

# The Acornbasket

Newsletter of United Indian Health Services, Inc.

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

Volume 40, No. 3

July/Aug/Sep 2018

Hands on Health

WIC on the Internet

CHR what we do!!!

Farmers Market





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### Potawot Health Village Farmers Market

**Come Join Us!!!**  
**Potawot Community Food Garden**  
**Farmers Market**  
**Potawot Health Village**  
**Tuesdays and Fridays 12pm-2pm**  
**June - October**  
**Free Taste Testing**  
**Organically Grown Produce**

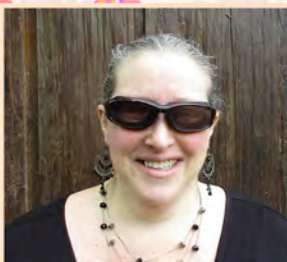
Logos: **cal2fresh**, **POTAWOT COMMUNITY FOOD GARDEN**, **UIHS** (United Indian Health Services, Inc.)



## New Hires



Dawn Marie Orton,  
Clinical Nurse, CC



Toby Schneider,  
FOA PD - PHV



Gail Tarbell,  
PRC Tech - CC



Travis Vale,  
HPE Tech, PHV



Cynthia Olds,  
Dental Assistant, SR



Patti McCovey,  
FOA BH, PHV



Kelene Dawn Jake,  
Medical Asst., PHV



Holli Jackson,  
BH Counselor - CC



Ronny Davis, JR.,  
HPE Tech, PHV



Cheryl Capelle,  
Pharm Supvr, PHV



Bishop McClelland,  
Office Asst, PHV



Anita Brock,  
QI Director, PHV



Ron Bates,  
SAP Counselor, EV



Ashley Buckskin,  
CHR, Smith River



## 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

To become a member of the Cavity Free Club, make an appointment see the hygienist to find out what it takes to become a member of this prestigious club and be cavity free!

### Potawat Health Village

#### Cavity Free Club Members

Koda Nelson	5 Yrs Old
Paloma Granados	6 Yrs Old
Annamarie Scott	6 Yrs Old
Payton Albee	6 Yrs Old
Kadynce Corning	8 Yrs Old
Grace Reed	4 Yrs Old
Alyse Kelley	6 Yrs Old
Adrina Hendrickson McBride	10 Yrs Old
Malia Ramirez	4 Yrs Old
Mckinzie Willburn	9 Yrs Old
Coso Stone	7 Yrs Old
Gavin Keisner	5 Yrs Old
Samantha Riley	8 Yrs Old
Rylie Wentzell	4 Yrs Old

Colton Hedin	8 Yrs Old
Faith Hedin	11 Yrs Old
Alexa Williams	5 Yrs Old
Micah Lakey	8 Yrs Old
Emily Wilson	7 Yrs Old
Aleena King	8 Yrs Old
Riley Cady	8 Yrs Old
Pearl Samulski	3 Yrs Old
Christopher Wennerholm	7 Yrs Old
Beau Parker	6 Yrs Old
Hazel Bacon	9 Mos Old
Emma Bailey	5 Yrs Old
Aiden Alvarez	10 Yrs Old
Lillian Moore	8 Yrs Old
Skylar Vanvoltenburg	4 Yrs Old
Cruz Proctor	8 Yrs Old
Jody Aragon Jr	7 Yrs Old
Jayden Rowe	11 Yrs Old
Karrie Sanderson	5 Yrs Old
Javelin Samulski	7 Yrs Old



# WIC on the Internet at wichealth.org

Submitted by: Twila Sanchez, WIC Manager, UIHS

Starting this summer UIHS WIC will offer a new way for WIC participants to receive some of their nutrition education on the internet at wichealth.org.

- ✂ It's easy! You can use any computer, tablet, or smart phone.
- ✂ It's fun! There are lots of great recipes and tips on preparing healthy foods.
- ✂ It's convenient! You can do it anytime and anywhere you have internet access.

WIC parents that have used this online nutrition education have enjoyed doing so.

Some of the lesson topics available:

## New and Expecting Parents

- ✂ A recipe for a healthy pregnancy
- ✂ Food safety for moms-to-be
- ✂ Understanding your baby's sleep
- ✂ Understanding your baby's cues
- ✂ Plus an additional four topics

## Healthy Families:

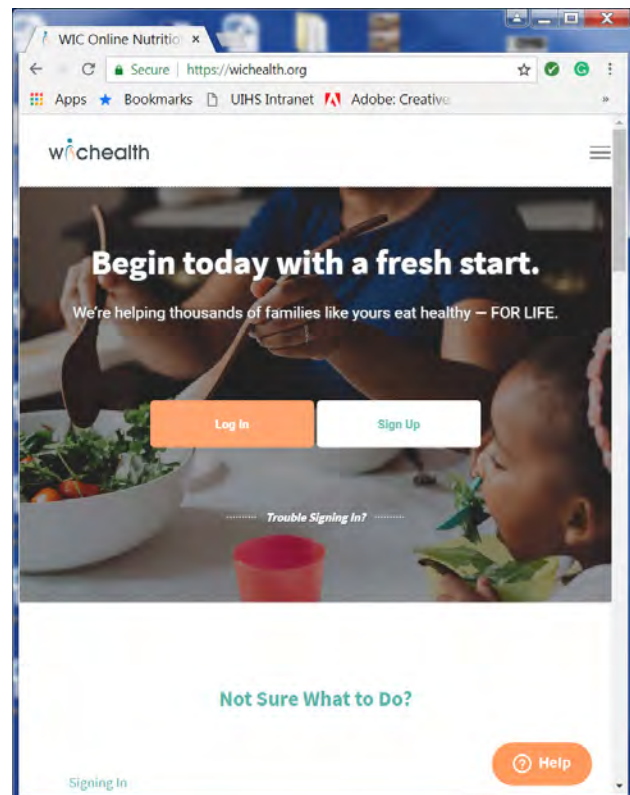
- ✂ Eat well – spend less
- ✂ Make meals and snacks simple
- ✂ Farm to family: Keeping foods safe
- ✂ Making healthy meals
- ✂ Plus additional topics of interest

## Children ages 1-5 years:

- ✂ Fruits and veggies grow healthy kids
- ✂ Fun and healthy drinks
- ✂ Help your child make good eating choices
- ✂ Secrets for feeding picky eaters
- ✂ Plus many other choices to choose from

## Infants

- ✂ Baby's first cup
- ✂ Offer your baby the right foods as they grow
- ✂ Starting your infant on solid foods
- ✂ Understanding your baby's sleep
- ✂ Plus several additional topics





## Diabetes Awareness Program

Submitted by: Megan Warren, Diabetes Awareness Program, UIHS

In response to community feedback, the UIHS Diabetes Awareness Program will approach the 2018 Potawot Garden Produce Season in a new way!



Previously, eligible clients received veggie bucks to use at the Potawot Garden Produce stand. Instead, this year the Diabetes Awareness Program is contributing \$30 towards Kay-Woi memberships of eligible clients.

- The Potawot Garden Team tracks your balance. No more worrying about your veggie bucks getting lost or leaving it at home.
- Instead of signing out for your veggie bucks from a Diabetes Awareness Team member you can complete and submit the form at your convenience.

### **Eligibility:**

- American Indian, living in the UIHS service area, who are registered clients of UIHS.
- Have a current diagnosis of diabetes or have completed the 14-week Lifestyle Balance Group series.
- In good standing with medical checkups and labs.

### **General Guidelines:**

- Membership fee will be paid as long as funds are available.
- You will be notified once your form is received and processed.

### **The form is available:**

- Community Health and Wellness (Potawot Health Village) Diabetes Awareness Team
- Diabetes Awareness section of the UIHS website.

## Sexually Transmitted Diseases

Submitted by: Sandra Jones, Nurse Manager, UIHS

In the last year we have seen a sharp increase in the percent of sexually transmitted diseases (STDs) including chlamydia, gonorrhea, syphilis, and HIV. There are many questions as to why this has happened but not many answers, except that we need to educate people more. An education program is in process to target the population most at risk to help prevent further infection and spread of these difficult diseases. Here at UIHS we give out free condoms to anyone who needs or asks for them and perform daily education to many clients on an, as needed basis. We also encourage clients to be screened and find out their status because many of these diseases have few if any symptoms, and you can be spreading the disease and not realize it. Get tested today and be careful with your health.



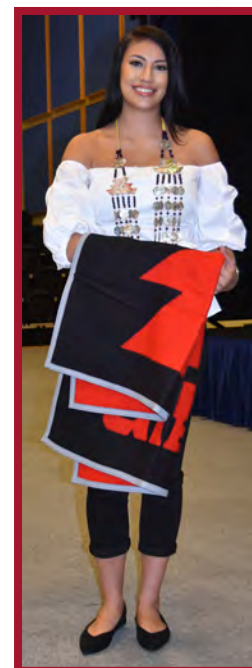
## Hands on Health National Conference

Submitted by: Rob England, Health Promotion Education Project Supervisor, UIHS



The Hands on Health National Conference was put on by UIHS' Health of the Environment= Health of the People, (HE=HP) CDC Good Health and Wellness in Indian Country grant. This work is led by Valerie Reed and Kella Bessette in the Community Health and Wellness Division. Individuals from all over the United States participated in this four-day event, totaling close to 300 attendees.

This conference provided opportunities for all to discuss and share strategies through social, traditional and cultural activities that strengthen and promote community health and wellness. Participants were able to learn about food preservation, gardens and bees, traditional ecological physical fitness, suicide prevention strategies, and acorn processing during the week.



The (HE=HP)Project and the Ko'l Ho Koom' Mo Youth Suicide Prevention Project hosted two keynote speakers, Ashley Callingbull and Gary "Litefoot" Davis. Ashley Callingbull (Enoch Cree First Nations) is the 2015 Mrs. Universe and an international motivational speaker and Gary "Litefoot" Davis (Cherokee) is an award winning actor, musician, author, public speaker and entrepreneur. Attendees heard powerful speeches on self-esteem, empowerment, and community motivation.

## KLAMATH FARMERS MARKET



**Come Join Us!!! Potawot Community Food Garden**

# Farmers Market

**Klamath, CA**  
**Yurok Village Discovery Park**  
**First Wednesday of the Month**  
**12-2pm, August-November, 2018**  
**8/1, 9/5, 10/3, 11/7**

**Organically Grown Produce**

cali fresh  
UIHS



# The Impact of Secondhand and Thirdhand Tobacco Smoke in Homes

Submitted by: Trudy N. Adams, Health Promotion Education Technician, UIHS

Secondhand smoke is the combination of smoke from the burning end of a cigarette and the smoke breathed out by smokers. Secondhand smoke contains more than 7,000 chemicals. Hundreds are toxic and about 70 can cause cancer.



Thirdhand smoke is residual nicotine and other chemical left on indoor surfaces by tobacco smoke. People are exposed to these chemicals by touching contaminated surfaces or breathing in the off-gassing from these surfaces. This residue is thought to react with common indoor pollutants to create a toxic mix including cancer causing compounds, posing a potential health hazard to nonsmokers—especially children. Babies that crawl on the floors and furniture with this residue can eventually have asthma



attacks, respiratory and middle ear infections. Scientific studies show that smoke from a neighboring apartment can travel through ventilation systems, pipes, walls, open windows and doors, electrical sockets and even tiny cracks in plaster and drywall.

While many Californians have made the choice to not allow smoking in their homes, many living in apartments and condominiums are still exposed to drifting toxic secondhand smoke.

One third of Californians live in multi-unit housing where units share walls, floors or ceilings, which means that millions may be exposed to secondhand smoke even if they do not allow smoking in their unit.



How can our community change this? Educate the leaders, landlords and managers of our community about the benefits of a smoke-free home:

- Market value advantage
- Reduced costs on clean up and repairs
- Reduced fire risk
- Positive modeling for a healthier community environment
- Legal liability
- Support your Tribal Housing Authority to adopt smoke-free policies

For more information, contact our Native Tobacco Project at (707)825-5070

## CHR What We Do!!!

Submitted by: Theresa Green, RN Public Health Nurse, UIHS

The Community Health Representatives (CHRS) have been very busy lately. Along with our regular home visits to elders, young families and clients with healthcare needs we have been very busy with our Family Spirit Pregnancy and Parenting Program and the First Annual Safety Fair held on June 23 at the, Resighini Rancheria. The Resighini tribe and the CHRs collaborated together on this event that featured safety information and equipment from bike safety to home safety for elders.



Several local organizations as well as UIHS programs were present and provided fun and education to all who attended. Thank you Rosa Davis for all of your hard work!

The Family Spirit Pregnancy and Parenting program has been offering bi-monthly groups at Potawot Health Village and Weitchpec. We have over 30 families enrolled and participating in the program which includes over 50 children in all. The CHRs have offered education on oral health, toddler nutrition, WIC and many other topics along with staff from our dental program, WIC program and the Diabetes awareness program. Great giveaways and support from the other members of the group are just two of the reasons people enjoy these groups. There were two wrap-up groups in June at the Sequoia Park Zoo and a BBQ at Pierson Park where everyone had a great time. There will be no Family Spirit groups during the months of July or August as we will be taking this time to make changes to this program to improve our services. Stay tuned for the new Family Spirit schedule due out in September! Thank you to Shawn, Sandra, Sherry, Janaye and Kowashay! Enjoy your summer!

## West Nile Virus

Submitted by: Sandra Jones, Nurse Manager, UIHS

West Nile Virus is here in Humboldt County. It is spread by mosquito, so don't get bit. Insect repellents are safe and effective even for pregnant and breastfeeding women such as DEET, Picaridin, Oil of lemon eucalyptus or para-menthane-diol. Reapply as directed on the label instructions, then wear long sleeves and long pants to help protect from the, mosquitoes further. Always follow instructions when applying insect repellent to children. Treat clothing with permethrin and use treated clothing and netting whenever possible. It is very uncommon to get the severe form of this illness but if you do, see your healthcare provider.

Symptoms to watch for are:

high fever, neck stiffness, headache, weakness, stupor, disorientation, coma, tremors, convulsions, vision loss, numbness and paralysis.



## Dental Additions at Howonquet Clinic

Submitted by: Barbara Pfeifer, Regional Director, UIHS

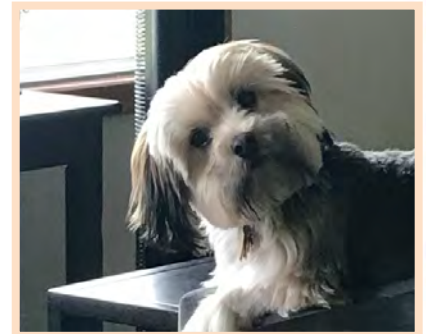
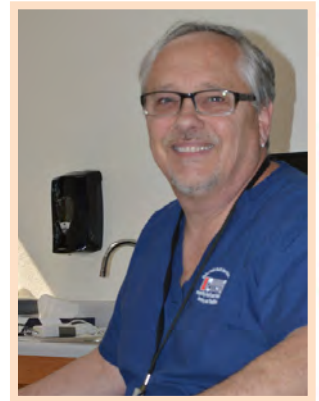
The Howonquet Dental Department has two new treatment rooms. This brings the total number of rooms to six. More treatment rooms means we can see more clients each day and we can do this because UIHS hired an additional dentist, Dr. Kirk Petersen. Dr. Petersen has been with us for several months and is doing great.

Dr. Petersen grew up in southern California from there he moved to Boston where he graduated in 1987 from the Tufts University School of Dentistry. Dr. Petersen was in private practice until he came to UIHS last fall.

He has been married to his lovely wife Lisa, who he calls his best friend, for 23 years. Lisa was also in the health field but has retired from being a labor and delivery nurse. Lisa loves crafting, baking, reading and is an aspiring writer. Dr. Petersen enjoys cooking, learning about and drinking wine, hiking, fishing, music and reading. They have 2 sons living and going to school in southern California; one is in art school and the other is in Junior College majoring in biology and may transfer to HSU in the future.

Dr. Petersen and his wife have fallen in love with the natural beauty of Humboldt and Del Norte counties. To them it is the perfect combination of weather, beaches, forests, and wildlife. Their weekends are full of road trips, discovering new destinations and home projects making their new home in Crescent City their own. They also keep busy with the new addition to the family a puppy named Buddy. Come to the Howonquet Dental and welcome Dr. Petersen to UIHS and the area.

Our team of professionals at Howonquet Dental include Kaitlin Gist, Dental Hygienist, Dr. Petersen D.D.S., Dentist and Dr. Weichers D.D.S., Dentist as well as our wonderful Dental and Front Office Assistants. Call 707-487-0215, press 2 for Dental to schedule your next visit.



### Open Enrollment Coming Soon!!

#### Covered CA

**November 1 to January 31**

Medical, Dental and Vision insurance plans are available.

American Indian / Alaska Natives can enroll in Covered CA at any time. However, Covered CA open enrollment is when non-Indians who need insurance cannot be denied by a health plan and many may qualify for subsidized health insurance for the upcoming year!

#### Medicare Part D

**October 15 to December 7**

Prescription drug insurance plans are available.

Medicare Part D is available to clients who are already enrolled with Medicare.

UIHS can assist you with the application process. Call today to set up an appointment. Humboldt County 707-825-4090  
Del Norte County 707-465-2960



# Word Search

Ashley  
Callingbull  
First  
Aboriginal  
Canadian  
Woman  
Win  
The  
Mrs  
Universe  
Title  
She  
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Albertas  
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Dancer  
Tap  
Ballet  
Jazz  
Pointe  
Performed  
Nutcracker  
Role  
Model

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P	Q	H	D	A	T	K	M	I	S	S	P	F	I	V	I	F	V	Q	Q	X	H	S	F	S

Award  
Dreamcatcher  
Gala  
United  
Nations

## Whats the Diff?

Can you find the 11 differences in the two pictures







## UIHS Board of Directors \* 2018

### Board Members (Pictured top row from left to right)

Donald McCovey, Mindy Natt - Alternate, Velva Angell, LaWanda Quinnell – Chairman, Ruby Rollings – Alternate, Teresa Ballew – 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.

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

Pharmacy

Purchased Referred Care

Toll-free number

Vision

WIC

(707) 825-5020  
(707) 825-5080  
1-800-675-3693  
(707) 825-4129  
(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



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: \_\_\_\_\_

## Zucchini Pizza Bites

Submitted by: Elizabeth Lewis, Community Nutrition Assistant, UIHS



### Ingredients:

3 zucchini, sliced in 1/4  
inch rounds  
1 T olive oil  
Marinara or pizza sauce  
Mozzarella cheese,  
shredded  
Miniature pepperoni  
Salt & pepper  
Italian seasoning (optional)

### Preparation:

1. Heat oven to 350
2. Heat oil in frying pan and working in batches, add zucchini and cook, flipping once, until golden for about 1-2 minutes; season with salt and pepper.
3. Place rounds onto baking sheet with sauce, cheese, pepperoni and Italian seasoning and bake for 2 minutes.