

# The AcornBasket

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

Newsletter of United Indian Health Services, Inc.

Volume 42, No. 1

Jan/Feb/Mar 2020

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### 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
<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.
Anonymous Syringe "Points" Exchange			
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	



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## Message from the CEO

Submitted by: John R Reeves III, CEO, UIHS

What an exciting time for UIHS...

This has been my mantra recently, as things around our organization are starting to come together and fall into place! There are so many exciting projects going on, it is going to be difficult for me to settle on a few, but I will give it a shot:

**Strategic Planning** – During the December Board of Director's Meeting (12/3/19), our Board approved our new strategic direction. This was the culmination of a seven-month process and should give the organization clear framework from which to work from. The main themes or "pillars" surround the aspects of "Growth", "Service", and "People"; growing UIHS into our market; identifying and expanding our services to meet our unique needs; and aiding our staff members to grow into and beyond their job titles and daily duties. From here, the UIHS Executive Leadership Team will take the strategic direction and begin to develop targetable action plans aimed at achieving our goals.



**Eureka Health Center** – Yes, you read that right. UIHS is opening a site in Eureka. Well, what we are really doing is moving our Fortuna operations to Eureka until our new site at Bear River is complete (2021), but we are currently putting the finishing touches on the space located at 2332 Suite C&D, Harrison Ave in Eureka. Who knows, perhaps this Eureka site will turn into something greater down the road? Time will tell.

**Provider Recruitment** – During the November Board of Director's Meeting (11/5/19), the approval was given to expand our provider staffing models to better support what we are seeing in our client volumes. What that means to our clients is more appointment availability! We have begun the recruiting process and have set a course with a plan to completely staff our Medical, Dental, Behavioral Health, and Pharmacy providers at all sites in both Humboldt and Del Norte counties. We have prioritized this plan and hope to be fully staffed in the next six months!

**Increased focus on client comments** – I would like to emphasize the fact that we have a Client Complaint/Comment process. We invite client comments, both good and bad. As we strive to change our organization for the better, I would like to remind everyone of our Mission and Vision: Mission – To work together with our clients and community to achieve wellness through health services that reflect the traditional values of our American Indian Community. Vision – Healthy mind, body, and spirit for generations of our American Indian Community.

At the end of the day, we exist because of you! When we lose that connection to our clients, we lose our direction. Over the years, we may have drifted, but we are very much focused on ensuring that our services best align with our community and that we do our very best for each and every one of you.

What an exciting time for our great organization indeed!

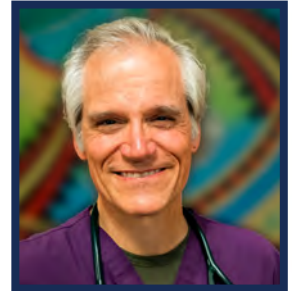


## Our Medical Providers

Submitted by: Miranda Beadle, Front Office Asst. Medical, UIHS

Our medical providers, along with all staff, at UIHS work very hard to create a positive experience for all clients. Often, many of our providers are responsible for the care of several hundred to even one thousand clients. The relationship between health care providers and clients is so important when “healing the whole” mind, body and spirit. We want to take some time to introduce a few of our providers:

**Anthony “Max” Rousselot** is a Physician’s Assistant who has been with United Indian Health Services since March of 2005 and works at Potawot Health Village. He is originally from the northern mountains of New Mexico, in Tewa Country. He enjoys running as well as competitive sports. Max also likes to photograph environmental art and takes pleasure in volunteering.



**Martin Kimble** is a Family Nurse Practitioner who has worked for United Indian Health Services a couple of times, with his most recent return in August of 2018. He is originally from Crescent City, but currently provides medical services out of our new Eureka Clinic. Outside of work, Marty enjoys competitive rowing, carpentry, photography, and his dog Charlie.

**Dr. Roxanne Alsbury** has worked at the Taa’at-dvn Medical Clinic in Crescent City since July of 2017 and is from Kingston, Missouri. When she isn’t seeing patients and delivering babies she enjoys hiking and playing games. She also loves catching crab from the pier and has even bought her own crab pots.



If you are interested in becoming a client, we have four providers in Del Norte County and five providers in Humboldt County that are now accepting new clients. Please call (707) 825-5010 to request an appointment with one of the nine providers below:

Del Norte County Sites		
Taa’at-dvn (Crescent City Clinic)	Hop’-ew Puel (Klamath Clinic)	Xaa-wan’-K’wvt (Smith River Clinic)
Provider(s)		
Matthew Butts, MD Roxanne Alsbury, MD	Katie Cassel, MD	Carolyn Dikes, PA
Humboldt County Sites		
Potawot Health Village (Arcata Clinic)	Eureka Health Center	Weitchpec (Libby Nix Center)
Provider(s)		
Max Rousselot, PA-C Heather Kyte, PA-C Grace McAtasney, FNP	Martin Kimble, FNP	Hugh Kent, MD



# Yav Pa Irihiv-Happy New Year in the Karuk

Submitted by: Andre Cramblit, Cultural Specialist, UIHS



Our Karuk new year is at the dark of the moon in September to coincide with our Pikyavish or World Renewal ceremonies. Our Tribe, like many, has a lunar calendar with 13-months. Jewish people have a 13-month calendar as well. This is convenient since Rosh Hashanah, Jewish New Year, is on the dark of the moon in September so I can look at any calendar and know exactly when Pikyavish is.

In the Gregorian calendar that we follow in modern times, New Year's comes on January 1. It is the time for people to make resolutions about things they want to change or add to in their lives. Most revolve around losing weight, saving money, stopping smoking or some other desire to improve one's life.

New Year comes at the end of a wave of holiday events including Thanksgiving and Christmas. Hopefully people got to spend time with loved ones, treasuring the time to be with friends and family. Gifts and well wishes have been exchanged as we march into the new year with a clean slate and a chance to welcome the miracles yet to be revealed.

Take the time, as the future lies ahead of you to be full of gratitude for the things great and small that make the world a fabulous place to be. Strive to make the year a good one by doing what you can to be a positive influence on the environment and the people around you.

It is traditional among people from all around the earth to consider our place in the great mix of the universe. We sit and ponder the inexplicable questions of what it all means and what is our role in the order of things. Take solace in the understanding that we are all part of these cosmos together and must rely upon one another to make progress throughout the coming cycle of seasons.

Take pleasure in each and every moment and feel privileged to live in such a time of wonder and promise.

Just my two dentalia's worth.



# An Introduction to Conscious Parenting

Submitted by: Ashley Villagomes, Maternal Child Health CHR, UIHS



Parenting is a sacred and essential role that takes us on one of the most beautiful, challenging and humbling paths. We all know that parenting doesn't come with a manual; there are times when we find ourselves in uncharted waters, not sure if we are making the right decisions. There are lots of parenting strategies and approaches; however, one that we want to focus on is Conscious Parenting, which aligns with how we traditionally parented our children before colonization.

What is conscious parenting? It's changing the way we view parenting from the mindset that we need to mold and shape our children and shifting that perspective to our children are born to us to create and cultivate deep internal transformation within us. As adults, most of us have unresolved, unhealed, and unloved parts of ourselves that did not receive the acceptance and compassion needed which then becomes triggered by our children. We naturally and unconsciously follow the imprint of our own family patterns and styles.

Our daily life can be filled with joys and a lot of love, plus huge triggers and challenges. Unresolved pain and unconscious ways of coping can affect the way we connect to others which stem from our own childhoods and are highlighted by our children on a daily basis.

Parenting forces us to evolve our minds and souls to rise to the task of being present for our children, and for so many people, parenting is a major catalyst for awakening spiritual and personal growth. Parenting consciously, can heal the wounds of our past, and realize our true nature. Here are three Conscious Parenting tips to help you get started:

## 1. Treat your children as individuals

There is no "one size fits all" way of parenting. Conscious parenting means that you are completely aware of each child's individual needs and treat them accordingly. Try to be more aware of comparing your children to their siblings, friends, family members, etc. Give your child room to grow into themselves without feeling like they are being measured against someone else.

## 2. Show empathy and compassion

A big part of conscious parenting is being aware of your responses and reactions, to make sure you are showing your children empathy and compassion when they need it. Our children are not perfect and we should not expect them to be. They are going to make mistakes and look to us for comfort and reassurance. We need to take the time to see things from our children's perspective and imagine how they might be feeling in any given situation.

## 3. Speak to your children in a respectful way

How you speak to your children is powerful — your words, tone, and volume will dictate whether or not your child feels safe and respected or threatened. So one thing you can do to become a more conscious parent is to become aware of how you speak to your children.

*References: Dr. Shefali and Reconnected Parenting.*



## New Hires



**Geri Gallegos, EHR  
Trainer, Smith River**



**Devonie Richards, Elder  
Nutrition Assistant Cook,  
Smith River**



**Bobbi Wilson,  
Fiscal Technician, PHV**



**Jaclyn Dair, Medical  
Assistant PHV**

Not Pictured: Holly Celaya  
Medical Scribe, Kellye Evans  
Medical Scribe, Geri Gallegos  
EHR Technical Trainer, Anna  
Hyland Medical Scribe, Iran Ortiz  
Garden Intern, Devonie Richards  
Elder Nutrition Assistant Cook.



**Karen Cheshire,  
Laboratory Assistant  
Smith River**

## 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 divisions 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 come enjoy our Farmers Markets, walking trails and more. While at Potawot 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).

7 We look forward to hearing from you!



### Call to Make an Appointment

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

## Cavity-Free Club

Submitted by: Meghan McCullough, Registered Dental Hygienist, UIHS



Kaden Martin	7 Yrs Old
Mckenzie Martin	2 Yrs Old
Alex Carter	11 Yrs Old
Elias Shumard	12 Yrs Old
Cherish Giovannetti	4 Yrs Old
Steven Watson	9 Yrs Old
Mariah Rodriguez	13 Yrs Old
Jonavid Solano	4 Yrs Old
Kena Dimmik	3 Yrs Old
Emmett Brown	4 Yrs Old
Skylar Vanvoltenburg	5 Yrs Old
Anneka Hostler	9 Yrs Old
Sean Green	11 Yrs Old
Roxelana Burke	5 Yrs Old
Aliya Wiltse	10 Yrs Old
Jaxon Gray	6 Yrs Old
Travis Gray	6 Yrs Old
Dylan Liles	12 Yrs Old
Devin Liles	8 Yrs Old

Rylynn Lane	11 Yrs Old
Dashiell Beadle	6 Yrs Old
Harlan Williams	3 Yrs Old
Pamela Myers	6 Yrs Old
Joseph Lemley	5 Yrs Old
Kaylee McCovey	8 Yrs Old
Leola Marceau	10 Yrs Old
Hailey Sefton	10 Yrs Old
Cameron Pool	13 Yrs Old
Poywuson Mitchell	11 Yrs Old
Robbie Brennan	13 Yrs Old
Corbin Ownsby	8 Yrs Old
Tatiana Ownsby	11 Yrs Old
Miyah Evenson	3 Yrs Old
Na-Res Ballew	6 Yrs Old
Luna Orlega-Rollings	6 Yrs Old
Noel Eleck	5 Yrs Old
Audrey Jennings	4 Yrs Old
Zeina Morales-Brown	7 Yrs Old

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.

## Dental Facts & Fun

Submitted by: Meghan McCullough, Registered Dental Hygienist, UIHS

### Did You Know?

- \* It takes 43 muscles to frown, while it takes just 17 muscles to smile.
- \* In 200 A.D. the Romans cleaned their teeth with a mixture of bones, oyster shells, eggshells, and honey.
- \* George Washington's teeth were made from gold, ivory, lead and a mixture of human, donkey and hippopotamus teeth.
- \* People with periodontal disease are 2 times more likely to develop heart disease. (Periodontal disease is an infection of the gums).
- \* Almost 65 million american adults have some form of periodontal disease (38.4% women, 56.4% men).
- \* About 75% of school children worldwide have dental cavities.

### Dry mouth and Oral Health:

- \* Dry mouth occurs when the salivary glands do not work properly. Chronic dry mouth can be uncomfortable and it also increases risk for dental decay. Some causes of dry mouth are:
- \* Certain medications, cancer therapy, smoking, and age.
- \* If you are experiencing chronic dry mouth and you want to decrease your risk for dental decay. Call the UIHS Dental Department to schedule an appointment with your provider at (707) 825-5040.



# My Journey to Healthy Eating, Not Just for Diabetes!!

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

Years ago when I first started working in the diabetes world, I was struck by the insight of my friend Twila who had to help prepare meals for her mother with diabetes. She said, "I realized when I was cooking a separate meal for my mom that, hey, that's a healthier way of eating. We (meaning her whole family) should all eat that way!"

Bonk! This obvious insight should have been evident to me as a primary care doc. We who aren't fixated on nutrition issues (all us "normies") are not always aware that there is probably a healthier way to eat out there and that we should think about doing it, but happily go about our day just "playing it by ear," nutritionally speaking. We grab what is available, what might be a little more convenient, or what seems to taste good without giving too much thought to what we are actually doing. This isn't a bad thing, nor should we blame ourselves. It's really pretty normal given our current societal "structure." Some examples of this "structure" include: convenience and fast foods, many activities to attend that carve into any meal preparation time, the promotion of enticingly tasty, but not necessarily nutritionally beneficial foods, etc.

Around the same time, we were raising a couple of adolescent children and I realized my wife at the time was doing her best to have us eat nutritional, healthier meals, more than I was used to or had been raised with anyway. I remember a few times saying, "why are you feeding me this wabbit food, I'm not Bugs Bunny!" She was attempting to introduce more veggies and healthier overall eating to our children as we had already avoided things like sodas and non-nutritional sweetened beverages. But she was teaching my taste buds as well! Gradually I developed more of a taste for things like broccoli, cauliflower, brussel sprouts, different types of lettuce and salads, and just veggies in general. That doesn't happen overnight. I also had my own realization that I was recommending to diabetes patients they eat better and try to be more active while not really practicing these things regularly myself. I was kind of a hypocrite!



Soon after starting to work in the diabetes program I tried to ride my bike regularly so I could look people in the eye when I discussed ways to become more active (a couple of bum knees later my running and basketball days were over). But I also slowly started to incorporate more healthy ways of eating into my daily routine, thanks to some good examples around me and the new found information in working more with people who suffered from diabetes. I realized I had already come a long way from high school where I poured sugar all over my Cap'n Crunch for breakfast, M & M's were a lunchtime staple, and dinner was mostly meat and potatoes (no wabbit food!). Salad back then meant iceberg lettuce with Thousand Island dressing, if you could talk me into one. Learning to eat healthier is a gradual, sometimes sputtering, lifelong *process*. The key word there is process, because no one goes to their fridge one day and throws out all the unhealthy stuff and replaces it with organic produce from the farmer's market! Fad diets were coming and going like crazy, but the people who I noticed were feeling well as they got older had adopted eating healthier on a daily basis, they didn't go on "diets." I started to say to my patients, "we aren't going to recommend you go on a diet, we want to help you learn to eat healthier for the *rest of your life*."



## My Journey to Healthy Eating, Not Just for Diabetes!!

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

I also learned that your manner of eating affects the health benefits of your meals. Eating mindfully, really taking time to taste the food and slowing down while you chew and swallow usually results in naturally eating less food. A dietician friend taught me the “rule of diminishing returns,” which is if you

really taste and enjoy your food from the beginning, the more you eat, the less pleasurable the experience actually is because you are paying attention and are less likely to eat more than you need. This is really challenging, especially when I’m working at my desk or rushed for time. I sometimes forget to even taste my food and have had to work very hard at practicing these wise things I’ve been taught by friends and colleagues. Eating in groups especially with your family if you can and sitting around a table instead of a TV can also enhance



the health of your meals. We also want to recognize we are not going to eat perfectly all the time. I encourage folks I work with to have “planned splurges.” My friends know I love chocolate and have all heard me say “you’ll take my ice cream from my cold, dead fingers!”

“So Dr. Raymer, what is the right way to eat anyways??” The \$64,000 question. The answer is pretty straight forward, but not simple. There is no one *right way* to eat healthier. That’s the wonderful thing about it! And there probably would not be any one perfect way to eat anyway since we all have different genetics, environments, and exposures that affect what might be a healthy way for us to eat individually. But, there are some general principals and some nutritional patterns that can benefit our health significantly and are being shown through research to have real long term value. Some of these patterns of eating include, but are not limited to the Mediterranean-style of eating, intermittent fasting (several choices of how to do this), and ketogenic nutrient based eating. Angel Jensen, our very well-educated and open-minded nutritionist is going to detail some of this for you. The staff and patients appreciate Angel because she meets you “where you are” nutritionally speaking, and helps you work from there toward healthier eating patterns *just for you*.

One last comment and that is about weight loss. You’ll notice I didn’t directly mention that at all until now. I do not as a practice tell patients, “well Mr. so-and-so, you need to lose a little weight now, don’t you...” Most people are perfectly aware of their weight and don’t need me reminding them about it. Many people have tried very hard to lose weight, sometimes with success and sometimes not. Weight loss is so fraught with complication and emotion, but the fact is weight is still a pretty mysterious thing. There are so many factors, some like our microbiome (all the critters that live in our gut and help govern our digestion and metabolism) are still poorly understood at best. And we are also learning that the old maxim that a “calorie is a calorie” is not really true because 100 calories of high fructose corn syrup may have a very different effect on our metabolism and weight than 100 calories of cauliflower. As a clinician, I am just interested in guiding people to healthier eating patterns and if weight loss comes from that, great. If it’s a goal of the patient to lose weight and we can assist them with a pattern that helps, great. But, you will not be hearing from me that you just need to “lose a few pounds.”

So Angel, take it away...



# Intermittent Fasting & "Keto"

Submitted by: Angel Jensen, Nutritionist, UIHS

## Beneficial dietary trends supported by science

Usually the body uses carbohydrates (sugar) as fuel. Intermittent fasting and 'keto' style eating patterns encourage the body to go into a state called ketosis, in which it will use fat for fuel instead of carbohydrates. For this to happen, very little carbohydrate can be eaten or the body has to go without food for more than 8-12 hours.

Intermittent fasting involves using a predetermined window of fasting time. Some prefer to fast daily for 8-16 hours, only eating outside of that predetermined fasting window; such as only eating between the hours of noon and 8pm. Some prefer to fast for entire days at a time, usually alternating the fasting days throughout the week; such as not eating on Tuesdays and Thursdays other than water and black coffee, although some people like to eat a small amount (less than 25 grams of carbohydrate) of non-starchy vegetables on the days they are fasting. Other methods of intermittent fasting include consuming a very low calorie diet of 300-500 calories per day on alternating days, such as only eating non-starchy vegetables on Tuesdays and Thursdays. Ketosis is also achieved when consuming the usual amount of calories, but eating up to 80% fat, up to 20% protein, and up to 10% carbohydrate sources, which is usually in the form of non-starch vegetables.



## Mediterranean, DASH, and MIND dietary patterns

The Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) dietary pattern is a combination of the two most nutritionally beneficial ways of eating, the heart healthy "DASH" and the overall healthy and balanced Mediterranean style of eating. The MIND diet includes the foods seen in a typical Mediterranean style diet such as olive oil, fish, beans, nuts, seeds, legumes, whole grains, plenty of leafy greens and other vegetables, wine, poultry, and berries while limiting red meat, butter, cheese, processed, fried, and sweetened foods.

Some benefits of these types of eating patterns are protection of the brain and body from inflammation and oxidation, regulation of hunger/fullness hormones, enhanced brain function and energy metabolism, a decreased risk of heart disease, depression, stroke, anxiety, nerve damage, and type 2 diabetes; improved social functioning, sleep quality, alertness, self-esteem, mood, and vigilance. Eating a nutritious diet has many health benefits that help keep you mentally and physically well. Implementing a new way of eating may be confusing, for help navigating through the information the Community Health and Wellness Department at UIHS offers personalized nutrition assistance. Nutrition is a very personal thing that is different for everybody. We can work together to help you reach your individual nutrition goals. Angel Jensen, Nutritionist, (707)825-4128, [angel.jensen@uihs.org](mailto:angel.jensen@uihs.org)



# Antibiotics

Submitted by: Michelle Lewis, Employee Health and Infection Prevention Nurse, UIHS

Antibiotics are medicines that fight infections caused by bacteria in humans and animals by either killing the bacteria or making it difficult for the bacteria to grow and multiply. Bacteria are germs. They live in the environment and all over the inside and outside of our bodies. Most bacteria are harmless and even helpful to people, but some can cause infections, like strep throat.

**Antibiotics ONLY treat certain infections caused by bacteria**, such as: strep throat, whooping cough, urinary tract infection (UTI). Antibiotics are also needed to treat life-threatening conditions caused by bacteria, such as sepsis, which is the body's extreme response to infection.

Antibiotics DO NOT work on viruses, such as those that cause: colds and runny noses, even if the mucus is thick, yellow, or green, most sore throats (except strep throat), flu and most cases of chest colds (bronchitis). Antibiotics also ARE NOT needed for some common bacterial infections, including: many sinus infections and some ear infections. This is because these illnesses will usually get better on their own, without antibiotics.

Anytime antibiotics are used, they can cause side effects. Common side effects range from minor to very severe health problems and can include: rash, nausea, diarrhea and yeast infections. More serious side effects can include: *C. diff* infection, which causes diarrhea that can lead to severe colon damage and death, severe and life-threatening allergic reactions and antibiotic-resistant infections. Call your doctor if you develop any side effects while taking your antibiotic.

Antibiotics are important to treat infections and have saved countless lives. However, anytime antibiotics are used, they can cause side effects and contribute to antibiotic resistance, one of the most urgent threats to the public's health. When antibiotics are needed, the benefits usually outweigh the risks of side effects or antibiotic resistance. However, too many antibiotics are prescribed unnecessarily and misused, which threatens the usefulness of these important drugs. This is why it's important that we all use antibiotics ONLY when we need them to protect us from harms caused by unnecessary antibiotic use and to combat antibiotic resistance.

Common Condition	Common Cause			Are Antibiotics Needed?
		Bacteria or virus	Virus	
Strep throat	✓			Yes
Whooping cough	✓			Yes
Urinary tract infection	✓			Yes
Sinus infection		✓		Maybe
Middle ear infection		✓		Maybe
Bronchitis/chest cold (in otherwise healthy children and adults)*		✓		No*
Common cold/runny nose			✓	No
Sore throat (except strep)			✓	No
Flu			✓	No

\*Studies show that in otherwise healthy children and adults, antibiotics for bronchitis won't help you feel better.

Source:

<https://www.cdc.gov/antibiotic-use/community/about/should-know.html>



# New State Individual Health Insurance Mandate

Submitted by: Kathy Busenius, Member Services Manager, UIHS



The state of California is working to reduce the number of uninsured families with the adoption of a new state individual health care mandate. Here are the things California residents need to know:

## 1. Make sure you have health coverage

The mandate takes effect January 1, 2020, requiring Californians to have qualifying health insurance coverage throughout the year. Many people already have qualifying health insurance coverage, including employer-sponsored plans; coverage purchased through Covered California or

directly from insurers, Medicare, and most Medicaid plans. Under the new mandate, those who fail to maintain qualifying health insurance coverage could face a financial penalty unless they qualify for an exemption. Generally speaking, a taxpayer who fails to secure coverage will be subject to a penalty of \$695 when they file their 2020 state income tax return in 2021. The penalty for a dependent child is half of what it would be for an adult. The penalty is based on your state income and the number of people in your household.

## Summary of possible penalties

Household Size	If You Make Less Than	You May Pay
Individual	\$45,500	\$695
Married Couple	\$91,000	\$1,390
Family of 4	\$140,200	\$2,085

To avoid a penalty, California residents need to have qualifying health insurance for themselves, their spouse or domestic partner, and their dependents for each month beginning on January 1, 2020. The open enrollment period to sign up for health care coverage through

[Covered California](#) is scheduled for October 15, 2019 through January 31, 2020.





# New State Individual Health Insurance Mandate

Submitted by: Kathy Busenius, Member Services Manager, UIHS

## 2. Exemptions available

There are exemptions to the penalty, and families will not have to pay a penalty if the cost of their health care coverage exceeds a certain percentage of their income. Most exemptions from the mandate will be claimed when filing 2020 state income tax returns in early 2021. Additional exemptions from the mandate will be granted through Covered California beginning in January 2020.

- Income is below the tax filing threshold
- Health coverage is considered unaffordable (exceeded 8.24% of household income for the 2020 taxable year)
- Families' self-only coverage combined cost is unaffordable
- Short coverage gap of 3 consecutive months or less
- Certain non-citizens who are not lawfully present
- Certain citizens living abroad/residents of another state or U.S. territory
- Members of health care sharing ministry
- **One exception that we want to point out is that if you are members of a federally-recognized Indian tribes including Alaskan Natives**
- Incarceration (other than incarceration pending the disposition of charges)
- Enrolled in limited or restricted-scope Medi-Cal or other coverage from the California Department of Health Care Services
- Religious conscience exemption
- Affordability hardship
- General hardships



## 3. Financial assistance available

To help Californians meet the requirement to have insurance coverage, the state will provide financial assistance to qualifying individuals and families, dependent on their household size and income, through Covered California. This new state financial assistance will be in addition to federal financial assistance some already receive through Covered California.

Contact a UIHS Member Service Representative if you want to find out:

- 1) Are you eligible for financial assistance?
- 2) Monthly premium cost?

For more information in Humboldt County call (707) 825-4090 and in Del Norte County call (707) 465-2960.



## Updates and Reminders

### Native Connections Project

The Morek Won/Down River Youth Jiu Jitsu program is going strong. It is currently happening on Wednesday afternoons at the Morek Won Community Center from 4:00 – 6:00 as part of the Yurok Tribe Boys and Girls Club. Food is provided. Contact Pete Han at (707) 445-4037 for more details. For transportation contact Lisa Sanderson at (530) 625-4130 x.1638.



Native Connections, in collaboration with Yurok Health and Human Services, is sponsoring a Peer Grief Support Group for youth. The group meets every Tuesday from 3:30-5:00 at Hoopa Valley High School in the Wellness Building. Snacks and transportation are provided. Contact Lisa Sanderson at (530) 625-4130 x.1638 for more information.

Spiritual Healer, Ruben Talavera, is available for UIHS youth clients ages 10-24 two days per month at Potawot Health Village. For more information or to schedule an appointment call UIHS Behavioral Health at (707) 825-5060.



### Weitchpec Dental Service

We are now offering Dental Services in Weitchpec due to the generous support of the Vesper Society. To make an appointment call (707) 825-5040 or contact your Community Health Representative to assist in making an appointment.

### New Clinic Site in Eureka

With the closing of our Fortuna site, we have now opened a site in Eureka, located at 2332 Suite C&D, Harrison Ave. Please call us to make an appointment!





## Updates and Reminders

### Need Transportation to an Appointment?

The Community Health & Wellness (CHW) Department can help you get to your healthcare-related appointments. We currently offer van rides to Potawatomi Health Village (PHV) every Monday, Tuesday, Thursday and Friday mornings for local residents. If you need a ride for an appointment at PHV, please tell the scheduler at the time you make the appointment. Tammy Wilson, CHW Van Driver will contact you to confirm your appointment 1-2 days before the appointment.



The van driver can also help you get to other local healthcare-related appointments. If you need a ride to an appointment not at a UIHS clinic site please contact Tammy Wilson **BEFORE SCHEDULING YOUR APPOINTMENT**. We will schedule your appointment to ensure transportation is available. All transportation needs will go through Tammy Wilson and she will coordinate with other services to ensure your transportation needs are met.

Any questions? Contact Tammy Wilson (707) 825-4072. *CHRs can NOT transport clients out of Humboldt or Del Norte County or across state lines. CHRs can assist you in finding other transportation services to meet your needs.*



### Want to Stay Connected to UIHS?

UIHS, along with multiple Departments now have Facebook pages. This is a great way to stay up-to-date on what we are doing in the community. Like our pages to learn more about upcoming events and activities!

### Important Dates to Remember...

- January 20, 2020- UIHS will be closed in observance of Martin Luther King Day.
- February 22, 2020- UIHS' Annual Membership Meeting.



# California Smokers' Helpline

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

## California Smokers' Helpline:

### a resource for quit nicotine commercial products.

You can quit. They can help. The CA Smokers' Helpline offers free telephone counseling in six different languages and online support to help quit chewing, smoking and vaping.

These resources include:



## Telephone

Hours: Mon - Fri, 7am-9pm and Sat, 9am-5pm

1-800-NO-BUTTS

1-844-8-NO-VAPE

1-800-844-CHEW

## Text Messaging

Receive texts that are tailored to help at critical points along the way. You can also send questions at any time and a counselor will respond within one business day.

Mobile Phones:

Text "Quit Smoking"  
to 66819

Text "Quit Vaping"  
to 66819

## The No Butts Mobile App

The No Butts mobile app uses proven methods to help you quit, like a personalized quit plan and information on effective quitting aids. Log your smoking triggers and get reminders to keep you motivated.

This free app is available both for iPhones and for Android phones. For questions regarding the app, please contact [nobuttsmobileapp@ucsd.edu](mailto:nobuttsmobileapp@ucsd.edu).

## Alexa Skills

Get tips from Amazon Alexa through our "Stop Smoking Coach" & "Stop Vaping Coach" skills. Enable the Stop Smoking & Stop Vaping skills from Amazon.com or your Alexa app.

## Self-help Materials

To receive a free packet of materials explaining the nuts and bolts of quitting, call 1-800-NO-BUTTS. You can also find free materials in our online catalog at [www.nobutts-catalog.org/](http://www.nobutts-catalog.org/)

Enroll Online at [www.nobutts.org](http://www.nobutts.org)

[Facebook.com/nobutts.org](https://www.facebook.com/nobutts.org)

[Twitter.com/1800NOBUTTS](https://twitter.com/1800NOBUTTS)

[Instagram/1800NOBUTTS](https://www.instagram.com/1800NOBUTTS)

# NATIVE Tobacco Project



United Indian Health Services, Inc.

Trudy Adams, Health Promotion and Education Technician III

(707) 464-2919, Facebook: UIHS Health Promotion



# Word Search

**ACCEPT**  
**AVAILABLE**  
**BEDIRECT**  
**COMPASSION**  
**COPING**  
**ENCOURAGE**  
**FEELINGS**  
**GATEKEEPERS**  
**GOOD**  
**HEALTH**  
**HELP**  
**INTERVENTION**  
**STIGMA**  
**STRENGTH**

**INVOLVED**  
**LIFELINE**  
**LISTEN**  
**MATTER**  
**NONJUDGMENTAL**  
**PATIENT**  
**POSITIVITY**  
**PREVENTION**  
**REMOVEMEANS**  
**RESPECT**  
**SAFETY**  
**SKILLS**  
**TALK**  
**YOU**

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

**What's the Difference? Can you find the 8 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

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