required to care for pregnancy and childbirth is not something to take for granted. The long-term presence and diligence provided by my colleagues Drs. Nicely and Martinez, as well as doctors and midwives the world over, is a special gift and deserves appreciation by all of us. I sincerely hope that UIHS continues to prioritize the offering of this care as it is the foundation of the care that we provide to our clients.

I will continue to provide prenatal care in Weitchpec and at Potawot Health Village as long as it is needed. I remain quite committed to the Native community here and am here to support people in any way that I can as a doctor. I have plans to reinvest my newfound improved sleep and balance into my work here and am very excited to do this. Thank you for the opportunity to care for you over these years and I hope for many to

Indigenous Milk Medicine Week

August 8th to 14th 2021

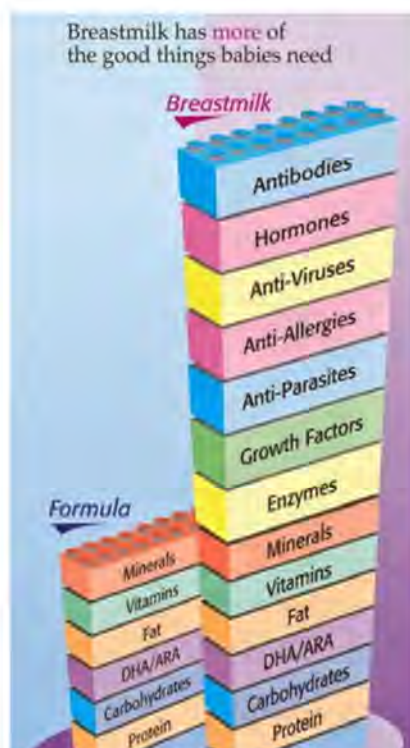
Indigenous Milk Medicine Week begins each year on the second Sunday. August is recognized as National Breastfeeding Month. For native families, breastfeeding is an important determinant of health and we are nourishing our futures. Breastfeeding can reduce the risk of obesity and diabetes. For more info follow:

Fb- Indigenous Milk Medicine Collective

Instagram-@IndigenousMilkMedicineWeek



Breastmilk
VS,
Formula



Breastfeeding Facts

- ♦ Breast milk contains antibodies and live white blood cells that help your baby fight against infection including Covid-19. And, when you or your baby are sick, the amount of these cells in your breast milk increases.
- ♦ The smell and taste of your breast milk changes depending on the foods you eat. Exposing your little one to more flavors during breastfeeding can lead them to be less picky eaters once you begin introducing solids.
- ♦ Your breast milk is constantly changing to meet the needs of your growing baby. From month-to-month, throughout the week, day-to-day, and even throughout a single feeding.
- ♦ Breastfeeding lowers your baby's risk of common childhood illnesses, including ear infections, respiratory infections, gastroenteritis, and Necrotizing Enterocolitis.
- ♦ Want more information or have questions about breastfeeding? WIC can help. We have lactation educators to answer your questions. **Give us a call @707-822-9900**

Lost your COVID-19 vaccine card? Here's a link to get a record of your vaccination

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

<https://myvaccinerecord.cdph.ca.gov/>



Get Your Digital COVID-19 Vaccine Record

Your Digital COVID-19 Vaccine Record is an electronic vaccination record drawn from the data stored in the California immunization registry.

The digital record shows the same information as your paper CDC vaccine card: your name, date of birth, vaccination dates

and type of vaccine you received. The digital record also includes a QR code that when scanned by a SMART Health Card reader will display to the reader your name, date of birth, vaccine dates and vaccine type. The QR code also confirms the vaccine record as an official record of the state of California.

Will my information remain private?

Yes. Filling out the form on the portal does not provide instant access to your vaccine record. The link to the vaccine record requires a PIN that you create and is sent only to the mobile phone or email that is associated with your immunization record.

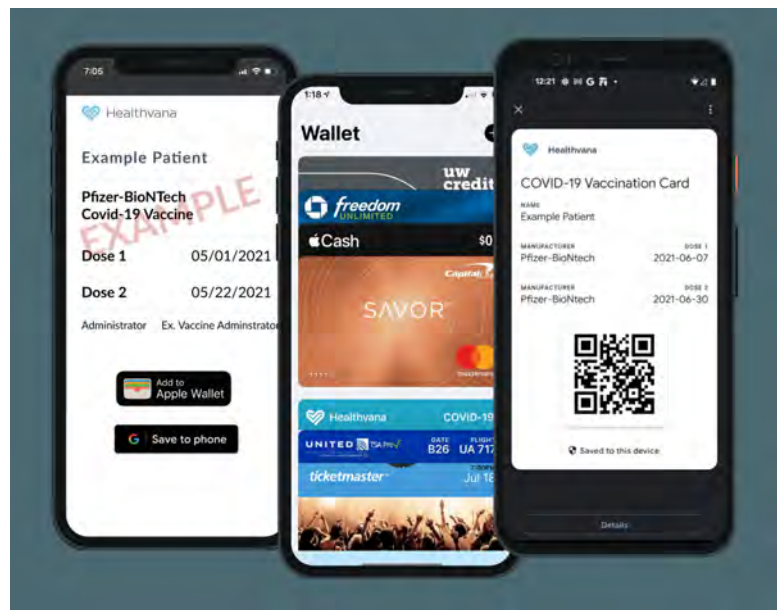
For questions and other assistance, contact:

1-833-422-4255

M-F 8AM-8PM, Sa-Su 8AM-5PM

NOTE: We're unable to update your Digital COVID-19 Vaccine Record over the phone.

Safe, free, and effective COVID-19 vaccines are now available to everyone age 12 and up, get vaccinated.



<https://myturn.ca.gov/>

How Oral Health Affects Your Whole Body Health

Submitted by Carla Rae Creason, Dental Services Manager, UIHS

Oral health affects whole body health. Your mouth is the gateway to the rest of your body and how you treat your teeth and gums can have lasting effects. The brightest of smiles are surrounded by invisible bacteria. With a healthy immune system and excellent oral hygiene, these bacteria are mostly rinsed away...until the next meal. Practicing daily oral hygiene at home and partnering with your dentist keeps your body healthier. But, poor oral care leads to gums that recede, called periodontal (gum) disease, which then allows the microscopic bacteria to travel throughout your body.

Leading Researchers Agree

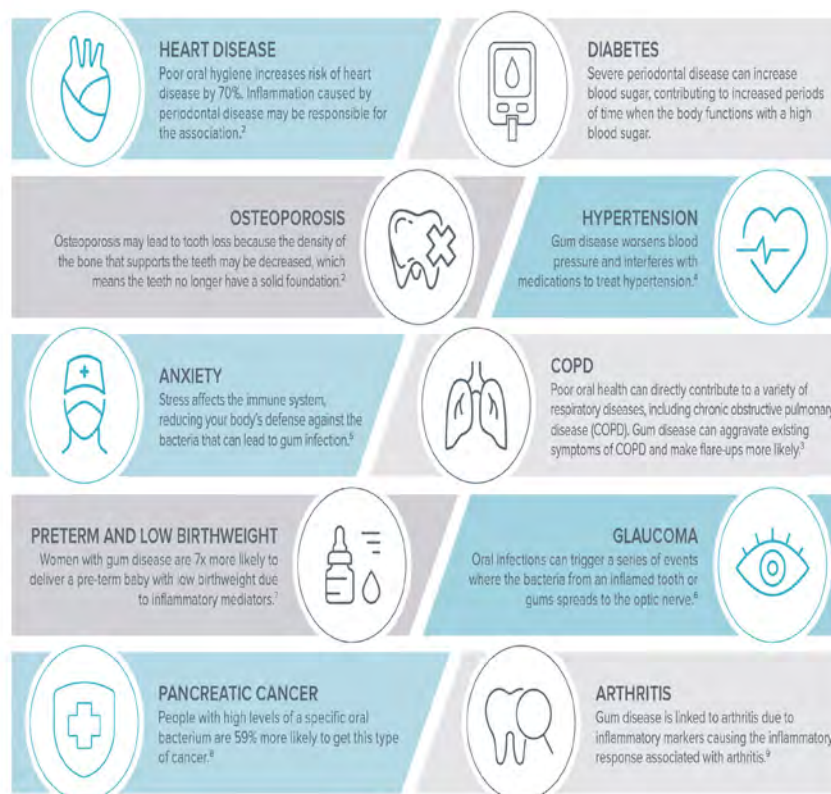
All of these research institutions share the viewpoint that oral health is an essential part of staying healthy. And it goes both ways – bad oral health can cause medical problems, and certain medical problems and medications can contribute to periodontal disease and tooth bone loss.

What We Know Now

Latest research shows that the primary association between oral health disease and systemic health lies in chronic inflammation and bacteria affecting and entering the bloodstream through the mouth. Inflammatory markers in the bloodstream affect immune response and pathogenic bacteria in the bloodstream can be passed to the whole body.

What We Do For Our Patients

Our dental providers review risk factors for tooth decay and gum disease, including tobacco use and chronic diseases. As a result of this assessment, patients receive a personalized and detailed Proactive Dental Care Plan with recommendations for home care as well as in-office treatments. Additionally, all patients undergo blood pressure checks prior to procedures and are screened for oral cancers. Tobacco users also receive tobacco cessation counseling. Please remember that it is so important to receive routine dental health care. Appointments are at a premium and keeping your appointments with your dental provider is important for overall health.



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Veterans Assistance now at UIHS

The San Francisco VA Health Care System's (SFVAHCS) Community Veteran Health Program (CVHP) has recently established a presence in Arcata @ United Indian Health Services Potawot Health Village with staff dedicated to supporting Veterans and their families in this service area.

The SFVAHCS is committed to providing support to you and your family. Please reach out if you are interested in:

- Developing new connections with other Veterans in your community
- Information regarding VA Health Care benefits, assistance with navigating VA Health Care, and appointment scheduling
- Social work services for Veterans needing resources, referrals, and services
- Psychological services, including supportive counseling and time-limited brief therapy
- Information about the VA's robust telehealth program, and assistance connecting with a provider for video visits (via cell phone, computer, or tablet) without having to travel to Eureka CBOC or San Francisco VA
- Education and workshops on Veteran and caregiver-related topics
- Opportunities for Veterans to discuss issues or concerns related to readjustment
- Support around balancing work, school, self-care, and family life
- Information regarding other available VA benefits

If you would like more information regarding our program, or to learn more about how to engage in VA Health Care, please contact the local Community Veteran Health Program Social Worker, Tracy Marshall, LCSW, MSW. Tracy is stationed in Hoopa, California and provides outreach to rural veterans in Hoopa and the surrounding areas . Tracy will be at the UIHS Arcata site on every other Thursday beginning 07/15/21 from 1:00 pm. to 3:00 p.m., if you would like to meet her in person, please stop by. She will be stationed near the registration desk at the front of the building. You can reach Tracy Monday thru Thursday at (707) 752-1910 from 8:00 a.m. to 6:00 p.m.



ATTENTION TRIBAL ELDERS!

~The Native Will Project~

Have your simple will written, for free. UIHS General Counsel, Neal Latt, a licensed California attorney, is initiating an independent, pro bono (FREE) semiannual (twice a year) event to prepare simple wills for tribal elders, ages 60 and up.

If you are a tribal elder 60 or over, you may call Stacey Abott at 825-4121 to schedule your one-hour appointment to meet confidentially with Neal to prepare your simple will. Appointments are made on a first come, first served basis, so call now!

~2022 Native Will Project Dates~

Saturday, March 5 - 10 a.m. - 5 p.m. @ Potawot
Saturday, March 10 - 10 a.m. - 5 p.m. @ Potawot

**First Come, First Served
By Appointment Only**

UIHS is unaffiliated with the Native Wills Project but has generously offered to provide the space for its 2022 dates.

Fresh Basil Pesto

Ingredients:

2 cup fresh basil, packed
1/2 cups freshly grated
Parmesan cheese (about
2 oz.)
1/2 cup olive oil
1/3 cup pine nuts
3 garlic cloves, minced
(about 3 tsp)
Salt and pepper to taste

2. Slowly add the olive oil in a steady stream.
3. Stir in some salt and pepper for taste.

Preparation:

1. Place the basil leaves and pine nuts into a food process or a blender and pulse until leaves are small pieces. Add the garlic and parmesan cheese and pulse several more times. Scrape down the sides with a rubber spatula.



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
Victim Witness Assistance Program: 707-445-7417
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 Services: 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
Tolowa 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'-aa-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

Submitted by Coral Goodman, UIHS PRC Supervisor

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 RESPECT
 SAFETY
 SKILLS
 TALK
 YOU

Whats the Diff?

Can you find the 10
 differences in the
 two pictures





**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

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State: _____ Zip _____

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