

HAPPY RETIREMENT

Carol Larsen

The Acorn Basket
Volume 43, No. 2
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2021





UIHS Board of Directors * 2021

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, Wendell Freeman, Wendy George, Lana McCovey, Rhonda Dowd, Joseph Giovannetti, Leann McCallum

Clinic Sites

UIHS Clinic Hours

Potawot (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
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
Eureka Health Center (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
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
	Syringe Exchange 2nd Monday of the month	10:00 a.m. to 3:00 p.m.	
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.
	Syringe Exchange 2nd and 4th Wednesday	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	

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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

Message from the (Acting) CEO

Submitted by Jed Rudd, COO, UIHS

I hope this edition of the AcornBasket finds you well! One of my favorite quotes is by Jon Kabat-Zinn, "You can't stop the waves, but you can learn to surf." The waves never stop coming but we at United Indian Health Services continue to surf the wave of this pandemic while providing essential clinical care to our communities. I'm happy to report that our momentum has not flagged and we continue to press forward with exciting developments – despite the unforeseen hurdles this pandemic has presented.



Telehealth development has been a key focus for UIHS. It provides access to clinical services from the convenience of wherever you find yourself (assuming you've got a device and an internet connection). For those clients who do not have access to a device or an internet connection within their homes, we are piloting innovative telemedicine portals in tribal locations in an effort to bring care closer to you! If you haven't had a chance to give our telemedicine services a try, I would encourage you to schedule your first appointment today. It's simple to do and I think you'll be surprised at how much can actually be addressed through this type of visit.

We are continuing to ramp up our COVID-19 community testing services through the North Coast Testing Partnership. As a reminder, UIHS, through a unique partnership with Humboldt and Del Norte counties, will be serving as a central lab to process COVID-19 tests. To date we have processed 6,222 tests! Testing remains a vital part of our public health efforts and we are proud to be supporting it.

As many of you are hopefully aware, UIHS has been at the forefront of the COVID-19 vaccination effort. We continue to progress despite the challenges of limited supply. In terms of working through the CDC's vaccination tiers, we are pacing well ahead of our local counties and have been able to host a few mass vaccination clinics on the weekends – administering 254 vaccines in a single day! Members of our team have also partnered with the California Rural Indian Health Board and are featured in exceptional artwork promoting this important public health initiative. Our very own Dr. Martinez and board member Lisa Sundberg, in addition to a number of local community members, are featured in this amazing artwork. We have it featured in many of our clinics – visit us to see for yourselves!

We recently upgraded our HVAC systems with a new level of air purifying technology! Not only are we building greater immunity within our communities through our vaccination efforts, but we are also creating safer spaces within which we provide care. As we continue to return to our prior levels of service and expand the points of access by which you can access our services, through telemedicine at home or at your local tribal offices, I would like to invite each of you to schedule any needed clinical care visits with our incredible team.

Many of you already know the amazing employees we have here at UIHS, but our team's commitment throughout each phase of this pandemic has been exceptional. It reminds me of a quote by Albert Einstein, "Only a life lived for others is a life worthwhile." There has been a lot of worthwhile living demonstrated by the remarkable people I have the pleasure of working with each day!

As we step into spring there are even brighter times ahead of us! It's a pleasure serving our community.

BEHAVIORAL HEALTH TALKING CIRCLES

These talking circles can help support UIHS clients, allowing for a chance to be part of a healing circle of support.

- Connect with other people
- Share your burdens and talk about stress
- Find support and comfort
- Enjoy a sense of community
- Learn new ways to stay mentally healthy
- Location and format may change according to COVID-19 safety guidelines

Youth Talking Circle

- Wednesdays 3:30 - 5:00
- Incentives for participation

Women's Talking Circle

- Mondays 10:30 - 12:00

Men's Talking Circle

- Mondays 1:00 - 2:30

If you're interested in joining us, or to get more information give us a call.

Behavioral Health:

(707) 825-5060



Pregnancy and Commercial Tobacco

Submitted by Elidia Adams, Health Promotion & Education Specialist, NATIVE Tobacco Project



Why is it so dangerous to use commercial tobacco products while pregnant? There are so many health effects that could come about by using these products.

Keep this in mind:

- Smoking reduces your chances of ever becoming pregnant and if you do become pregnant, your risks go up for having pregnancy complications.
- Commercial tobacco products harm your baby before and after they are born.
- Using tobacco products during pregnancy can cause tissue damage in your unborn child; specifically in the lung and brain.

Many studies have shown the connection between smoking while pregnant and your child being born with a cleft pallet. Studies have also shown that smoking while pregnant can also cause miscarriage. Carbon monoxide in the tobacco smoke causes the baby from developing and doesn't allow for them to get enough oxygen.

One in every five babies born to mothers who smoke during pregnancy have low birth weight. Mothers who are exposed to secondhand smoke while pregnant are more likely to have lower birth weight babies; babies born too small or too early are not as healthy.

You may have heard that e-cigarettes are safer than regular cigarettes or that they can help you quit smoking. Quitting can be hard especially if you're pregnant but if you're pregnant, quitting all forms of tobacco products, including e-cigarettes, is best for you and your baby.

There are so many resources out there to help you in your journey with quitting. Here are some resources:

- To quit vaping, Call 1-844-8-NO-VAPE (1-844-866-8273)
- Teen Helpline to quit smoking, Call: 1-800-662-8887
- UIHS NATIVE Tobacco Project in the Tribal Public Health Division at 707-825-5070 (Humboldt County) or 707-464-2919 (Del Norte County) to obtain cultural quit kits and tobacco resources.

We are currently offering a Pregnancy & Tobacco Workshop for UIHS clients who are pregnant/breastfeeding or who have children 0-5 years of age. For attending you will receive a \$10 gift card. If you are interested please contact Elidia Adams-Loya, Health Promotion Specialist at elidia.adams@uihs.org or by calling (707) 464-2919. Source: cdc.gov



Care for Our Wisdom Keepers

Submitted by Anonda Nelson, HPE Intern Master of Social Work

Growing up on the Rez I was taught a variety of skills, I knew how to fish and later on I started to learn more about weaving and basketry. I was also taught the value of family and more importantly, I was told to honor elders and their wisdom when they are teaching us a skill or sharing a story.

Today I am writing to you to give you more tools to further help us honor our elders and continue to keep them safe and protected. Some of the ways we can continue to work at keeping our elders safe if by recognizing signs of abuse.

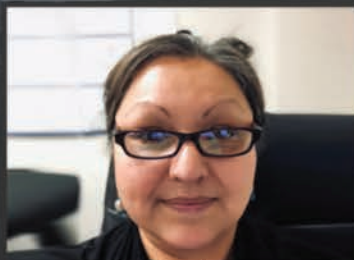
Before we jump into recognizing types of abuse, I want to remind ourselves that abuse can happen to anyone — no matter the person's age, sex, race, religion, or ethnic or cultural background. Each year, hundreds of thousands of adults over the age of 60 are abused, neglected, or financially exploited (CITE). It is also important to remember that abuse can happen in many places, including the older person's home, a family member's house, an assisted living facility, or a nursing home. The mistreatment of our elders can be by family members, strangers, health care providers, caregivers, or friends (CITE). Now that we know that elder abuse can happen to anyone at any time, we must be able to recognize the types of abuse in order to provide them with help or guidance. There are many types of elder abuse, for now we will focus on the following:

- Physical abuse happens when someone causes bodily harm by hitting, pushing, or slapping. This may also include restraining an older adult against his/her will, such as locking them in a room or tying them to furniture.
- Emotional abuse sometimes called psychological abuse, can include a caregiver saying hurtful words, yelling, threatening, or repeatedly ignoring the older adult. Keeping that person from seeing close friends and/or relatives is another form of emotional abuse.
- Neglect occurs when the caregiver does not try to respond to the older adult's needs. This may include physical, emotional, and social needs, or withholding food, medications, or access to health care.
- Abandonment is leaving an older adult who needs help alone without planning for his or her care.
- Sexual abuse involves a caregiver forcing an older adult to watch or be part of sexual acts.
- Financial abuse happens when money or belongings are stolen from an older adult. It can include forging checks, taking someone else's retirement or Social Security benefits, or using a person's credit card(s) and bank accounts without their permission. It also includes changing names on a will, bank account, life insurance policy, or title to a house without permission.

As we stepped out of the basket and into the world, we begin the journey of learning who we are as Indigenous peoples. We learn how to grind the acorn, catch the salmon and weave the baskets. We learn how to interact with the natural world and establish our identity as Indigenous peoples and that is because of our elders. Throughout the year we honor them by working towards a life of wellness. We honor them by learning our songs and teaching the little ones how to speak our language. By knowing the types of abuse, we can help our elders stay safe and aid them through the rest of their journey.

If you or someone you know is experience elder abuse please report the abuse to:

- All emergencies call 911 • Adult Protective Services • Humboldt: 707-476-2100
- Del Norte: 707-464-3191 • Humboldt Domestic Violence Services 707.443.6042



Kendra Jones
Member Services
Crescent City



Karlye Collinson
Medical
Arcata



Isabel Fazzone
Behavioral Health Services
Arcata



Will Rowe
Medical
Arcata



Angelique Konopa,
Lab
Arcata



Amy Boren
Medical
Arcata



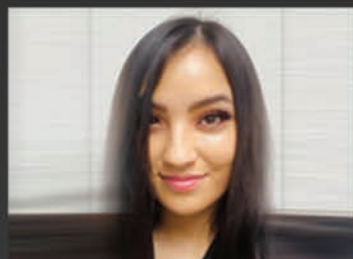
Sarah Thibault
Behavioral Health Services
Arcata



Amanda Colegrove
HPE
Arcata



Jennifer Castellanos
Elder Nutrition Services
Smith River



Alexis Voight
Medical
Smith River



Sierra M Joyner
Lab
Arcata

Dr. Coyote

Submitted by: Andre Cramblit, Cultural Resource Specialist, UIHS

Dear Dr. Coyote;

This has been a long hard year full of the unknown and scary health realities we have all had to face. To help respond to the COVID-19 virus we have to stay close to home, not visit our friends and family and stay away from public gatherings such as our traditional ceremonies.

All of these changes can leave us feeling down in the dumps and ready for better times. Make room in your new reality for the things that are important. Try smudging to cleanse your house. Do this daily. It will help keep bad things at bay.

You can also repair your regalia or start new items. The time will come again when we can gather for ceremonies and having enough regalia will be important. Do your part and make something new.

Be sure to say prayers. Keeping good thoughts in mind always is helpful. Making sure you are sending good thoughts into the world makes it a better day. Surround the people you love with positive energy and joy and it will be a better day.

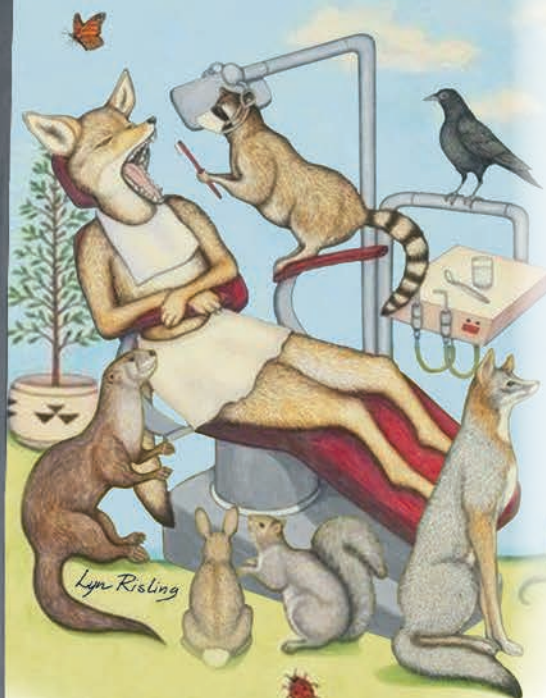


Call to Make an Appointment

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

Submitted by: Meghan McCullough,
Registered Dental Hygienist, UIHS

Cavity-Free Club



Ansley Bartoo	9 Yrs Old	Kaylani Kelly	11 Yrs Old
James Anderson	2 Yrs Old	Kylee Vance	10 Yrs Old
Riley Cady	10 Yrs Old	Kymber Vegnani	13 Mos Old
Levi Farmer	7 Yrs Old	Malania Moulton	9 Yrs Old
Cailyn Shumard	11 Yrs Old	Nevaeh Abbott Brown	5 Yrs Old
Axel Tripp	9 Yrs Old	Tucker Sanderson	3 Yrs Old
Robin Martin	9 Yrs Old	Dean Colegrove	7 Yrs Old
Repoy Lowry	10 Yrs Old	Andee Lewis	9 Yrs Old
Kenek Nek Lowry	11 Yrs Old	Myles Webster	10 Yrs Old
Oketoh Moorehead	2 Yrs Old	Mason Webster	9 Yrs Old
Easton Ramsey	6 Yrs Old	Zaiden Navarro	7 Yrs Old
Nickole Epker	10 Yrs Old	Beau Parker	9 Yrs Old
Olivia Hannon	2 Yrs Old	Draiden Dowd	7 Yrs Old
Jasmine Herrera	17 Mos Old	Annalee Rodriguez	5 Yrs Old
Preston Killingsworth	11 Yrs Old	Kyran Cedillo	8 Yrs Old
Aneekah Hostler	10 Yrs Old	Sylis Thomas	8 Yrs Old
Raelynn Price	5 Yrs Old	Kaiden Davis	
Joycie Montgomery	2 Yrs Old	Aidyn Thomas	13 Yrs Old
Alexis Cady	9 Yrs Old	Delilah Ochoa	6 Yrs Old
Sophie Lewis	6 Yrs Old	Madeline Ochoa	8 Yrs Old
Sophia Castillo	10 Yrs Old	Damian Ochoa	8 Yrs Old
Kylie Fowler	7 Yrs Old	Markus Parras	11 Yrs Old
Franklin Fowler	5 Yrs Old	KellyAnn Bates	4 Yrs Old
Ansley Bartoo	8 Yrs Old	Lee Duncan Nova Jr.	
Avery Bartoo	8 Yrs Old	Cameron Montgomery	5 Yrs Old
Ardie Eleck	13 Yrs Old		

Dental Facts and Fun

Submitted by: Meghan McCullough, Registered Dental Hygienist, UIHS

Dental facts about teeth:

- If you don't floss, you miss 40% of your tooth surfaces. Please floss every day and brush 2 times daily!
- 1882 was the year commercial floss was first manufactured
- Like fingerprints, everyone's tongue print is different
- 78% of Americans have had at least 1 cavity by age 17

Dental History Facts:

- 1866, Lucy Beaman Hobbs became the first Licensed Female Dentist
- 1905, Irene Newman became the first Dental Hygienist
- Hesi-Re is the earliest dentist. He lived 5,000 years ago in Egypt

Please always brush your teeth two times daily, for two minutes and floss daily. This will prevent tooth decay, gum disease and reduce your risk for other health complications like heart disease and stroke.

If you would like to have an exam to check for dental cavities, call UIHS Dental services to schedule an appointment with your dental provider.

COVID-19 Updates

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

**Correction from page 15 of vol 43, No.1 edition of Acorn Basket:
The middle of page 15 should have read:*

Separate yourself from other people

As much as possible, stay in a specific room and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a mask.

Tell your close contacts that they may have been exposed to COVID-19. An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any symptoms or tests positive. By letting your close contacts know they may have been exposed to COVID-19, you are helping to protect everyone.

- If you are diagnosed with COVID-19, someone from the health department may call you. Answer the call to slow the spread. It is vital that you take the call from the health department to help stop the spread of COVID-19.

We apologize for the error.

One Year of COVID-19

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

12 months of COVID-19, The Pandemic, “Corona”, “The Rona”, SARS-CoV-2, Coronavirus Disease 2019

What did we learn? What are some things that are staying with you? How are you holding up? What are some things that we can help with?

What we know:

Wash your hands

Keeping our hands clean has always been a good protection from things that can make us sick. We use our hands for just about everything, and sometimes germs are transferred from an un-clean object to our mouth, nose or eyes, and can make us sick.



One Year of COVID-19

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

Wear a mask

Wearing a mask is now the “normal” for most of us in our everyday life outside of our homes. We have learned that wearing multi-layered, well-fitted masks (cloth or disposable), has been key in preventing the spread of COVID-19.



Get a COVID-19 vaccine

Three vaccines against COVID-19 have been approved for use in the United States. All of the vaccines have passed stringent safety standards and studies have been conducted on some of these vaccines for one full year. These vaccines are proving to be one of the most valuable ways we can stop the pandemic. We are now able to start working on getting back to “normal” –slowly and carefully—and we basing our decisions on our revised safety standards on people being vaccinated. Getting vaccinated, whether or not you have had COVID-19 or not, is extremely important for you and your family to prevent serious illness and hospitalization from COVID-19. Contact your local UIHS clinic to find out how you can get scheduled for your vaccine.

Maintain physical distance of 6 feet when in public places

Wearing a mask and staying at least six feet from people who are outside of your household or “pod” has been recommended for this last year, and will continue to be recommended until we can get more people vaccinated against COVID-19. The virus is usually transmitted from one person to another when masks are not worn and physical distance is not maintained. As we get more people vaccinated, this recommendation is likely to go away



Get tested for COVID-19 if you have symptoms

Getting a COVID-19 test has never been easier, and it is still recommended for anyone who is experiencing symptoms, anyone who has been exposed to COVID-19 or thinks they may have been exposed to COVID-19 through travel, receiving guests from outside of your home, etc. Community testing sites are in Humboldt and Del Norte Counties, but if you are experiencing symptoms or have been exposed, contact your local UIHS clinic for testing options.

One Year of COVID-19

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



Myth:

Only the elderly or those with underlying health conditions will get seriously ill and require hospitalization for COVID-19.

Fact:

COVID-19 can have long-term, debilitating effects, and even cause death to anyone—not just the elderly or those with chronic health conditions.

Myth:

Masks don't help prevent COVID-19 but might increase my intake of carbon dioxide and that will make me sick.

Fact:

Masks work to prevent the spread of the COVID-19. For many years, health care providers have worn masks for extended periods of time with no adverse health reactions. The CDC recommends wearing cloth masks while in public, and this option is very breathable. There is no risk of hypoxia, which is lower oxygen levels, in healthy adults. Carbon dioxide will freely diffuse through your mask as you breathe.

Myth:

COVID-19 is no worse than influenza

Fact:

For some, COVID-19 has been an annoying inconvenience. For others, COVID-19 has been devastating. While both flu and COVID-19 are spread from person to person through droplets in the air from an infected person coughing, sneezing or talking, there are a few significant differences that make COVID-19 more likely to spread and cause more severe illness compared to the seasonal flu. COVID-19 and the seasonal flu share many symptoms (fever, cough, shortness of breath, fatigue, muscle aches, headache, etc.), but the large numbers of susceptible people and increased rates of severe disease and death set COVID-19 apart from the seasonal flu.

One Year of COVID-19

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

Myth:

The COVID-19 vaccine probably isn't safe because it was fast-tracked and I'm afraid of what it will do to me. I already had COVID so why should I get the vaccination? I can't get COVID again anyway.

Fact:

Tens of thousands of people received the COVID-19 vaccines in clinical trials that had been conducted for 9 months prior to releasing the vaccines for the public. The reason the vaccines were able to be developed so quickly has to do with the fact that the virus, while new (novel), was related to other Coronaviruses we have seen before. Because we were familiar with the structure of these viruses, the vaccine development was able to proceed fairly quickly. The safety of these vaccines has been demonstrated worldwide, and is proving to be one of the key strategies for stopping the pandemic. As far as who should get vaccinated, we are encouraging everyone to get vaccinated whether or not they have had a confirmed case of COVID-19. We don't yet know enough about how much antibodies that may develop after a case of COVID-19 continue to protect individuals from getting sick again. It is not unheard of for previously infected individuals with COVID-19 to get re-infected with the virus within several months.

Myth:

If I test positive for COVID-19, but I feel fine, I don't have to isolate because I can't give the virus to anyone.

Fact:

If you test positive for the COVID-19 virus, you must stay away from others (isolate). You can still spread the virus to others even if you do not have any symptoms. Do not go to work, attend events outside of your home, or go to the store. Stay away from others so you don't spread the virus. You could still give someone COVID-19, and instead of the other person being only mildly ill, they could end up having a severe illness, end up in the hospital, or even worse. Please remember to take the call from Public Health and follow the Public Health orders to stay isolated if you end up with COVID-19. Take care of yourself and protect your family and community.

Myth:

We are protected here in our little corner of the Redwood Curtain—we don't need to worry about COVID-19 here.

One Year of COVID-19

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

Fact:

Obviously, this is not true. Most if not all of us have been impacted by the effects of COVID-19 in one way or another. Our small, somewhat isolated communities are not protected by any magical "Redwood Curtain". We live in a beautiful area that people travel in and out of all of the time. Our best bet to keep our communities safe is to follow the recommended guidelines and safety precautions to help reduce the threat of COVID-19 from damaging our lives further and preventing us from being able to do what we want to do, with people we love to be around! Get vaccinated. Wear a mask. Isolate if you are sick.

References:

<https://www.jhsph.edu/covid-19/articles/no-covid-19-is-not-the-flu.html>

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-mask/art-20485449>

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/debunked-myths-about-face-masks>

<https://www.hackensackmeridianhealth.org/HealthU/2021/02/23/can-you-get-covid-twice/>

COVID-19 treatment and prevention myths

Currently, no cure is available for COVID-19. Researchers are testing a variety of treatments. But misinformation continues to circulate about ways to prevent infection with the COVID-19 virus or treat COVID-19.

Here's what the science says:

- **Pneumonia and flu vaccines.** Vaccines against pneumonia, such as the pneumococcal vaccine, don't provide protection against the COVID-19 virus. The flu shot also won't protect you against the COVID-19 virus. However, annual flu vaccinations are recommended for everyone age 6 months and older.
- **Saline nasal wash.** There is no evidence that rinsing your nose with saline protects against infection with the COVID-19 virus.
- **High temperatures.** Exposure to the sun or to temperatures higher than 77 F (25 C) doesn't prevent the COVID-19 virus or cure COVID-19. You can get the COVID-19 virus in sunny, hot and humid weather. Taking a hot bath also can't prevent you from catching the COVID-19 virus. Your normal body temperature remains the same, regardless of the temperature of your bath or shower.
- **Low temperatures.** Cold weather and snow also can't kill the COVID-19 virus.
- **Antibiotics.** Antibiotics kill bacteria, not viruses. However, people hospitalized due to COVID-19 might be given antibiotics because they also have developed a bacterial infection.

One Year of COVID-19

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

- **Alcohol and chlorine spray.** Spraying alcohol or chlorine on your body won't kill viruses that have entered your body. These substances also can harm your eyes, mouth and clothes.
- **Drinking alcohol.** Drinking alcohol doesn't protect you from the COVID-19 virus.
- **Garlic.** There's no evidence that eating garlic protects against infection with the COVID-19 virus.
- **Ultraviolet (UV) disinfection lamp.** Ultraviolet light can be used as a disinfectant on surfaces. But don't use a UV lamp to sterilize your hands or other areas of your body. UV radiation can cause skin irritation.
- **5G mobile networks.** Avoiding exposure to or use of 5G networks doesn't prevent infection with the COVID-19 virus. Viruses can't travel on radio waves and mobile networks. The COVID-19 virus is spreading in many countries that lack 5G mobile networks.
- **Disinfectants.** When applied to surfaces, disinfectants can help kill germs such as the COVID-19 virus. However, don't use disinfectants on your body, inject them into your body or swallow them. Disinfectants can irritate the skin and be toxic if swallowed or injected into the body. Also, don't wash produce with disinfectants.
- **Supplements.** Many people take vitamin C, zinc, green tea or echinacea to boost their immune systems. But these supplements are unlikely to affect your immune function or prevent you from getting sick. The supplement colloidal silver, which has been marketed as a COVID-19 treatment, isn't safe or effective for treating any disease. Oleandrin, an extract from the toxic oleander plant, is poisonous and shouldn't be taken as a supplement or home remedy.

Focus on facts

The U.S. Food and Drug Administration has been working to remove misleading products from store shelves and online marketplaces. In the meantime, remember that testimonials aren't a substitute for scientific evidence. Also, few diseases can be treated quickly, so beware of quick fixes. A miracle cure that claims to contain a secret ingredient is likely a hoax.

If you have a question about a method for treating COVID-19 or preventing infection with the COVID-19 virus, talk to your doctor. To ask a question about a COVID-19 medication, you can call your local pharmacist or the FDA's Division of Drug Information.

One Year of COVID-19

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

♥ vaccines save lives ♥

Effective COVID-19 prevention tips

There are steps you can take reduce your risk of infection. When possible, get a COVID-19 vaccine. The World Health Organization (WHO) and the U.S. Centers for Disease Control and Prevention (CDC) also recommend following these precautions for avoiding COVID-19:

- Avoid close contact (within about 6 feet, or 2 meters) with anyone who is sick or has symptoms.
- Keep distance between yourself and others (within about 6 feet, or 2 meters), especially if COVID-19 is spreading in your community, especially if you have a higher risk of serious illness. Keep in mind some people may have COVID-19 and spread it to others, even if they don't have symptoms or don't know they have COVID-19.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Cover your face with a cloth face covering in public spaces, such as the grocery store, where it's difficult to avoid close contact with others. Surgical masks may be used if available. N95 respirators should be reserved for health care providers.
- Cover your mouth and nose with your elbow or a tissue when you cough or sneeze. Throw away the used tissue and wash your hands or use hand sanitizer.
- Avoid touching your eyes, nose and mouth.
- Avoid sharing dishes, glasses, bedding and other household items if you're sick.
- Clean and disinfect high-touch surfaces daily.
- Stay home from work, school and public areas if you're sick, unless you're going to get medical care. Avoid taking public transportation if you're sick.

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-myths/art-20485720>



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



Kombucha Making Method

Submitted by Angel Jensen, Nutritionist, Diabetes Prevention Program

What *IS* kombucha?

A fermented sweet tea beverage. The tea is fermented by using a SCOBY, (Symbiotic Culture of Bacterium and Yeast) which is made from beneficial bacteria and yeast (probiotics). The SCOBY feeds on the sugar that the tea is sweetened with to ferment the tea.

Benefits of kombucha:

Anticancer, antioxidant, antimicrobial, antifungal, and hepatoprotective (helps protect the liver)

Angel's kombucha making method:

1.

I boil 1 gallon of water
(I made 4 gallons in these photos) for a few minutes to get the germs out, etc. (at least 5 min). You can also use filtered (distilled) water.



2.

Then I pour the water into the 1 gallon jars and add 5-7 bags of black tea (or 5-7 tsp. of loose leaf black tea) per gallon



3.

After it steeps I add 1 cup of organic raw pure cane sugar (per 1 gallon) and stir until it dissolves



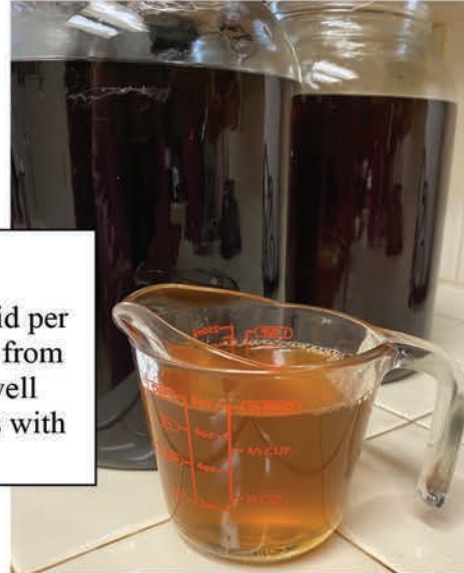
Kombucha Making Method

Submitted by Angel Jensen, Nutritionist, Diabetes Prevention Program



4.

Once the water cools to 68-80°
(it should not feel warm to the touch)
I put the scoby in.



5.

Then I pour in 1 cup of starter liquid per
gallon. This is 1 cup of kombucha from
the previous batch, or 1 cup of well
fermented starter liquid that comes with
a commercial scoby.



6.

I then cover the jar with a muslin cloth or
doubled up cheesecloth (any breathable
fabric will work) and put a rubber band
around the rim to hold it on.

6.

I have a heating strip for
seedlings around the jar that
keeps the temperature between
68-80 °. It takes about 1 week to
brew.



Beet Salad

Ingredients:

6 large beets, trimmed
1/4 cup extra virgin olive oil
1/2 lb baby spinach leaves
2 avocados, cut into
bite-sized pieces
1/2 red onion, chopped
4 oz crumbled feta cheese
1/4 cup balsamic vinegar
3/4 cup extra virgin olive oil
1 tbl Dijon mustard
1 garlic clove, minced
Salt & pepper to taste
Toasted walnuts or almonds

Preparation:

1. Preheat oven to 375. Bake approx. 1 hour.
2. Place beets into large bowl, and drizzle with 1/4 c olive oil. Cover with tin foil and bake on cookie sheet until tender when poked with fork..
3. Lay out spinach leaves. Top with all other cut up ingredients.
4. Whisk or blend together balsamic vinegar, olive oil, garlic, and Dijon mustard until smooth. Pour over the salad to serve.



Visit our Facebook page to view the cooking video:

<https://www.facebook.com/PotawotCommunityFoodGarden/>



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

HAPPY RETIREMENT

Carol Larson



So long to the only person I knew when I came to work at uihs. my long time a friend and I know we will be friends long after UIHS. - Tony



Carol Larson well we've been down some roads together, and we made it through. I'm going to miss you, thank you for all your hard work. - Tracy

Your irreplaceable baby. - Tim



I so happy for your retirement, it's awesome, I only worked with you for a mere 18 years. But it wasn't long enough. I could never thank you enough for how helpful and amazing you've been for me and for the whole facility of UIHS. I'm sure thousands of us would thank you for what you have done, your my cousin I love you ill miss you. Your the best. Love and enjoy your retirement. - Johny

35 years, what a long strange trip it's been together. I remember our days carpooling between Trinidad and Eureka. I found you at a traffic light once... I will cherish our time together. Best of wishes to you. - Harold

Carol good by, Bill here hopefully Eric wont get tired of you at home. But both of you congratulations. - Bill



I just want to wish you a happy retirement I'm going to so miss you. I remember all the days the great times we had when you where our dental receptionist. I remember the kids coming to work with you it was so much fun when we had child care across the street. And the summer programs, I remember carpooling with you. We had so many great times. I love you and I'm going to miss you. - Carla

Word Search

Healthy relationships

Kindness

Family

Healing

Love

Joy

Supportive

Feeling safe

Trust

Good communication

Mutual respect

Personal boundaries

Time

Considerate

Enriching

Healthy conflict

Connection

Listening

Commitment

Compromise

Individuality

Anger control

Self-confidence

Problem-solving

Open

Balance

Caring

Acceptance

Positivity

Strength

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

Whats the Diff?

Can you find the seven differences between the pictures?





**1600 Weeot Way
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**"Healthy mind, body, and spirit for generations of our American Indian community."
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