



1600 Weeot Way Arcata, CA 95521

View the Acornbasket ONLINE! www.uihs.org

Check out the newsletter and other important information.

The Acornbasket

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

Do you like the changes to the AcornBasket?

☐ Yes ☐ No ☐ Kind of

Please explain your answer:

Please drop off in any of the "easy your burden"
drop boxes. Located around all UIHS buildings.



The AcornBasket

Newsletter of United Indian Health Services, Inc.

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

ATTENTION CLIENTS
Prescription Fee Schedule
WIC Fresh fruit & vegetables

MayGayTohKwe UIHS Summer Camp

G.O.N.A

Bike Rodeo

September is Suicide Prevention Month

Sept / Oct 2016

Volume 36, No. 5

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Aiy-yu-kwee'

The summer months are filled with many activities that bring youth and families together. In this issue, UIHS shares our work in coordinating two different summer camps (May Gay Tolh Kwe) and two different GONA (Gathering of Native Americans) events. These events are well attended by our community and inspire us to expand on traditional ways to provide services for the healing of ourselves, our families and our community. From the stories shared, the games played, and the feeling of belonging when participating in cultural activities, these events provide for a safe place of empowerment.

May Gay Tolh Kwe Summer Camp was an idea that began in the late 1980's even when UIHS' main office was in Trinidad. GONA events started at UIHS in the 1990's. We thank all those originally involved who kindled the fire in getting these events started; and appreciate the efforts among many people throughout the years to keep these events growing and strong.

Wo-klew'

Sherri Provolt, CEO

UIHS Board of Directors * 2016

Board Members

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

Alternates

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

All Board Members can be contacted at 1600 Weeot Way, Arcata, CA 95521-4734
1.800.675.3693 or 707.825.5000 or Fax 707.825.6747

UIHS Clinic Hours

Potawot Site	Monday-Friday 8:00 a.m. to 5:00 p.m. * Closed for lunch 12:00 p.m. to 1:00 p.m. Pharmacy Monday - Friday 8:30 a.m. to 5:30 p.m.	
For an appointment call:		
Behavioral Health (707) 825-5060		Community Health (707) 825-5070
Purchased Referred Care (707) 825-5080		Dental (707) 825-5040
Medical (707) 825-5010		Nutrition (707) 825-5070
Pharmacy (707) 825-5020		Vision (707) 825-4129
All Other Services (707) 825-5000		Toll-free number: 1-800-675-3693
Crescent City Sites	Monday-Friday 8:00 a.m. to 5:00 p.m.	Closed for lunch 12:00 p.m. to 1:00 p.m.
Dental Clinic		Medical Clinic
785 E. Washington Boulevard,		1675 Northcrest Drive, Crescent City
Suite 8, Crescent City		For an appointment call: (707) 464-2750
For an appointment call: (707) 464-2583		
Elk Valley Site	Monday-Friday 8:00 a.m. to 5:00 p.m.	Closed for lunch 12:00 p.m. to 1:00 p.m.
For an appointment call: (707) 464-2919 or Toll Free Number: 1-800-293-2919		
Fortuna Site	Monday-Friday 8:00 a.m. to 5:00 p.m.	Closed for lunch 12:00 p.m. to 1:00 p.m.
For an appointment call: (707) 725-7988		
Klamath Site	Tuesday, Thursday, Friday 8:00 a.m. to 4:00 p.m.	Closed for lunch 12:00 p.m. to 1:00 p.m.
For an appointment call: (707) 725-7988		
Weitchpec Site	Closed for lunch 12:00 p.m. to 1:00 p.m.	
Medical Clinic		OB Care and Same Day Access Care
Monday, Thursday and Friday 9:30 a.m. to 3:00 p.m.		1st and 4th Tuesday 9:30 a.m. to 3:00 p.m.
Health Education Services		WIC (Jan., Mar., May, July, Sep., Nov.)
2nd and 3rd Tuesday 10:00 a.m. to 3:00 p.m.		Last Wednesday every other month 10:00 a.m. to 3:00 p.m.
WIC-Valley West	5000 Valley West Blvd., Suite #9 Monday - Friday 8:00AM to 5:00PM Phone # : 707-822-9900 Closed Wednesdays from 8:00AM to 10:00AM	
WIC-Fortuna	3302 Renner Drive, Suite C Third Thursday of each month 9:30AM to 3:30PM Lunch from 12:30PM to 1:00PM	
WIC-Klamath	241 Salmon Ave First Tuesday of each month 10:00AM to 3:00PM Lunch from 12:00PM to 12:30PM	
WIC-Crescent City	2298 Norris Ave. Second and Third Tuesday of every month 10:00AM to 2:45 PM Lunch from 12:30PM to 1:00PM	
WIC-Willow Creek	77 Walnut Way September 12th, due to Labor Day Holiday. 10:00AM to 3:00PM Lunch from 12:00PM to 12:30PM	
WIC-Hoopa	1200 Airport Rd September 1,2,8,9,15, 16 10:00AM to 3:00PM Lunch from 12:30PM to 1:00PM	
WIC-Weitchpec	Libby Nix Community Center - September 28th	

Sudoku

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

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



Whats the Diff?

Can you find the 10 differences in the two pictures

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

INVOLVED
LIFELINE
LISTEN
MATTER
NONJUDGMENTAL
PATIENT
POSITIVITY
PREVENTION
REMOVEMEANS
RESPECT
SAFETY
SKILLS

STIGMA
STRENGTH
TALK
YOU

New Hires



Winter Berry, Medical Assistant - Crescent City



Brianna Stover - Lab Assistant - Del Norte



Cynthia Soares, Medical Assistant - Crescent City



Sarah Scott - HPE Technician - PHV



Marianne Encim, Medical Assistant - Smith River



Eric Ruiz - Health Promotion Specialist - PHV



Anna Welch, Diabetes Manager - PHV



Elizabeth Mears, RN - PHV



Carol Bryan, BH Intern - Weitchpec



Crystal Davis, Lab Assistant - PHV



Marianne Encim, Medical Assistant - Smith River



Rebecca Corcovelos, BH Front Office Assistant - Elk Valley



Gina Borgognoni - Optometry Assistant (Temp) - PHV



DR Borgognoni - Optometrist - PHV



Isak Brayfindley - EHR Helpdesk Technician



Shanley Masten - HPE Technician (Temp) - PHV

Cavity-Free Club

Submitted by: Meghan McCullough, Registered Dental Hygienist, UIHS

Congratulations to the following for being **CAVITY-FREE**.



Potawat Health Village

Kirsten Simpson	11 Yrs Old
Kadence Simpson	8 Yrs Old
Nickolas Nix	1 Yrs Old
Madisyn Oqua Mccovey	3 Yrs Old
Alexea Moody	6 Yrs Old
Melina Hendrickson McBride	4 Yrs Old
Adrina Hendrickson McBride	8 Yrs Old
Marlie Bailey	8 Yrs Old
Analía Garcia	5 Yrs Old
Mariah Cota Loveall	6 Mos Old
Dakota Farmer	10 Yrs Old

If you want to be a member of the Cavity Free Club, make an appointment with our receptionist to see the hygienist to find out what it takes to become a member of this prestigious club and be cavity free! We look forward to seeing you!! If you are a registered Indian client, we have openings available for dental cleanings.

Call to Make an Appointment

Potawat Health Village at 707-825-5040 or

Crescent City Clinic at 707-464-2583

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: _____



SEPTEMBER IS SUICIDE PREVENTION MONTH

NATIONAL SUICIDE PREVENTION LIFELINE
1 - 800 - 273 - TALK(8255)

Take These steps to save a life!!!

- * Realize someone might be suicidal
- * Reach out. Asking the suicide question DOES NOT increase risk.
- * Listen. Talking things out can save a life
- * Don't promise secrecy and don't worry about being disloyal.
- * If persuasion fails, call your mental health center, local hotline or emergency services.
- * If you believe someone is the process of making a suicide attempt, call 911.

ATTEND A QUESTION, PERSUADE,
REFER TRAINING BY K'OL HO
KOOM MO STAFF, CALL
825-5070 FOR THE
NEXT TRAINING.

HUMBOLDT COUNTY MENTAL HEALTH 445 - 7715

DEL NORTE COUNTY MENTAL HEALTH 464 - 7224

3 UIHS BEHAVIORAL HEALTH 825 - 5060

Bike Rodeo Winners!!!



Nathan Alverado



Matteo Arias

The 15th Annual UIHS Harvest Party!!!

Games, Costumes,
Pumpkins, Prizes
and Much More!



PLEASE JOIN US
Friday, October 21st, 2016
10:00am-1:00pm
Potawot Community Food Garden



For more info contact Jude Marshall at 707-825-4098



Open Enrollment Coming Soon!!

Covered CA

November 1, 2016
to
January 31, 2017

Medical, Dental and Vision
insurance plans are available.

Covered CA open
enrollment is when
Californians 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, 2016
to
December 7, 2016

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 707-825-4166
Del Norte County 707-465-2967

Pharmacy Fees Have Changed!!

Submitted by: Sherri Provolt, Chief Executive Officer, UIHS

Cost of medications can be extremely high. Managing the costs of medications can be overwhelming, especially if you do not have insurance that pays for prescriptions and/or your insurance doesn't cover the medication that works best for you.

As a non-profit Tribal Health Program funded under P.L. 93-638, UIHS is fortunate to participate in a program called 340B Drug Pricing Program. Under this program, UIHS can receive medications at a much lower cost than retail pharmacies (i.e. Safeway, Walgreens, etc.). Working to pass on these savings and to reduce the cost of medications as much as possible for our clients, the UIHS Board of Directors revised the prescription fee schedule.

Below is information regarding the new prescription fee schedule for medications picked up at the UIHS Pharmacy and for when you pick up medications at an outside contracted pharmacy. UIHS also offers the option to have regular, monthly medications mailed directly to the patient. For any questions about the new Prescription Fee Schedule, call the Pharmacy Department at 707-825-5020.

PRESCRIPTION FEE SCHEDULE - EFFECTIVE JULY 5, 2016

Eligible Indian Beneficiary (EIB)

Formulary Medication Prescriptions filled at UIHS Pharmacy \$ 0
Deductibles, co-insurance payments, and co-payments (co-pays) are WAIVED

Non Formulary Medication Prescriptions filled at UIHS Pharmacy.....acquisition costs or insurance
co-payment (whichever is less)
or may be covered by PRC if
medically necessary

Non-Indian Clients

Formulary Medication Prescriptions filled at UIHS Pharmacy acquisition costs + \$10.00
dispensing fee or Insurance
co-payment (whichever is less)

Non Formulary Medication Prescriptions filled at UIHS Pharmacy..... acquisition costs + \$10.00
dispensing fee or Insurance
co-payment (whichever is less)

NO CHANGES at this time for medications filled at a Contracted Pharmacy.

Eligible Indian Beneficiary (EIB)

Formulary Medication Prescriptions filled at a Contracted Pharmacy\$5 / 30-days or Insurance
co-payment (whichever is less)

Non- Formulary / High Cost Medication
Prescriptions filled at a Contracted Pharmacy.....\$10 / 30-days or Insurance
co-payment (whichever is less)
if PRC Eligible. Non- PRC
eligible, all costs

Non-Indian Clients

Formulary & Non-Formulary Medication
Prescriptions filled at a Contracted Pharmacy All Costs

UIHS WIC PROGRAM

(707) 822-9900 /// UIHS-WIC@crihb.org
5000 Valley West Blvd. Arcata, CA 95521

Fresh fruit & vegetables

Fruit: The commonly sweet ripened ovary of a seed-bearing plant that can be eaten as food.

Vegetable: Any part of a plant that can be eaten as food.

Increase your families' intake of fruits and vegetables

Switch things up and prepare foods in new ways!

- Use of different **textures**
- Use of different **temperatures**
- Use of different **colors / shapes**

(roasted, grilled, boiled, raw with dip, blended in smoothies, sliced & added to salad/pasta, etc.)



Quick, Easy & Healthy Smoothie

Blend:

- 1 peeled banana
- 4 strawberries
- 2 cups of spinach
- 1 handful of ice
- 1 cup yogurt
- 14oz low-fat / skim milk



Just a few of the many benefits of fruits & veggies:

- Healthy skin & hair
- Good fiber source—which helps with digestion
- Helps prevent cancer
- Helps control diabetes / heart disease
- Quick easy snack. Comes pre-wrapped 😊
- Folic acid from veggies helps the body create red blood cells
- Zero cholesterol
- Low in overall calories
- Helps build healthy bones

This institution is an equal opportunity provider



The community then engaged in further discussion, which led them to share other ideas and concerns.

The top five prioritized needs from the GONA included:

- 1) Access to food since the closure of Ray's Food Place in Hoopa
- 2) The need to develop a community service program for elders (assist in chores, etc.)
- 3) The lack of law enforcement response in the area
- 4) Would like there to be more travel opportunities for youth
- 5) Establish a peer support group out of the Weitchpec Office (Peers Offering Wisdom Education and Respect, P.O.W.E.R.)

On the last day of the GONA, participants shared on how they could improve on their own personal wellness, and committed to assist their community in order to make it a better place. Before people went on to their respective homes, a graduation ceremony occurred with each person hearing positive affirmations from their peers and being able to select a gift that was made by their peers at the GONA.



GATHERING OF NATIVE

Submitted by: Rob England, Kol Ho Koom Mo Manger, UIHS

On August 9th through the 11th, the K'ol Ho Koom' Mo Youth Suicide Prevention Project hosted a Community Gathering of Native Americans (GONA) at the Morek Won Community Center. This was the second year the youth suicide prevention project from UIHS provided this community event on McKinnon Hill. Unlike the GONA hosted at Humboldt State University that was designed specifically for local Native youth, this Community GONA invited all ages to attend and participate.

During the course of three days, participants experienced each phase of the GONA. The first day focused on belonging and Vincent Feliz lead the group through various activities and icebreakers. The GONA process is based on the philosophical assumption that it is necessary to develop and support Native people who intend to become agents of change in their community, and that community healing is a form of prevention.

Personal stories were shared by many in attendance, and various discussions occurred on issues that have impacted the community, or continue to do so. Rose Sylvia from the Yurok Tribe shared the developments and services that are now in place since the Yurok Tribal Council declared a state of emergency in December of 2015 for suicides that occurred in the immediate area.



UIHS WIC PROGRAM

(707) 822-9900 /// UIHS-WIC@crihb.org
5000 Valley West Blvd. Arcata, CA 95521

Circle only the fruits & vegetables!

Apple

Egg

Banana

Cheese

Tomato

Milk

Broccoli

Yogurt

Carrot



QUIZ

KEY: F, T, F, T, T

- Vegetables should only be served raw.....T / F
- Fruits and vegetables have **zero** cholesterol.....T / F
- Children may not want veggies, so they **shouldn't** be offered.....T / F
- A child might **hate** plain spinach, but **love** it in a fruit smoothie.....T / F
- Fruits and vegetables are a **great source of fiber**.....T / F

Common Misconception: "Sugar is bad, but fruit sugar is ok". The body knows no difference where the sugar came from. The sugar itself is still there, and it registers the same in the body as sugar would from a piece of candy. The difference here is that eating whole fruit comes with the benefits of micronutrients, along with fiber, which slows the absorption of sugar into the blood, lessening the insulin response.



This institution is an equal opportunity provider

May Gay Tolh Kwe

UIHS SUMMER CAMP

Submitted by: Wendy George, Cultural Resources Specialist, UIHS

May-Gay-Tolh-Kwe Annual Youth Summer Camp 1 provided a safe and positive camping experience for American Indian Youth during the month of July, 2016. Summer Camp 1 was held at Patrick's Point State Park – Sumeg Village and served youth ages 9-12. Campers were introduced to local cultural traditions and had the opportunity to participate in many activities that promote and encourage healthy lifestyle choices. There were over 70 youth that attended Summer Camp 1 and 22 summer jobs that were created by UIHS.

Summer Camp staff spent their first day at Redwood Park Ropes Course developing their teambuilding and leadership skills. Eight adult counselors and twelve teenage counselors spent time

getting to know one another and had the opportunity to endure obstacle courses that would increase their ability to work as a team. The exercises provided quality leadership tools for the counselors who would soon be instructing the 70 youth campers who were signed up to attend Summer Camp 1. “The ropes course was a chance for the counselors to get to know each other and bond, not only as co-workers but on a personal level so we could ensure a successful camp for the youth,” Said, Ty Allen.

Allen and Amanda Reed were hired to prepare healthy meals for the campers for the duration of both Summer Camps. “I really enjoyed cooking for the kids and getting to know them. Everyone is very appreciative and



May Gay Tolh Kwe

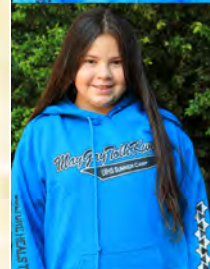
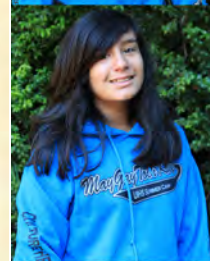
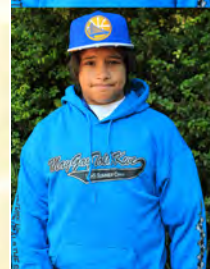
UIHS SUMMER CAMP 2

Submitted by: Wendy George, Cultural Resources Specialist, UIHS

May-Gay-Tolh-Kwe Summer Camp II provided four days of fun, healthy, and educational activities for 40 youth ages 13-17. Summer Camp II was also held at Patrick's Point State Park – Sumeg Village and expanded off the activities that were offered during Summer Camp I. Youth who participated in Camp II had the opportunity to learn more hands on skills such as porcupine quill head wrap weaving and dress making taught by Wendy George, proper physical fitness drills taught by Joseph Marshall from the Warrior Institute, traditional gambling and etiquette by James Gensaw. Brush Dance Regalia making was taught by SuWorhrom David Baldy. Mr. Baldy reflected upon his experience by stating, "I really enjoyed working at both summer camps helping how I can. It is an easy way to show the basics of what we as a people have been doing for forever."

UIHS programs such as Nutrition, Diabetes, Health Promotion and Education, Community Health Representatives, and the Suicide Prevention program were all on site to instruct in educational lessons throughout the duration of the camp. In addition to the many cultural activities that were offered, the youth campers were also treated with a kayak trip across Stone Lagoon.

United Indian Health Services, Inc. (UIHS) is a proud sponsor of our Native American Youth. We support and encourage living a healthy lifestyle by incorporating traditional values in our everyday lives. We would like to thank everyone who made each Summer Camp a success.



thankful for the food we cook and the camp was very nice. It's nice to see the kids learn something new," Ms. Reed stated.

During May-Gay-Tolh-Kwe Summer Camp 1, activities and lessons included a local history presentation, diabetes education, health promotion awareness training, traditional gambling and stick game instruction, arrow making, a Flower Dance presentation which included many young women who shared their songs with the campers, necklace, keychain and arrow making, art projects on canvas that resulted in many beautiful pieces of artwork, story sharing by many well-known storytellers, Brush Dance etiquette and protocol, traditional food presentations, gardening and bee pollination. There were relay races, a nature

walk to Agate Beach, a talent show and much more.

Presenters included: Walt Lara, Sr., Kishan Lara-Cooper, SuWorhrom David Baldy, Zack Brown, Charlene Storr, Ernie Albers, James Gensaw, Alme Allen, Greg and Liz O'Rourke, Rachel Sundberg, Poppy & Deja George, Rose Gibbens, Andre Cramblit, Ed Mata, Jake Gordon, Liz Lewis, Rob England, Trudy Adams, Lena McCovey, Angel Jensen, Jaclyn Bissonette, Shanley Masten, Wendy Rinkle and Nick Corcovelos. Flower Dance stories and songs were shared by Ty Allen, Faith Kibby, Teek Trip and Ratausha Ray.



GONA

Gathering of Native Americans

Submitted by: Rob England, Kol Ho Koom Mo Manger, UIHS

The Gathering of Native Americans (GONA) event came to Humboldt State University (HSU) on July 19-22, and was hosted by United Indian Health Services' Ko'lo Koom' mo (Working Together) Youth Suicide Prevention Project. The 2016 summer "Gathering of Native Americans" (GONA) was facilitated by Maria A. Trevizo from Olympia, Washington. She is a Wellness Educator Specialist and has been facilitating GONA's for the last 22 years. She brought great energy and had the youth thoroughly engaged. Maria has been out here a number of times to facilitate GONA's and bring trainings to our local community. We definitely will be welcoming her to come back in the near future. The GONA was developed in 1994 to educate and organize communities around substance abuse prevention. It empowers indigenous scholars to examine historical trauma and the effects on youth violence, bullying, and suicide to bring a positive change within their community. It allows for culturally sensitive issues to be addressed within the Native communities by using a holistic approach that promote wellness and balance in one's life through; Belonging, Mastery, Interdependence and Generosity.

Day one of GONA revolved around Belonging and what it meant to have a sense of connectedness to the each other. The scholars began by forming a sense of community within the group by getting a photo taken for their affirmation page followed by personalizing their name tags and water bottle. The director of the Indian Tribal & Educational Personnel Program (ITEPP), Adrienne Colegrove-Raymond welcomed the scholars to HSU and informed them about resources and opportunities offered indigenous students attending HSU. The scholars established a list of their norms and values that are to be used throughout the week, such as; "bring your best self forward," "Respect for each other" and "Working together." With the norms in mind they formed into 4 separate groups and created a communal name, banner and cheer that represented their strengths which reinforce belonging. James Gensaw, Sr. enlightened the scholars by telling a creation story about belonging and always being kind to our neighbors. The second day touched on understanding the losses and grief from historical trauma which undermines our wellness today.

Mastery, empowered our scholars allowing them to understand and let go of their historical

trauma while embracing wellness and balance. This was done by encouraging team building activities and standing together as a community while letting go and healing together. Local storyteller Andre Cramblit, spoke about his hardships as a low income student attending Dartmouth College in New Hampshire and the struggles of culture shock while being away from a nurturing indigenous community. Cramblit spoke of his resiliency to the scholars allowing them to recognize that they can overcome historical trauma also. Rodney and Kathleen Vigil spoke of pain and cultural trauma that we have endured and spiritually supported the scholars. The third day taught we are only as strong as our community. Interdependence, encourage the scholars to trust and depend on one another. Wendy George spoke about the water issues within the local communities such as; the fish kill and the dam removals. George expressed her concern for the need of future water warriors to work together and stand up as a community to protect the fish and keep the traditions alive for future generations. The scholars participate in many challenging activities that tested their trust and teambuilding skills throughout the day. The Last day consisted of giving back to others and the community.

Generosity, inspired the scholars to trust and depend on one another. Richard Myers spoke to the scholars about traditional ways

of being altruistic and generous by giving with a good heart. Throughout the week the scholars were encouraged to make gifts that would be given at the graduation commencement to reinforce their understanding of what it means to be generous. The gradation consisted of giving away gifts and affirmation pictures which were filled with positive strengths written anonymously by their peers, concluding the 2016 summer GONA at HSU. All in all, each day allowed for positive reinforcement of Belonging, Mastery, Interdependence, and Generosity. Several positive comments were made by our scholars, "Can't wait until the next GONA" And "I had such a great time, I do not want it to end." The UIHS Staff and local community speakers allowed for a positive learning experience and a successful outcome. United Indian Health Services would like to thank our Communities Offering Resources and Education Coalition (CORE) for volunteering their time and assistance in making this event a great success. Their wiliness to volunteer and assist with our youth and community events is greatly appreciated.