



View the Acornbasket ONLINE! [www.uihs.org](http://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

Jan/Feb/Mar 2018



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# The AcornBasket

Newsletter of United Indian Health Services, Inc.

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

Hidden Dangers  
Doorways To Change  
Status of Native Males  
WIC Coming Home

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: \_\_\_\_\_

## Annual Employee Awards Ceremony

UIHS would like to congratulate our staff on their commitment in serving the Native American community and our families

*Sherri Provolt*  
Sherri Provolt, Chief Executive Officer



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## New Medicare Cards Coming!

Submitted by: Kathy Busenius, Member Services Manager, UIHS

New Medicare Health insurance cards will be mailed between April 2018 and April 2019.

Social Security numbers are being removed from the Medicare cards which will help keep your information more secure and help protect your identity.



If you currently have a Medicare card, you can expect to get a card with a NEW MEDICARE NUMBER unique to you that contains a combination of numbers and uppercase letters. The new card will not change your coverage or benefits. You will get more information from Medicare when your new card is mailed.

### Remember:

- Don't share your Medicare Number or other personal information with anyone who contacts you by phone, email or by approaching you in person.
- If someone calls you and asks for your Medicare Number or other personal information, hang up and call 1-800-MEDICARE (1-800-633-4227).



## UIHS Board of Directors \* 2018

### Board Members

(Pictured from left to right)

Donald McCovey, Mindy Natt - Alternate, Shirley Laos, Velva Angell, John Green, LaWanda Quinnett – Chairman, Ruby Rollings – Alternate, Gary Markussen Sr. – Alternate, Teresa Ballew – Secretary, Lorna Johnson Stanley – Vice Chairperson, Robert Borden, Charlene Starr, 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

## UIHS Clinic Hours

<b>Potawot Site</b>		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:		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		
<b>Crescent City Sites</b>		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 Site</b>		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>Fortuna Site</b>		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
<b>Klamath Site</b>		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
<b>Xaa-wan'-k'wvt Site</b>		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 Site</b>		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
Anonymous Syringe "Points" Exchange			1st and 4th Tuesday 9:30 a.m. to 3:00 p.m.
2nd and 3rd Tuesday		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



# Word Search

HEALTHY  
INFORMATION  
KAYWOI  
KENT  
LIFECYCLE  
MANAGEMENT  
MARSHALL  
MARTINEZ  
MATA  
NUTRITION  
PARTY  
PREVENTION  
PRODUCE  
VOLUNTEERS  
WELLNESS

AND  
BASED  
CHILD  
CHOICES  
COMBAT  
COMMUNITY  
CULTURAL  
EDUCATION  
EMPOWER  
GARDEN  
GRIFFIN  
HARVEST  
ROUSSELOT  
SERVICES  
SOUNDTAG  
WOMEN

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



## Whats the Diff?

Can you find the 8  
differences in the  
two pictures



## New Hires



Amy Ross, Pharmacy  
Technician - PHV



Kirk Petersen,  
Dentist - SR



Roberta Peters,  
PRC - CC



Jill Norwood,  
CHR - SR



Suzanne Meyers,  
Interim CMO - PHV



Kim Gunderson,  
Billing Technician -  
PHV



Eric Fletcher,  
Clinical Nurse - PHV



Amber Christman,  
MA - PHV

## 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

Mckenzie Ponte  
Aleyce George  
Calen Ponte  
Thomas Brown  
Richard Rutherford  
Kaelyn Rutherford  
Raven Bowman  
Dean Enloe  
Riley Cady  
Tally Sanderson  
Jasey Camacho  
Makinsey Lemley

2 Yrs Old  
4 Yrs Old  
4 Yrs Old  
8 Yrs Old  
11 Yrs Old  
9 Yrs Old  
5 Yrs Old  
3 Yrs Old  
7 Yrs Old  
7 Yrs Old  
11 Yrs Old  
9 Yrs Old

Keeshan Ballew  
Takeshi Patterson  
Meghan Oneil  
Aurora Gibson  
Charlie Mager  
Karrie Sanderson

7 Yrs Old  
8 Yrs Old  
7 Yrs Old  
10 Yrs Old  
4 Yrs Old  
4 Yrs Old





## HIDDEN DANGERS: USING ELECTRONIC CIGARETTES CAN LEAD TO FURTHER TOBACCO USE

Submitted by: Andre Cramblit, HPE Manager, UIHS



the addictive components of tobacco such as nicotine users of e-cigarettes, vapes, cigarettes and in other forms of tobacco, they are cutting their lives short. In a Report released in 2014 by the US Surgeon General evidence shows that “Overall mortality among both male and female smokers in the United States is about three times higher than that among similar people who never smoked.” ([https://www.cdc.gov/tobacco/data\\_statistics/sgr/50th-anniversary/index.htm](https://www.cdc.gov/tobacco/data_statistics/sgr/50th-anniversary/index.htm)).

Contact Andre Cramblit at the NATIVE Tobacco Project at (707) 825-5070 to ask about culturally appropriate cessation classes. If you want additional information and resources go to [www.nobutts.org/](http://www.nobutts.org/) or call 1 (800) No Butts, (1-800-662-8887).

\*The California Tobacco Control Program provides funding to United Indian Health Services for the NATIVE Tobacco Project.

Since they were introduced to the public in 2007 electronic cigarettes have been touted as being a safe way that smokers could use to reduce their smoking or even help them quit altogether. There are many in the medical field who have proclaimed their concern that this is not necessarily true. They feel that by using e-cigarettes, also known as vape pens since they deliver nicotine by heating the chemical components to a temperature where they vaporize and release addicting components to the user, that smokers are just transferring their addiction to this new delivery system.

Additionally, there is evidence that by using vape pens it is just the beginning of a long term unhealthy habit that can get worse over time. “Experts have also raised concerns that the marketing of products such as e-cigarettes can increase nicotine addiction among young people or serve as a gateway to try other tobacco products, including conventional cigarettes, which are known to cause disease.” (Report 2 of the Council on Science and Public Health: Electronic Cigarettes, Vaping, and Health: 2014 Update).

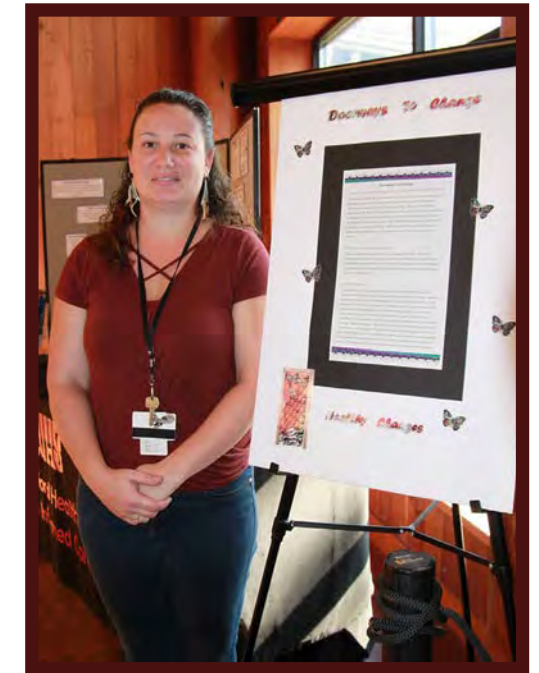
Evidence continues to indicate that by using e-cigarettes people are putting their lives at risk. The abuse of commercial tobacco is a leading cause of cancer, heart disease and Chronic Obstructive Pulmonary Disease (COPD). By exposing the body to

## Doorways To Change: Domestic Violence & Sexual Assault American Indian Community Art Project

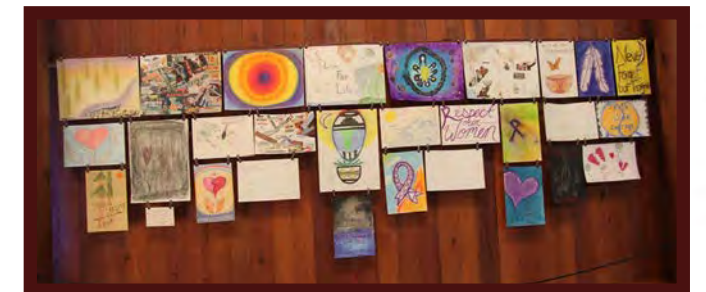
Submitted by: Korby Skoglund, DVSA Prevention/ Education Specialist

Doorways to Change, an art project sponsored by UIHS Behavioral Health has been ongoing for a year and continues to receive acknowledgement and participation by our community members. The project that began October 2016 has gradually gained response to combat the negativity and help support the community in healing by speaking up against domestic violence and sexual assault. With the high rate of trauma in our community, art is a great way to express emotion and reduce the stigma associated with it.

In October 2017 the artwork that has been created thus far was exhibited in the Gathering Room at Potawot Health Village. The display was shown for the entire month and received community recognition while leaving those whom created the artwork empowered. This project is exhibited as a way to honor all generations of survivors of domestic violence and sexual assault and provides a healing opportunity that will also make a difference for generations to come. We are continuing this project into 2018 asking for community member



participation to help further reduce the stigma that our community faces. If you are interested in creating an art piece to promote change and raise awareness contact Korby Skoglund, DV/SA Prevention/Education Specialist in Behavioral Health at 825-4066.





## Smoke-Free Homes Program

Submitted by: Elizabeth Jackson, Health Promotion Technician, UIHS

United Indian Health Services Native Tobacco Project teamed up with the California Tobacco Control and Emory Rollins School of Public Health to provide brief over the phone counseling, consisting of three calls, as well as educational materials, to help families with smokers create a smoke-free home rule. This program is different from smoking cessation or quit smoking classes, in that its main focus is creating a smoke-free home, rather than focusing on quitting, although we are happy to help you with that, as well.

Secondhand smoke can have significant negative health effects on children, non-smokers, pets, and the home environment. Creating a Smoke-Free Home Rule—not allowing anyone to smoke in the home at any time or anywhere—reduces the dangers of secondhand smoke for everyone living in and visiting the home.

Thirdhand smoke is a relatively new term for a problem that has been silently affecting people worldwide for more than a century. This term refers to the residual contamination from tobacco smoke that lingers in houses and cars long after a person is done smoking. It sticks to clothes, curtains, carpets, walls, and all exposed surfaces. The offensive smell that smoking leaves behind isn't harmless, it is an indicator that tobacco toxins are present

in the area. Tobacco smoke is composed of many carcinogens and heavy metals, like arsenic, lead, and cyanide. Sticky, highly toxic particulates, like nicotine, can cling to walls and ceilings. Gasses can be absorbed into carpets, draperies, and other upholsteries. A 2002 study found that these toxic brews can then remit back into the air and recombine to form harmful compounds that remain at high levels long after smoking has stopped occurring.

In an effort to reduce second and thirdhand smoke exposure in the home, the Smoke-Free Homes: Some Things are Better Outside program was developed and tested through funding from the National Cancer Institute's State and Community Tobacco Control Research Initiative and the Centers for Disease Control and Prevention. The Emory Prevention Research Center collaborated with university, United Way 2-1-1, and tobacco control partners to develop and test the program, which aims to help families create smoke-free home rules.

If you smoke inside, or someone you live with smokes inside your home, you could be eligible to participate in this program and receive \$30 in gift cards. Gift cards for Safeway, Dutch Bros., iTunes, Subway or Pem-Mey are provided as an incentive to eligible participants who sign up for the program. Please contact Elizabeth Jackson or Stone Wallace, at (707) 825-5070, for more information.



## Appointments available NOW at UIHS WIC Program!

You can participate in the UIHS WIC Program if you:

**Are pregnant, breastfeeding, or had a baby in the last 6 months, or have children under 5 years, including those cared for by a single father, grandparents, foster parent, step-parent, or guardian?**

**Did you know if you qualify for Medi-Cal or CalFresh, you automatically qualify for WIC?**

WIC is here to help you and your family be healthy.

WIC gives you access to healthy foods, nutrition education counseling, and breastfeeding support.

If you're pregnant, a caregiver, a mom or a dad with a child under five, WIC is right for you!

When you choose WIC for your family, you get the personalized support you need during critical periods of growth and development for your infant and child. WIC has the resources, know-how and tools to help you be the parent/guardian you want to be and to give your child the best possible start in life.

Stick with WIC until age 5, and set your children up for success!

### WIC Income Guidelines Table\* (Income Before Taxes)

Effective April 1, 2017– June 30, 2018

Number of Persons in Family Unit	Annual Income	Monthly Income
1	\$22,311	\$1,860
2	\$30,044	\$2,504
3	\$37,777	\$3,149
Each additional family member add	\$7,733 per added family member	\$645 per added family member



**We're HOME!**

Stop by the WIC office at Potawot, Wednesday, January 31st, 11-3 pm for our Open House and try some delicious, nutritious food samples.

## Meet your WIC Staff



Twila Sanchez  
Manager



Sarah Falkenstrom  
WNA, CLE



Diana Zumwalt  
WNA, CLE



Wendy Joyner  
Admin. Assist.,  
WNA



Brianne Bates  
WNA, CLE



Roxanne Johnson  
Registered Dietician

Phone: 707.822.9900

[UIHS-wic@crihb.org](mailto:UIHS-wic@crihb.org)



# ATTENTION TRIBAL ELDERS!

## ~The Native Will Project~

Have your simple will written, for free. UIHS General Counsel, Neal Latt, a licensed California attorney, is initiating an independent, pro bono (FREE) semiannual (twice a year) event to prepare simple wills for tribal elders, ages 60 and up.

If you are a tribal elder 60 or over, you may call Carol Larsen at 825-4123 to schedule your one-hour appointment to meet confidentially with Neal to prepare your simple will. Appointments are made on a first come, first served basis, so call now!

## 2018 Native Will Project dates:

- Saturday, March 24 – 10 a.m. – 5 p.m. @ Potawot
- Saturday, September 15 – 10 a.m. – 5 p.m. @ Potawot

**First Come, First Served**  
**By appointment only**

[Note: UIHS is unaffiliated with the Native Wills Project but has generously offered to provide the space for its 2018 dates.]

## Status of Native Males Discussed Before California State Assembly

Submitted by: Andre Cramblit, HPE Manager, UIHS



Rob England, UIHS



Shannon Joseph Albers, Youth



Mark LeBeau, CRIHB

United Indian Health Services, Inc. was represented at a recent California State Assembly Legislature public hearing. There were three assembly members in attendance. The Ko'l ho koom' mo Youth Suicide Prevention Project Supervisor, Rob England (Yurok), testified before the Select Committee on the status of Boys and Men of Color. Along with Virginia Hedrick, from the California Consortium on Urban Indian Health, England made a presentation on current health issues among American Indian males. He discussed the fact that often times boys and young men are not receiving needed preventative care from the health care system. This can affect the statistics regarding the actual needs of this population. Local educator Margo Robbins from the Klamath

Trinity Unified School District spoke on educational outcomes while Terry Supahan from True North testified on the criminal justice system. Local youth also participated in the public hearing with their life experiences. Rob was happy that the assembly members took the time to listen to the important needs of the American Indian community. He could tell that the legislators felt the impact of both the passion of the speakers and the stark reality of the statistical evidence presented to them. Committee Chair, Byron Jones-Sawyer Sr., noted that the testimony had over 5000 views on the committee's facebook page, which is the largest viewing of any hearing they have held.

## Annual Membership Meeting February 17, 2018

### Agenda

1:00 Visit Tabling Booths / Refreshments

Community Awards ~ Listed in the Annual Report

1:30 Welcome ~ LaWanda Quinnett, Chairperson of the Board of Directors

2:00 Chief Executive Officer's Report ~ Sherri Provolt, Chief Executive Officer

Parking Lot ~ Your question, comment, suggestion or complaint is welcomed  
Please use a 3X5 card at the sign-in table

2:10 Chief Financial Officer's Report ~ David Rosen, Chief Financial Officer

1:35 Opening Blessing ~ Wiyot Descendent

2:20 Panel — Questions and Answers from Membership

1:40 Recognition of Board of Directors / Tribal Chairs / UIHS Senior Leadership ~  
LaWanda Quinnett, Chairperson and Sherri Provolt, Chief Executive Officer

Board of Directors LaWanda Quinnett, Chairperson  
Senior Leadership Sherri Provolt, Chief Executive Officer  
Financial Statement David Rosen, Chief Financial Officer

1:45 Chairperson of the Board of Directors' Report ~  
LaWanda Quinnett, Chairperson

2:55 Closing ~ LaWanda Quinnett, Chairperson