

THE ACORNBASKET

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

Newsletter of United Indian Health Services, Inc.

Volume 43, No. 3



July/Aug/Sept
2021



Message from the CEO
Food Related Behaviors and Beliefs
Pharmacy Update
Clinical Medical Assistant Training



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)	Monday-Friday 8:00 a.m. to 5:00 p.m. Pharmacy Monday - Friday 8:30 a.m. to 5:30 p.m.	Closed for lunch 12:00 p.m. to 1:00 p.m.
For an appointment call:		
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. For an appointment call: (707) 464-2750	Closed for lunch 12:00 p.m. to 1:00 p.m. WIC-Crescent City (707) 822-9900
Elk Valley (Elk Valley)	Monday-Friday 8:00 a.m. to 5:00 p.m. For an appointment call: (707) 464-2919	Closed for lunch 12:00 p.m. to 1:00 p.m. Toll-free number 1-800-293-2919
Eureka Health Center (Eureka)	Monday-Friday 8:00 a.m. to 5:00 p.m. For an appointment call: (707) 442-0380	Closed for lunch 12:00 p.m. to 1:00 p.m. WIC-Eureka (707) 822-9900
Hop'-ew Puel (Klamath)	Tuesday, Thursday, Friday 8:00 a.m. to 4:00 p.m. For an appointment call: (707) 482-2191	Closed for lunch 12:00 p.m. to 1:00 p.m. WIC-Klamath (707) 822-9900
Xaa-wan'-k'wvt (Smith River)	Monday-Friday 8:00 a.m. to 5:00 p.m. For an appointment call: (707) 487- 0215	Closed for lunch 12:00 p.m. to 1:00 p.m.
Weitchpec (Weitchpec)	Monday, Thursday, Friday 9:30 a.m. to 3:00 p.m. For an appointment call: 530-625-4300	Closed for lunch 12:00 p.m. to 1:00 p.m.
	Syringe Exchange 2nd and 4th Wednesday 10:00 a.m. to 3:00 p.m.	OB Care and Same Day Access Care 1st and 4th Tuesday 9:30 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



While people often reflect on the prior year at the end of the calendar year in December, many organizations, including United Indian Health Services, also reflect at the end of their fiscal year; which is approaching us at the end of June. As I reflect on the journey throughout this past fiscal year, it's truly awe-inspiring what has transpired. We have weathered consistent storms of change and have emerged a stronger team and are poised to tackle a new fiscal year from a position of even greater strength!

We are excited to report that we will be expanding our footprint in Eureka! Many of our operations that support our COVID response currently occupy space that could be better utilized for direct client care. We are, therefore, combining all those COVID response related services into a single location in Eureka. This will allow us to return many areas of the Potawot Health Village back to its original purpose (medical services in many instances). More details will follow!

Additionally, we have expanded our emergency preparedness supplies/equipment and are in need of additional aesthetically appropriate storage to house it. To that end, we will be updating multiple buildings currently located on the PHV property. These updated structures will house equipment, supplies, staff, and support future emergency operational needs!

As if that weren't enough, we are also assessing our internal operational performance against industry standards to create a better sense of how UIHS performs compared to other organizations. We look forward to expanding our clinical operations in the near future and want to ensure that we don't take "broken systems" and put them into new buildings. We will be engaging in internal improvement efforts through the coming year to ensure that our operations are evolved to meet the current and future needs of our community. A key aspect of this process will be engaging with our community to understand its needs and how we might better meet those needs. I look forward to partnering with you to explore how UIHS can become an even better place to meet the needs of our community!

We are bringing 4 telehealth portals in tribal locations live with more on the way. While many may wonder, "What can my provider really do for me through a telehealth visit?" I've had a chance to use telehealth services and have been continually impressed by its convenience, ease, and effectiveness. Once more, 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.

UIHS continues to lead the way with COVID-19 vaccination efforts! As many of you may be aware, we are now able to provide vaccines for any client 12 years of age or older. While it's preferred that you call for an appointment, we do accept walk-ins. Vaccinations now available at all UIHS sites, except the Elk Valley office.

As we emerge from COVID, we have made extra efforts to reconnect as an organization. While we have grown very comfortable with leveraging Zoom and remote meetings to maintain consistent business operations, we know that connecting physically (and safely) is equally important. We have instituted 2 new programs to do just that. We now celebrate UIHS employees each year with a special anniversary luncheon. This program allows us to recognize our committed employees consistently while providing an opportunity to reflect on "why we choose to stay at UIHS". This has led to some powerful stories and opportunities to connect. Additionally, departments now connect with executive leadership through "Coffee with the CEO", a candid meeting with the CEO and select Executive Leadership Team members to discuss concerns/questions or just to connect as humans in the workplace. Many staff members have commented on what a positive impact these conversations have had on their understanding of the direction of the organization!

What an exciting (fiscal) year we have ahead of us! Thank you for your support of United Indian Health Services. It's a pleasure serving you,

Jed Rudd

Moving Forward

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

What a year and a half it has been for all of us. I have much appreciation and gratitude to all who have worked so hard to keep our communities safe. We have learned a lot in the last 18 months, and we still have much to learn. Moving forward, here are some ideas for staying safe in this challenging time of healing, recovery and uncertainty.

When You've Been Fully Vaccinated

How to Protect Yourself and Others

If you are fully vaccinated, you can resume activities that you did prior to the pandemic-- YAY!

What you can start to do if you've been fully vaccinated:

- You can resume activities that you did prior to the pandemic. **INSERT BARBEQUE OR OTHER GATHERING HERE**
- You can resume activities without wearing a mask or staying 6 feet apart, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance.
- If you travel in the United States, you do not need to get tested before or after travel or self-quarantine after travel.
- You need to pay close attention to the situation at your international destination before traveling outside the United States.
 - You do NOT need to get tested **before** leaving the United States unless your destination requires it.
 - You still need to show a negative test result or documentation of recovery from COVID-19 **before** boarding an international flight to the United States.
 - You should still get tested 3-5 days **after** international travel.
 - You do NOT need to self-quarantine **after** arriving in the United States.
- If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.
 - However, if you live or work in a correctional or detention facility or a homeless shelter and are around someone who has COVID-19, you should still get tested, even if you don't have symptoms.



Moving Forward

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

What You Should Keep Doing For now, if you've been fully vaccinated:

- You will still need to follow guidance at your workplace and local businesses.
- **All healthcare facilities still require masking inside, including all UIHS clinics.**
- **If you** travel, you should still take steps to protect yourself and others.
- Masks are required on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and in U.S. transportation hubs such as airports and stations.
INSERT PLANE OR BUS HERE
- **You should still watch out for** symptoms of COVID-19, especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.
- People who have a condition or are taking medications that weaken the immune system, should talk to their healthcare provider to discuss their activities. They may need to keep taking all precautions to prevent COVID-19.



Are You Fully Vaccinated?

In general, people are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

If you don't meet these requirements, regardless of your age, you are NOT fully vaccinated. Keep taking all precautions until you are fully vaccinated.

If you have a condition or are taking medications that weaken your immune system, you may NOT be fully protected even if you are fully vaccinated. Talk to your healthcare provider. Even after vaccination, you may need to continue taking all precautions.

Guidance for Unvaccinated People:

Important Ways to Slow the Spread

1. Get vaccinated as soon as you can
 - Call any UIHS clinic to find out how to get a COVID-19 vaccine.
2. Wear a mask **INSERT WEARING A MASK HERE**
 - Everyone 2 years and older should wear masks in public.

Moving Forward

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

3. Stay 6 feet away from others who don't live with you **INSERT 6 FEET DISTANCE HERE**
4. Avoid crowds and poorly ventilated spaces
5. Wash your hands often **INSERT HAND HYGIENE/WASHING HERE**
6. Cover your coughs and sneezes **INSERT COVERING COUGH WITH TISSUE HERE**
7. Clean and disinfect spots that are touched frequently—such as doorknobs, phones, light switches, and toilets **INSERT CLEANING PRODUCTS HERE**
8. Monitor your health daily **INSERT THERMOMETER HERE**



<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

Bust myths and learn the facts about COVID-19

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

Now that there are authorized and recommended COVID-19 vaccines in the United States, accurate vaccine information is critical and can help stop common myths and rumors.

How do I know which COVID-19 vaccine information are accurate?

It can be difficult to know which sources of information you can trust. Before considering vaccine information on the Internet, **check that the information comes from a credible source and is updated on a regular basis.**

Centers for Disease Control and Prevention's vaccines and immunization web content is researched, written and approved by subject matter experts, including physicians, researchers, epidemiologists, and analysts. Content is based on peer-reviewed science. CDC leadership makes the final decision on the words, images and links to best serve the information needs of the public as well as healthcare providers, public health professionals, partners, educators, and researchers. Science and public health data are frequently updated.



As you surf for vaccine information, consider guidance from these sources:

- The Immunization Action Coalition
- The National Network for Immunization Information
- The University of California San Francisco's "Evaluating Health Information" page lists "Red Flags" every

New Hires



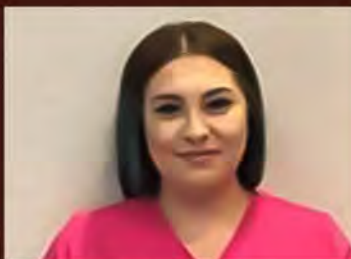
Andheri Johnston
Pharmacist Tech
Potawot



Elizabeth Thurston
HPE Specialist
Potawot



Pasha Hoaglen
PRC Tech
Potawot



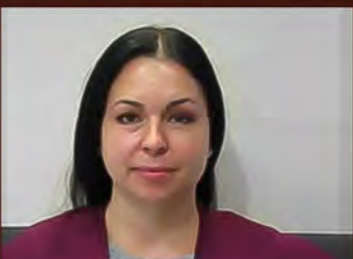
Stephanie Pole
Medical Assistant
Potawot



Sherilyn Latham
Medical Assistant
Klamath



Savannah Gardner
Medical Assistant
Potawot



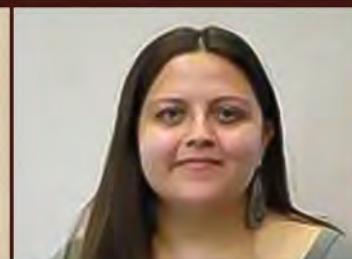
Holly LaRocque
HPE Specialist
Potawot



Artin Gorjian
Dentist
Potawot



Kristina Lopez
Medical Assistant
Smith River



Loowyza Colegrove
Lab Intern
Potawot



Erica Sanchez
PRC Tech
Potawot



Tracy Murphy
Registered Nurse
Crescent City



Chris Shaw
HPE Specialist
Potawot



Adrienne Wells
Dentist
Potawot

Schools Out!

It's a great time to get your children their

Annual Physical Exams

And make sure they are all current with their

Vaccinations



\$35

Increase

Monthly for Fruit and
Veggies

June–Sept 2021

Per Participant

Over Age 1

\$28

Farmer's

Market

Vouchers

1 Per Family

Available 1x

June-Oct 2021

United Indian

Health Service

WIC Program

707-822-9900

Give us a call to
Enroll or Re-enroll
today if you are
pregnant or have a
child under 5. All
services are over the
phone at this time.



**EAT THE RAINBOW
THIS SUMMER WITH
WIC'S ADDED VALUE
FOR VEGGIES AND
FRUITS.**

Income Guidelines for WIC Eligibility

# in Family	Annual	Monthly
1	\$23,828	\$1,986
2	\$32,227	\$2,686
3	\$40, 626	\$3,386
Each add'l family member	\$8,399	\$700 per added family member



WIC is an equal opportunity provider. UIHS WIC Is open to ALL native and non-native clients who qualify.

Bust myths and learn the facts about COVID-19

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

consumer needs to know.

- The Medical Library Association translates medical jargon into language everyone can understand.

While it's a useful tool for researching health-related issues, the Internet does not replace a discussion with a healthcare professional.

<https://www.cdc.gov/vaccines/vac-gen/evalwebs.htm>

<https://vaccineinformation.org/internet-immunization-info/>

<https://www.mlanet.org/p/cm/ld/fid=1717>

<https://www.immunizationinfo.org/>



Can receiving a COVID-19 vaccine cause you to be magnetic?

No. Receiving a COVID-19 vaccine will not make you magnetic, including at the site of vaccination which is usually your arm. COVID-19 vaccines do not contain ingredients that can produce an electromagnetic field at the site of your injection. All COVID-19 vaccines are free from metals such as iron, nickel, cobalt, lithium, and rare earth alloys, as well as any manufactured products such as microelectronics, electrodes, carbon nanotubes, and nanowire semiconductors. In addition, the typical dose for a COVID-19 vaccine is less than a milliliter, which is not enough to allow magnets to be attracted to your vaccination site even if the vaccine was filled with a magnetic metal.

Do any of the COVID-19 vaccines authorized for use in the United States shed or release any of their components?

No. Vaccine shedding is the term used to describe the release or discharge of any of the vaccine components in or outside of the body. Vaccine shedding can only occur when a vaccine contains a weakened version of the virus. None of the vaccines authorized for use in the United States contain a live virus. Vaccine components are not shed by COVID-19 vaccines, so it is not possible for the any of the vaccine components to accumulate in the body's tissue or organs, including the ovaries.

The mRNA and viral vector vaccines are the two types of currently authorized COVID-19 vaccines available.

Is it safe for me to get a COVID-19 vaccine if I would like to have a baby one day?

Yes. If you are trying to become pregnant now or want to get pregnant in the future, you may get a COVID-19 vaccine when one is available to you.

There is currently no evidence that COVID-19 vaccination causes any problems with pregnancy, including the development of the placenta. In addition, there is no evidence that fertility problems are a side effect of any vaccine, including COVID-19 vaccines.

Like all vaccines, scientists are studying COVID-19 vaccines carefully for side effects now and will continue to study them for many years.

Will a COVID-19 vaccine alter my DNA?

9 No. COVID-19 vaccines do not change or interact with your DNA in any way.

Bust myths and learn the facts about COVID-19

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

There are currently two types of COVID-19 vaccines that have been authorized and recommended for use in the United States: messenger RNA (mRNA) vaccines and a viral vector vaccine. Both mRNA and viral vector COVID-19 vaccines deliver instructions (genetic material) to our cells to start building protection against the virus that causes COVID-19. However, the material never enters the nucleus of the cell, which is where our DNA is kept. This means the genetic material in the vaccines cannot affect or interact with our DNA in any way. All COVID-19 vaccines work with the body's natural defenses to safely develop immunity to disease.



Can CDC mandate that I get a COVID-19 vaccine?

No. The federal government does not mandate (require) vaccination for people. Additionally, CDC does not maintain or monitor a person's vaccination records. Whether a state or local government or employer, for example, can require or mandate COVID-19 vaccination is a matter of state or other applicable law. Please contact your state government or employer if you have other questions about COVID-19 vaccination mandates.



After getting a COVID-19 vaccine, will I test positive for COVID-19 on a viral test?

No. None of the authorized and recommended COVID-19 vaccines cause you to test positive on viral tests, which are used to see if you have a **current infection**. Neither can any of the COVID-19 vaccines currently in clinical trials in the United States.

If your body develops an immune response to vaccination, which is the goal, you may test positive on some antibody tests. Antibody tests indicate you had a **previous infection** and that you may have some level of protection against the virus. Experts are currently looking at how COVID-19 vaccination may affect antibody testing results.

Can a COVID-19 vaccine make me sick with COVID-19?

No. None of the authorized and recommended COVID-19 vaccines or COVID-19 vaccines currently in development in the United States contain the live virus that causes COVID-19. This means that a COVID-19 vaccine **cannot** make you sick with COVID-19.

COVID-19 vaccines teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. These symptoms are normal and are signs that the body is building protection against the virus that causes COVID-19. Learn more about how COVID-19 vaccines work.



It typically takes a few weeks for the body to build immunity (protection against the virus that causes COVID-19) after vaccination. That means it's possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and still get sick. This is because the vaccine has not had enough time to provide protection.

Can being near someone who received a COVID-19 vaccine affect my menstrual cycle?

No. Your menstrual cycle cannot be affected by being near someone who received a COVID-19 vaccine.

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 Vagnani	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		

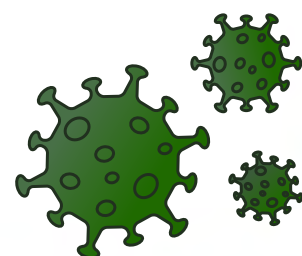
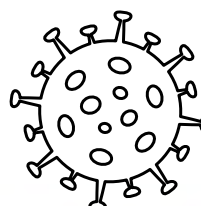
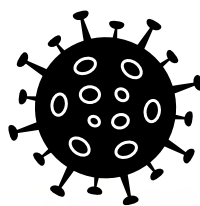
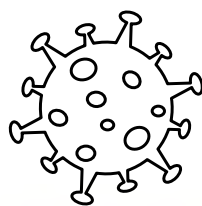
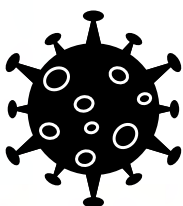
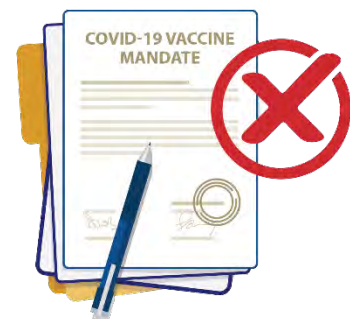
Bust myths and learn the facts about COVID-19

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

Many things can affect menstrual cycles, including stress, changes in your schedule, problems with sleep, and changes in diet or exercise. Infections may also affect menstrual cycles.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

For more information about COVID-19 vaccines and safer activities to prevent the spread of COVID-19, please visit the CDC website (<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>) or contact any UIHS clinic for more information.



Food Related Behaviors and Beliefs

Submitted by: Angel Jensen, Nutritionist, Diabetes Prevention Program

Things that are most helpful when trying to make changes with food related behaviors and beliefs

Checking with yourself

What are you feeling before you eat?

- Is it physical hunger?
- Are you in need of support?
 - Emotionally?
 - Socially?
 - Intellectually?
- Do you need nourishment?
- Do you need something to do?



Before you eat, how strong is your hunger?

- On a scale of 1 (starrrrving) to 10 (Thanksgiving day stuffed).
 - Where do you feel the hunger?
 - Is your belly starting to rumble?
 - Could you wait to eat until you are at least ~3-4 on the 1-10 hunger scale?

When you are eating, really enjoy your food and savor it.

- Check in with yourself while you are eating,
 - Are you still feeling hunger?
 - Where on the hunger scale are you now?
 - Are you satisfied?
 - Does your food still taste really good, or could you put some aside to have later?



Practice finishing eating when you get more to a level 6 of fullness, you can always eat the rest later (and then it tastes better again)

Food Related Behaviors and Beliefs

Submitted by: Angel Jensen, Nutritionist, Diabetes Prevention Program

Intuitive Eating

1. Reject the Diet Mentality

Throw out the diet books and magazine articles that offer you the false hope of losing weight quickly, easily, and permanently. Get angry at diet culture that promotes weight loss and the lies that have led you to feel as if you were a failure every time a new diet stopped working and you gained back all of the weight. If you allow even one small hope to linger that a new and better diet or food plan might be lurking around the corner, it will prevent you from being free to rediscover Intuitive Eating.



2. Honor Your Hunger

Keep your body biologically fed with adequate energy and carbohydrates. Otherwise you can trigger a primal drive to overeat. Once you reach the moment of excessive hunger, all intentions of moderate, conscious eating are fleeting and irrelevant. Learning to honor this first biological signal sets the stage for rebuilding trust in yourself and in food.

3. Make Peace with Food

Call a truce; stop the food fight! Give yourself unconditional permission to eat. If you tell yourself that you can't or shouldn't have a particular food, it can lead to intense feelings of deprivation that build into uncontrollable cravings and, often, bingeing. When you finally "give in" to your forbidden foods, eating will be experienced with such intensity it usually results in Last Supper overeating and overwhelming guilt.

4. Challenge the Food Police

Scream a loud no to thoughts in your head that declare you're "good" for eating minimal calories or "bad" because you ate a piece of chocolate cake. The food police monitor the unreasonable rules that diet culture has created. The police station is housed deep in your psyche, and its loudspeaker shouts negative barbs, hopeless phrases, and guilt-provoking indictments. Chasing the food police away is a critical step in returning to Intuitive Eating.

5. Discover the Satisfaction Factor

The Japanese have the wisdom to keep pleasure as one of their goals of healthy living. In our compulsion to comply with diet culture, we often overlook one of the most basic gifts of existence—the pleasure and satisfaction that can be found in the eating experience. When you eat what you really want, in an environment that is inviting, the pleasure you derive will be a powerful force in helping you feel satisfied and content. By providing this experience for yourself, you will find that it takes just the right amount of food for you to decide you've had "enough."



Pharmacy Update

Submitted by: Tim Connell, Pharmacy Director, UIHS

UIHS pharmacy at Potawot Health Village (PHV) appreciates its clients for their kindness and support. We would like to shed some light on one aspect of how our pharmacy is a bit different than your average retail pharmacy. PHV pharmacy purchases medications under a government program called 340B. The 340B program enables UIHS to stretch federal resources as far as possible. This program allows UIHS to buy medications at significantly reduced prices. As with any government program, the 340B program comes with strings attached.

- 1) We have to be very careful when we fill prescriptions under California State Medi-Cal insurance.
- 2) We have to be very certain to meet the 340B definition of who is a UIHS patient and who is not, who is a UIHS provider and where the provider was located at the time the prescription was written.

We have to constantly audit our prescription filling to make sure we haven't broken any Federal 340B guidelines.

Patient Eligibility:

To be eligible to fill a prescription at UIHS pharmacy, a patient must be seen at least once a year by a UIHS medical provider.

Exceptions to this rule are:

- a. We can fill prescriptions written by UIHS Dental and Vision providers, but this does not qualify a patient to have their other medications filled if written by a non-UIHS medical provider.
- b. We can fill prescriptions from an emergency department within 3 years of a patient's last visit to a UIHS medical provider.

Prescription Eligibility:

- 1) Any prescription written by a UIHS provider working at a UIHS facility is eligible to be filled at UIHS pharmacy.
- 2) Any prescription for a UIHS patient written by a provider not working for UIHS must be preceded by a referral from a UIHS provider and the notes from the visit received by UIHS.

The main take aways are:

- 1) Be seen at least once a year by a UIHS medical provider
- 2) Always get a referral if going to a non-UIHS provider unless it is an ER visit.

I hope this helps you have a more enjoyable and trouble free experience here at UIHS pharmacy.



It's Just an E-Cigarette. There's No Harm in it...

Submitted by: Elidia Adams-Loya, Health Promotion & Education Specialist, NATIVE Tobacco Project, UIHS

What is an electronic smoking device? Also known as ENDS or E-Cigarette

“Electronic nicotine delivery system (ENDS) are battery powered devices that heat a liquid solution, containing nicotine and/or other additives, to produce an aerosol that is inhaled by the user. These products include electronic-cigarettes, electronic-hookahs, vape pens, and electronic-cigars. ENDS are relatively new products, first appearing in the U.S in 2007”. (Keep it Sacred, National Native Network)

E-Cigarettes manufacturers are using marketing that appeals to children. It then increases use of ENDS by youth. They're using the same marketing tactics they used years ago in order to get kids interested in cigarettes. Many E-cigarettes come in different sweet flavors like grape, bubblegum, and raspberry. By doing this it increases the appeal toward youth which then increases the nicotine poisoning incidents. Remember, that all consumption of nicotine can lead to nicotine addiction, and nicotine has been reported to be as addictive as heroin.

ENDS contain nicotine which is derived from tobacco which means the Food & Drug Administration defines ENDS as tobacco products. ENDS also have other cancer causing chemicals such as lead, and lithium. Youth experimenting with these products has risen exponentially within the last decade! The effects that nicotine have on the adolescent brain while it's still developing can leave long lasting consequences like:

- * Cancer of the mouth,
- * Losing teeth

Adolescent use correlates to a greater likelihood of long term nicotine addiction.

The picture posted below is showing how marketing tactics are used to get our youth interested. It is saying that in E-Cigarettes, there's vitamins as well as them coming in different flavors. The different flavors mask the harsh nicotine taste so people, especially youth think this is healthy for them to use.

Community Veteran Health Program

Submitted by: Tracy Marshall, LCSW, MSW, Community Veteran Health Program Social Worker

The San Francisco VA Health Care System's (SFVAHCS) Community Veteran Health Program (CVHP) has recently established a presence in Arcata @ United Indian Health Services Potawot Health Village with staff dedicated to supporting Veterans and their families in this service area.

The SFVAHCS is committed to providing support to you and your family. Please reach out if you are interested in:

- Developing new connections with other Veterans in your community
 - Information regarding VA Health Care benefits, assistance with navigating VA Health Care, and appointment scheduling
 - Social work services for Veterans needing resources, referrals, and services
 - Psychological services, including supportive counseling and time-limited brief therapy
 - Information about the VA's robust telehealth program, and assistance connecting with a provider for video visits (via cell phone, computer, or tablet) without having to travel to Eureka CBOC or San Francisco VA
- 15 • Education and workshops on Veteran and caregiver-related topics

Community Veteran Health Program

Submitted by: Tracy Marshall, LCSW, MSW, Community Veteran Health Program Social Worker

- Opportunities for Veterans to discuss issues or concerns related to readjustment
- Support around balancing work, school, self-care, and family life
- Information regarding other available VA benefits

If you would like more information regarding our program, or to learn more about how to engage in VA Health Care, please contact the local Community Veteran Health Program Social Worker, Tracy Marshall, LCSW, MSW. Tracy is stationed in Hoopa, California and provides outreach to rural veterans in Hoopa and the surrounding areas. You can reach Tracy Monday thru Thursday at (707) 752-1910 from 8:00 a.m. to 6:00 p.m. Tracy will be at the UIHS Arcata site on every other Thursday beginning 07/15/21 from 1:00 pm. to 3:00 p.m., if you would like to meet her in person, please stop by. She will be stationed near the registration desk at the front of the building.

What is Tobacco 21

Submitted by: Canyon Smith, Health Promotion & Education Technician, UIHS

To begin I'd like start by introducing myself. My name is Canyon Smith, and I'm a student at Humboldt State University, as well as a health education technician with United Indian Health Services.

What is T21 you might ask? Put simply, the Federal Tobacco 21 law was signed into existence in 2019, this would make it illegal to sell any form of commercial tobacco product to someone under the age of 21, even on tribal lands. Data gathered from the Center For Disease Control and Prevention website suggests that the impact of T21 legislation may be felt in terms of lives saved and addictions avoided; commercial tobacco use will decrease by 12 percent by the time today's teenagers become adults; smoking-related deaths will decrease by 10 percent.¹ That being said, the primary reason for the passing of Federal Tobacco 21 lies with its ability to protect youth from developing a commercial tobacco habit.

Youth commercial tobacco abuse is especially relevant for American Indians. The rates at which American Indian and Alaska Native (AI/AN) youth use and learn to abuse commercial tobacco, are staggering when compared to other populations. AI/AN youth have the highest rates of cigarette use among all ethnic/racial groups. This translates directly into data concerning the causes of death for American Indians and Alaska Natives, especially in regards to lung cancer, which is the leading cause of cancer-related death for both AI and AN populations. A brief overview of other leading causes of death in our communities includes diseases like diabetes and cardiovascular conditions, both of which are linked to commercial tobacco use.²

Proper education about the spiritual and cultural value of what was once an incredibly important medicine for our people, should help encourage our youth, as well as adults, to embrace the motto of "sacred use not abuse," put forward by the Northern California Indian Development Council.⁴ The Creator has offered us many gifts. The tobacco plant is one of these gifts. These gifts and others like it, must be respected. The numerous chemical agents and unnatural additives added to commercial tobacco, make it incompatible with teachings about respecting the Creator's gifts.³

Canyon Smith, Health Promotion & Education Technician, United Indian Health Services Public Health Division

References

https://www.cdc.gov/tobacco/stateandcommunity/tobacco_control_programs/surveillance_evaluation/tobacco-21-policy-evaluation/index.html

https://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm

<https://ncidc.com/sites/default/files/document-center/Tobacco%20Cessation/YouthTobaccoBooklet.pdf> YouthTobaccoBooklet.indd (ncidc.com)

Know your Resources

National

California Smokers' Helpline: 1-800-NO-BUTTS (1-800-662-8887)
The National Domestic Violence Hotline: 1-800-799-7233
Suicide Prevention Lifeline: 1-800-273-8255 or text "HOME" to 741-741
California Youth Crisis Line: Crisis Support for youth 1-800-843-5200
The Trevor Project: For LGBTQ youth 1-866-488-7386

Humboldt / Del Norte

North Coast Rape Crisis Team: Humboldt: 707-445-2881, Del Norte: 707-465-2851
Humboldt Domestic Violence Services: 707-443-6042 or 1-866-668-6543
Child Welfare Services, Emergency Response, Abuse Reports: 707-445-6180
Adult Protective Services, Elder Abuse Reports: 707-476-2100 or 1-866-527-8614
Humboldt County Mental Health: 707-445-7715
Del Norte County Mental Health: 707-465-6925
Public Health Department: Humboldt (707) 445-6200, Del Norte (707) 464-3191
Planned Parenthood: 707-442-5709
DHHS Transition Age Youth Program: 707-476-7668
Queer Humboldt: 707-834-4839
Humboldt Domestic Violence Service: 707-443-6042 or 866-668-6543
Harrington House Shelter: 707-465-3013
Humboldt County HICAP office: 707-444-3000
Bikers Against Child Abuse (BACA): 707-496-3004

Tribal

Yurok Tribe Social Services 707-482-1350
Tolow Dee-ni' Nation Community and Family Services: 707-487-3175
California Indian Legal Services: 707-443-8397
Bear River Band of Rohnerville Rancheria: 707-733-1900 x 225
Blue Lake Rancheria: 707-668-5101
California Tribal TANF Partnership: 707-476-0344
Karuk Tribe of Northern California: 530-842-9228
Northern California Indian Development Council: 707-445-8451
NIWHONGWH XW E:NA:WH Stop the Violence Coalition: 530-625-1662
Positive Indian Family Network: 530-625-4816
Table Bluff Rancheria: 707-733-5055
Shu'-ag-xuu-dvn (In a Good Way-Place) Tolowa Dee-ni' Nation: 707-487-2089
Yurok Tribe: Eureka: 707-444-0433, Klamath: 707-481-1350, Weitchpec: 530-625-4130

Word Search

ACCEPT **INVOLVED**
AVAILABLE **LIFELINE**
BEDIRECT **LISTEN**
COMPASSION **MATTER**
COPING **NONJUDGMENTAL**
ENCOURAGE **PATIENT**
FEELINGS **POSITIVITY**
GATEKEEPERS **PREVENTION**
GOOD **REMOVEMEANS**
HEALTH **RESPECT**
HELP **SAFETY**
INTERVENTION **SKILLS**
STIGMA **TALK**
STRENGTH **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
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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



Whats the
Difference?

Can you find the
eight differences
between the
pictures?





**1600 Weeot Way
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The Acornbasket

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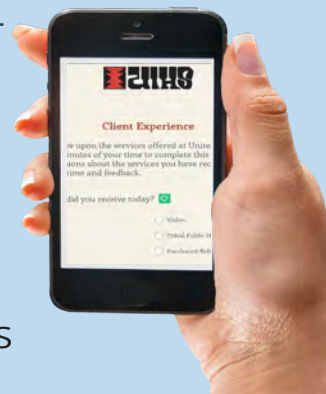
Email: _____



We want to hear about your experience!

Your client experience survey allows UIHS to learn how we can **improve** the services we offer our community.

Scan this code to take this important survey.



Scan code or go to:

<https://www.surveymonkey.com/r/ClientExperienceUIHS>

To scan the QR code:

1. Open the camera app on your phone.
2. Hold your camera as if you were taking a picture of the code. Your phone will recognize the QR code and show a notification.
3. Tap the notification to open the link to our survey.