

# The Acornbasket

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

Newsletter of United Indian Health Services, Inc.

Volume 42, No. 3

July/Aug/Sep 2020

**Message from the**

**COVID-19 Testing**

**Dr.**

**Love and  
Exercise in the**







## UIHS Board of Directors \* 2020

### Top Row

Laura Borden, Mindy Natt, Richard Myers, Madison Flynn, Lisa Sundberg, Kirsten Boyce, Susan Masten, John Green

### Bottom Row

Shirley Laos, Fawn Murphy, LaWanda Green, Ruby Rollings, Velva Angell, Teresa Ballew, Tracy Mahoney

### Not Pictured

Claudia Brundin, Wendy George, Lana McCovey, Denise Padgett, Kathy Dowd, Joseph Giovannetti, Delmer Keisner, Leann McCallum

### Clinic Sites

### **UIHS Clinic Hours** (Reception windows open during lunch)

<b>Potawot</b> (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
<b>Taa'-at-dvn</b> (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
<b>Elk Valley</b> (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
<b>Eureka Health Center</b> (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
<b>Hop'-ew Puel</b> (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
	Syringe Exchange 2nd Monday of the month	10:00 a.m. to 3:00 p.m.	
<b>Xaa-wan'-k'wvt</b> (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	
<b>Weitchpec</b> (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.
	Syringe Exchange 2nd and 4th Wednesday	10:00 a.m. to 3:00 p.m.	WIC-Weitchpec (707) 822-9900
<b>WIC-Willow Creek</b> Phone #: 707-822-9900		<b>WIC-Hoopa</b> Phone #: 707-822-9900	



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## Message from the CEO

Submitted by: John R Reeves III, CEO, UIHS

Has it really been three months already since the last Acorn Basket went out? Time has really been flying! That being said, the current state of United Indian Health Services (UIHS) is vastly different than where it was the last time I wrote one of these update articles. Let me attempt to catch everyone up:

The past few months, UIHS has been operating with our staff working hybrid work schedules in order to align with the Shelter-In-Place Order that came down on March 20, 2020. As the counties of Humboldt and Del Norte begin to “phase through” their re-opening phases, UIHS has been mirroring their respective directions.

While we have continued to provide care, the levels of care we have been providing to date has been largely dictated by our counties, state, and state service line associations. During this downtime, we have greatly enhanced our telemedicine capabilities, and are excited that this delivery medium will become part of our standard healthcare delivery model moving forward. COVID has taught us a lot about ourselves, and our primary lesson we learned, is that we need to be better equipped as an organization to reach you all where you reside. Our goal coming out of this is increased connectivity throughout our service area.

By the time many of you read this, we will have already begun ramping back up our in-center Medical, Behavioral Health, and Vision schedules. You all can expect our Dental schedules to lag a bit behind, simply because of the nature of the work they do, and their higher risk of transmission of COVID. We are working diligently on acquiring the tools necessary to ensure that we can bring our Dental services back on line, and we have a clear pathway ahead.

Patient experience is something every UIHS client can expect to change a bit in this “post-COVID” climate. Temperature test stations, universal masking, and social distancing are all things you can expect to experience from our “new-normal.” At the end of the day, we value your safety just as much as we value that of our peers and loved ones. While UIHS may have a different “feel” those first few times you access care within our facilities (or through our new telehealth platform), you can be rest assured that the quality of care will not diminish as a result.

One final bit of parting information:

We have attempted to increase our communication bandwidth and are frequently updating both our UIHS webpage under the “Coronavirus” tab at (<http://unitedindianhealthservices.org/>) as well as our Facebook (<https://www.facebook.com/UnitedIndianhealthservices/>). These are the two platforms we will continue to use as a means of providing up-to-date information about our services. If you haven't yet gotten a chance to check out either resource, please take some time to do so. In this environment, information is everything and we remain committed to ensuring that our clients and communities have the tools, resources, and information necessary to come out of this just as healthy, if not healthier than when we went in.

Stay safe everyone!





# COVID-19 Testing FAQ

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

## Should I be tested for COVID-19?

Maybe; not everyone needs to be tested for COVID-19. If you want to get tested, call your healthcare provider first.

## What kinds of tests are available for Coronavirus Disease 2019 (COVID-19) at United Indian Health Services?

Two kinds of tests are available for COVID-19 at UIHS: viral tests and antibody tests. A viral test checks for a current infection. An antibody test checks for a previous infection.

## Can someone test negative and later test positive on a viral test for COVID-19?

Yes, it is possible. You may test negative if the sample was collected early in your infection and test positive later during this illness. You could also be exposed to COVID-19 after the test and get infected then. Even if you test negative, you still should take steps to protect yourself and others.



## What kind of tests are being used to diagnose COVID-19?

Viral tests are used to diagnose COVID-19. These tests tell you if you currently have an infection with the virus that causes COVID-19. There are many viral tests available. All of the viral tests identify the virus in respiratory samples, such as from swabs from the inside of your nose. Some tests are conducted at the testing site you visit, and results are available to you within minutes. Other tests must be sent to a laboratory to analyze, a process that takes 1-2 days once the laboratory receives your samples. United Indian Health Services collects specimens for both the rapid test and the 1-2 day test.



## What is antibody testing? And can I be tested using this method?

Antibody testing checks a sample of a person's blood to look for antibodies to the virus that causes COVID-19. When someone gets COVID-19, their body usually makes antibodies. However, it typically takes one to three weeks to develop these antibodies. Some people may take even longer to develop antibodies, and some people

## COVID-19 Testing FAQ

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

may not develop antibodies. A positive result from this test may mean that person was previously infected with the virus. Talk to your healthcare provider about what your antibody test result means. Antibody tests should not be used to diagnose COVID-19. To see if you are currently infected, you need a viral test. Viral tests identify the virus in respiratory samples, such as swabs from the inside of your nose. We do not know yet if having antibodies to the virus that causes COVID-19 can protect someone from getting infected again or, if they do, how long this protection might last. Scientists are conducting research to answer those questions.

### **If I have recovered from COVID-19, will I be immune to it?**

We do not know yet if people who recover from COVID-19 can get infected again. Centers for Disease Control and Prevention (CDC) and partners are investigating to determine if a person can get sick with COVID-19 more than once. Until we know more, continue to take steps to protect yourself and others.

Reference: Centers for Disease Control and Prevention  
<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>



## Reducing Tobacco Risk Factors During Sheltering-in-Place

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

One of the harshest side effects of smoking tobacco is having a lowered immune system. During these times of anxiety surrounded by COVID-19, it is best to mitigate any external factors to help your health for the better. This can also include being around someone who smokes, or secondhand smoke. Exposure to secondhand smoke can also lead to common health issues that tobacco smokers can have. Here are some tips on improving your immune system:

- Get enough sleep, doctors recommend 8 hours of sleep a night
- Eat more of:
  - Whole plant foods
  - Healthy fats, i.e. avocado
  - Fermented foods or take probiotic supplements
- Limit added sugars
- Exercise for 30 minutes a day
- Drink water throughout the day to stay hydrated
- Mitigate and manage stress levels

If you are interested in starting your quit journey, please visit [www.nobutts.org](http://www.nobutts.org) - for a limited time they are offering a 2 week starter kit with FREE nicotine patches.



# Xaa-wan'-k'wvt Health Clinic!

For Eligible Indian Beneficiaries

Smith River, CA



**Serving the American Indian Community in Del Norte County**

❖ **Medical**

❖ **Dental**

❖ **Behavioral Health**

❖ **Elder Nutrition**

❖ **Diabetes**

❖ **Work Out Room**

❖ **And More!!!**



## Hours of Operation

**Monday - Friday : 8:00 am - 5:00 pm**

**For an Appointment call (707) 487 - 0215**

**501 Indian Court Smith River, CA 95567**





# Synchronize Your Medication

All regular prescriptions  
filled at one time

## We will need to know

1. How many of each medication  
you have on hand and the date  
you counted them.

2. If you use a certain medication  
faster or slower than prescribed,  
let us know that as well.

Examples would be medications  
like insulin or eye drops or  
prescriptions that read "take 1 or  
2 daily".

To set this up, please call:

(707) 825 - 5023  
or  
1 (800) 697 - 0888

# Medication Mailing

Reduce your need to  
come to the clinic

UIHS Pharmacy is offering  
medication mailing to the address  
of your choice or delivery to a UIHS  
clinic closer to your home.

Please call the pharmacy to set this  
up if you haven't already.

We cannot mail Norco and can only mail  
other medications controlled by the DEA  
(Rx numbers that start with a "4") if you sign  
a release of liability for our pharmacy. We  
can mail, email, or FAX this form to you or  
you can pick one up from our pharmacy.  
Controlled substances cannot be delivered  
to our clinics for safety reasons.

To set this up, please call:

(707) 825 - 5023  
or  
1 (800) 697 - 0888





## An Oral Health Reminder

Submitted by: Meghan McCullough, Registered Dental Hygienist, UIHS

All of us in Dental have missed being able to take care of your oral health during this COVID-19 pandemic and are looking forward to seeing our patients again soon. We are working together to come up with a plan that is both safe for our community and our staff. In the meantime, it is important for you to stay up on good oral hygiene practices at home. Good oral health prevents infection, gum disease, dental decay, minimizes your risk for heart attack and stroke, and helps with keeping diabetes under control.



Here are the steps to take to care for your teeth:



### Step 1:

Brush your teeth at least two times daily.

- \* Place brush at a 45 degree angle towards gums.
- \* Move your brush in a soft circular motion making sure to brush the fronts, backs and tops of every tooth.
- \* It should take 2-3 minutes to brush thoroughly.
- \* Use a pea sized amount of fluoridated toothpaste.



### Step 2:

Floss your teeth at least one time daily.

- \* Place floss between tooth, hug the tooth and form a "C" Shape.
- \* Move the floss in an up and down motion.
- \* Do not "Saw" the floss for it will cut the gums.
- \* A dental flosser can be used instead of traditional floss if it is easier to use.

### Step 3:

Use mouthwash two times daily

- \* Swish a  $\frac{1}{4}$  to  $\frac{1}{2}$  capful of mouthwash for one minute.
- \* Use a fluoridated mouthwash like ACT or an antimicrobial mouthwash like Listerine.



We look forward to seeing you soon. Please call our Dental Department at Potawot at (707)825-5040 and our Smith River Clinic at (707)487-0215 to check in to see about making an appointment.



# Nutritional Considerations for Mental Health

Submitted by: Angel Jensen, Nutritionist- Diabetes Management, UIHS

We have all probably noticed some changes in our emotional well-being with all the recent changes associated with COVID-19. A lot of us are feeling scared, overwhelmed, confused, sad, and lonely. Now that we have had a couple of months to sit more than usual and eat differently we are all noticing differences in our moods. The good news is that we have more time now to devote to our health, and well-being, and now it is more important than ever.

**The best diet for mental health has two important things to balance:**

- Eating good things
- Avoiding eating unhealthy foods and toxins

## Beneficial foods

Seafood and organic meats	
Dark leafy green vegetables	
Non-starchy vegetables	
Different colored fruits	
Whole grains	
Nuts, seeds, beans, and legumes	
Wine, tea, dark chocolate, and turmeric	

## Key nutrients in beneficial foods:

- \* B vitamins
- \* Phyto-nutrients (Natural chemicals found in plants)
- \* Omega-3 fatty acids

## Health benefits of beneficial foods:

- \* Improved emotional health (better moods, less depression)
- \* Protection and improvement of the brain, thyroid, hormone, nerve and adrenal functions
- \* Healthy Metabolism (the way your body works on the inside)
- \* Healthy formation and function of brain cells
- \* Healthy production and use of cholesterol, proteins, and fat cells, iron, sugar, and folate
- \* Anti-inflammatory, anticonvulsant
- \* Prevents tumor growth

## A deficiency in B Vitamins could:

- \* Disrupt the brain's ability to use essential fats, iron, anti-oxidants, and hormones
- \* Increase oxidation and Parkinson's risk
- \* Disrupt cell functioning, sleep, and DNA functioning
- \* Affect healthy nervous system functioning and hormone balance
- \* Result in problems with thinking and awareness, psychiatric health, and mood disorders
- \* Cause a range of symptoms from irritability and fatigue to depression, and hallucinations



# Nutritional Considerations for Mental Health

Submitted by: Angel Jensen, Nutritionist- Diabetes Management, UIHS

## B vitamin Food Sources

Whole grains	Eggs	Green vegetables	Dairy	Meat, and fish
Potatoes	Legumes	Yeast	Mushrooms	Organ meats
	Nuts	Bananas	Citrus	

## vitamin B



## Phyto-nutrient food sources

Green tea	Thyme	Vegetables	Fruits
Curcumin	Oregano	Apples	Cocoa
Grapes	Tea		

## Omega-3 Food Sources

\*Very little plant-based omega-3 is able to be used by the body\*

Fatty fish	Meat and Poultry	Olive	Whole Grains	Walnuts & Pecans
Dark Leafy Green Vegetables	Flax, Chia Hemp, Seeds	Sea Vegetation	Squash	Mung, Navy, Kidney, Beans
	Avocado	Cruceferous Vegetables		



## Foods to Avoid

Processed and fast foods

Trans fats

High intake of saturated fats

Refined carbohydrates

Sweeteners, and artificial food additives.



# Nutritional Considerations for Mental Health

Submitted by: Angel Jensen, Nutritionist- Diabetes Management, UIHS

## Key harmful food components:

- \* Sodium benzoate
- \* Proline
- \* Omega-6 fatty acids
- \* Histamines
- \* Neurotoxins



## Harmful effects from foods to avoid:

- \* Inflammation
- \* Increased symptoms of attention deficit disorder (ADHD) and hyperactivity even for those without a diagnosis of ADHD
- \* Increased symptoms for those with Autism spectrum disorders
- \* Allergic reactions
- \* Increase symptoms of seasonal affective disorder, obsessive compulsive disorder, and oppositional defiance disorder
- \* Interferes with neurological functioning
- \* Increased risk of Alzheimer's and Parkinson's

## Food sources of harmful food components:

- \* Sodium benzoate
  - \* Preservative in highly processed foods, beverages, and condiments
- \* Proline
  - \* Amino Acid that is hard to break down found in foods with gluten and casein
- \* Dairy products
- \* Grains such as wheat, barely, and rye
- \* Omega-6 fatty acids
  - \* Essential fat that blocks the body's ability to use omega-3 and causes inflammation when we have more than we need
- \* Processed (packaged) foods
- \* Corn, soy, and most vegetable oils
- \* Histamines
  - \* May cause allergy-like reactions
- \* Fermented foods, wines, aged cheeses, left over foods, and over ripe fruit
- \* Neurotoxins
  - \* Function as stabilizers, dough conditioners, flavor and consistency enhancers
- \* Processed foods





# Nutritional Considerations for Mental Health

Submitted by: Angel Jensen, Nutritionist- Diabetes Management, UIHS

## What else helps our body to deal with stress better?

A healthy microbiota (the helpful little bugs that live in our gut)

A diet that is heavy in fried, processed, sweetened, artificial, and fast foods creates a poor balance of helpful gut bacteria.



Reducing the amount of unhealthy foods in a diet while replacing them with regular and sufficient amounts of fiber, water, leafy greens, vegetables, fruits, seafood, nuts, beans, seeds, legumes, and whole grains will lead to a healthier balance of gut bacteria.

The microbiota flourishes when holistic health is at its best.

- \* Get regular physical activity
- \* Eat a diverse local and seasonal diet
- \* Observe natural day/night rhythms
- \* Sleep, laugh, and enjoy a communal lifestyle with plenty of outdoor exposure
- \* Consume less artificial foods, excessive fats and sugars
- \* Drink more water
- \* Resting more, sitting less
- \* Limit environmental stressors and toxins
- \* Make emotional health a priority

## Relaxed digestion

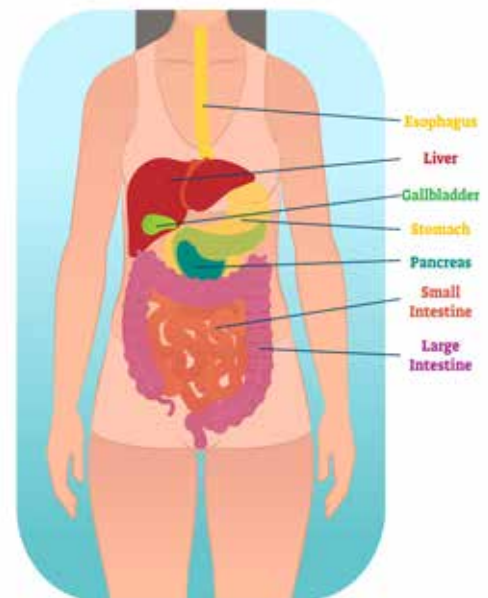
### Eating quickly or under stress:

- \* Contributes to GERD or hiatal hernias
- \* Increases pain and discomfort of digestion
- \* Hinders healthy digestive organ functioning, nerve health, pancreatic functioning and ability to use the nutrients we eat
- \* Bacteria and pathogens cannot be properly eliminated
- \* Disrupts the microbiome
- \* Affects neurological health including mood stability, cognitive, emotional factors

### For a relaxed state during digestion:

- \* Start with a few deep belly breaths
- \* Use guided meditation prior to eating
- \* Practice mindfulness activities such as very slow and deliberate actions while focusing wholly on what is taking place in that moment
- \* Eat without being distracted by entertainment devices, work, or driving
- \* Eat slowly, chewing food to a liquid state and putting the utensils down between bites
- \* Incorporate food and eating rituals
- \* Eating with loved ones
- \* Themed group meals
- \* Spiritual practices
- \* Group cooking classes

## DIGESTIVE SYSTEM





## A Letter to the Community

Submitted by: Cochise Nez, Teen Advisory Group (TAG) Member, UIHS

TAG, or Teen Advisory Group, has been a group I've attended since I was 14 or perhaps earlier than that. TAG has always been driven on bettering the community for all ages; whether it be for awareness signs for the older generations, or videos and presentations aimed at young adults and teens.

Tobacco usage within young adults and teens has been a rampant problem. For myself, my high school experience was filled with small, but noticeable moments of people with vapes, or cigarettes in the bathroom, outside school bounds or people I know within my grade smoking and using them. Within 2019 alone 14% of high school seniors had admitted to vaping. Another reason for a rampant rise of vaping was accredited to THC, a fairly new additive compared to E-cigarettes being dependent on, well, nicotine. Whether it is a regional/cultural reason, a rebellious youth phase, or clever and underhand marketing is a discussion in itself. TAG, had come in the right time for myself. TAG, the members and leaders had made multiple presentations, videos. Anti-advertisements had been shown, and speakers giving their own speeches on the dangers of drugs and tobacco. The meetings weren't relegated to showing us the dangers, rather that we show the community the dangers as well.



TAG has outreach throughout the community; whether cultural walks that UIHS puts on for the benefit of awareness and community strength, or outside of cultural reasons. Out of the darkness walk for example, a walk about suicidal awareness, TAG was there to support the community and to help remind people that they aren't alone in a dark time. Working at booths talking about suicide awareness not just as a whole, but explaining how it effects every community and not reading it as some

statistic. Or the HAWC walk, where UIHS tends to hold these events. TAG members tend to work in more than just booths, we help with food, being in the walk, or cleaning up around the area.

COVID-19 has certainly affected the community at large, but TAG hasn't stopped going. Zoom calls and the power of the internet hasn't stopped anyone from communicating.

TAG and the goals of bettering life for young adults, teens and the community isn't far from done. If you need to contact the UIHS on TAG or perhaps want to ask anyone else about this, giving UIHS a follow on Facebook or their health promotion page a follow, feel free to.





## Love and Exercise in the Time of COVID

Submitted by: Terry Raymer, MD, CDC- Diabetes Program Manager, UIHS

This pandemic thing is getting really old right? But we also want to stay safe, and keep our loved ones safe. Being “cooped up” can add to stress levels and result in production and release of substances into our system that deplete our health, and can especially effect folks with conditions like diabetes, hypertension, heart and blood vessel disease, and auto-immune conditions among other chronic diseases. Yikes! What are we supposed to do?

Love is the answer! I mean not only loving your loved ones and doing the things we’ve learned to protect them, but loving ourselves. A really important and wonderful way to love ourselves and reduce stress and anxiety is to be physically active. I remember my dad teaching me our bodies are our “temples,” and whether you ascribe to the religious meaning of that or not, I think all of us can agree our body is a pretty amazing gift we have been given. The heart and other muscles actually get BETTER the more you use them. My dad taught me by example though, because it wasn’t enough to just tell me that. He would run before it was a “thing” and he played tennis and all kinds of activities with me as a kid. He didn’t smoke or drink alcohol, either.



When I got older, I started to understand the wisdom in what he said and did, and it really helped me in my work with patients as well. It can really help you too, especially through this difficult time. You don’t need a gym or any special equipment either. Ryan our fitness coordinator has been doing some activity videos on the web page you can do at home. Chair exercises and other home options are available on the internet especially on Youtube. There are numerous options I’m sure you can think of, but if you have a safe place around your neighborhood, walking is an excellent activity to start. Begin low and slow, even just 8- 10 minutes a couple times a day can improve all aspects of our health. For those who don’t feel safe where they live, maybe driving to some of the big parking lots, or areas like the beach or the Arcata Marsh or other walking paths might be an option, while still practicing social distancing.

Speaking of which, many folks wonder how best to social distance while doing activities. Outside is easier of course, but still requires a little thoughtfulness. You don’t normally need a mask if you are walking or biking, and it’s really hard to wear one if you jog or run. Exceptions to these norms would be if you are walking in an area that is heavily travelled or with a friend you don’t live with; wearing a mask for walking might be advised then. You also need to keep more distance when running (breathing hard!), safer to work for 12 feet (two tall people or 4 yard sticks apart) or more. Riding a bike in someone’s “slipstream” (drafting) is also not advised if you are biking with someone you don’t live with. In general though, being outside is preferable because air is always circulating even on days that aren’t breezy and the virus is much harder to transmit outdoors. We have better weather now, too!

There are lots of other possibilities, but remember, our bodies still crave physical activity especially during this time. Our bodies are simply meant to move. If you have questions about physical activity in the time of COVID, feel free to call the Diabetes Program, 825-5070; we are open for business. Happy moving!



**NEW UIHS  
Clinic!**



## **Eureka Health Center Now Open**

- \* *Medical*
- \* *W.I.C*
- \* *Medication Pick Up*
- \* *Behavioral Health*
- \* *Laboratory Services*

**Monday - Friday**

**8am - 5pm**

**Closed for Lunch**

(Reception windows open during lunch)



**Eureka Health Center**  
2332 Harrison Ave. Suite C&D  
Eureka, CA 95501

**Main: (707) 442 - 0380**  
**Fax: (707) 442 - 0381**



## Practicing Ceremony & Rituals in the time of COVID-19

Submitted by: Andre Cramblit, Cultural Resource Specialist, UIHS

We are in unparalleled times. The coronavirus has entered our world and changed the way we do most things. This includes ceremonies and healing. How do we include these two vital items in our life in the face of the pandemic, many of us are wondering?

Many ceremonies will be canceled for this year. It has been announced already that the Sumeg Brush Dance will not be held and many more announcements will be forthcoming. 'Tis true there was a special Jump Dance held, but it was done in private, practicing social distancing and without an audience. We were still able to participate remotely by bringing out our own regalia and sending our prayers with those coming from the Dance Leaders, Dancers and others involved in this special event to help bring balance back to the world.

Even though there may not be brush dances there are still young ones that need to be blessed for a long life or healed from an illness. Make it a point to find such a child and help them and their family, through prayer, good thoughts, financial assistance, emotional support, whatever you can offer.

You can keep rituals and ceremonies in your daily life as well. Clean your mind, spirit and home with a daily smudging of angelica root, cedar, sage, sweetgrass, sarsaparilla, or whatever your tribe uses as medicine. You can also burn, or leave out, sacred tobacco, (not commercial) if you have it, as a prayer offering. Some tribes make little prayer bundles and put in medicine, tokens, or other blessed items and tie them in cloth and attach it to a tree.

You can improve your own healing and health by using technology. Try tracking the number of steps you take each day with an application for your smartphone. Keep track of your daily total and challenge a friend to a fun and beneficial competition. You can also "attend" your medical appointments via the computer, tablet or smart phone. Call UIHS at (707) 825-5000 to schedule your next telehealth visit. It is quick and easy and you do not have to leave your home, thus avoiding possible exposure to anyone else's illness.

There are still many ways to practice ceremony within your life. Try one of these ideas.





## Covered CA Extended the Special Enrollment Deadline to July 31, 2020 during the COVID-19 Pandemic

- If you have lost your health insurance, Member Services can help you apply for Covered CA or Medi-Cal.
- If you are currently not working or your income has changed, you may be eligible for Medi-Cal or Covered CA.
- If you currently have Covered CA but your income is 10% lower than when you applied, we can help you submit a change of income to Covered CA to see if it will reduce your premiums.
- Some individuals/families might be eligible for premium assistance for Covered CA which can reduce your monthly premium drastically. For instance some people qualified for \$1.00 per month premiums. This is determined by your income and family size.

Please contact our Member Services in your county if you need our help

Humboldt County –  
(707) 825-4090

Del Norte County –  
(707) 465-2960





## Looking for a Job?

Submitted by: Marina Straughan, Human Resources- Recruiter, UIHS

UIHS is a full service healthcare facility. We continue to fulfill our mission by using teamwork and providing integrated healthcare. Our departments include: Medical, Dental, Vision, Pharmacy, Behavioral Health, and Community Health and Wellness. At UIHS we offer our staff excellent benefits, a healthy work life balance, and competitive wages. Come check out our beautiful location for yourself. We welcome the public to enjoy our Farmers Markets, walking trails and more. While at Potawat Health Village, come by our Administrative Office to learn about our current job opportunities! If you'd prefer digital, check out our website [unitedindianhealthservices.org/](http://unitedindianhealthservices.org/). There you will find more information about the organization, as well as a list of all job openings.

If you are interested in learning more about our jobs and would like to talk to someone directly, please reach out to Marina Straughan at (707) 825-5000 or email: [Marina.Straughan@uihs.org](mailto:Marina.Straughan@uihs.org).

We look forward to hearing from you!



### 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



## Dear Dr. Coyote

Submitted by: Andre Cramblit, Cultural Resource Specialist, UIHS

Dear Dr. Coyote,

My mother's 81st birthday is tomorrow, and we always celebrate together as a family. Can I just sneak a visit with my mom during this time of social distancing? I promise I will wash my hands and won't cough if I am near her.

Thank you, Sad Daughter



Dear Sad Daughter:

Alas, this is not the time for up close and personal. While we love and want to be with our Elders, now is the time to show your affection, respect, and consideration from a distance. Older people are more susceptible to the impacts of the COVID-19 virus and thus need to be protected. Social, or better said, physical distancing is the best bet for now.

Send her a delivery service of healthy munchies to help keep her immune system strong. It is hard for Elders to get out and get fresh vegetables and fruits, so try sending those items. Maybe send her a letter or card. Stay in contact with your mom by calling her on the phone or having a video-visit using Zoom, Skype or Facetime. You can bring in many family members at once on a video-visit! Maybe have a Virtual Birthday Party! These interactions can replace the one-on-one time you crave.

Hopefully soon this will pass and you can once again give your Mom a warm hug and shower her with the love and kindness that she raised you with.

\* "I know as Coyote people are used to me being the trickster and taking my advice with a big grain of salt, but in these quixotic and turbulent times of COVID-19 it is most important for me to be upfront and straight forward for the good of the people.

A colorful graphic with a blue and yellow background. It features several blue banners with white text. The top left banner says "Private". The top right banner says "Same". The middle banner says "personalized health care". The bottom banner says "Low Wait Time". In the center, a red circular shape contains the text "UIHS now has Telehealth! Call any clinic to make an appointment!". At the bottom left, there is an illustration of an elderly person in a wheelchair using a laptop. At the bottom right, there is an illustration of a person sitting at a desk with a laptop. The number "19" is in the bottom left corner.



# Our Local Heros

## Thank you for your service



### UIHS Frontline Staff



# 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  
Humboldt Domestic Violence Services: 707-443-6042 or 1-866-668-6543  
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 Service: 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  
Tolow 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'-ag-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



## Word Search

<b>Covered</b>	<b>Prescription</b>
<b>California</b>	<b>Drug</b>
<b>November</b>	<b>Insurances</b>
<b>January</b>	<b>Plans</b>
<b>October</b>	<b>Available</b>
<b>December</b>	<b>Medicare</b>
<b>Medical</b>	<b>PartD</b>
<b>Dental</b>	<b>Open</b>
<b>Vision</b>	<b>Enrollment</b>
<b>Insurance</b>	<b>Optometry</b>
<b>Plans</b>	<b>Vision</b>
<b>Are</b>	<b>Purchased</b>
<b>Available</b>	<b>Referred</b>
	<b>Care</b>
	<b>Health</b>

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

**What's the  
Difference?**



**Can you find the  
7 differences?**





**1600 Weeot Way  
Arcata, CA 95521**

### **The Acornbasket**

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**Chief Executive Officer:** John Reeves  
**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: \_\_\_\_\_

### **Here are the dos and don'ts of wearing a mask.**

**DON'T:** Wear the mask below your nose.



**DON'T:** Leave your chin exposed.



**DON'T:** Wear your mask loosely with gaps on the sides.



**DON'T:** Wear your mask so it covers just the tip of your nose.



**DON'T:** Push your mask under your chin to rest on your neck.



**DO:** Wear your mask so it comes all the way up, close to the bridge of your nose, and all the way down under your chin.  
Do your best to tighten the loops or ties so it's snug around your face, without gaps.

