

Acornbasket

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

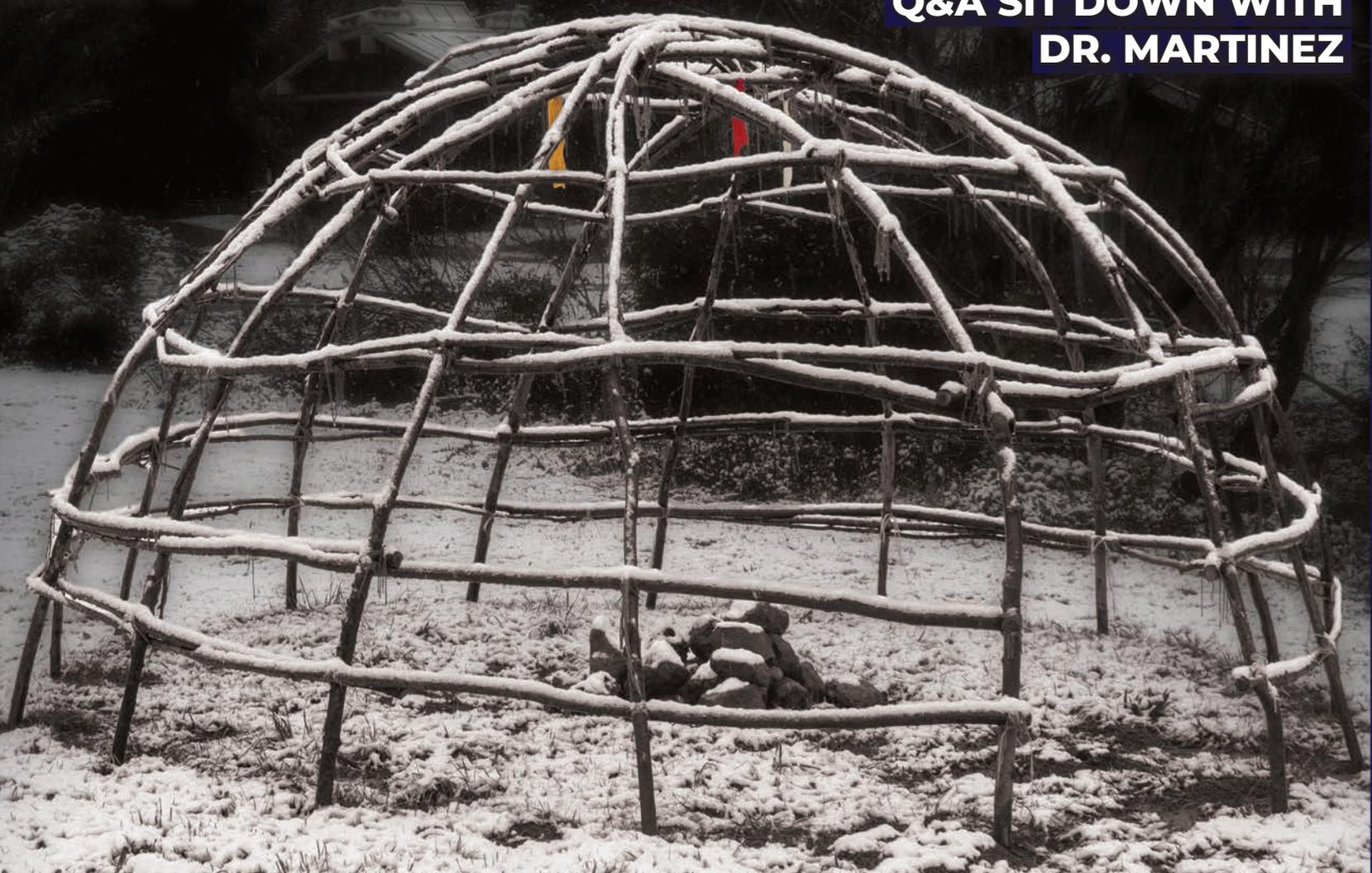
**MOVING FORWARD
AFTER THREE
YEARS OF
COVID-19**



APRIL IS OT MONTH!

**Q&A SIT DOWN WITH
DR. MARTINEZ**

DO YOU HAVE MEDI-CAL OR PARTNERSHIP?



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MESSAGE FROM THE CEO

SUBMITTED BY: ELIZABETH LARA-O'ROURKE, CEO UIHS

Winter hit us and it hit us hard. Snow was down to sea level, rains flooded our streets, and trees fell blocking roads. So far, this winter has been crazy. With the storms, we found that we had no electricity in some of our sites. In other sites, the roads were closed due to the

when we lose electricity. We have also tightened up on how we communicate closures to our community. For the most updated information, please visit our Facebook Page at <https://www.facebook.com/UnitedIndianhealthservices/> With the State of Emergency declaration coming to an end on March, 31, all healthcare



snow or fallen trees. In these situations, we had to close outlying clinics. Although we had generators, we ran out of fuel with no way of getting more fuel due to the road closures. Our staff did the best that they could, contacting clients by phone to cancel and reschedule appointments. Some staff were able to travel through the snow in order to open outlying clinics for services. I am so proud of the UIHS Staff and the commitment they have to our clients to provide needed services.

We have examined these past few months of incidences related to the storms and have ordered back-up batteries that can be used as a third option

facilities will no longer require wearing a mask. However, we do ask that if you have an upper respiratory illness, that you don a mask. Please note that there may be situations, such as high COVID rates in our community, when we may ask clients to wear a mask. We are now offering vision services at Eureka 2.0 (434 7th Street). We welcome Dr. Danielle Cudahy, our new optometrist. She started seeing clients on Monday, March 20. With the addition of Dr. Cudahy, we aim to add two additional days per month in Del Norte and reduce wait time for an appointment to less than 4 weeks. Please call the Vision Department to schedule an appointment.



Don't forget we are also offering Physical Therapy, Occupational Health, and Behavioral Health Services at Eureka 2.0.

In the coming months we will be busy planning for a remodel in the Medical Department at Potawot Health Village, remodel in Eureka 2.0 (434 7th Street) to add Medical Services and across the street, remodel in Eureka 3.0 (525 7th Street) to add dental services. We hope that all remodels will be completed by Winter/Spring 2023-2024.

So much happening at UIHS to add access to medical, dental, vision, physical therapy/occupational health and behavioral health services for our clients. Stay tuned for more information.

Liz Lara-O'Rourke

Elizabeth Lara-O'Rourke, CEO





**WE ARE
HIRING
JOIN OUR VILLAGE**

Come join United Indian Health Services in providing health care to our American Indian community. Our vision of a healthy mind, body, and spirit is embraced by those who founded our organization. Positions include Clinical, Dental, Behavioral Health, Vision, and Tribal Public Health. UIHS brings members of the community together so they can not only be unified in ensuring the best care is provided to their families, but also help in preserving the American Indian culture through education, community outreach and medicine.

- Dentist – Arcata
- Dental Hygienist – Arcata
- Dental Assistants – Smith River & Eureka
- Medical Assistant Per Diem-Crescent City
- RNs – Per Diem
- RNs – Arcata & Klamath
- Provider (MD/DO) – Crescent City & Arcata
- Substance Abuse Counselor-Arcata
- Behavior Health Counselors – Arcata & C.C.
- Behavioral Health Manager-Arcata
- Human Resources Manager-Arcata

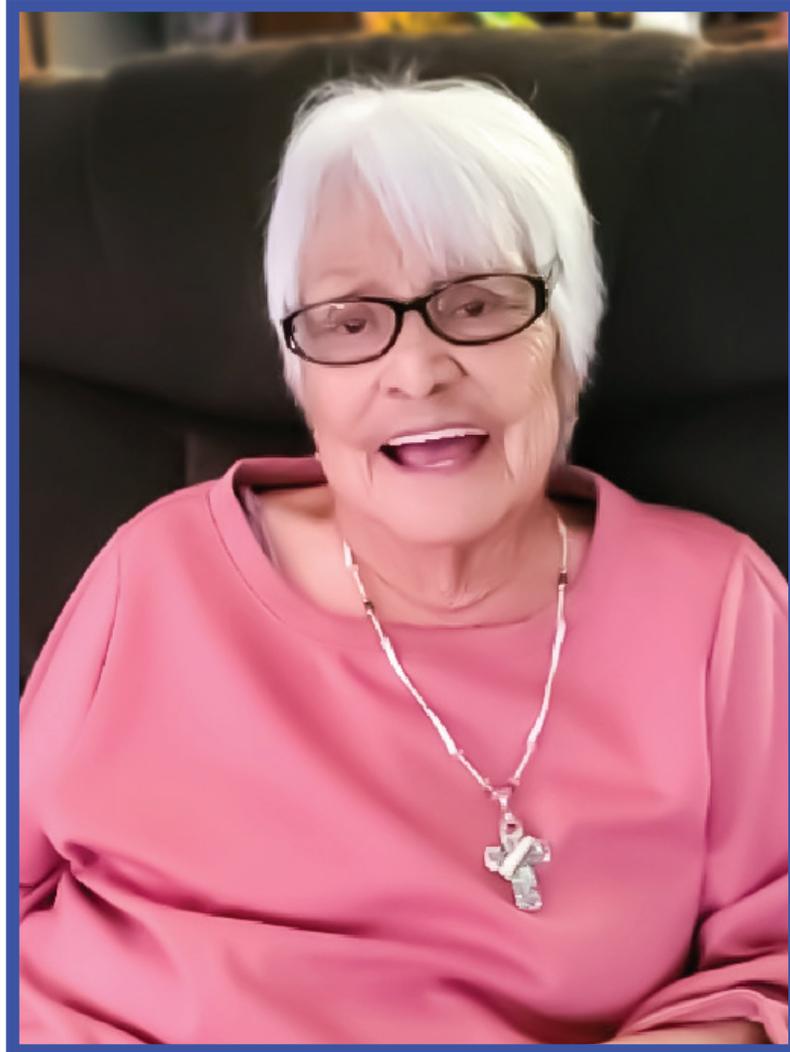
Visit our website or call for more employment opportunities.



unitedindianhealthservices.org
(707) 825 - 4049

FARWELL TO SOME OF OUR BEST

SUBMITTED BY: ELIZABETH LARA-O'ROURKE, CEO UIHS



It is with a very heavy heart that I inform you that we lost two very special women last week who served on the United Indian Health Services' Board of Directors.

Carmen Moon served on the Board of Directors for twelve (12) years. She was a community-elected Board Member representing Area 4 (Hoopa and Willow Creek). A Yurok Tribal Member, she

represented her community well and brought forth important health concerns. Carmen also served on the CORE Committee providing feedback and input into Tribal Public Health Programs at UIHS. She worked many hours with staff planning for health promotion and education events and activities, including the Bi-Annual Elders Luncheon.

Joy Sundberg served on the Board of Directors for forty-one (41) years. Joy was an appointed representative from the Trinidad Rancheria. She was instrumental in UIHS starting our health care clinic in Trinidad called, Tsurai Health Center. Joy fought for health care for American Indians locally and on the state and national level. She was never afraid to advocate for the needs of our community and never afraid to tell you what

she thought. She was also a part of a workgroup that built Sumeg Village and participated in bringing the brush dance to Sumeg Village.

I will miss these two ladies very deeply. I am grateful for the time that I got to work with each of them at UIHS and in the community. They were great leaders.

CAVITY FREE CLUB



Aaliyah Dowd	2 Yrs Old	Chayce	7 Yrs Old
Levi Farmer	9 Yrs Old	Zechariah Beer	6 Yrs Old
Evelyn Ramirez	3 Yrs Old	Hudson Gardner	8 Yrs Old
Blake Graham	7 Yrs Old	Sekekiya George	6 Yrs Old
Teyn James	10 Yrs Old	Greyson Hicks	9 Yrs Old
Maia Mager	7 Yrs Old	Holly Spurlock	6 Yrs Old
Isaac Asbury	2 Yrs Old	Taylor Pool	9 Yrs Old
Nova Hyden	8 Yrs Old	Rhia Gaon	3 Yrs Old
Ztinyia Her	2 Yrs Old	Jasmine Vazquez	4 Yrs Old
Ztishia Her	4 Yrs Old		

If you want to be a member of the Cavity Free Club, make an appointment with our receptionist to see the hygienist to find out what it takes to become a member of this prestigious club and be cavity free! We look forward to seeing you!! If you are a registered American Indian client, we have openings available for dental cleanings.

Call to Make an Appointment

Potawot Health Village at (707) 825-5040

Crescent City Clinic at (707) 464-2583



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

MOVING FORWARD AFTER THREE YEARS OF COVID-19

SUBMITTED BY: MICHELLE LEWIS-LUSSO, BSN, RN, CIC, TRIBAL PUBLIC HEALTH NURSE/INFECTION PREVENTION/EMPLOYEE HEALTH, UIHS



Thank You Front Line Staff for Keeping Everyone Safe

Our lives were forever changed three years ago. The pandemic began in late 2019, when a novel coronavirus called SARS-CoV-2 emerged in Wuhan, China. Since then, the virus has spread rapidly around the world, causing millions of deaths, and disrupting economies, societies, and healthcare systems on a global scale. Whether the virus came from a lab leak or a wet market, COVID-19 turned our lives upside down. A worldwide pandemic was declared, and we were shut down. In-person work, for those not considered “essential”, was put on hold; in-person school, travel, visiting, healthcare appointments, entertainment, etc., all stopped. Hospitals were overwhelmed with patients suffering from the virus, and people seeking medical care for non-COVID illnesses or injuries had no place to go. Since then, vaccines have been developed and continue to be available to reduce the chance of sickness,

hospitalization, or death from COVID-19. Through several variants of COVID-19, we have all learned some things:

- Pandemics happen, and we need to be prepared for the future. Emerging infectious diseases have been discovered over the last several years worldwide, including Ebola, Zika, Middle East respiratory syndrome coronavirus (MERS-CoV) and Chikungunya, in addition to COVID-19. Being prepared means having the plans, resources, and capacity to prevent, detect, and respond to any infectious disease threats.
- Collaboration, cooperation and communication are necessary to be successful in any challenging journey. Creating or joining a team helps prevent isolation and can really be helpful in times of trouble. Seeking out information from credible, trusted resources can prevent misinformation and confusion.
- Science and innovation are important in any public health emergency. Tests,

medication and vaccines to detect, treat and prevent devastating diseases, like COVID-19, are life-saving strategies. Ongoing research and technology can change lives for the better.

- Taking care of ourselves with nutrition, hydration and exercise can reduce the chances of poor outcomes with any disease or injury. Engaging in physical activity every day can strengthen the body and improve mental health in times of health as well as in times of pandemics.

United Indian Health Services continued to be committed to the health and safety of our communities and staff since the beginning of the COVID-19 pandemic. Priorities for safety have been visible throughout our facilities, with plexi-glass barriers, signage for masking and requests to stay away if experiencing an illness. Beginning April, 2023, UIHS will be removing the requirement for masking in our facilities. The change in the

requirement has come from a decrease in the numbers of cases, hospitalizations, and deaths in our communities. Humboldt and Del Norte Counties have been consistently in the “green” or “low” level for transmission and hospitalizations, and other respiratory virus levels are stable.

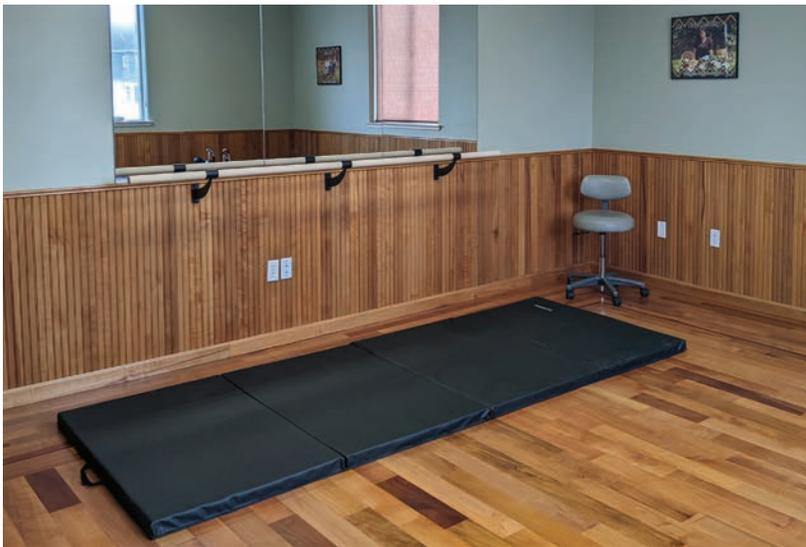
We understand that masking has been inconvenient and uncomfortable for the last three years. We would like to thank you for your help in keeping our village safe. Moving forward, we will be monitoring respiratory virus levels in our communities, and making recommendations for masking based on those levels. Look for the signage with current protective recommendations posted. Please also understand that we will be respectfully requesting our clients to mask if they are experiencing an upper respiratory illness. Our priority is your health and safety. We appreciate you and wish you continued wellness.

APRIL IS OT MONTH!

SUBMITTED BY: KATHRYN BIESANZ,
LEAD OCCUPATIONAL THERAPIST, UIHS.

Occupational Therapy (OT) is the practice of supporting clients to do what they need to be able to do, and being who they want to be. A fundamental principle of OT is that helping someone be healthy is not just healing an injury or resolving a condition – OT's see health as a state of wellbeing that includes someone's quality of life and sense of purpose. This is why, in pursuit of health, occupational therapists will

strengthening, endurance, balance, and coordination, 2) cognitive rehabilitation such as memory, attention, and executive functioning, and finally 3) psychosocial rehabilitation including coping skills, communication strategies, and so much more! OT's also work with communities in many ways to improve the context in which a client lives, such as through 1) environmental modifications like ramps, grab bars in the home, good lighting and



often work with their clients on very specific daily living tasks, or help them participate in activities that contribute to their quality of life.

OT is a holistic health profession that not only cares about the person's capabilities, but also the context the person lives in.

Occupational therapists (OTs) work with individuals in many ways, such as 1) physical rehabilitation including

signage, as well as through 2) Advocacy work, such as the right to work and reasonable accommodations in the workplace.

* An example of an OT working in all of these ways might be helping a client who has had a stroke to be physically able to board a bus and cognitively able to plan their route, all while simultaneously advocating



at the city level for more accessible bus stops.

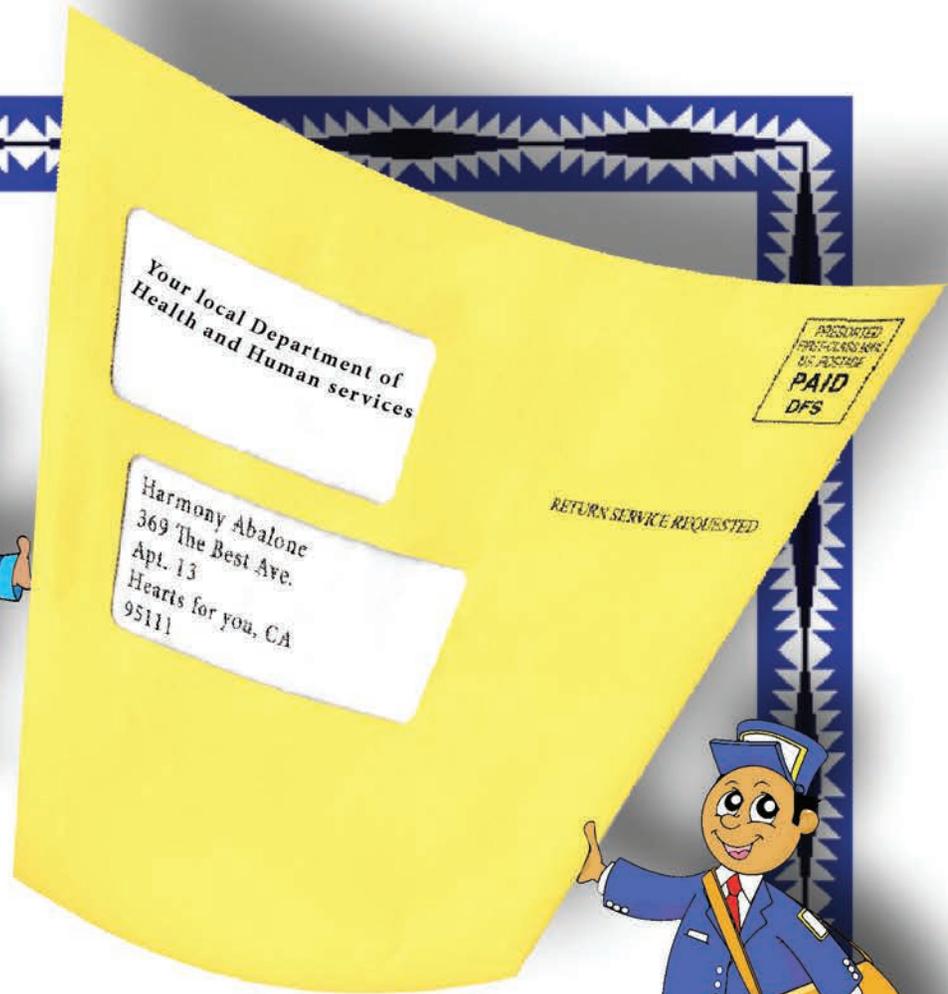
* Another example of an OT working in all of these ways might be helping someone who has had a spinal cord injury to be able to use their hands again to pick up a fork and feed themselves, as well as helping them get set up with a grocery delivery service so that they can have autonomy and control over what food they keep in the house.

OT is a unique healthcare profession that UIHS is proud to provide our community through our new Physical & Occupational Therapy

department! Our own occupational therapist is Dr. Kathryn (Katy) Biesanz. You may have seen her out and about at CORE meetings, tabling outreach, and other community events. Katy works with any client who has a condition that is keeping them from doing the things they want and need to be able to do to live a healthy life. She often can be heard saying "if it's important to you, it's important to me" as she helps clients not only regain or maintain their health, but also participate in the activities that are meaningful to them.



Do you have Medi-CAL or Partnership?



Don't lose your
coverage!

Here is some important information you need to know!

**If you need help completing your renewal packet
or have any questions Member Services can help.**

Member Services Humboldt co (707) 825-4090

Member Services Del Norte co (707) 465-2960

Take action to keep your Medi-Cal/Partnership Coverage!

Make sure your local Department of Health and Human services has your current mailing address, phone number or other contact information. This way they'll be able to contact you about your coverage. Your local Department of Health and Human services will mail you a letter about your Medi-Cal Coverage. This letter will let you know if you need to complete a renewal form. You may receive a yellow envelope with a renewal packet. In order to avoid a lapse in coverage complete this packet and return it right away. You can also complete your renewal packet by going to benefitscal.com

New Hires



Ricky Gamino
Marketing Specialist



Andrea Davis
PRC Technician



Stormy Escamilla
HPE Specialist



Cassidy Landrum
Dental Assistant



Gretchen Hillman
Clinical Nurse-RN



Debbie Sciacqua
Dental Hygienist



Kendal Jackson
FOA Medical



Henry Raqueno
Night Housekeeper



Geroge Watson
FOA-Medical Eureka



Vanessa Gonzalez
FOA Medical



Shalene Turner
Member Services Specialist



Suzi Blosser
Payroll Specialist



Brianna Sherman
Project Coordinator



Laurinda Bryan
Clinical Nurse RN



Sherry Latham
FOA Medical



Bernal Rojas
Medical Assistant



Danielle Cudahy
Optometrist



Gabrielle Potts
Medical Assistant

Word Search

**HEALTHY AND
INFORMATION BASED
KAYWOI CHILD
KENT CHOICES
LIFECYCLE COMBAT
MANAGEMENT COMMUNITY
MARSHALL CULTURAL
MARTINEZ EDUCATION
MATA EMPOWER
NUTRITION GARDEN
PARTY GRIFFIN
PREVENTION ROUSSELOT
PRODUCE SERVICES
VOLUNTEERS SOUNDTAG
WELLNESS WOMEN**

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What's the Diff?



Can you
find the 9
differences?

CALIFORNIANS APPROVED FLAVORED TOBACCO RESTRICTIONS

SUBMITTED BY: JAMIE BIESANZ, UIHS HEALTH PROMOTION, AND EDUCATION TECHNICIAN, **NATIVE** TOBACCO PROJECT, UIHS

What is the big deal with flavored tobacco?

According to the American Lung Association, about four out of five people who start using commercial tobacco products before age eighteen begin with flavored products. This is especially concerning for American Indians and Alaska Natives since we have the highest rates of commercial tobacco use, including among youth. By reducing the availability of flavored tobacco, we can reduce the appeal of commercial tobacco to our youth.

What is Prop 31?

Californians voted “Yes” on Proposition 31 in November 2022, which will make it illegal for in-person stores and vending machines to sell most flavored tobacco products, with a \$250 penalty for each violation. The penalty applies to the retailer, not to the customer, and references commercial tobacco, not traditional tobacco. Shisha (a type of tobacco smoked in hookahs) that is used at stores, some cigars, and loose-leaf pipe tobacco are still legal. Counties and cities can still choose to pass stricter laws than Prop 31.

Where did Prop 31 come from?



The California state government passed a law in August 2020 (SB-793) that made the same changes. Tobacco companies opposed the law and led a successful effort to put it to a ballot measure, which stopped it from going into effect until the measure was voted on. The top funders of this effort were the tobacco companies R.J. Reynolds, Philip Morris, and ITG Brands. Voters rejected the tobacco companies’ actions and approved the law by passing Prop 31.

What will the impact of this change be?

The California Legislative Analyst’s Office, a non-partisan group that gives the California legislature fiscal and policy advice, estimates that the state will make anywhere from tens of millions of dollars to a hundred million dollars less

on tobacco taxes, depending on how many fewer tobacco products people buy, because of the change in the law. No one is sure how much less commercial tobacco people will buy, but overall, people are very likely to buy less. Supporters of the new law point to surveys suggesting that flavors are an important reason minors are interested in tobacco products. They hope that removing flavored tobacco from physical stores will reduce tobacco initiation, especially among youth.

When will it take effect?

According to the Public Health Law Center, the law is already in effect as of December 21, 2022.

If you or someone you know wants to quit commercial tobacco, Kick It! California is a free service available

through online chat or phone calls. A quit coach helps the person quitting come up with a personalized plan, including identifying triggers for commercial tobacco use and discussing quit aids like nicotine patches or gum. Text “Quit Smoking” or “Quit Vaping” to 66819. You can also call 1-800-300-8086, <https://www.kickitca.org/> Please feel free to contact the **NATIVE** Tobacco Project at United Indian Health Services at 707-825-5000. We also post regularly on Facebook and Instagram, along with other Health Promotion & Education Projects.

<https://www.facebook.com/UIHSHEALTH/>
https://www.instagram.com/uihs_hpe/

CONGRATULATIONS SUZIE, ON BEING COMMERCIAL TOBACCO-FREE FOR 5 YEARS!

SUBMITTED BY: WENDY RINKEL, **NATIVE** TOBACCO PROJECT, PROJECT SUPERVISOR, UIHS



The **NATIVE** Tobacco Team would like to honor Suzie Tsosie, on March 6, 2023, Suzie celebrated 5 years of being Commercial Tobacco-Free. Suzie started her quitting journey 5 years ago.

Suzie wanted to share some tips she used to stay on track through the last 5 years.

“The first 6 months, I would eat peanuts and candy to overcome some of my old habits. I would also try not to think about it too much. It was hard and still is,

when I go to the store, I stay away from the tobacco aisle. I work around it not through it. In my life right now, I have lower stress levels,” Suzie. Suzie is also a part of our Communities Outreach Resource & Education CORE Coalition; she has been attending CORE over the last 5 years. Suzie would report out a few times a year on her progress with her quitting journey. Suzie received encouragement and praise to keep up the good work. “The CORE group made me accountable just by being there,” Suzie.

“I also want to acknowledge the UIHS’ **NATIVE** Tobacco

Project and the help of Trudy Adams for providing education and resources to get started on my quitting journey and supporting me through this life changing process,” Suzie.

For FREE help with quitting connect with the Kick It California Resource, automated text program- We’ll text your helpful tips at critical points during your quit journey and answer any questions you. Text “Quit Smoking” or “Quit Vaping” to 66819. You can also call 1-800-300-8086, <https://www.kickitca.org/>

NATIVE VISIONS EYEWEAR

SUBMITTED BY: NICOLETTA LEONARDO, ABOC, OPTICIAN, UIHS



We have been proud to offer Native Visions frames in our vision department for many years. You have undoubtedly seen someone wearing a beautiful pair of glasses with a salmon, eagle, or feather on the side. Perhaps you are wearing a pair right now. These frames were designed by artist Vergil “Smoker” Marchand, a member of the Lakes Band of Colville Confederated Tribes in Central Washington. Smoker sadly

passed recently but his work will live on in the beautiful frames he has designed over the past thirteen years.

Encore labs who produce the Native Visions line of frames is in search of new Native American artists. If you or someone you know would be interested in having their artwork featured on Native Visions eyewear, please contact the vision department for more information.



TEEN ADVISORY GROUP TAKES ON SACRAMENTO

SUBMITTED BY: ELIDIA ADAMS-LOYA, **NATIVE** TOBACCO PROJECT, HEALTH PROMOTION AND EDUCATION SPECIALIST, UIHS



United Indian Health Services' NATIVE Tobacco Project staff and three Teen Advisory Group members traveled to Sacramento to attend the CYAN Youth Quest. Youth from across California marched to the capitol today, to bring awareness that Big Tobacco is the enemy. Fight for health equity, restore our community. TAG Members were able to meet with Senator Mike McGuire to share the work that is currently being done in Del Norte and Humboldt County, through our NATIVE Tobacco Project. We were also given a tour of California Rural Indian Health Board with Julie Villa. Julie Villa is a Health Education Specialist at the California Rural Indian Health Board,

Inc., for the past 23 years. Julie works in the Research and Public Health Department (RPH) working on the Indian Health Service (IHS) Tribal Injury Prevention Cooperative Agreement Project (TIPCAP), and The CDC Good Health and Wellness in Indian Country (GHWIC), better known as the Advancing California Opportunities to Renew Native health Systems (ACORNS) project. TAG youth toured the CRIHB office, meeting with numerous department staff. TAG was able to meet with CRIHB's Policy Analyst, Buck Ellingson. Buck described his experience as a Native student and pathway to public service. He told the students about interning in the California State Capitol and let them

know how this experience allowed him to understand how public policy impacts Tribal communities. The discussion focused on how Native students can serve their communities by learning about and understanding how the government functions. Buck emphasized that anyone can take part in the political process and that Native students in particular have support from lawmakers and other decision makers to take part in public service. Our Teen Advisory Group was also given advice in what they could start doing now to help better our communities, they concluded that being apart of United Indian Health Services Teen Advisory Group was a great start.

Being able to be a part of CYAN Youth Quest this week was amazing and such a great opportunity for TAG. We have worked with TAG on educating them about the dangers of commercial tobacco and how big tobacco uses marketing to target youth as replacement smokers. Our teens were able to use their voices and share their concerns on how big tobacco has had an impact on their lives. It was so much fun seeing the kids enjoy this trip. It wasn't all just work; they were able to play as well! TAG was able to enjoy dinner and a movie at Studio Movie Grill and ended their trip with TopGolf. Some of us learned that Golfing isn't our forte.

Q&A SIT DOWN WITH DR. MARTINEZ

SUBMITTED BY: RICKY GAMINO, MARKETING COORDINATOR, YAQUI-HNATHO, UIHS

Q: Good afternoon Dr. Martinez I wanted to ask you a little bit about what is going on in the world of Dr. Martinez and all the good projects you have going on.

Dr Martinez:
Yes, thank you Ricky! I have been providing primary care with obstetrics here at United Indian health since 2008. I have seen a lot of patients and delivered a bunch of babies! I am reducing my time in primary care so that I can work on a loftier goal to recruit and train American Indians who wish to be doctors. We also need more American Indian health care professionals in all fields. It's a big job, and while no one person can do it all, I am working for the UC Davis School of Medicine as Co-Director of the Tribal Health PRIME program. We are now in our first year with the 3 native students. We will continue to grow. UCD can admit 6 native students per year who will work to become physicians. In July of this year, we will begin the next class. As you may know, medical school is a four year endeavor, and afterwards these young doctors then progress to train in their chosen specialty, family medicine, pediatrics, and many other options. This opportunity is the first every in California, and it is a very exciting time.

Q: Is this a goal to get more native doctors out there especially at UIHS

Dr Martinez:
Absolutely! We have talked about this for years. Yet, what we've seen, based on studies, by the AAMC and the Association of American Indian Physicians (AAIP) that the number of American Indians who are becoming doctors have dropped overall. Our population is increasing yet the number continues to drop. We are working on a national basis to increase the number of American Indian and Alaska Native physicians. Now, in California, we have the opportunity to keep our California Indian students here as they train to become doctors. Ultimately, we will have the opportunity to grow doctors who will want to stay here as well.

Q: Going forward, I know you will not have the availability you had before at the clinic, will this affect your clients care?

Dr Martinez:
It will not affect our client care which is UIHS' top priority! We have many providers who are available for their specific health needs. I may not be as available, but I want my clients to know that UIHS is here for them. I would like to let our community know that I will be reducing my panel.



Dr. Martinez seen here receiving an “Outstanding Contributions to our Community” Award.

This will allow for easier access for those who remain. The goal would be to reduce the difficulty that our clients have in scheduling their appointments. So, I plan to keep a small panel, especially for those who have seen me regularly, as well as my elder and pediatric clients. I will

continue with the OBGYN specialty clinics.

Q: Being that you will be reducing your panel, your clients can still expect great care from some of our other physicians?

Q&A SIT DOWN WITH DR. MARTINEZ CONTINUED

SUBMITTED BY: RICKY GAMINO, MARKETING COORDINATOR, YAQUI-HNATHO, UIHS

Dr Martinez:

Yes they can. I am hopeful everyone felt that I did provide great care for them, but we have many excellent providers. It will take a moment for some to get reestablished with a provider, but I encourage our clients to find one that fits for you. It is very important that this is about their own health. It is not about a certain provider, but rather that they continue to pursue healthy lifestyles, and seek medical care to help keep them healthy. It really is about our UIHS clients receiving the medical care that they need.

In the big picture we, as providers, all come and go. What we need for our native community is to continue improving healthcare for our future generations.

For myself, this is my stake

to claim. To ensure there will be more American Indian doctors here even after I am gone. Doctors who live their native cultural ways, understand our history and culture, and can attend to both physical as well as the holistic picture of our community.

Q: Any last things you want your clients to know?

Dr Martinez:

I'm not going anywhere! I don't want you to think I'm leaving. I am just adjusting my energy to include these projects that will impact our community in the future, and I will still be seeing patients at least 2-3 times a week. If you see me in the community, I would love to visit and speak with you, so please say Haku (hello in Chumash).



707.825.5030



We have a new phone number.

United Indian Health Services
WIC Program

WOMEN, INFANTS & CHILDREN



Families grow healthy with WIC

**Get the
California
WIC App.**



Stay updated on changes to your
WIC food balance.

CDPH **wic**

RESOURCE LIST

UIHS

Potawot Village (Arcata)	
All Services	(707) 825-5000
Dental	(707) 825-5040
Medical	(707) 825-5010
Pharmacy	(707) 825-5020
Vision	(707) 825-4129
WIC	(707) 822-9900
Behavioral Health	(707) 825-5060
PT/OT	(707) 825-5000
Community Health	(707) 825-5070
Nutrition	(707) 825-5070
Purchased Referred Care	(707) 825-5080
Client Records	(707) 822-9900
Taa'-at-dvn (Crescent City)	(707) 464-2750
Weitchpec	(530) 625-4300
Eureka (Harrison St)	(707) 442-0380
Eureka (Downtown)	(707) 296-2500
Elk Valley	(707) 464-2919
Hop'-ew Puel (Klamath)	(707) 482-2181
Xaa-wan'-k'wvt (Smith River)	(707) 487-0215
WIC (All clinics)	(707) 822-9900

Tribal

Yurok Health and Human Services	(707) 482-1350
Tolowa Dee-ni' Family Services	(707) 487-9255
California Indian Legal Services	(707) 443-8397
Bear River Rancheria	(707) 733-1900
Blue Lake Rancheria	(707) 668-5101
California Tribal TANF	(707) 476-0344
Hoopa TANF	(530) 625-4816
Karuk Tribe	(530) 493-1600
NCIDC	(707) 445-8451
Stop the Violence Coalition	(530) 625-1662
Tolowa Dee-ni' In A Good Way Place	(503) 230-1951
Yurok Tribe Klamath	(707) 482-1350

Local

Rape Crisis Team Del Norte	(707) 465-2851
Rape Crisis Team Humboldt	(707) 445-2881
Victim Witness Assistance	(707) 445-7417
Child Welfare	(707) 445-6180
Elder Support Services	(707) 476-2100
Humboldt Crisis Unit	(707) 445-7715
Del Norte Public Health	(707) 464-3191
Humboldt DHHS	(707) 445-6200
DHHS Transition-Age Youth	(707) 476-4944
Planned Parenthood Eureka	(707) 442-5700
Queer Humboldt	(707) 502-2890
Hum Domestic Violence	(707) 443-6042
Health Insurance Advocacy	(707) 444-3000
Harrington House Shelter	(707) 465-3013
Bikers Against Child Abuse	(707) 496-3004

National

Kick IT CA	(800) 300-8086
Domestic Violence	(800) 799-7233
Suicide and Crisis	9-8-8
LGBTQ Support	(888) 743-0331
Sexual Assault	(800) 656-4673

If you know of a resource that should be added to the list, please contact us at media@uihs.org.

Taa'-at-dvn

1675 Northcrest Drive
Crescent City, CA 95531
Monday-Friday 8am - 5pm
Saturday 9:00am - 2:00pm

Xaa-wan'-k'wvt

501 N Indian Rd.
Smith River, CA 95567
Monday-Friday 8:00am - 5:00pm

Weitchpec

11500 CA-96 Weitchpec, CA 95546
Monday, Tuesday, Thursday, Friday
9am - 3pm (Medical)
2nd and 4th Wednesday of every
month 9:30am - 3:00pm

Elk Valley Office

2298 Norris Ave.
Monday-Friday 8:00am - 5:00pm

Potawot

1600 Weeot Way
Arcata, CA 95521
Monday-Friday 8am - 5pm
Saturday 9am - 2pm
Pharmacy: 8:30am - 5:30pm

Eureka Downtown (2.0)

434, 7th Street Eureka, CA 95501
By appointment only

Hop'-ew Puel

241 Salmon Avenue
Klamath, CA 95548
Monday, Tuesday, Thursday, Friday
8:00am - 4:00pm

Eureka Clinic (1.0)

2332 Harrison Ave, Suite C
Eureka, CA 95501
Monday-Friday 8:00am - 5:00pm

Board Information



Board Members:

Teresa Ballew, Joseph Giovannetti, Claudia Brundin, Laura Borden, Shirley Laos, Lana McCovey, LaWanda Green, Fawn Murphy, Carol Larsen, Melissa Myers, Susan Masten, John Green (Alt), Ruby Rollings (Alt), Gail Burcell (Alt), Lezlie Heckel (Alt),

(Not Pictured):

Vanessa Rios, Paula Tripp-Allen,

Alternate Board Members:

Marnie Atkins, Debbie Boardman, Darrell Sherman, Charlene Storr, Phillip Williams.

Area 1

In and around Del Norte

Area 3

In and around Arcata, Eureka and all points south to the Humboldt – Mendocino County Line

Area 4

In and around Hoopa and Willow Creek

Area 2

In and around Orick, Trinidad, Mckinleyville, and Blue Lake (North of the Mad River)

Area 5

In and around Pecwan Weitchpec and Orleans



BOARD MEMBER SPOTLIGHT

SUBMITTED BY: SUWORHOM DAVID BALDY, MARKETING SPECIALIST, UIHS



Melissa Myers is an exceptional individual who has dedicated her life to serving her community as a Yurok citizen and Karuk descendant. She is a board member of UIHS - the United Indian Health Services - for almost a year and has managed to balance her duties with her personal life. Her passion and enthusiasm inspire those around her, and she is widely recognized as a force of nature.

Melissa was born in 1972 at the historic Hupa hospital, and she spent most of her life living between Pecwan and Sregon on the Klamath Trinity River. She has deep

roots in her community and is closely connected to the land and the culture of her people. Melissa's father is a well-known community leader, and she followed in his footsteps to become a respected member of the board.

Despite facing many challenges throughout her life, Melissa has remained committed to her community and her family. She moved away from her hometown as a teen but always maintained her connection with her homeland. Now, as a grandmother of seven, she loves to travel across the country to visit her loved ones.

Being part of the UIHS Board has been a special experience

for Missy. Through her work, she has had the opportunity to meet people from different backgrounds and learn about their experiences. She believes that politics can bring out something unique in people, and she has seen firsthand how meaningful dialogue and collaboration can make a difference in people's lives.

Outside of her duties as a board member, Melissa also works for the Yurok Tribe's Environmental Department Food Sovereignty Program. This program focuses on promoting healthy eating habits and sustainable agriculture practices among the tribal community. Melissa's passion for the environment

and her commitment to promoting healthy lifestyles make her a valuable asset to this program.

In conclusion, Melissa Myers is one of the most remarkable individuals you will ever meet. Her dedication to her community, her unwavering commitment to her family, and her passion for promoting healthy living are inspirations to us all. She truly embodies what it means to be a Yurok citizen and Karuk descendant, and her contributions to her community will be remembered for generations to come.



1600 Weeot Way
Arcata, CA 95521

The Acornbasket

©2023 United Indian Health Services, Inc.
Chief Executive Officer: Elizabeth Lara-O'Rourke
Editor / Layout: SuWorhrom David Baldy

For Public Release

United Indian Health Services, Incorporated (UIHS) is pleased to announce their 2023 General Election Day as Wednesday, June 14, 2023

The General Election is Vote-by-Mail only

SEEKING INTERESTED CANDIDATES

UIHS is seeking interested Indian Community Members in serving as potential Candidates to be members of the UIHS Board of Directors. Potential Candidates must meet the criteria for membership as an Indian Community Member and must reside in and around the UIHS Service area within one of the following:

- Area 2: In and around Orick, Trinidad, McKinleyville, and Blue Lake
- Area 4: In and around Hoopa and Willow Creek
- Area 5: In and around Weitchpec, Johnsons, and Orleans

All interested Indian Community Members may obtain a Declaration of Candidacy packet at www.uihs.org or call 707-825-4121 or 707-825-4136.

The Declaration of Candidacy forms must be postmarked no later than April 14, 2023

**UIHS Election Committee,
P.O. Box 4238, Arcata, CA 95518.**

You may register to vote at any UIHS clinic site, if you meet the following criteria:

- You are an American Indian eligible for services at UIHS and are registered as an Eligible Indian Beneficiary
- You are eighteen years of age or older at the time of the election
- You reside in the voting area from which you will vote
- You have completed a Voter Registration Form

VOTER REGISTRATION DEADLINE

The voter registration period remains open throughout the calendar year and will close on the voter **registration deadline date of May 15, 2023**. Please be advised that voters who register after the deadline date will not receive a Vote-by-Mail ballot.

To ensure adequate processing and delivery time, please mail Candidacy Packets, Registration Forms, and Ballots at least (4) Four days ahead of the deadline.

USE OF VOTER INFORMATION

The information on the Voter Registration Form will be used by election officials solely to administer the UIHS Vote-by-Mail Election. Personal identifiable information (PII) i.e., name, date of birth, physical and mailing address, and telephone number, as shown on the registration application, cannot be used for any purpose unrelated to the UIHS Election nor can it be released for commercial purposes. If a voter has any questions about the use of voter information or wishes to report suspected misuse of such information, please call UIHS Chief Compliance Officer at 707-825-4048

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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:	_____
Email:	_____
Zip:	_____