

# ACORN BASKET

**MEET DR. MANGAHAS**  
A Healing Heart

**CRAFTING HEALTHY SMILES**  
Get to know Dr. Kelsey Sloane

**RETIREMENT**  
(GRADUATION, AS TERRY SAYS)  
Reflections on time at UIHS  
with Terry Raymer &  
Beverly Switzler

**WINTER ILLNESS**  
Michelle Lewis-Lusso shares  
ways to stay healthy  
during the cold months

**AWARD WINNING**  
Congratulations to Board  
Member Joseph Giovannetti

**VOLUME 46 | ISSUE #1**

# CONTENTS

VOLUME 46 | ISSUE #1

MESSAGE FROM THE CEO	PG.3
JOIN OUR VILLAGE	PG.4
MEET DR. MICHAEL F. MANGAHAS: A HEALING HEART	PG.5
DR. KELSEY SLOANE: CRAFTING HEALTHY SMILES	PG.7
MOBILE HEALTH VAN	PG.7
DR. TERRY RAYMAR & BEVERLY SWITZLER INTERVIEW	PG.8 - 9
GAMES	PG.10
PT/OT NEW EQUIPMENT	PG.11
WINTER ILLNESS GUIDE	PG.12 - 13
WELCOME OUR NEW HIRES	PG.14
2023 CORE ELDERS' HONORING BI-ANNUAL LUNCHEON	PG.15
RESOURCE LIST	PG.16
BOARD OF DIRECTORS	PG.17
CONGRATULATIONS DR. JOSEPH GIOVANNETTI	PG.18
TRIBAL HEALTH PROGRAM OPPORTUNITY	PG.19
2024 CLINIC CLOSURE DATES	

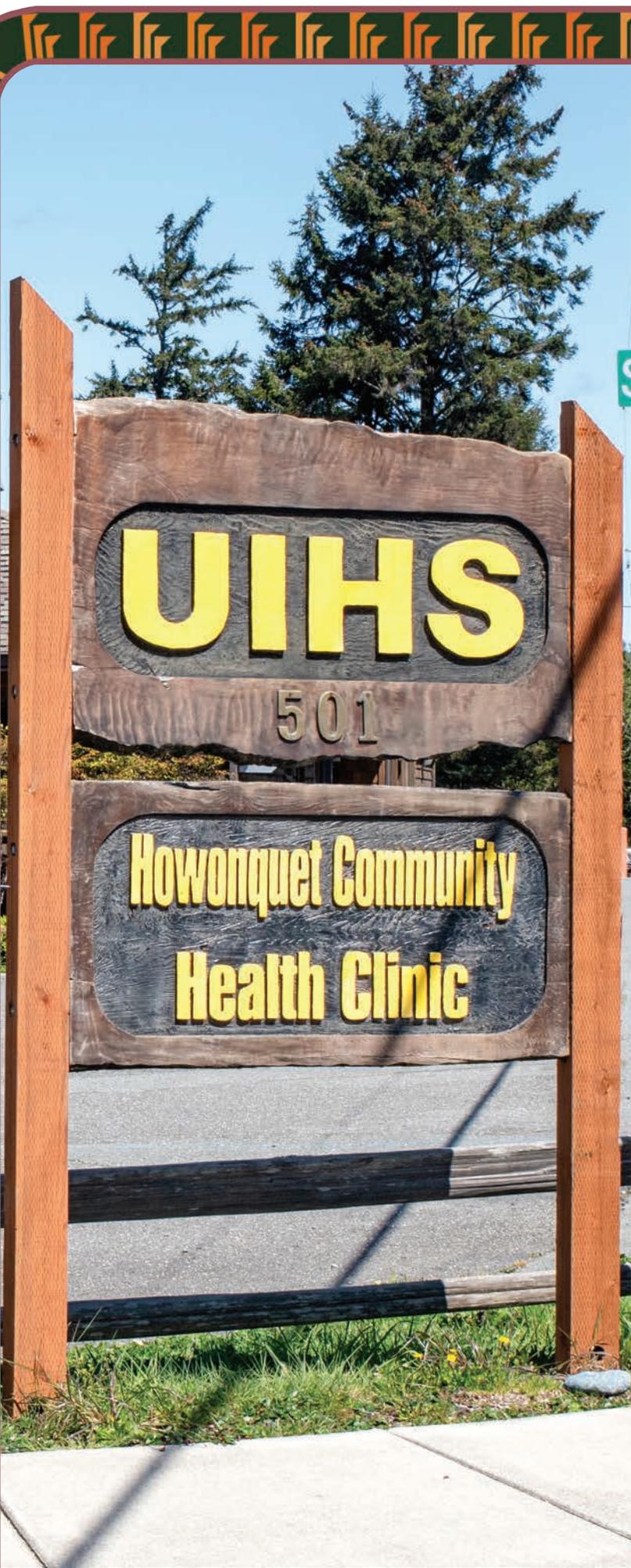
## Acornbasket

©2024 United Indian Health Services, Inc.

**Chief Executive Officer:** Elizabeth Lara-O'Rourke

**Layout/Design:** SuWorhrom David Baldy

**Design/Copy Editor:** Kayla Lopez



## MESSAGE FROM THE CEO

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



UIHS has a lot of great things happening in 2024!

A new phone system to be installed at UIHS. We are aware that our current phone system is starting to fail us. We have researched many phone systems and are in the process of purchasing a new system. We plan to install the new system as soon as we can. Thank you for your patience as we work through replacing our old phone system.



Our mobile health van has arrived! We made our order back in the Summer of 2020 and it has finally arrived.

The mobile health clinic will help us to better serve our clients in the outlying areas. We are currently in the process of licensing and planning for its use.

We will be moving our current Eureka Medical Office located at 2332 Harrison Avenue to a new site in Eureka at 2505 Lucas Street. The new office is just down the road from our current office. We are planning to begin offering services at this new location in March.

Our Multi-Use Agricultural Building located near the garden at Potawot Health Village is in full construction mode. This building will be used to assist us with our emergency response needs and will house emergency equipment and supplies. The completion date is planned for March.

We will be opening two new sites in Eureka to better serve you. Our site located at 525 7th Street, currently known as Eureka 3.0 will be opening late Spring. This site will offer dental services. Our site located at 434 7th Street, currently known as Eureka 2.0 will be opening late Summer and will be offering medical, behavioral health, vision, tribal public health, and quality improvement services. Of course, these opening dates are tentative as both sites are getting huge remodels to meet our needs. As construction goes, completion dates can be hard to nail down.

Great things are happening to better serve you, our clients. Wishing you all a very happy 2024.

*Liz Lara-O'Rourke*

Elizabeth Lara-O'Rourke  
Hupa/Yurok/Chilula  
Chief Executive Officer

## JOIN OUR VILLAGE!

Come join United Indian Health Services in providing Healthcare to our Native Community. Our vision of a healthy mind, body, and spirit, is embraced by those who founded our organization. Positions range from clinical, dental, behavioral health, vision and community health.

We bring community members together to be unified in ensuring the best care is provided to their families, and help to preserve the Native culture through education, community outreach, and medicine.

### VIEW ALL JOBS OPPORTUNITIES!



**HEALTHY MIND, BODY, AND SPIRIT FOR GENERATIONS  
OF OUR AMERICAN INDIAN COMMUNITY**

**Call us today for more info!**

**(707)825-4049**

# MEET DR. MICHAEL F. MANGAHAS

## A Healing Heart

SUBMITTED BY: SUWORHROM DAVID BALDY, MARKETING SPECIALIST, UIHS



Meet Dr. Michael F. Mangahas, our newest addition to the United Indian Health Services team! In this lighthearted interview, we get to know more about the man behind the white coat.

Dr. Mangahas discovered his calling early on, thanks to his mother's influence as a physical therapist and childhood admiration for his pediatrician's magical healing powers. Since the age of 7, he knew being a doctor was his destiny, fueled by a passion for science, complex problem-solving, and a knack for offering advice to friends.

Originally from San Francisco, he spent his early years in San Carlos and later moved to the charming town of Mendocino during middle school. His journey to Humboldt County was one guided by love. His wife, also a physician, is from the area and the lush wilderness drew them in.

When not donning his medical cape, Dr. Mangahas enjoys backpacking in the Trinity Wilderness. He also has a musical side and plays the guitar, mandolin, and piano. On top of that, he enjoys whipping up delicious meals inspired by TV cooking escapades with his grandmother.

As a proud Filipino American, Dr. Mangahas holds family as a top value. His mother is in the county and his older brother resides in Vancouver as certified arborist and hardcore gamer. Travel is on his mind, especially to the Azores to trace his

wife's roots, indulge in seafood, and explore jungle areas with waterfalls. Southeast Asia is also on his travel radar for its fishy, spicy, and noodle-y delights.

For comfort, Dr. Mangahas turns to savory treats like a ham and cheese croissant from Brio! However, his guilty pleasure of Panda Express's orange chicken fuels his road trips.

Inspired by Fred Rogers, he lives by the philosophy that those who respond to one's needs are the real heroes. He also has a guiding principle comes from Lila Watson that emphasizes collaborative community work for meaningful impact.

Dr. Mangahas' big clinical passion is for addressing Adverse Childhood Experiences or "ACEs". He has spent the last three years working to increase awareness about ACEs, implementing universal screening for ACEs, and working with community based organizations on the treatment and prevention of ACEs in children and families.



**"I think it is also worth mentioning that I have been a part of this community for the last 5 years. I was previously working at Open Door, but I am excited to join the UIHS team and learn more about our tribal communities and help serve your children and families."**

As a night owl and surviving 30-hour shifts during his residency, we believe Dr. Mangahas brings a unique energy to our team. This energy has been captured in many memorable patient experiences, like crafting a dragon mask for a child with asthma. That's just one highlight showcasing his compassionate approach to pediatric care. So, here's to Dr. Mangahas – our communities' newest hero and healer!

## CAVITY FREE CLUB

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.

Kaizer Myers	11 Yrs Old
Haydee Toscano	11 Yrs Old
Cione Johnson Baltodano	11 Yrs Old
Noah Kovarik	11 Yrs Old
Emma Rios	10 Yrs Old
Rosalv Gensaw	6 Yrs Old
Invictus Thompson Ortega	6 Yrs Old
Sebastian Town	4 Yrs Old
Mia Kovarik	9 Yrs Old
Emily Green	
Mahiitahaan Hostler	10 Yrs Old
Canon Donaldson	12 Yrs Old
Lonan Aguilera	9 Yrs Old
Parker Friedrich	8 Yrs Old
Baron Lopez	6 Yrs Old
Jordan Davis	7 Yrs Old
Isaiah Forsht	9 Yrs Old
Caden Lafazio	10 Yrs Old
Rylan McGarity	6 Yrs Old
London Cleveland	10 Yrs Old
Olivia Valley	9 Yrs Old
Randy Diehl	12 Yrs Old

Ella Lara	10 Yrs Old
Sawyer Friedrich	10 Yrs Old
Adriana Garcia	5 Yrs Old
Liam Rodge	4 Yrs Old
Logan Rogde	6 Yrs Old
Anakin Ramirez	8 Yrs Old
Damian Allen Jr	2 Yrs Old
Louis Moorehead	9 Yrs Old
Nicco Parras	6 Yrs Old
KaeDin Davis	10 Yrs Old
Damian Parras	11 Yrs Old
Maya Hall	4 Yrs Old
Liam Downing	6 Yrs Old
Aloe Smith	3 Yrs Old
Aero Smith	6 Yrs Old
Ishaha Reed	3 Yrs Old
Aundrea Lynn Wesson	4 Yrs Old
Hunter Carter	11 Yrs Old
Jaxon Tatum	5 Yrs Old
Swasey Russell	4 Yrs Old
Genesis Apperson	2 Yrs Old
Miyah Evenson	7 Yrs Old
Gabby Boone	6 Yrs Old
Roland Dorey Reynolds	6 Yrs Old
Richard Dorey Reynolds	10 Yrs Old
Aleyce George	10 Yrs Old
Aviana Mccovey	9 Yrs Old
Jahsiah Jackson	11 Yrs Old
Mazie Wallace	8 Yrs Old
Kaytlyn Porter	5 Yrs Old
Terra Buchholz	11 Yrs Old
Brooklyn Green	8 Yrs Old

Myles Auldridge	2 Yrs Old
Jessiah Ramirez	6 Yrs Old
Evelyn Ramirez	4 Yrs Old
Jamie John	7 Yrs Old
Emma Hesse	5 Yrs Old
Jesse John	6 Yrs Old
Jessalyn Miller	9 Yrs Old
Ace Aguilar	1 Yrs Old
Carson Mccovey	10 Yrs Old
Weston Smith	1 Yrs Old
Charlie Barbee	3 Yrs Old
Neveah Owsley	5 Yrs Old
Josephine Lamebear	3 Yrs Old
Palmer Murray	3 Yrs Old
Klayton Killingsworth	1 Yr Old
Hunter Gorman	19 Mos Old
Bentley Hughes	11 Yrs Old
Madisyn Robinson	9 Yrs Old
Oliver Daily	2 Yrs Old
Cameron Evenson	7 Yrs Old
Gavin Keisner	10 Yrs Old
Bobby Secor	9 Yrs Old
Courtland Davis	3 Yrs Old
Matteo Comesi-Mata	4 Yrs Old
Kodah Giovannetti	3 Yrs Old

### Call to Make an Appointment

Potawot Health Village at (707) 825-5040  
Xaa-wan'-k'wvt at (707) 487-0215



## 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

# CRAFTING HEALTHY SMILES

## Insight with Dr. Kelsey Sloane

SUBMITTED BY: SUWORHROM DAVID BALDY, MARKETING SPECIALIST, UIHS



United Indian Health Services (UIHS) is delighted to welcome Dr. Kelsey Sloane, DDS, to our team as the newest dentist dedicated to serving our community. A Humboldt native, Dr. Sloane's journey has come full circle, bringing her back home after completing her education to be closer to family.

Inspired by the blend of health sciences and artistry, Dr. Sloane has a passion for dentistry that goes beyond clinical expertise. Her love for getting to know patients and providing essential dental services reflects her commitment to holistic care.

When not crafting healthy smiles, Dr. Sloane immerses herself in the vibrant culture of Humboldt County. From attending local festivals to embracing the outdoors whenever the weather permits, she finds joy in the diverse offerings of her hometown.

Family holds a special place in Dr. Sloane's heart, with her parents residing locally and a younger brother serving as a test flight engineer with the Navy. Her dream destination is Portugal, where she hopes to explore family roots, savor Portuguese cuisine, and bask in the country's scenic beauty.

Outside of the dental realm, Dr. Sloane is a culinary enthusiast, a travel buff, finds solace in live music, crafting, and yoga. While she has a deep love for Italian cuisine and sweets (despite their cavity-causing reputation), she balances her indulgences with a desire for her superpower: motivating clients to floss diligently.

Guided by her father's daily reminder to work harder, Dr. Sloane is also a night time human who believes in the power of mutual

respect, encapsulated in the golden rule. Her most rewarding moments in dentistry stem from restoring clients' confidence in their smiles, a testament to the collaborative effort between practitioner and patient.

As Dr. Sloane joins the UIHS family, her dedication to compassionate, patient-centered care is sure to make a lasting impact. Let's extend a warm welcome to Dr. Kelsey Sloane, whose passion for dentistry and commitment to our community make her an invaluable addition to our team.

## MOBILE HEALTH VAN

WRITTEN BY: BARBARA PFEIFER, AMBULATORY OPERATIONS DIRECTOR, UIHS

After several years of production, interrupted by COVID, United Indian Health Services has a new mobile medical van. The van is set up with a private exam room, there is a wheelchair lift that can bring clients from outside the van directly into the exam room. There is also a large restroom, lab area, and workspace with medical grade refrigerators that can carry vaccines. Even



though the van is set up primarily for a medical visit it can be used in many ways by other departments like Behavior Health, Tribal Public Health and Dental.

The van will be used to provide services throughout the UIHS service area in Humboldt and Del Norte counties. In the short term you may see this van at PHV to help open space up in medical while renovations are occurring in that area.

This van was funded with COVID funds and a generous grant from the Vesper Society.

# RETIREMENT GRADUATING UIHS

INTERVIEWED BY: KAY LOPEZ, MARKETING COORDINATOR, UIHS

## Terry Raymer

MD, CDCES  
Diabetes Awareness  
Program Manager

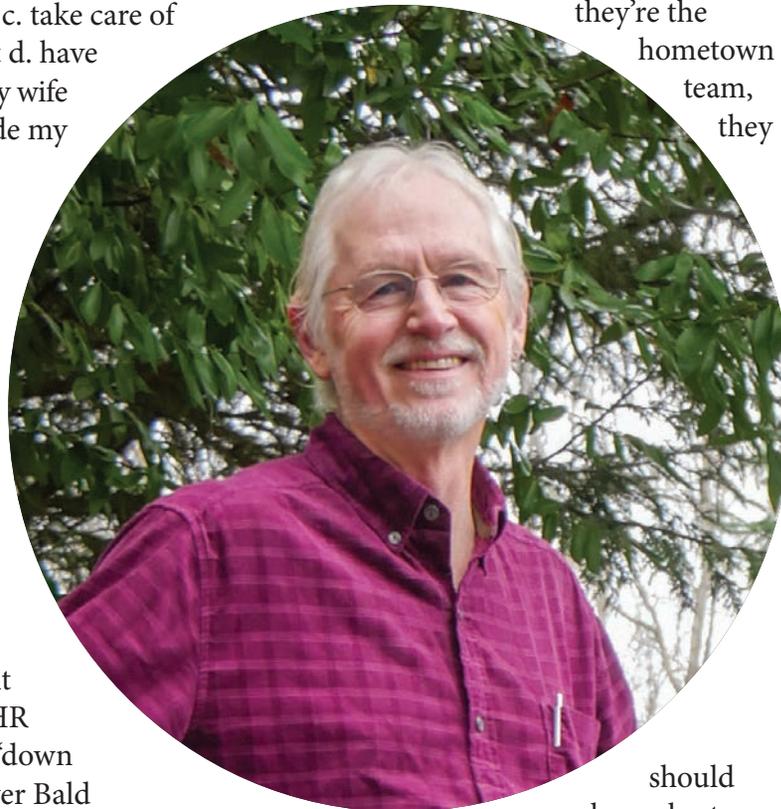
### What do you plan to do in retirement?

a. sleep in b. get a tattoo c. take care of my house inside and out d. have dinner ready for my lovely wife when she gets home e. ride my bike more f. etc

### What is your favorite memory?

My first trial day up at the Trinidad clinic in 1989 before they even officially hired me. I was a nervous first-year Family Practitioner fresh out of residency. My first patient was a child with new onset tuberculosis, yikes! The second patient was the husband of a CHR who brought him from “down river” past Weitchpec over Bald Hills Road. She had radioed ahead that she was bringing him in the clinic van because she was concerned. She voiced he didn’t seem right. When they brought him into the room, he sat down, looked just a bit pale, so I asked if he had any pain or if he was short of breath. This fellow looked pretty tough, like he could wrestle a bear to the ground or stare down a charging elk. He said, “No, I just got this little feeling right here,” and he pointed to the middle of his chest. I listened to his heart, and it sounded like it was doing the Samba. We put an ECG on him, which of course was malfunctioning, so I could only see a

couple leads. I felt it was likely he was having an MI. I came out of the room to call the paramedics and one of the staff said, “it will be faster if we just have his wife drive him in the van, he’ll get to the hospital faster!” I was a little stunned, but figured, when in Trinidad...



they’re the hometown team, they

should know best.

I called ahead to Mad River hospital and told them I was sending someone, and my concern. They said okay, and then called back in about 20 minutes saying no one had showed. I called the CHR on the radio and she said they decided to go to St. Joes instead of Mad River. My heart hit the floor. I expressed my concern, but I figured it was her call, and we hung up. I found out later that afternoon she turned around and went back to Mad River! He’d had a heart attack but was stable and seeing the Cardiologist.

The next morning I came in and immediately got a phone call from

the Mad River ER. I got a vigorous tongue lashing from the head ER nurse, rightfully so I figured, lesson learned. After listening to her admonishments, I turned around to walk out of the office and about half the staff was gathered around the doorway. One of them looked at me and said with a little incredulity in her voice, “we thought you weren’t going to come back today.” I just looked at them all and said, “takes more than that to scare me away...”

The rest, as they say, is history.

There was also working with patients through their passing, hair-raising deliveries, and many others, but that one rather set the tone for my time here.

### What words of wisdom would you give a new employee?

Be patient and respectful. Listen to staff and patients alike. If you have the privilege of working with patients, make sure you listen to them more and give advice less. Have a “zen-mind,” that is, you are an empty cup waiting to be filled; stay humble, open yourself to new ideas, and be willing to change your preconceptions.

### What advice would you give someone filling your role?

Ditto: double down on listening to patients. Every patient has a narrative, their story. You cannot work with someone until you know their story. Once you know a little of their story, collaborate with them, this is how we create a healing environment. Remember what the 18th century philosopher-poet Voltaire said, “doctors were invented to entertain patients while nature makes them better.” When you put the cast on, never forget it is the healing powers of the body, not the cast that heals the

bone. No antibiotic works without a functioning immune system. Our forms of “entertainment” have become more sophisticated, but it is still the beauty of the body re-balancing itself that creates healing. Work with that, not against it.

**If you could be remembered with 3 words ...**

Curmudgeonly, Annoying (I suppose that is a little redundant), Marginally humorous, er, I mean humorous.

**Is there anyone you would like to give a shout-out to?**

I do think it is pretty cool that Liz Lara was a hard-working health educator who worked her way up to CEO, and Antoinette Martinez who similarly was a hard-working health educator with a dream to provide better care for her community and especially women of child-bearing age – and did it! I am also impressed by folks like Madolin O’Rourke, a terrific MA when I was in medical with so much potential who worked her way through nursing school to become a circulating OR nurse at Providence. I do have the good fortune of working with a great team now – the best I’ve ever had in a diabetes program. I’ve also had the good fortune to work with wonderful colleagues and support staff alike. I will miss them all, but not NextGen (do you sense a theme here?)

**What opportunities has UIHS provided you with over the years?**

The opportunity to belong to a community, to work with great people and to serve patients. I could practice the full gamut of family practice including the miracle of delivering babies my first 8 years here.

**Switzler, Beverly**  
Elder Nutrition Supervisor

**What do you plan to do in retirement?**

I love my job, but I am excited for the next part of my life. I have no immediate plans: but feel like my life is open now for any plans I want to make in the future. We do own a Harley and love to ride. We also bought a travel trailer to open our options for camping. We love the outdoors, and live in a beautiful area, perfect for us.

**What words of wisdom would you give a new employee?**

I would tell them they are lucky to be working for an organization that is fair and cares for their employees and that is not always the case. Enjoy your job, do your best and remember we are client centered. What advice would you give someone filling your role? I know the person filling my role and have complete trust in her---that she will take good care of my elders.

**If you could be remembered with 3 words ...**

LOYAL CARING RELIABLE

**Is there anyone you would like to give a shout-out to?**

I would give a shout-out to our CEO Liz Lara-O’Rourke. She is a capable leader who supports and encourages her staff to do their best. She always has our native clients’ best interests in her mind when she makes her decisions. I am very proud of her. I think she is a good representative and leader for UIHS.

**What is something unique about your job?**

I have worked for the Elder Nutrition Program for almost 25 years, and I loved my job, being able to be a leader for a program that helps elders to be happy

and safe and stay in their homes was my dream job. It is time for our younger people to take up the job and make it a better world for our elders.

**Did you have a favorite event or tradition?**

I love the Harvest Party and the Hawk walk. With the pandemic we had smaller events in Del Norte County. My dream and ambition are to create and enjoy these events in Del Norte county in the future, not just in Humboldt. Let us reach out to more clients and share the fun. Just seeing your dentist or nurse in costume and laughing makes the children less scared of going to the doctor or dentist. Don’t you think?

**What opportunities has UIHS provided you with over the years?**

I started here at UIHS as a part time worker when my children were in school. UIHS encouraged me to move up the ladder through the years with many unique opportunities to end my career being the supervisor of my program.

Thank you!



## Word Search

Our  
Mission  
Healthy  
Mind  
Body  
And  
Spirit  
For  
Generations  
Of  
Our  
American  
Indian  
Community  
The  
Uihs  
Service  
Area

Includes  
All  
Del Norte  
County  
Humboldt  
Employment  
Come  
Join  
United  
Indian  
Health  
Services  
Clinical  
Dental  
Behavioral  
Vision  
Wellness

Elk Valley  
Hopew Puel  
Potawot  
Taaatdvn  
Tishnon  
Weitchpec  
Libby Nix

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



**What's the  
Difference?**

**Can you  
find the 9  
differences?**



# Gou Wen-Out-Wuk

## Physical and Occupational Therapy New Equipment

We're thrilled to announce the arrival of cutting-edge gym equipment



### Enhanced Gym Experience

Revitalize your fitness journey with six brand-new resistance machines and five innovative cardio machines from Life Fitness. This expansion is designed to provide a more inclusive and accessible environment for all clients.

### We Understand Your Needs

Our team is compassionate, welcoming, and flexible. We understand that stepping into a gym can be nerve-wracking, and we're here to make your experience enjoyable.

### Got Questions?

We Have Answers!  
Call our friendly staff at 707-296-2540 for any inquiries or concerns. We're here to guide you on your journey to better health.

### Benefits for All Clients

**Targeted Strength Training:** Achieve your fitness goals with precision and efficiency.  
**Comfortable Sitting Options:** Experience new opportunities for those who prefer sitting over prolonged standing.  
**Welcoming Transition:** Say goodbye to intimidation—our new machines make the gym a friendlier place!

### Tailored Sessions

Expect personalized hour-long sessions catering to your unique needs. Our offerings include exercises, stretches, client education, and take-home exercise resources.

### Referrals Required

Note: Referrals from your healthcare provider are required for our physical and occupational therapy services.

### Gou Wen-Out Wuk

2121 Myrtle Ave  
Eureka CA, 95501  
Monday – Friday 8:00am – 5:00pm  
closed for lunch 12:00pm-1:00pm  
For an Appointment Call:  
707-296-2940

## WINTER ILLNESS GUIDE

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

Winter brings cold weather and an increased chance of illnesses. Let's take a look at some common winter illnesses and how to take care of them.

### Common Cold

The common cold is an infection of the nose and throat. Many different viruses can cause the common cold. One of the most common viruses that cause the common cold is the rhinovirus. Symptoms include runny nose, scratchy throat, low-grade fever, body aches, sneezing, coughing and fatigue. The way that people "catch a cold" is from infected individuals coughing or sneezing near you, or it can happen when you touch a contaminated surface, like a doorknob, and then touch inside your mouth, eyes, or the inside of your nose.

You can get some relief from symptoms with decongestants, antihistamines, cough drops, throat lozenges, and resting.

Staying hydrated is recommended to speed up your recovery. The common cold can last several days to weeks! Wear a mask if you must go out in public to avoid spreading this annoying infection. You can return to work after a couple of days if you are not running a fever. Wash your hands frequently.

### Influenza (Flu)

Influenza or "the flu" is an infection of the respiratory tract

(mouth, nose, throat, and lungs). Every year, flu viruses change from the previous year and then circulate, infecting people much the same way as the common cold viruses. Symptoms are much more severe than the common cold symptoms, and include fever, body aches, coughing, sore throat, headache, and fatigue ("I feel like I was hit by a truck"). Some people may also experience vomiting and diarrhea.

Relieve symptoms with rest, fluids, and over-the-counter



medications like acetaminophen to treat fever and body aches. Sometimes antiviral medications, such as Tamiflu, may be recommended. The flu can last three to five days, with fatigue and some lingering symptoms lasting two weeks. Because it is so contagious, it is recommended that you wait at least five days before you return to work. You want to be fever-free for at least 24 hours without fever-reducing medications. Getting the flu vaccine every year can help prevent serious illness from this virus.

### COVID-19

Like the flu, COVID-19 is caused by a virus that infects the respiratory tract (mouth, nose, throat and lungs). COVID-19 spreads from person to person through respiratory droplets when an infected person coughs, sneezes or speaks. Symptoms of COVID can range from very mild or no symptoms to sore throat, congestion, body aches, fever, chills, shortness of breath, stomach upset and loss of taste or smell.

Test yourself for COVID-19. At-home tests are available and easy to use. Most cases of COVID-19 can be treated at home. Contact your primary provider for treatment options. Rest, drink plenty of fluids, and take over-the-counter medications to help with symptoms. Most people can resume normal activities after five days. It is important that you resume normal activities after you test negative on a home test to avoid spreading the



illness to others. Wear a mask for a full ten days after start of symptoms to avoid spreading COVID as well. Staying up to date with COVID-19 vaccines can help reduce the chances of severe illness or hospitalization from this infection.



### **Respiratory Syncytial Virus (RSV)**

Respiratory Syncytial Virus, or RSV, is a common respiratory illness (caused by a virus) usually seen in children. Most children and adults who get RSV usually recover in one to two weeks. The virus is spread from one person to another from contact with infected fluids from the nose or mouth. Symptoms include runny nose, coughing, sneezing, wheezing and a low-grade fever. RSV can be severe for babies as well as adults with conditions that compromise their immune system. Rest, fluids and over-the-counter medications can help alleviate symptoms of RSV. Children can usually return to school or daycare three to eight days after being exposed to RSV. Vaccines are available for some people who are at increased risk for severe complications with RSV.

Other illnesses like acute bronchitis and pneumonia can come from infections caused by respiratory viruses. Like other viral illnesses, antibiotics will not work. Rest, drink plenty of fluids, and contact your medical team if you have questions. Seek medical treatment right away if you experience confusion, shortness of breath, fever that cannot be controlled by over-the-counter medications, or other concerning symptoms.

### **Do's and Don'ts of treating respiratory virus symptoms**

- Stay hydrated—with tea, warm water with lemon, or broth.
- Gargling with warm salt water can help alleviate symptoms of a sore throat.
- Menthol nasal inhalers and over-the-counter medications, such as acetaminophen, decongestants, and antihistamines

can help lessen the severity of some symptoms.

- Rest, rest, rest! Recharging your body and your immune system is vital to your recovery from a respiratory viral illness. Try to get at least 8 to 10 hours of sleep and take frequent rest breaks when you have an illness. Always seek medical attention if you experience signs of worsening, such as shortness of breath, chest pain, confusion, altered mental state, or blue color to the lips, mouth or skin.
- Avoid salty, sugary drinks, alcohol, and coffee. These can be dehydrating so don't do a lot for your recovery. Antibiotics do not help with viral illnesses and can have some unpleasant side effects as well as contribute to the development of resistant organisms if used improperly.
- Zinc and vitamin C have not proven to be a remedy for colds and other viral illnesses.
- Smoking can lead to negative health conditions and often causes recovery from illness to take longer.

Stay connected with your healthcare team for strategies to stay healthy this winter! Get all of the recommended vaccines, wear a mask when in crowded indoor spaces, improve ventilation in your home when you are having a gathering, stay home when you are sick, and of course, **WASH YOUR HANDS!**

### **Michelle Lewis-Lusso**

**TRIBAL PUBLIC HEALTH NURSE  
INFECTION PREVENTION/EMPLOYEE HEALTH**



### **References:**

- <https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-dos-and-donts-of-easing-cold-symptoms>
- <https://www.hopkinsmedicine.org/health/conditions-and-diseases/winter-illness-guide>

# NEW HIRES

WELCOME THE NEW FACES OF UIHS FROM THE PAST FEW MONTHS



**Tracy Ralston**  
Fiscal Technician



**Lydia Greene**  
PRC Referral Tech.



**Janethe Chacon**  
Medical Assistant  
CC



**Ryan Young**  
Member Services Rep.  
PHV



**Felipe Jaimes**  
Maintenance  
Technician  
PHV



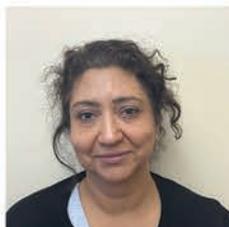
**Michael Mangahas**  
Provider  
Pediatrician  
PHV



**Matthew Shaw**  
Clinical Laboratory  
Scientist  
PHV



**Reya Wratchford**  
Medical Assistant  
PHV



**Pragati Sharma**  
Floating Executive  
Assistant  
PHV



**Kayla Lopez**  
Marketing  
Coordinator  
PHV



**Karmen Lucatero**  
Medical Assistant  
CC



**Rebecca Rimbach**  
FOA  
CC



**James Holland**  
Behavioral Health  
Manager  
PHV/All



**Brooke Ponte**  
Dental Hygienist  
PHV



**Jessica Tonelli**  
Registered Nurse  
KL



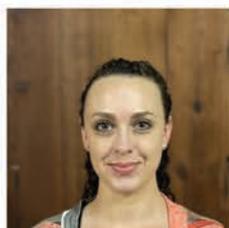
**Kelly Lake**  
Pharmacist  
PHV



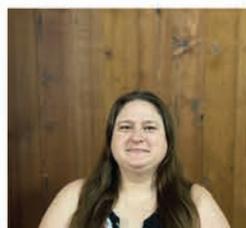
**Bonnie Sherman**  
HPE Peer  
Specialist/Client  
Advocate



**Grace Jacobs**  
Dental Assistant  
SR



**Gabriella Briseno**  
Behavioral Health  
Supervisor  
PHV



**Samantha Miller**  
CHCS Admin Asst.  
PHV



**Madison Harralson**  
Dental Assistant  
PHV



**Abraxas Layton**  
Facilities Supervisor  
PHV

## 2023 CORE ELDER'S' HONORING BI-ANNUAL LUNCHEON

SUBMITTED BY: AMANDA COLEGROVE, HEALTH PROMOTION & EDUCATION MANAGER, UIHS

On Saturday, October 21, 2023, Community Outreach Resources & Education (CORE) Coalition and our Health Promotion and Education Department (HPE), hosted the 2023 Elders' Honoring Bi-Annual Luncheon. This was the first Elder's Honoring event we have been able to host since the COVID-19 pandemic, and the theme of this year's celebration was, "Together Again." It was held for Tribal Elders in both Del Norte and Humboldt Counties. This day of celebration was a time to recognize, validate, and honor the importance of our elders amongst our native communities and at the Resighini Rancheria's Lena Reed McCovey Community Center in Klamath. It has been quite a few years since we were able to hold this great event, 4 years to be exact, so this year was nothing short of amazing!

Our CORE Coalition & HPE staff were able to cook a wonderful meal that consisted of elk chili, fry bread, salad, and a delicious strawberry shortcake; Ed Mata Jr., Garden Specialist was our gracious fish cook preparing salmon for our guests as well. It brought us all so much joy to see all our elders "breaking bread" together! Hearing the conversations and their laughter throughout the building was beautiful. In between the meal and the many conversations that were being had, our elders were able to check out resources from the many projects within our Health Promotion & Education Department. They were able to meet with many of our team members to receive information that they could utilize in their everyday lives.

We were honored to welcome the Resighini Rancheria cultural dance demonstration team and it was truly amazing to see. Isabel Fazzone, Behavioral Health Director shared on the importance of Self-Care for a Good Long Life. Linda Peacock, Del Norte Diabetes Educator spoke on healthy eating with limited dentition, she also did a bullet blender green drink demonstration that was super yummy!

The elders were also able to show how photogenic they are! There was a photo booth set up with some fun accessories if they wanted to get silly with their pictures! It was an unforgettable day!

To end this event, our HPE team was able to honor each elder in attendance with a certificate, a t-shirt that was designed with our elders in mind, and a thoughtful and useful gift that was generously provided by the UIHS Board. Some were honored for being wonderful grandparents, 86'd from a few places, being great hunters and fish slayers.

A special thank you for the UIHS' Teen Advisory Group (TAG) youth who worked hard at the registration table, serving elders, and assisting with the gift giving portion of our event. They were so very helpful and showed amazing respect of our local elders. It was truly a beautiful time together again.



**Cooking Classes**

With Nutritionist  
**Amy Aiello**

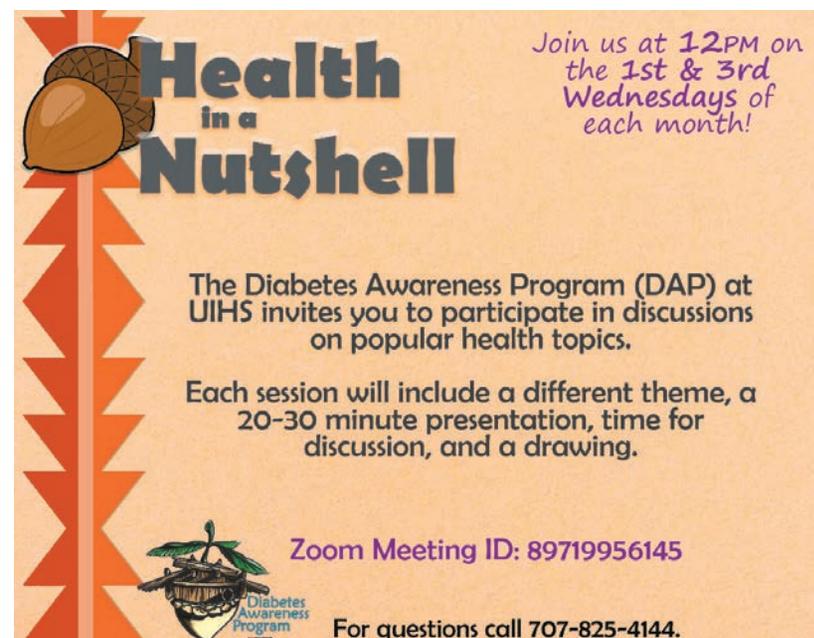
Hands-on seasonally inspired cooking class.  
Meal + Recipe + Nutrition Highlights

2nd Wednesdays of each month

Location: Potawot Health Village  
1600 Weecot Way Arcata, CA

Diabetes Awareness Program

For more information contact us at 707-825-5070.



**Health in a Nutshell**

Join us at 12PM on the 1st & 3rd Wednesdays of each month!

The Diabetes Awareness Program (DAP) at UIHS invites you to participate in discussions on popular health topics.

Each session will include a different theme, a 20-30 minute presentation, time for discussion, and a drawing.

Zoom Meeting ID: 89719956145

Diabetes Awareness Program

For questions call 707-825-4144.

## Resource List

### UIHS

Potawot Health 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) 825-5030
Behavioral Health	(707) 825-5060
PT/OT	(707) 296-2540
Tribal Public Health	(707) 825-5070
Nutrition	(707) 825-5070
Purchased Referred Care	(707) 825-5080
Client Records	(707) 825-5065
Taa-'at-dvn (Crescent City)	(707) 464-2750
Weitchpec Health Center	(530) 625-4300
Eureka 1.0 Clinic	(707) 442-0380
Eureka 2.0	(707) 296-2500
Elk Valley	(707) 464-2919
Hop'-ew Puel (Klamath)	(707) 482-2181
Xaa-wan'-k'wvt (Smith River)	(707) 487-0215
Gou Wen-Out Wuk	(707) 296-2540
WIC (All clinics)	(707) 825-5030

### 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

If you know of a resource that should be added to the list, please contact us at [media@uihs.org](mailto:media@uihs.org).

### 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

### 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
Hoopla 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

### Elk Valley Office

2298 Norris Ave.  
Monday - Friday 8AM - 5PM

### Eureka 1.0 Clinic

2332 Harrison Ave, Suite C  
Eureka, CA 95501  
Monday - Friday 8AM - 5PM

### Eureka 2.0

434, 7th Street Eureka,  
CA 95501  
*Closed for remodeling*

### Hop'-ew Puel

241 Salmon Avenue  
Klamath, CA 95548  
Monday, Tuesday, Thursday,  
Friday 8AM - 4PM

### Taa-'at-dvn

1675 Northcrest Drive  
Crescent City, CA 95531  
Monday - Friday 8AM - 5PM  
Saturday 9AM - 2PM

### Gou Wen-Out Wuk

2121 Myrtle Ave  
Eureka CA, 95501  
Monday - Friday  
8:00AM - 12:00PM  
1:00PM - 5:00PM

### Potawot Health Village

1600 Weeot Way  
Arcata, CA 95521  
Monday - Friday  
8:00AM - 5:00PM  
Saturday 9:00AM - 2:00PM  
Pharmacy 8:30AM - 5:30PM

### Xaa-wan'-k'wvt

501 N Indian Rd.  
Smith River, CA 95567  
Monday-Friday 8AM - 5PM

### Weitchpec Health Center

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

## Board of Directors



**Top:** Teresa Ballew, Joseph Giovannetti, Claudia Brundin, Laura Borden, Shirley Laos, Lana McCovey

**Middle:** LaWanda Green, Fawn Murphy, Carol Larsen, Melissa Myers, Susan Masten

**Bottom:** John Green (Alt), Ruby Rollings (Alt), Gail Burcell (Alt), Lezlie Heckel (Alt)

**Alternate Board Members:** Debbie Boardman, Aileen Meyer, Charlene Storr, Phillip Williams

**Not Pictured:** Vanessa Rios, Paula Tripp-Allen

### INDIAN COMMUNITY REPRESENTATIVES *Elected by Community Members, term limit*

**Area 1** – In and around Del Norte.

Three Year Term

(1 year remaining) Susan Masten (2021-2024),  
Charlene Storr, Alternate (2021-2024)

**Area 2** – In and around Orick, Trinidad,  
Mckinleyville, and Blue Lake (North of the Mad  
River) Two Year Term, Paula Tripp-Allen  
(2023-2026), Vacant, Alternate (2023-2026).

**Area 3** – In and around Arcata, Eureka and all  
points south to the Humboldt – Mendocino County  
Line, Three Year Term. Carol Larsen (2022-2025),  
Gail Burcell, Alternate (2022-2025).

**Area 4** – In and around Hoopa and Willow Creek,  
Two Year Term, Laura Borden (2021-2023),  
Vacant, Alternate (2023-2026)

**Area 5** – In and around Pecwan Weitchpec and  
Orleans, Three Year Term (1 year remaining),  
Melissa Myers (2021-2024), Vacant (2021-2024)

#### Board Members Contact

1600 Weeot Way, Arcata, CA 95521-4734

707-825-5000

Fax 707-825-6747

### TRIBAL GOVERNMENT REPRESENTATIVES *Appointed by Tribe, no term limit*

#### Bear River Band of Rohnerville Rancheria

Teresa Ballew,  
Darrell Sherman (Alt)

**Big Lagoon Rancheria**  
Vacant

**Blue Lake Rancheria**  
Claudia Brundin  
Vacant (Alt)

#### Cher-Ae Heights Indian Community of the Trinidad Rancheria

Shirley Laos  
Ruby Rollings (Alt)

**Elk Valley Rancheria**  
LaWanda Green  
John Green (Alt)

**Resighini Rancheria**  
Fawn Murphy  
Lezlie Heckel (Alt)

#### Tolowa Dee-ni' Nation

Joseph Giovannetti  
Debbie Boardman (Alt)

**Wiyot Tribe Reservation**  
Vanessa Rios  
Vacant (Alternate)

#### Yurok Tribe of the Yurok Reservation

Lana McCovey  
Phillip Williams (Alt)

# IT'S OFFICIAL! DR. JOSEPH GIOVANNETTI IN NATIONAL HALL OF FAME

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



## National Association of Intercollegiate Athletes Hall of Fame

Dr. Joseph Giovannetti has been inducted into the National Association of Intercollegiate Athletes Hall of fame. Joseph Giovannetti, a proud Tolowa Dee-ni' Nation member and accomplished middle-distance runner, was born in Eureka, California. His athletic prowess first shone at Eureka High School; in 1967, he claimed victory as the Humboldt-Del Norte counties varsity mile champion, marking the beginning of his stellar career. In 1968, he clinched the North Coast Section Division III 880 title and set the EHS 880 school record with a time of 1:55.7.

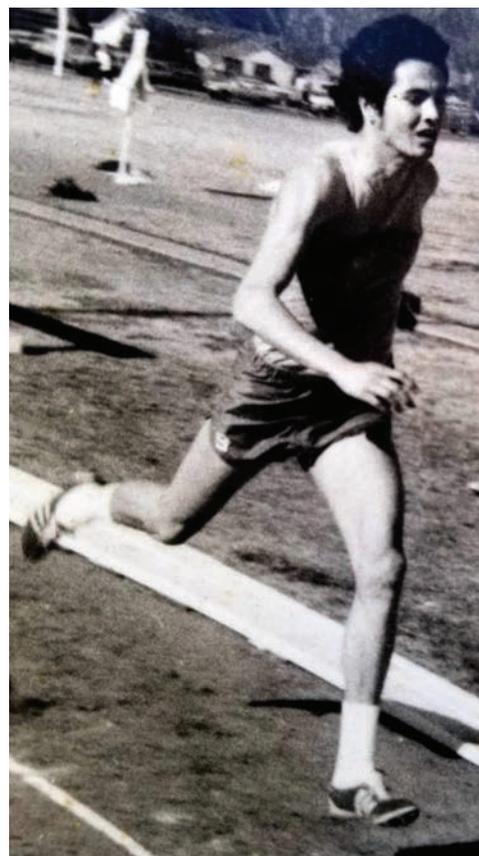
At Humboldt State College (now California State Polytechnic University), Joseph's running talent flourished under the guidance of renowned coach Jim Hunt, displaying remarkable consistency and excellence in middle-distance running. He qualified for the NCAA College Division national championships all four years of his college career. One of his most notable achievements came in 1971 when he finished eighth in the NCAA College Division 880 national championship finals. This would be recognized as a First Team All-American honor by today's standards.

Joseph's list of accomplishments is extensive. He set multiple records, including the Humboldt State 660 record, co-holding the HSU 880 record at 1:51.8 (equivalent to 1:51.1 in 800 meters), and contributing to HSU's 4X880 yards relay team in 1971. His excellence extended to other events as well, playing a key role in HSU's Sprint Medley Relay record in 1970 and the

No. 2 all-time 4X440 relay team in 1971 against Sacramento State University.

Off the track, Joseph has made significant contributions to his Indigenous community and academia. He was a Professor Emeritus of Native American Studies at Humboldt State University, making invaluable contributions from 1994 to 2018. He earned his Ph.D. from Sierra University and has been an active member of the Tolowa Dee-ni' Nation Tribal Council since 2007. He is a member of California Governor Gavin Newsom's Truth & Healing Commission and is the California Alternate to the Health & Human Services Secretary's Tribal Advisory Committee (STAC). He has represented the Tolowa Dee-ni' Nation's Tribal Council on the United Indian Health Services Board of Directors since 2017.

Joseph Giovannetti's legacy is one of resilience, achievement,



and advocacy. His journey as an athlete and scholar has left an indelible mark on the Indigenous community. As a citizen of the Tolowa Dee-ni' Nation, Joseph serves as an inspiration to future generations, showcasing that determination and dedication can lead to greatness both on and off the track.

# Tribal Health Post Baccalaureate Program

Application Opens January 4, 2024!

## Our Mission

In partnership with Cal Poly Humboldt, the UC Davis School of Medicine created a post-baccalaureate pathway for learners who are passionate about providing healthcare to American Indian/Alaska Native communities.

This post-baccalaureate health education pathway is designed to support participants on their journey to medicine. The program will provide a culturally-focused framework intertwined with courses at Cal Poly Humboldt. Our mission is to successfully recruit, retain, and train prospective medical students focused on serving American Indian/Alaska Native tribes and communities in both rural and urban areas.

## Eligibility & Admissions Criteria

We are interested in applicants who:

- are seeking academic enhancement to prepare for medical school, and/or
- are non-science majors or "career changers" now seeking a career as a physician, and/or
- have previously applied to medical school, but were not accepted or do not possess a qualifying MCAT score for medical school

and are:

- recognized tribal members, descendants, or committed to serving AI/AN communities, and
- committed to serving American Indian/Alaska Native populations, communities, and individuals with connections to indigenous culture.

## Contact Us

Angel Santellano  
[asantellano@ucdavis.edu](mailto:asantellano@ucdavis.edu)



Cal Poly  
**Humboldt.**  
UC DAVIS HEALTH | SCHOOL OF MEDICINE

Application &  
Info Sessions



Scan to view or  
subscribe online



**1600 Weeot Way  
Arcata, CA 95521**

**Get Acornbasket Newsletter mailed or emailed to you!**

Please fill in this form and return to:

**Marketing Department  
United Indian Health Services, Inc.  
1600 Weeot Way, Arcata, CA 95521**

Name: \_\_\_\_\_  
Street/P.O. Box: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip \_\_\_\_\_  
Email: \_\_\_\_\_

You may also email us at [media@uihs.org](mailto:media@uihs.org) to subscribe  
or scan the QR code above using a mobile device.

## 2024 UIHS CLOSURE DATES

1/1/2024 – NEW YEAR'S DAY  
1/13/2024 – MLK DAY (SATURDAY CLINIC)  
1/15/2024 – MARTIN LUTHER KING DAY  
05/25/2024 – MEMORIAL DAY (SATURDAY CLINIC)  
05/27/2024 – MEMORIAL DAY  
7/4/2024 – INDEPENDENCE DAY  
8/7/2024 – ANNUAL BOARD AND STAFF MEETING  
8/31/2024 – LABOR DAY (SATURDAY CLINIC)  
9/2/2024 – LABOR DAY  
9/27/2024 – CALIFORNIA INDIAN DAY  
9/28/2024 – CA. INDIAN DAY (SATURDAY CLINIC)  
11/28/2024 – THANKSGIVING DAY  
11/29/2024 – AMERICAN INDIAN HERITAGE DAY  
11/30/2024 – THANKSGIVING (SATURDAY CLINIC)  
12/24/2024 – CHRISTMAS EVE  
12/25/2024 – CHRISTMAS DAY

## ATTENTION TRIBAL ELDERS!

### ~The Native Will Project~

Have your simple will written, for free. In 2017, UIHS General Counsel Neal Latt, a licensed California attorney, initiated an independent, pro bono (FREE) semiannual (twice a year) event to prepare simple wills for tribal elders, ages 60 and up.

If you are a tribal elder 60 or over, you may call Serena Brooks at (707) 825-4136 to schedule your one-hour appointment to meet confidentially with Neal to prepare your simple will. Appointments are made on a first come, first served basis, so call now!

### 2024 Native Will Project dates:

**Saturday, March 9<sup>th</sup>**

**Saturday, September 7<sup>th</sup>**

**10am-5pm @ Potawot**

**By appointment only**

**First Come, First Served**

[Note: UIHS is unaffiliated with the Native Will Project but has generously offered to provide the space for it.]