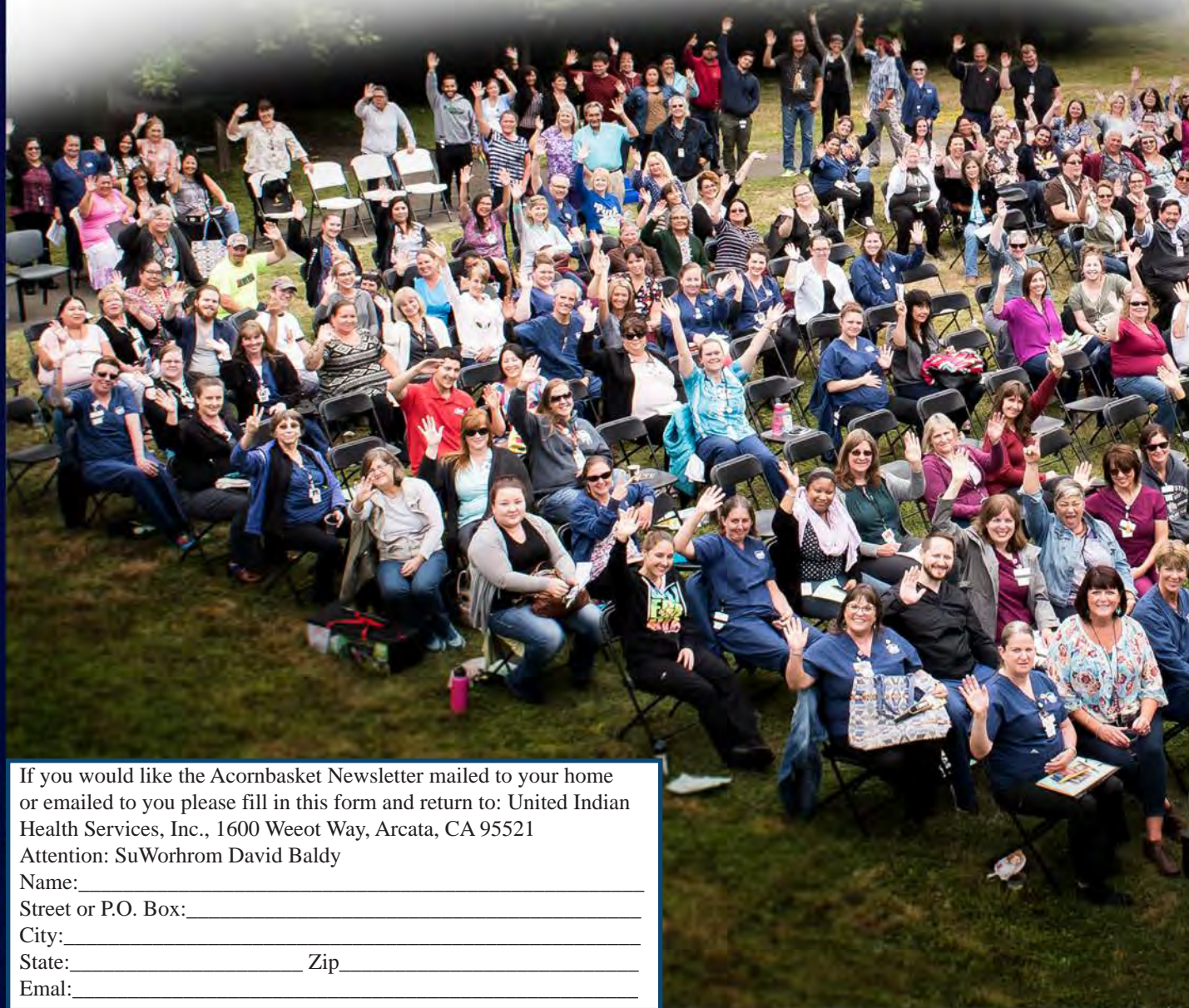




The Acornbasket
©1996 United Indian Health Services, Inc.
Chief Executive Officer: David Rosen
Editor / Layout: SuWorhrom David Baldy



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: _____

The Acornbasket

Newsletter of United Indian Health Services, Inc.

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

Volume 40, No. 4



Oct/Nov/Dec 2018

Welcome Home!!!

Addiction Help

**Help us, help you,
help your family**

Farmers Market



INSIDE THIS ISSUE

Farmers Market	Page 1
Welcome Home!!!	Page 2
Cavity-Free Club	Page 2
Flu shots	Page 3
Addiction help	Page 3
Harvest Party!!!	Page 4
Arts and Crafts Fair	Page 4
WIC	Page 4
Help us, help you, help your family	Page 5
Open Enrollment Coming Soon!!	Page 6
Great American Smokeout	Page 7
The Fourth Annual Out of the Darkness Walk .	Page 7
Diabetes Awareness Program	Page 8
Game Page	Page 9
Board of Directors / UIHS Clinic Hours	Page 10
Kosher Dills	Back Page

Potawot Health Village Farmers Market



KLAMATH FARMERS MARKET



UIHS Board of Directors * 2018

Board Members (Pictured top row from left to right)

Donald McCovey, Mindy Natt - Alternate, Velva Angell, LaWanda Quinnell – Chairman, Ruby Rollings – Alternate, Teresa Ballew – Secretary, Robert Borden, Charlene Storr,

(Pictured bottom row from left to right)

Shirley Laos, John Green, Gary Markussen Sr. – Alternate, Lorna Johnson Stanley – Vice Chairperson, Claudia Brundin

(Not Pictured)

Richard Myers, Lana McCovey, Denise Padgett – Member at-Large, Lisa Sundberg – Treasurer, Joseph Giovannetti – Alternate, Delmar Keisner – Alternate, Deborah Markussen – Alternate

Clinic Sites

UIHS Clinic Hours

Potawot (Arcata) For an appointment call: All Other Services Behavioral Health Community Health Dental Medical Nutrition	Monday-Friday 8:00 a.m. to 5:00 p.m. Closed for lunch 12:00 p.m. to 1:00 p.m. Pharmacy Monday - Friday 8:30 a.m. to 5:30 p.m.	Pharmacy Purchased Referred Care Toll-free number Vision WIC	(707) 825-5000 (707) 825-5060 (707) 825-5070 (707) 825-5040 (707) 825-5010 (707) 825-5070	(707) 825-5020 (707) 825-5080 1-800-675-3693 (707) 825-4129 (707) 822-9900
Taa-'at-dvn (Crescent City)	Monday-Friday 8:00 a.m. to 5:00 p.m. Closed for lunch 12:00 p.m. to 1:00 p.m. For an appointment call: (707) 464-2750	WIC-Crescent City	(707) 822-9900	
Elk Valley (Elk Valley)	Monday-Friday 8:00 a.m. to 5:00 p.m. Closed for lunch 12:00 p.m. to 1:00 p.m. For an appointment call: (707) 464-2919	Toll-free number	1-800-293-2919	
Tish-non (Bear River)	Monday-Friday 8:00 a.m. to 5:00 p.m. Closed for lunch 12:00 p.m. to 1:00 p.m. For an appointment call: (707) 725-7988	WIC-Fortuna	(707) 822-9900	
Hop'-ew Puel (Klamath)	Tuesday, Thursday, Friday 8:00 a.m. to 4:00 p.m. Closed for lunch 12:00 p.m. to 1:00 p.m. For an appointment call: (707) 725-7988	WIC-Klamath	(707) 822-9900	
Xaa-wan'-k'wvt (Smith River)	Monday-Friday 8:00 a.m. to 5:00 p.m. Closed for lunch 12:00 p.m. to 1:00 p.m. For an appointment call: (707) 487- 0215			
Weitchpec (Weitchpec)	Monday, Thursday, Friday 9:30 a.m. to 3:00 p.m. Closed for lunch 12:00 p.m. to 1:00 p.m. For an appointment call: 530-625-4300	OB Care and Same Day Access Care 1st and 4th Tuesday 9:30 a.m. to 3:00 p.m.		
	Anonymous Syringe "Points" Exchange 2nd and 3rd Tuesday 10:00 a.m. to 3:00 p.m.	WIC-Weitchpec	(707) 822-9900	
	WIC-Willow Creek Phone #: 707-822-9900	WIC-Hoopa Phone #: 707-822-9900		

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

Word Search

Community	Nutrition
Health	Services
Care	Jude
Theressa	Marshall
Green	Lena
Sherry	Mccovey
King	Elizabeth
Sandra	Lewis
Trabue	Wic
Tina	Vacant
Wilson	Wendy
Shawn	Joyner
Evans	Sarah
Paula	Falkenstrom
Mattocks	Roxanne
Cultural	Johnson
Resources	Diana
Andre	Zumwalt
Cramblit	Brianne
	Bates



Whats the Diff?

Can you find the 11 differences in the two pictures

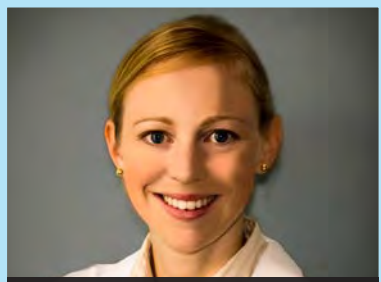


Welcome Home!!!



Marty Kimble

Martin is returning to UIHS from the Santa Monica area. For the past year he worked at an Urgent Care Clinic in Anaheim, California. Previous to that he was employed here from 2011 to 2017. He has worked in most of our clinics but is now full-time in the Fortuna clinic. He has a wide variety of experience from working as a Paramedic, a LVN, RN, and as a Family Nurse Practitioner and Physician's Assistant in the Emergency Room, Urgent Care, and Family Practice.



Heather Kyte

Heather is also returning to UIHS. A Boston born local with two kids one seven the other six who have been living on the east coast for the last couple of years. Heather an avid outdoors women enjoys running, going to the river, walks on the beach and hitting up the local scene with her kids said that "We felt like Humboldt County was home." Heather will be working at both the Potawot and the Tish-non clinics. She looks forward to creating new relationships within the UIHS community.

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

Potawot Health Village

Cavity Free Club Members

Hudson Gardner	3 Yrs Old
Tyler Rexford	3 Yrs Old
Malia Lunsford	8 Yrs Old
Mira Martin	7 Yrs Old
Gracelyn Gruetzmacher	4 Yrs Old
Natailly Belle Donahue	2 Yrs Old
Hunter Redhat	9 Yrs Old
Louise Keisner	9 Yrs Old
Sophie Lewis	4 Yrs Old
Elloro Morales Brown	2 Yrs Old
Naomi Heitchler	7 Yrs Old
Naveah Brown	4 Yrs Old
Korek Kuska	10 Yrs Old
Weysenaw Reed	10 Yrs Old
Takeshi Patterson	8 Yrs Old

Remy George	5 Yrs Old
Kalea Hubbard	9 Yrs Old
Desirae Miller	6 Yrs Old
Daytona Dobrec	8 Yrs Old
Kyri Price	7 Yrs Old
Alexander Hodge Jr	18 Mos Old
Colton Whipple	4 Yrs Old
Melinda Osono	3 Yrs Old
Tishawnik Allen	15 Mos Old
Clio Saulsbury	7 Yrs Old
Dakota Farmer	12 Yrs Old
Parker Roslosnik	3 Yrs Old
Hazel Marshall	8 Yrs Old
Autumn Bowie	8 Yrs Old
Alexander Rodriguez	5 Yrs Old
Tatiana Ownsbey	10 Yrs Old
Nickole Epker	8 Yrs Old
Diane Epker	10 Yrs Old
Aleyce Marie George	5 Yrs Old
Raina Palmer	12 Yrs Old

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

Flu shots

Submitted by: Sandra Jones, Nurse Manager, UIHS

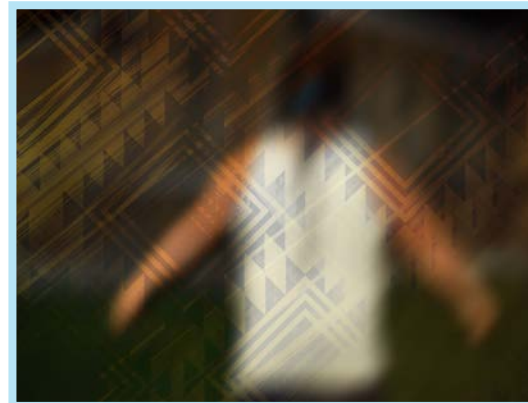


GET YOUR FLU VACCINE! The vaccine has arrived and everyone aged 6 months and up is eligible. We encourage everyone to drop into their clinic of choice and get vaccinated. No appointment necessary. Community Health Workers will also be reaching out to the families they work with and will be present at several upcoming events in order to provide this important service. Whichever way is most convenient, please get immunized.

Adults, don't forget your pneumonia or shingles vaccines as well!

Addiction help

Are you or someone you know living with addiction to heroin or narcotics? The UIHS Suboxone program to assist with recovery is going strong and is starting a second group in Arcata. The program includes medication assisted treatment in combination with intensive counseling and behavioral therapies. This whole-patient approach is a long-term commitment from UIHS to our patients. Those interested in more information should speak with their provider. All self or provider referrals will be followed by an intake and screening process.



Injection drug use carries its own set of health risks. To help reduce some of those risks, UIHS continues to provide needle exchange at two of our sites. Needle exchange occurs on Tuesdays alternating between our Klamath office and the Weitchpec site. Klamath is the 2nd and 4th Tuesday, 10a to 3p. Weitchpec is the 1st and 3rd Tuesday, also 10a to 3p. For any questions about the needle exchange, feel free to contact Stone at 707.825.4124.



Diabetes Awareness Program

Submitted by: Megan Warren, Diabetes Awareness Program, UIHS

The Holiday Season is coming up!

Don't let stress and distraction rob you of the joy, magic, and meaning of the holiday season. Now is a great time to start planning your personal strategies to handle holiday stressors and temptations.

Set and communicate comfortable limits for yourself. Decide how involved you will get in the upcoming festivities and share the cooking, shopping, and decorating responsibilities.

Also, decide how accommodating you plan to be. If family is planning to stay with you this doesn't mean you have to cook all of their meals and wash all of their dishes. Decide and communicate your healthy limits to your future guests.

When the days get shorter and the air gets colder we have a tendency to isolate ourselves at home. This can easily lead to feelings of laziness, sluggishness, and difficulty concentrating. Exercising and moving your body is a great remedy! Try dancing with your kids, chair exercises during commercials, walking around while talking on the phone.

The holidays seem to accept and encourage overeating as part of the season's tradition. Take your time and use the A,B,C,D,E method to mindfully enjoy each bite.

Ask yourself: Why am I eating now? What am I eating now?
What else am I doing now that may be distracting?

Be grateful. Pause and think about all the people and work it took to produce the food on your plate' the people who planted the seeds, stocked the shelves, prepared the food. Consider the cultural traditions that brought you this food or recipe.

Chew and then chew again. Give your body a chance to catch up to your brain. It takes your body about 20 minutes to notify the brain that it's full.

Dine. Don't just eat. Experience the different tastes, textures, and flavors.

Engage your attention. Avoid distractions. Multitasking and eating makes it harder for your brain to hear the signals from your body.

Don't let your health and wellness goals become a last priority.
Consider checking out classes put on by the UIHS Diabetes Awareness Program to get new ideas or to freshen-up your motivation.

Great American Smokeout

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

Save the date! November 15th is the 43rd Great American Smokeout. During this day we encourage all individuals who currently smoke to make a commitment and plan to quit. Approximately 40 million American adults smoke, and tobacco use remains the single largest preventable cause of disease and premature death in our country. This could be a great opportunity to put it down for a day, or begin your quit journey! Quitting isn't easy, and often it takes more than one attempt to quit. Participating in the Great American Smokeout is a step toward a healthier life and reducing the risk for cancer linked to tobacco.



Those around you can also be effected by your smoke. Secondhand smoke is toxic to anyone who is exposed. Containing about 7000 chemicals, including hundreds that are toxic, about 70 of which can cause cancer. Any level of exposure to smoke is risky, and it is best to keep your distance from smoking areas.

If you or someone that you know would like more information on quitting please call 1-800-no-butts, or go to the California Smokers' Helpline. Also, please feel free to reach out to our NATIVE Tobacco Project, housed within the Community Health and Wellness Division at

The Fourth Annual Out of the Darkness Walk

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

On Sunday, September 9th, 2018, 262 community members gathered on the Arcata Plaza for the Fourth Annual Out of the Darkness Walk. This walk is one of many events planned throughout the county for the month of September which is National Suicide Prevention Month. This walk brought together people of all ages and backgrounds impacted by suicide and created a space that encouraged openness and a shift in how we as a community approach mental health issues.

In order to encourage openness and a shift in how we approach suicide prevention. It is imperative that we examine the language that we use to talk about it. Choosing compassionate and accurate language creates a safe and respectful way to talk about suicide openly. When helping those who are having thoughts of suicide or who have lost a loved one we need to remember to be aware of how our words may impact them. To learn more on compassionate and accurate language about suicide, please take a look at the poster below.

Suicide is the most preventable death, yet over 45,000 people die by suicide each year in the United States. If you know someone in crisis who is need of help please call the toll-free National Suicide Prevention Lifeline at 1-800-273-TALK (8255), 24 hours a day, 7 days a week. We all can play a role in preventing suicide within our community. For more information please call the Ko'l Ho Koom' Mo (Working Together) Youth Suicide Prevention Project at 707-825-5070.

17th Annual UIHS Harvest Party!!!

Friday, October 19th, 2018, 10:30am - 1:30pm



Games, Costumes, Pumpkins, Prizes
and Much More!

For more info contact Jude Marshall at 707-825-4098, email
jude.marshall@crihb.org



UIHS AMERICAN INDIAN WINTER ARTS & CRAFTS FAIR

Ship Ashore - Smith River

SATURDAY, NOVEMBER 17, 10AM - 3PM

Potawot Health Village - Arcata

FIRST SATURDAY IN DECEMBER 10AM - 5PM

Promoting Community Healing through Arts & Cultural Gatherings

wic

Help us, help you, help your family

Enrolling in Medi-Cal or Covered CA has never been easier. Getting started is just a phone call away. As long as you can provide a social security number, your information can be verified by the Department of Health & Human Services (DHHS). There is also an app and a website C4yourself.com. To get started or to get more information contact: United Indian Health Services or Del Norte County DHHS.

Resolve to be Healthy!

Call any UIHS clinic to make an appointment for insurance enrollment and at the same time we can assist you in making a preventive health care appointment! Your health and the health of your family is your responsibility. To find out if you qualify for health coverage or for more information, please call our Member Services Representatives:

•Del Norte – 707-465-2960 •Humboldt – 707-825-4090 •Email: uihs.coverme@carih.org

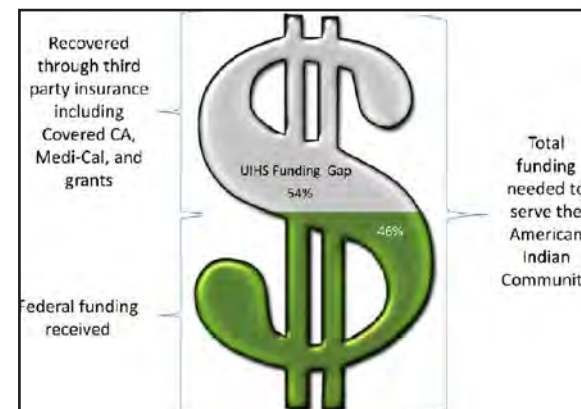


Enroll in health coverage TODAY!

Enrolling in Medi-Cal gives you coverage for CAL-ORE Life Flight emergency air ambulance service. If you don't qualify for Medi-Cal, but enroll in Covered CA at UIHS, UIHS will pay for your first year of CAL-ORE membership. Gain the peace of mind membership provides for you and your family.

How does enrolling benefit UIHS?

The federal funding UIHS receives only pays for 46% of the services we provide to the Indian community. What that means is we only receive 46 cents on every dollar. The rest of the funding comes from grants and our ability to bill health coverages like: Medi-Cal; Covered CA; Medicare; and other private health insurance programs. So please help our clinic and your family by enrolling in health coverage today!



Facts you should know about Covered California

- Some UIHS clients have enrolled in Covered CA and their premiums were only \$1 per month. Your premium is determined by your family size and income.
- When you enroll in Covered CA through UIHS, we will pay for Cal-Ore Life Flight for one year.
- Indians enrolled in a federally recognized tribe can enroll in Covered CA any time during the year.
- Non federally recognized Indians and non-Indians can only enroll during the open enrollment period: November 1, 2018 through January 31, 2019

Brought to you by United Indian Health Services and a grant from the CA Endowment



Open Enrollment Coming Soon!!

Covered CA

November 1
to
January 31

Medical, Dental and Vision
insurance plans are available.

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



Medicare Part D

October 15
to
December 7

Prescription drug insurance
plans are available.

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

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