

The Acornbasket

Newsletter of United Indian Health Services, Inc.

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

Apr/May/June 2018



Volume 40, No. 2



Vaccine Corner!

New UIHS Website

Meet Our New Staff

Breastfeeding Room In WIC at PHV

Hey Parents! Time for your child's sport physical!

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Front Cover: Edward Gus Bowie participated in a Traditional Stool Carving Class offer through United Indian Health Services; CDC Good Health and wellness in Indian Country Program



New Hires



**Kaylee Beck,
PRC Tech.**



**Cassidy Chandler,
Medical Assistant**



**Kristen Cowan,
Clinical Nurse**



**Kristi Colbert,
Diabetes Educator**



**Madison Evans,
Medical Assistant**



**Azadeh Arabnezhad
Medical Assistant**



**Stacey Spliethof,
Dental Assistant**



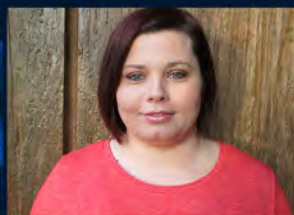
**Sadie Jones,
Pharmacy Tech.**



**Lana Dreyfuss,
BH Counselor**



**Leslie Tindle,
Night Housekeeper**



**Christina Martinez,
Pharmacy Tech.**



**Michael Savage,
Dentist PHV**



**Kathy Wilson,
Lab Assistant**



**Jamie Sharp,
PRC Tech.**



**Laura McClelland,
Admin. Assistant**

Cavity-Free Club

Submitted by: Meghan McCullough,
Registered Dental Hygienist, UIHS

Call to Make an Appointment

Potawat Health Village at 707-825-5040

Crescent City Clinic at 707-464-2583

Potawat Health Village

Cavity Free Club Members

Madelyn Conley	12 Yrs Old
Myrsadies Hufford	9 Yrs Old
Rowdy Furber	4 Yrs Old
Shaylee Oneil	12 Yrs Old
Matthew Conley	7 Yrs Old
Ahtyirahm Allen	10 Yrs Old
Rowan Ferrario	9 Yrs Old
John Posey	10 Yrs Old
James Fike	10 Yrs Old
Malorie Ponte	2 Yrs Old
Braxton Hufford	6 Yrs Old
Maya Randle	4 Yrs Old
Haley Osier	12 Yrs Old
Marlee Lawson	21 Months

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.



Micco Liwanu Rodriguez	9 Yrs Old
Kayleeann Rodriguez	11 Yrs Old
Kosinobi Saulque	8 Yrs Old
Cailyn Shumard	8 Yrs Old
Adam Roubidoux	8 Yrs Old
Jaycee Albee	7 Yrs Old
Avery Bartoo	7 Yrs Old
Maggie Johnston	7 Yrs Old
Raymond Turner	10 Yrs Old
Devin Liles	6 Yrs Old

Breastfeeding/Pumping Room In WIC at PHV

Submitted by: Twila Sanchez, WIC Manager, UIHS

Since the passing of the Affordable Care Act in 2010, employers who employ more than 50 employees are required to provide new mothers with a private place to breastfeed/pump within the organization. Specifically, a space other than a bathroom, that is shielded from view and free from intrusion from coworkers and the public.

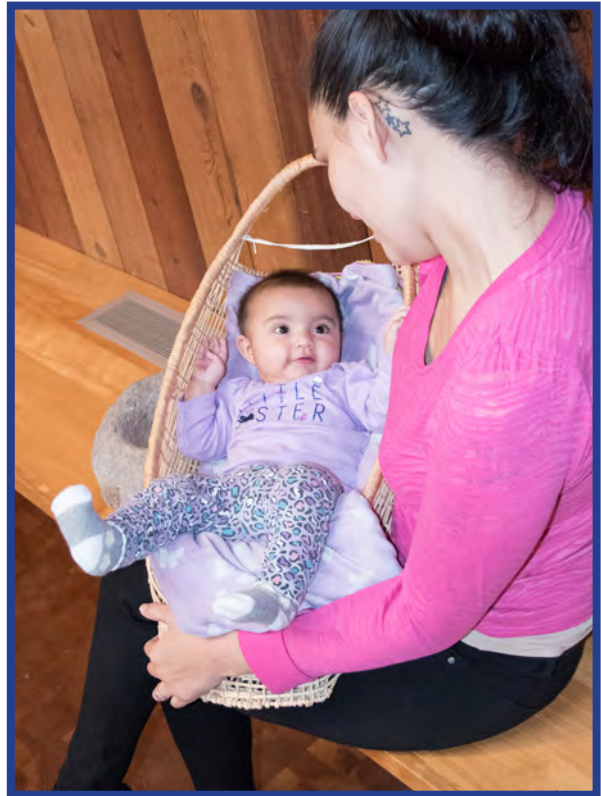
Most new moms have a goal to breastfeed for the first six months and really strive to breastfeed for the first year of baby's life. WIC's lactation room will improve the chances of our working moms and UIHS clients to succeed at breastfeeding and improve both mom and infant's health.

In addition to creating a private space for breastfeeding moms to breastfeed or pump milk, employers must also provide reasonable break time. Until the baby has its first birthday, nursing moms may take time to get to the lactation room as well as the time needed for the pumping sessions themselves. Typically that's a 20 minute period every three or four hours during the work day, but it will vary depending on the needs of the mother and child. The WIC Program views the lactation room as a real benefit for new moms and their infants. Research has shown that employer lactation programs help new mothers avoid taking time off work due to a sick child.

The United States Breastfeeding Committee cites a 77% reduction in absenteeism among organizations with lactation support. The Committee cites twice as many "one-day" absences among employees whose babies aren't breastfed.

WIC staff is pleased to announce our private breastfeeding/pumping room has been used on a daily basis (3 to 4 times) since our move back to PHV. Here's how you can help:

- Please support our community's breastfeeding moms.
- Help get the word out that WIC has a private breastfeeding room available at PHV.
- Refer all pregnant, post-partum, and any family (foster/guardian) that have children the age of 5 years to our WIC Nutrition Program.



Newest Behavioral Health Counselor in Del Norte County

Submitted by: Amy Brom, Behavioral Health Manager, UIHS

Greetings! I am Lana Dreyfuss, new Behavioral Health Counselor for UIHS in Del Norte County, and I am so grateful to be here! You are so welcoming!

I was born and raised in Ohio, received my Bachelor's degree from Ohio State University in Theatre/Arts. After moving to the Washington DC area, I worked for a federally funded theatre project, taking theatre to youth at risk groups. I became aware of the healing power of horticultural therapy due to my life's experiences, and became a Horticultural Therapist, which became my entry into the helping field. I received my Masters from University of Maryland, College Park in Counseling and began to work as a licensed substance abuse and mental health counselor in 2004 at nonprofit and government agencies. In order to integrate healing of the body and mind, I became a Somatic Experiencing Practitioner, which is a way of helping recovery from trauma.

In my free time, I garden, walk with my beloved dog, engage in the lives of my 4 adult children and connect to the community. I am very happy to have arrived in the Del Norte area and already know that the Smith River and Redwoods are spirit connectors for me....even the moss! You might see a lot of letters after my name, so here is a shortcut to their meaning: LPC is Licensed Professional Counselor / LCADC is Licensed Clinical Alcohol and Drug Counselor / SEP is Somatic Experiencing Practitioner / HTR is Horticultural Therapist Registered. Life is a circle, and my career follows that path as well. Here at UIHS I hope to combine all of this experience to better serve our community.



Hey Parents! Time for your child's sport physical!

Submitted by: Sandra Jones, Nurse Manager, UIHS

Do you have a child starting school, or that may be interested in playing a fall sport? Now is the time to start thinking about scheduling your child's physical!

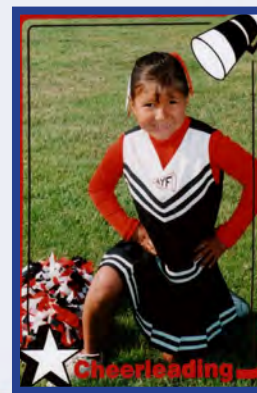
We currently have afternoon appointments dedicated to these types of visits so your child misses less school.

Spots are limited, so please be sure to keep your appointment so that we may accommodate as many families as possible.

Check with your school or league to ensure acceptable dates of physical.

Please remember to bring your paperwork with you. Most schools and sports leagues do not accept our generic forms.

Call our Medical Department today at 707-825-5010





Vaccine Corner!

Submitted by: Sandra Jones, Nurse Manager, UIHS



Welcome to our Vaccine Corner! Each month we will feature one to two vaccines to help spread awareness of the need for vaccines in our Native American community. Many people believe that only our children need vaccines. However, the fact is that individuals will always require different types of vaccines throughout their lifetime. This is because as we age, we become more susceptible to different diseases during different periods of our lives. Vaccines play a key role in keeping us healthy by protecting us from serious and potentially deadly diseases. Between 2010 and 2015 more than 5 million deaths were prevented annually thanks to the vaccinations delivered around the world. At UIHS, we offer 15 different vaccines to help protect you and your family at all ages of life. You can get vaccinated at all 6 of our clinic locations, either during a nurse only visit, or as a part of your routine checkup with your medical provider. If you would like to know if you are due for any vaccinations, please contact the clinic where your primary care provider is located. We look forward to seeing you soon!

April



Varicella (Chickenpox) The Varicella vaccine is a two-dose series that is given first at the age of 12 months, with the second dose given between the ages of 4 and 6 years. The varicella vaccine can also be given well into your adult age if you miss this time range. For individuals over the age of 13,

the two varicella doses can be given as little as 28 days apart. If you have had the chickenpox disease, you are already immune due to naturally acquired active immunity. Varicella is caused by a virus. The virus causes an itchy rash and usually other mild symptoms such as fever, loss of appetite, and fatigue. However, it can lead to more serious complications such as skin infections, pneumonia, meningitis, or even infections of the blood stream, bone, or joints. Those who have had chickenpox can go to develop shingles later in their life.

Zoster The Zoster vaccine is a single dose recommended for adults starting at age 60. If you have had the chickenpox before, the Zoster (more commonly known as Shingles) virus is already inside of your body. The virus causes a painful rash, often with blisters. Other symptoms include fever, headache, chills, and upset stomach.



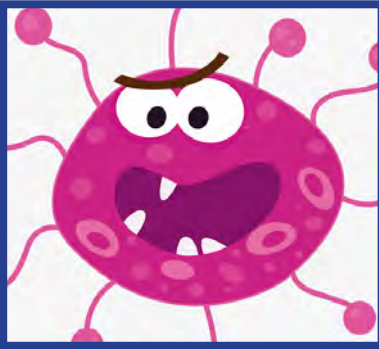
May

Hepatitis A The Hepatitis A vaccine is a series of two doses, separated by at least six months. The earliest one can receive this vaccination is 12 months of age. Hepatitis A is caused by a virus that is spread from person to person through contact with the feces of people who are infected. However, it can also be spread through contaminated food, water, or objects. Hepatitis A causes fever, fatigue, loss of appetite, gastrointestinal upset, and/or joint pain. In severe cases, one may develop jaundice (yellowing of the skin or eyes). There is currently no treatment for Hepatitis A once you are infected.

Vaccine Corner!

Submitted by: Sandra Jones, Nurse Manager, UIHS

June



Haemophilus Influenzae Type B (Hib) Depending on the brand, the Hib series is comprised of either 3 or 4 doses. Typically, this vaccine is given until the 71 months of age. The Hib series can be started at 2 months of age. Hib is caused by bacteria. Sometimes the bacteria may only stay in the individuals nose and throat, where it has a low probability of causing an infection. However, if the bacteria were to reach the individual's bloodstream, it may cause meningitis, pneumonia, severe swelling of the throat that makes breathing difficult, infections of the blood, joints, bones, and covering of the heart.

Your Home Emergency Preparedness Kit

Submitted by: Sherri Provolt, CEO, UIHS

The Boy Scout motto, "Be Prepared," is good advice for all of us living in earthquake, fire, and tsunami zones. In the event of a major disaster, everyone needs to be ready to live on their own without help from officials for up to 72 hours.

Do you have a home emergency preparedness kit? To get started, take a large, clean, storage tote or garbage can with a sealable lid. In it, place key basics you may need to survive.



The Basics

- One Gallon of water per person per day.
- Three days' worth of nonperishable food items per person (and pets).
- Can opener and utensils.
- Battery-powered radio, flashlight and extra batteries.
- First aid kit and medications.
- Blanket, sleeping bag, change of clothes and shoes.
- Specific items needed for elderly, infant and disabled residents.
- Extra set of keys.
- Cellphone Charger
- Tools such as a wrench, screwdriver and small shovel.
- Family evacuation plan.

For Public Release

United Indian Health Services, Incorporated (UIHS) is pleased to announce their 2018 General Election Day as June 13, 2018 and

Seeking interested Candidates

The General Election is Vote by Mail only.

SEEKING INTERESTED CANDIDATES

United Indian Health Services is seeking interested Indian Community Members in serving as potential Candidates to be members of the UIHS Board of Directors. Potential Candidates must meet the criteria for membership as an Indian Community Member and must reside in and around the UIHS Service area within one of the following:

Area 1: Del Norte County

Area 2: Orick, Trinidad, McKinleyville, and Blue Lake

Area 3: Arcata, Eureka, Table Bluff, and all points south (within Humboldt County)

Area 4: Hoopa and Willow Creek

Area 5: Weitchpec, Johnsons and Orleans.

All interested Indian Community Members may request a Declaration of Candidacy packet at www.uihs.org or call 707.825.4121 or 707.825.4123. **The Declaration of Candidacy forms must be submitted no later than April 13, 2018** to: UIHS Election Committee, P.O. Box 4238 Arcata, CA 95521.

You may register to vote at any UIHS clinic site, if you meet the following criteria:

- You are an American Indian eligible for services at UIHS and are registered as an Eligible Indian Beneficiary
- You are eighteen years of age or older at the time of election
- You reside in the voting area from which you will vote
- You have completed a Voter Registration Application/Affidavit Form

VOTER REGISTRATION DEADLINE

The voter registration period remains open throughout the calendar year and closes on the voter registration deadline date of **May 14, 2018**. However, please be advised that voters who register after the deadline date will not receive a Vote-by-Mail ballot.

USES OF VOTER INFORMATION

The information on the Voter Registration Application/Affidavit Form will be used by election officials solely to administer a UIHS Vote by Mail Election. Personal identifiable information (PII) i.e., name, date of birth, physical and mailing address, and telephone number, as shown on the registration application, cannot be used for any purpose unrelated to a UIHS Election nor can it be released for commercial purposes. If a voter has any questions about the use of voter information or wish to report suspected misuse of such information, please call UIHS Compliance Officer at 707.825.5000.



New UIHS Website

Submitted by: SuWorhrom David Baldy, Marketing, UIHS

ACCESS THE PATIENT PORTAL

Search...

Our
Story

News &
Events

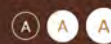
Clinical
Services

Community Health &
Wellness

Careers & Get
Involved

Important
Forms

Contact
Us



UIHS has a new website to provide our clients and community with up-to-date information. The webpage can be accessible on all electronic devices including cell phones and I-pads.

Over the next couple of months, UIHS will be working to update all pages of the website which will include, but not limited to:

- Online fillable forms
- New search function
- Easy to find News and Events
- Check out our new gallery
- Updated look
- Apply online
- Quick access to the Patient Portal
- Optimized Calendar

Important Upcoming Dates

For more information please call Community Health and Wellness @ (707) 825 - 5070

Event	Place	Date
UIHS American Indian Arts and Crafts Fair	Elk Valley	April 21, 2018
Hands on Health Conference	Bear River	April 23- 26, 2018
UIHS American Indian Arts and Crafts Fair	Potawot	May 5, 2018
Potawot Community Food Garden Organic Garden Starts & Seeds Giveaway	Weitchpec (tribal office parking lot)	May 16th, 11:30 am – 1:30 pm
Potawot Community Food Garden Organic Garden Starts & Seeds Giveaway	Crescent City	May 17th, 11:30 am – 1:30 pm
Potawot Community Food Garden Organic Garden Starts & Seeds Giveaway	Klamath (Yurok Discovery Village)	May 18th, 11:30 am – 1:30 pm
GONA Morek-won	Morek-won Community Center	May 18th - 29th,
May Gay Tolh Kwe Summer Camp II	Sumeg/Red Alder	June 26-29, 2018
May Gay Tolh Kwe Summer Camp I	Sumeg/Red Alder	July 10-13, 2018

Word Search

Z E C A L L A W Y N O I T N E V E R P K
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DIABETES	HEALTH
PREVENTION	PROMOTION
MEGAN	AND
WARREN	EDUCATION
SUSAN	ANDRE
LANE	CRAMBLIT
KRISTI	SHANLEY
COLBERT	MASTEN
VACANT	ELIZABETH
VALERIE	JACKSON
REED	STONE
KELLA	WALLACE
ROBERTS	ROB
DENNIS	ENGLAND
HERNANDEZ	ERIC
ROXANNE	RUIZ
JOHNSON	SARAH
ANGEL	SCOTT
JENSEN	ALISSA
	LEIGH

Whats the Diff?

Can you find the 9 differences





UIHS Board of Directors * 2018

Board Members (Pictured top row from left to right)

Donald McCovey, Mindy Natt - Alternate, Velva Angell, LaWanda Quinnett – Chairman, Ruby Rollings – Alternate, Teresa Balley – Secretary, Robert Borden, Charlene Storr,

(Pictured bottom row from left to right)

Shirley Laos, John Green, Gary Markussen Sr. – Alternate, Lorna Johnson Stanley – Vice Chairperson, Claudia Brundin

(Not Pictured)

Richard Myers, Lana McCovey, Denise Padgett – Member at-Large, Lisa Sundberg – Treasurer, Joseph Giovannetti – Alternate, Delmar Keisner – Alternate, Deborah Markussen – Alternate

Clinic Sites

UIHS Clinic Hours

Potawot

(Arcata)

For an appointment call:

All Other Services
Behavioral Health
Community Health
Dental
Medical
Nutrition

Monday-Friday

8:00 a.m. to 5:00 p.m.

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

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

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

Pharmacy (707) 825-5020
Purchased Referred Care (707) 825-5080
Toll-free number 1-800-675-3693
Vision (707) 825-4129
WIC (707) 822-9900

Taa'-at-dvn

(Crescent City)

Monday-Friday

8:00 a.m. to 5:00 p.m.

For an appointment call: (707) 464-2750

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

WIC-Crescent City (707) 822-9900

Elk Valley

(Elk Valley)

Monday-Friday

8:00 a.m. to 5:00 p.m.

For an appointment call: (707) 464-2919

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

Toll-free number 1-800-293-2919

Tish-non

(Bear River)

Monday-Friday

8:00 a.m. to 5:00 p.m.

For an appointment call: (707) 725-7988

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

WIC-Fortuna (707) 822-9900

Hop'-ew Puel

(Klamath)

Tuesday, Thursday, Friday

8:00 a.m. to 4:00 p.m.

For an appointment call: (707) 725-7988

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

WIC-Klamath (707) 822-9900

Xaa-wan'-k'wvt

(Smith River)

Monday-Friday

8:00 a.m. to 5:00 p.m.

For an appointment call: (707) 487- 0215

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

Weitchpec

(Weitchpec)

Monday, Thursday, Friday

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

For an appointment call: 530-625-4300

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

OB Care and Same Day Access Care
1st and 4th Tuesday 9:30 a.m. to 3:00 p.m.

Anonymous Syringe "Points" Exchange

2nd and 3rd Tuesday 10:00 a.m. to 3:00 p.m.

WIC-Weitchpec (707) 822-9900

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

WIC-Hoopa Phone #: 707-822-9900



View the Acornbasket ONLINE! www.uihs.org

Check out the newsletter and other important information.

1600 Weeot Way Arcata, CA 95521

The Acornbasket

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Chief Executive Officer: Sherri Provolt
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: _____

Mandarin Balsamic Salad

Submitted by: Elizabeth Lewis, Community Nutrition Assistant, UIHS



Ingredients:

4 c baby spinach or mixed greens
1/4 c toasted almonds or pecans
1 (11 oz.) can mandarin Oranges
1/2 medium red onion, sliced
1/2 c balsamic dressing
6 oz feta cheese & dried cranberries (optional)

Dressing:

1/4 cup balsamic vinegar
3/4 cup olive oil
1 tbl minced garlic
Salt & pepper
Mix all ingredients together and shake or whisk.

Preparation:

Place spinach, almonds, and mandarin oranges, & red onion into large bowl and drizzle dressing over top. Toss to incorporate dressing, and top with fetacheese & dried cranberries. Enjoy!