



1600 Weeot Way Arcata, CA 95521



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: _____

The Acornbasket

©1996 United Indian Health Services, Inc.
Chief Executive Officer: David Rosen
Editor / Layout: SuWorhrom David Baldy

Kosher Dills

Submitted by: Jude Marshall, Nutrition Manager, UIHS

Ingredients:

30 to 36 cucumbers (3 to 4 inches long)

3 cups vinegar (5%)

3 cups water

6 tablespoons canning salt

Fresh or dried dill

Mustard Seed

Preparation:

Wash the cucumbers. Slice 1/16-inch from blossom end and discard. Leave ¼-inch of stem attached. Make a brine of the vinegar, water and salt. Bring to a boil. Place a generous layer of dill, ½ to 1 clove of garlic (sliced) and ½ teaspoon of mustard seed in bottom of each pint jar. Pack the cucumbers into the hot jar. When the jars are half-filled with cucumbers add more dill and complete the packing of the jars. Fill the jars ½ inch from top with the boiling brine. Remove air bubbles. Wipe jar rims. Adjust lids. Process 10 minutes in a Boiling Water Bath. Pickles will shrivel after processing. They will later plump in sealed jar.



Remember to Make Altitude Adjustments

Jan/Feb/Mar 2019



Volume 41, No. 1

THE ACORNBASKET

Newsletter of United Indian Health Services, Inc.

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



Congratulations to Marian Seidner on her retirement

INSIDE THIS ISSUE

Congratulations to Marin Sidener	Page 1
New Hires	Page 2
Cavity-Free Club	Page 2
It's time for the New Year, quit tobacco!	Page 3
It's Flu Season.....	Page 3
People know it's important to be physically active...	Page 4
Year end Review	Page 5
Year end Review	Page 6
Language Matters	Page 7
Environmental Considerations	Page 7
New year, new day, new you	Page 8
Game Page	Page 9
Board of Directors / UIHS Clinic Hours	Page 10
Kosher Dills	Back Page



Congratulations to Marian Seidner on her retirement from UIHS. For over 20 years Marian has worked with UIHS to help provide health and happiness to her community. Everyone At United Indian Health Services would like to wish Marian a long and happy retirement.





UIHS Board of Directors * 2018

Board Members (Pictured top row from left to right)

Teresa Ballew, LaWanda Quinnell, Leann McCallum, John Green, Ruby Rollings, Tracy Mahoney, Wendy George

(Pictured bottom row from left to right)

Shirley Laos, Claudia Brundin, Lana McCovey, Launa Borden, Denise Padgett, Deborah Markussen

(Not Pictured)

Velva Angell, Madison Flynn, Joseph Giovannetti, Delmer Keisner, Susan Masten, Donald McCovey, Richard Myers, Mindy Natt,

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.

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

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

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

Tish-non

(Bear 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) 725-7988

WIC-Fortuna (707) 822-9900

Hop'-ew Puel

(Klamath)

Tuesday, Thursday, Friday

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

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

For an appointment call: (707) 725-7988

WIC-Klamath (707) 822-9900

Xaa-wan'-k'wvt

(Smith River)

Monday-Friday

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

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

For an appointment call: (707) 487-0215

Weitchpec

(Weitchpec)

Monday, Thursday, Friday

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

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

For an appointment call: 530-625-4300

OB Care and Same Day Access Care

1st and 4th Tuesday 9:30 a.m. to 3:00 p.m.

Anonymous Syringe "Points" Exchange

2nd and 3rd Tuesday

10:00 a.m. to 3:00 p.m.

WIC-Weitchpec (707) 822-9900

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

WIC-Hoopa Phone #: 707-822-9900

Word Search

AMBER	BEADLE
CARA	DANIEL
DIRECTOR	FIGAS
FITZGERALD	GLASS
HALL	JENNIFER
JOHNSON	JONES
LAURA	LUCINDA
MADOLIN	MIRANDA
NATALIE	NURSE
OROURKE	SALAS
SANDRA	SAVANNA
STATION	TRIAGE
VACANT	LISA
ASSISTANTS	MCCLELLAND
CHRISTMAN	NICKOLS
FEICCO	PATRICK
GERALDINE	SARA
HICKS	TISHA
JOHNSTON	WOODY

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

Whats the Diff!!!



Can you find the 12 differences?

New Hires



Theresa Barney, PHV
WIC Nutrition Assistant



Ted Jake, PHV
Administrative Assistant



Peter Han, PHV
Behavior Health Counselor



Mike Sawyer, PHV
Human Resources Director



Michelle Lewis-Lusso, PHV
Invection Prevention



Marissa Kautzer, PHV
Lab Assistant



Lisa Thompson, PHV
Member Services



Kristin Valeski, PHV
Behavior Health Counselor



Kristie Madden, PHV
Laboratory Manager



Kelley Howard, PHV
Dental Assistant



Julia Hostler, PHV
Grants & Contracts Analyst



Joseph Beeman, PHV
Pharmacy Technician



Janis Claasen, PHV
Clinical Nurse



Heather Kyte, PHV
FNP-PAC



Debra Gaines, CC
Clinical Nurse



Cara Moschetti, PHV
Clinical Nurse



Ashley Villagomes,
PHV CHR

Cavity-Free

Submitted by: Meghan McCullough,
Registered Dental Hygienist, UIHS

Call to Make an Appointment

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

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.



Potawot Health Village

Cavity Free Club Members

Malorie Pontes	3 Yrs Old
Kylee Secor	8 Yrs Old
David Denton Smith	7 Yrs Old
Xander Edson	3 Yrs Old
Seth Mannix	8 Yrs Old
Naiya Castillo	7 Yrs Old
Sophia Castillo	8 Yrs Old
Krysdon Cearley	6 Yrs Old
Annabelle Bocock	14 Yrs Old
Aubree Saunderson	12 Yrs Old
Mya Toste	7 Yrs Old
Lafayette Donahue	4 Yrs Old
Jacob Morehead	8 Yrs Old
Freedom Jenkins	5 Yr Old

Joseph Reeves	5 Yrs Old
Donte Salas	9 Yrs Old
Maleah Frank	9 Yrs Old
Braelyn Frank	8 Yrs Old
Marissa Robinson	9 Yrs Old
Madeline Sherman	6 Yrs Old
Macy Sherman	8 Yrs Old
Tyson Green Hadrian	7 Yrs Old
Sophie Green Hadrian	5 Yrs Old
Coso Stone	8 Yrs Old
Hudson Holt	6 Yrs Old
Hendrix Holt	5 Yrs Old
Micah Lakey	9 Yrs Old
Lilly Moore	9 Yrs Old
Maverik Ammon	1 Yrs Old
Gracelyn Gruetzmacher	5 Yrs Old
Everett Gruetzmacher	8 Yrs Old

It's time for the New Year, quit tobacco!

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

It's time for the New Year, new you. What better way to start than with a journey to quit tobacco? Tobacco use has been on the rise with teens and young adults in the last few years at a very alarming rate. This increase isn't related to smoking cigarettes, but rather smoking Electronic Cigarettes, or E-cigs. According to the CDC, from 2017 to 2018 the use of e-cigarettes among high schoolers rose 78%, with more than 3 million high school aged kids reporting that they regularly vape.

So, why the increase of use amongst teens and young adults? Vape companies target a younger audience in efforts to create lifelong customers. One company, Juul, had used advertisements on social media featuring bright colors and younger adults who looked as if they were teenagers. By using this strategy the company puts effort into making the product seem cool and harmless, while in fact it is highly addictive with negative health effects. Flavors are also marketed in a way that is more appealing to kids, with no cautionary message of the side effects. The company had put a tweet out in 2017 advertising a new flavor, "RT if you enjoy dessert without the spoon with our Crème Brulee #Juulpods." Only recently has Juul agreed to stop producing flavors such as Mango, Fruit, Crème, and Cucumber amongst the claims that these flavors attracted teens.

Have the conversation with your kids and loved ones. Educate and empower them to quit, now's the time!

Here at UIHS the NATIVE Tobacco project can help provide quit kits, health brochures/information pertaining to tobacco, and assist someone in finding quit medication, please call Travis Vale at (707) 825-4124.

1-800-NO-BUTTS is a quit hotline that can email, text message, or direct call for quitting resources.

From the Community Health and Wellness division, we wish you a Happy and Healthy New Year!

It's Flu Season

Submitted by: Sandra Jones, Nurse Manager, UIHS



It is flu season, and the flu can be picked up anywhere. Going out in public during flu season without getting vaccinated is risky. We ask that our community to please continue to do your best with hand hygiene and health practices. Cover your cough and sneeze, wash hands with soap and water or an alcohol-based hand sanitizer, disinfect your work station, especially if you share space with others.

If you have any symptoms of influenza please stay away from work and notify your supervisor. Symptoms are fever, cough, sore throat and runny nose and usually have a rapid onset.

American Indians and Alaskan natives are at higher risk for complications from the flu. Anyone 6 months or older can be vaccinated. It is not too late!

It is not too late to be vaccinated against the flu. Just visit your nearest UIHS clinic nurse. If you have further questions, please contact our infection prevention nurse, Michelle Lewis-Lusso, at 707-825- 4068.

New Year
New Day
New You.



2019 Fitness Fobs are here!

The UIHS Diabetes Awareness Program wants to support your new years fitness resolutions. UIHS clients and staff can take advantage of free access to fitness equipment and gain tools to start the year on a path towards a healthier you.

1

Register

Complete a
PAR-Q form.



2

Orientation

- Provided by the Fitness Coordinator or PALS person.
- Learn equipment use & safety.



3

Get Fitness Fob

- This lets the front desk know you have been cleared for 2019 access.
- Please remember to sign-in.



Xaa-wan'-k'wvt Clinic
Smith River, CA



Potawot Health Village
Arcata, CA



Not sure where to start?
Contact Ryan Matteri,
Fitness Coordinator, at 707-825-4162.

- Individualized goal setting, planning, and tracking.
- Information and suggestions on physical activity and movement.

Language Matters

Submitted by: Alissa Leigh, Health Promotion Education Project Supervisor, UIHS

Suicide is the most preventable death, yet in 2017, over 47,000 people died by suicide in the United States. In order to encourage openness and a shift in how we approach suicide prevention, it's imperative that we examine the language that we use to talk about it. Choosing compassionate and accurate language creates a safe and respectful way to talk about suicide openly. When helping those who are having thoughts of suicide or who have lost a loved one, we need to remember to be aware of how our words may impact them. Lead by example and know that your language matters. To learn more on compassionate and accurate language about suicide, please take a look at the picture below or visit NowMattersNow.org.

If you know someone in need of help, please call the toll-free National Suicide Prevention Lifeline at 1-800-273-TALK (8255), 24 hours a day, 7 days a week. We all can play a role in preventing suicide within our community. For more information please call the Ko'i Ho Koom' Mo (Working Together) Youth Suicide Prevention Project at 707-825-5070.



Environmental Considerations

Submitted by: Sandra Jones, Nurse Manager, UIHS



Many patients, staff and clinicians have sensitivities to scents, perfumes/colognes, lotions and smoke. For some individuals, exposures to these elements can bring on life threatening reactions. For these reasons, we ask that all visitors to the clinics and riders on our vehicles refrain from the use of any scented lotions, perfumes or colognes, essential oils, body sprays or similar items on the day of their visit. We ask that everyone refrain from smoking of any substance within the hour prior to a visit. Maintaining a neutral environment is an essential element of respiratory health.

People know it's important to be physically active.... Right?

Submitted by: Megan Warren, Diabetes Awareness Program, UIHS

*But how do you get motivated? How do you start new activities?
How do you keep going? And why?*



Activate

UIHS Diabetes Awareness Program (DAP) is rolling out a series of events to motivate younger adults (18 to 35 years) to get active, have fun and find out why incorporating daily physical activity is important for wellness.

Born between the early 1980s and early 2000s, Millennials are in prime position to activate life-long healthy habits that can effect other generations, both young and old. DAP wants to assist this generation to develop regular fitness habits. Those who already have an active lifestyle are also encouraged to participate. After all, everyone is at a different stage of their wellness journey. Sharing unique insights with each other provides motivation, support, and inspiration.

To accommodate the busy schedule of young adults, and to make things a little more fun, DAP has incorporated a smartphone app as part of this rolling out series. The *MoveSpring* app is basically a pedometer that tracks steps using your phone's accelerometer or through a wearable fitness tracker (Fitbit, Garmin, Jawbone, Apple Watch, and others). Aside from tracking steps, the app provides a platform for participants to engage in challenges and games, get regular motivation/tips from the DAP team, and receive peer support in a way that's easy to access throughout the day.

Most of us have numerous work, family and community obligations so in addition to the app our program is looking forward to providing activities during the evening and on weekends. If you're interested in participating give us a call (707-825-4128) or send us a message on Facebook. Search "UIHS Diabetes Awareness Program"

Feeling left out? There's no need to!

UIHS Diabetes Awareness Program maintains being community driven and will continue to provide educational opportunities throughout the year. The classes have the same names but the topics and presentations have been updated. Keep an eye out for Diabetes 101 classes and our Start H.E.R.E. series. Class announcements will be posted on the UIHS website as well as our UIHS Diabetes Awareness Program Facebook page.

YEAR IN REVIEW

And the winner is!!!



**Employee
of
the Year**



Best Acorn



Best Blood Draw



Best Fish Cook



**Best
Doctor**



**Best
Smile
Smallest
Pic**



**Best
Rapper
Alive**

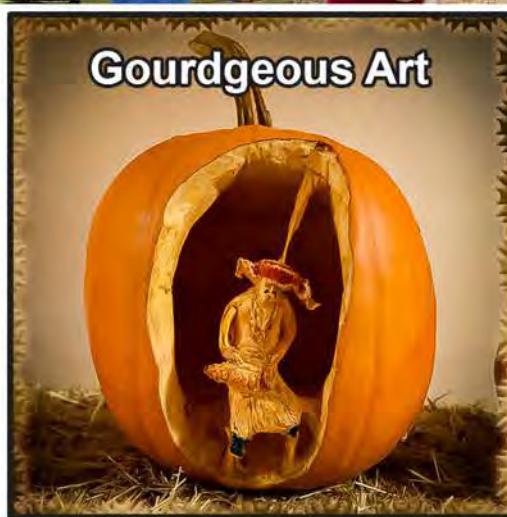


**Best
Face
Paint**



**Best Jump
Center**





For questions about the winners contact Wendy Rinkel ps (707) 825-5000

