

# THE ACORNBASKET



**MEET DR. JAMES SURDILLA**



**KEEP CALM AND WASH YOUR HANDS!!**



**GOU WEN-OUT-WUK PHYSICAL/OCCUPATIONAL THERAPY CLINIC IS NOW OPEN!**



**United Indian  
Health Services, Inc.**

*Gou wen-out wuk  
Physical/Occupational  
Therapy*

**2121**

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UNITED INDIAN HEALTH SERVICES.

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OR EMAIL US AT MEDIA@UIHS.ORG

## MESSAGE FROM THE CEO

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

Autumn and Winter are here! The weather is getting a bit cold as the leaves turn to vibrant reds, oranges, and yellows. This time of year makes me smile as we begin to prepare for the winter. Many will be gathering acorns soon and some have already begun gathering pinecones. Some are canning their harvest from their gardens. Others are excited for hunting season. So much is happening this time of year.

Also, this time of year is the time to get your flu vaccinations. Please give UIHS a call to find out the best time to come in. We are also gearing up to provide the most current COVID-19 vaccination. More to come soon.

In the coming months we will be renovating Eureka 2.0 bottom floor. Our plans are to open a medical clinic at this site. To do this we must break up the concrete for the plumbing that is needed. This means that we will need to temporarily close this site. Behavioral Health, Tribal Public Health, Vision, and Quality Improvement programs will be relocated during the renovation. On a temporary basis, some staff will be moving over to our new site Gou Wen-out-wuk, while others will be moving to Potawot. Once the renovation is completed, we will be able to see more clients than we are able to see now!

In addition, we are also getting ready to start the renovation of Eureka 3.0,



which is located across the street from Eureka 2.0. This site will provide dental services. Once this site is completed, we plan to offer additional dental services.

We have not forgotten about Potawot Health Village. Last year we renovated the Dental Department and this year we will be expanding and updating the Medical and Pharmacy Departments. We are hoping that there will be little impact on client care during the renovation. We thank you for your patience while we make these changes to improve your health care.

We have started our new dental campaign called "2X2X2". This campaign educates our community about the importance of brushing our teeth for two minutes, two times a day. If our clients can do this for two weeks they will receive

a gift and be entered into a drawing for a larger prize. Larger prizes include a family portrait session with Brianne Nicole Photography. You have probably seen her beautiful portraits on Facebook. We are also bringing in MORE prizes that will be great for the family! Drop by any UIHS site to get a brushing kit to enter the drawing. Drawing will be held in November.

During the fall and winter months we will be closed for the holidays. Please check our website for days and times that we will be closed.

Wishing everyone and bountiful Fall and a restful and relaxing Winter,

Elizabeth Lara-O'Rourke,

Chief Executive Officer





**Join our Village!**

**Employee of the  
Quarter!**

**UNITED INDIAN HEALTH SERVICES, INC.**

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

**QUESTIONS OR NEED HELP APPLYING?  
WE CAN HELP!**

**Sarah Scott (707)825-5062  
Ohshin Savage (707)825-4131**

## **CURRENT OPENINGS**

**PRC Specialist-Arcata  
HPE Specialist-Arcata  
Dental Assistant- Multiple Locations  
Dental Hygienist-Arcata Part Time  
Dentist-Arcata & Smith River  
Substance Use Disorder Counselor-Multiple  
Locations  
Behavior Health Counselor-Multiple Locations  
Behavior Health Manager-Arcata  
Medical Assistant-Multiple Locations  
Clinical RN-Crescent City & Arcata  
MD /DO-Crescent City  
MD with OB Experience-Arcata  
Pharmacy Services Supervisor  
Pharmacist  
Chief Operations Officer**

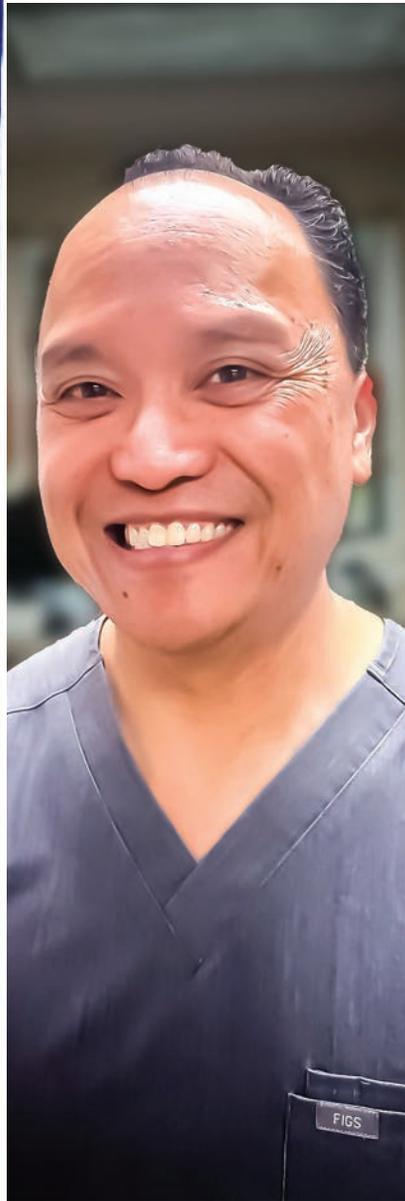


**“Come work with  
me in PRC!!!”  
Coral Goodman  
Yurok/Karuk  
PRC Manager**



# Meet Dr. James Surdilla

SUBMITTED BY: SUWORHROM DAVID BALDY, MARKETING SPECIALIST, UIHS



Meet Dr. James Surdilla, a dentist whose passion for dentistry is as deep as his commitment to compassionate patient care. Inspired by his own childhood struggles with dental issues, Dr. Surdilla embarked on a mission to provide the same kindness and thoughtful care he received as a young patient. Originally hailing from the Bay Area, Dr. Surdilla's parents immigrated from the Philippines in the late '60s, instilling in him strong family values and a sense of community. He pursued his undergraduate education at UCLA and earned his DDS degree from UCSF. It was during his time at UCSF that he met his wife, also a dentist, and together they built a life in Irvine, California, raising their family while dedicating themselves to their dental practice. The couple's recent transition to Humboldt County marked a new chapter in their lives.



As empty nesters, they sought adventure in the tranquil landscapes of the region. Dr. Surdilla's love for the outdoors found a perfect outlet in Humboldt County, where he indulges in various outdoor activities, savoring the serenity of nature.

Beyond his professional life, Dr. Surdilla is a man of diverse interests. From playing Scrabble and solving crossword and Sudoku puzzles, to sharing laughter through dad jokes, he finds joy in life's simple pleasures. An avid fantasy football enthusiast, he balances his love for sports with his passion for outdoor grilling and his loyalty to the UCLA Bruins.

When it comes to comfort food, Dr. Surdilla confesses his fondness for the Double Western Bacon Cheeseburger at Carl's Jr. and the delightful offerings at Taco Bell, highlighting his down-to-earth nature despite his professional success.

In the realm of superpowers, Dr. Surdilla dreams of possessing X-ray vision or the ability to time-travel, reflecting his curiosity and fascination with the unknown. His motivation is encapsulated in the mantra, "the longest way around is the shortest way home," underscoring his dedication to efficiency and excellence in his work.

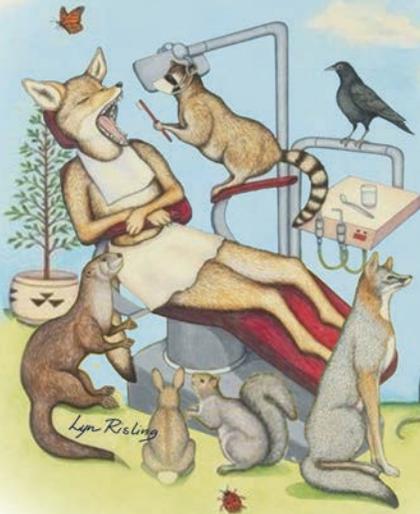


Dr. Surdilla's advice to his colleagues resonates with wisdom gained from years of experience: he emphasizes the importance of teamwork and collaboration. Recognizing individual strengths and harnessing the collective power of a team are key ingredients for success in his eyes. His most rewarding moments in dentistry come when he earns the trust of fearful patients, especially children, reshaping their perception of dental care and leaving a positive impact that lasts a lifetime.

In the bustling world of dentistry, Dr. James Surdilla stands as a beacon of compassion and dedication. His journey, inspired by his own challenges and triumphs, continues to unfold, leaving an indomitable mark on the hearts of his patients and colleagues alike. As he embarks on this new chapter in Humboldt County, his passion for dentistry and his community shines brightly, illuminating the path for others to follow.

# CAVITY FREE CLUB

Call to Make an Appointment  
 Potawot Health Village at (707) 825-5040  
 Crescent City Clinic at (707) 464-2583



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.

Alyse Kelley	11 Yrs Old	Patrick Patapoff-Pruitt	10 Yrs Old
Logan Leos	1 Yr Old	Terry Handy	9 Yrs Old
Gabriella Russell	4 Yrs Old	Beatrix Hillman	3 Yrs Old
Alexander Wennerham	9 Yrs Old	Anthony Mccovey	9 Yrs Old
James Spaulding	2 Yrs Old	Alani Teodeki	6 Yrs Old
Shyann Spaulding	1 Yrs Old	Marley Green	3 Yrs Old
Parker Shumard	10 Yrs Old	Rhia Gaon	3 Yrs Old
Zachary Edson	4 Yrs Old	Myla Edson	10 Yrs Old
Swasey Russell	2 Yrs Old	Everly Giovannetti	5 Yrs Old
Myla Edson	9 Yrs Old	Cherish Giovanetti	8 Yrs Old
Kennedy Howard	9 Yrs Old	Taylynn Giddings	10 Yrs Old
Kaylor Howard	9 Yrs Old	Aiden Carter	3 Yrs Old
Madilyn Green	4 Yrs Old	Tilly Severns	4 Yrs Old
Joseph Lemley	8 Yrs Old	Kalea Williams	10 yrs. Old
Aliyanna Evenson	7 Yrs Old	Sequoia Starkey	8 yrs. Old
Sophia Jones	7 Yrs Old	Raynin McCovey	10 yrs. Old
Korbin Smith	6 Yrs Old	Fischer Clarke	9 yrs. Old
Marceline Masten Ayala Ferguson	1 Yr Old	Haivyn Percy	11 yrs. Old
Palmer Murray	3 Yrs Old	Tucker Edwards	4 yrs. Old
Gunner Murray	7 Yrs Old	Matteo Cari Arias	11 yrs. Old
Ilene Ashley	11 Yrs Old	Novalee Sturdevant	3 years old
Juron Anderson	5 Yrs Old	Easton Chapman	5 years old
Madisyn Oqua Mccovey	10 Yrs Old	Hunter Sturdevant	6 years old
Joycie Montgomery	4 Yrs Old	Max Burgess	2 years old
Delilah Morales	11 Yrs Old	Esteban Perez	9 years old
Emery Baltzer	3 Yrs Old	Benjamin Padgette	9 yrs. Old
Bradley Brennan	12 Yrs Old	Lola Lopez	8 yrs. Old
Abbagail Hesse	3 Yrs Old	Colt McLennan	8 yrs. Old
Pearl Samulski	8 Yrs Old	Adriana Garcia	5 yrs. Old
Sky Vanlandingham	10 Yrs Old		
Rylee Burns	5 Yrs Old		
Lamaku Lipe	12 Yrs Old		



## 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:

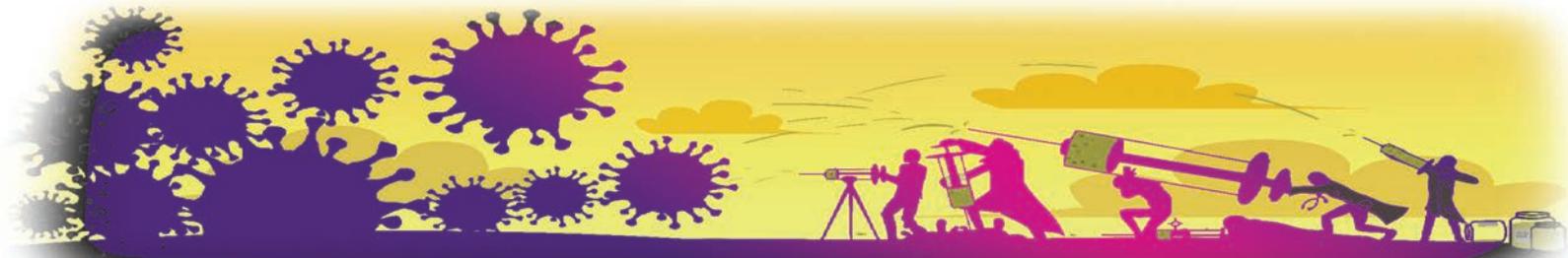
- Must provide a Certified Marriage or Certified Domestic Partner Certificate; and
- Must live in the same household as their spouse/domestic partner; and
- Must reside within the UIHS Service Area; and
- Must maintain valid medical insurance coverage

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

# THIS IS PERSONAL

SUBMITTED BY: TERRY RAYMER MD, CDCES , DIABETES AWARENESS PROGRAM MANAGER, UIHS



I want to share some thoughts on flu vaccines. You know I am a doctor, so you aren't getting out of this without a few statistics, but I really want to share my personal feelings about getting a flu shot. After you hear what I have to say, you can make a good decision for yourself, no pressure. Stay with me for a couple paragraphs, I promise it won't be a boring lecture on why you better get your flu shot or else! You have heard all the news about the flu still causing deaths even here in the medically sophisticated US. The CDC estimates about 36,000 flu-related deaths per year on average in the past ten years. Honestly, how accurate this is, I don't think anyone can say, but folks do die from complications of the flu, I've taken care of them in the hospital in the past. It hurts when someone



you care for dies from a potentially preventable cause. People don't usually die directly from the flu, but often from pneumonia that follows the flu when it weakens our immune and respiratory defenses. The flu shot, even in a good year, probably only prevents about 1,000 to 2,000 deaths per year, but also prevents many more hospitalizations, provider visits, and missed school and work days. But hey, this is a country of over 300 million people, so it's unlikely to affect me, and even if I get the flu, no big deal, it's like a bad cold, right? True enough for many of us. Then why if I am healthy and unlikely to get really sick do I get a flu shot every year? The answer might surprise you: love. When you work in a community of people over a long period of time, you kind of fall in love with them. Not romantic love of course, but that family-type love that is deep and can't really be explained. And when you love a community of people, you worry about them. You wake up at night and hope the thing you did that day to help them really did help them. When they are sick, you want to fight like the dickens to help them get better. And when they are doing okay, you want to do

what you can to keep them well and as healthy as possible. But how does it help my community when a fairly healthy guy like me gets a flu shot? Well, when I get a flu shot, this helps prevent me from passing the flu along to someone else. How's that you say, aren't you supposed to stay home



when you are sick? It turns out with viruses like the flu (or Covid for that matter) that you can pass along the illness up to 48 hours before you feel sick. I work with some people in our community that are older or have chronic conditions like diabetes or heart and kidney diseases that are much more at risk from the flu. Do you have any of these folks in your life? I am also around people in my community and extended family who are more likely to get very sick or die from complications

of the flu. I want to help protect them. When I get a flu shot, I'm less likely to pass the virus on to them. I do not want to take the chance of making the people that I am here to serve sick, or the people in my community, either.

At this point you might say, "well, I'm just one person and I'm not around that many people anyway." Again, true enough for some of us, but most of us interact with our friends and family significant amounts during different times of the year, especially in the flu season, which is during the holiday season as well. There is a concept of "herd immunity," that if enough of us get protection, we are collectively less likely to pass it along to others, especially those at risk. The idea of herd immunity isn't perfect, but if there is something I can do that I know is safe and may possibly help protect more vulnerable folks in the community, it seems to me like a reasonable thing to do. I think I'm gonna get my flu shot, how 'bout you?

# New Hires



**Amber Barker**  
FOA - Dental - PHV



**Walter McKinnon**  
Member Services  
Rep.-PHV



**Kelsey Sloane**  
Dentist - PHV



**James Surdilla**  
Dentist - PHV



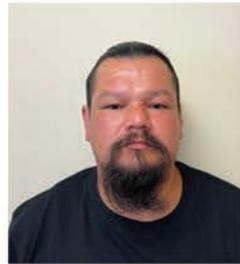
**Derrick Hatcher**  
FOA—Medical - CC



**Irina Smith**  
FOA - Medical - EKA



**Matthew Tiss**  
Physical Therapist



**Daniel Quinn**  
Night Housekeeper -  
PHV



**James Eller**  
Maintenance  
Tech. - PHV



**Tabitha Heckman**  
Medical Assistant -



**Madison  
Macgregor**  
Physical Therapist



**Matthew Coke**  
BH Integration  
Counselor - PHV



**Megan Daignault**  
PT/OT Aide -  
EKA



**Liberty  
Hutchison**  
Dental Assistant  
- PHV



**Stephanie Patterson**  
Clinical Nurse - PHV



**Micaela Peltier**  
Dental Assistant -  
PHV



**Ashley Wallace**  
FOA Medical -  
CC



**Samantha Hooven**  
HPE Specialist—  
EKA

# HEALING, GETTING WELL AGAIN: GOU WEN-OUT-WUK PHYSICAL/OCCUPATIONAL THERAPY CLINIC IS NOW OPEN!

SUBMITTED BY: SUWORHROM DAVID BALDY, MARKETING SPECIALIST, UIHS



In the heart of Eureka, California, an exceptional clinic has just unveiled its doors, and it's no ordinary establishment; it's Gou Wen-Out-Wuk, which translates to "Healing, getting well again" in the Wiyot language. This Native American community-driven clinic is a proud component of UIHS (United Indian Health Services) and is wholly devoted to delivering comprehensive healthcare services to our cherished community members.

The opening of Gou Wen-Out-Wuk is a momentous occasion for our community. What sets this clinic apart is its origin story—it was meticulously crafted from the ground up, with a deep understanding of the unique needs and vision of our community. Over the past year, our dedicated staff has been honored to serve our community, and this firsthand experience greatly informed the design and services offered at Gou Wen-Out-Wuk.

Gou Wen-Out-Wuk offers a diverse range of services, all aimed at healing and rehabilitation. From general adult rehabilitation to orthopedic therapy, neurorehabilitation, and chronic pain management, our devoted team of licensed physical and occupational therapists are here to guide you on your path to well-being.

At UIHS, we recognize that every patient is an individual with unique needs and aspirations. That's why, at Gou Wen-Out-Wuk, we allocate a full hour for each patient's evaluation. During this dedicated time, we collaborate with you to establish three patient-centric goals and construct a tailored treatment plan customized to your specific requirements.

Our clinic is equipped with state-of-the-art facilities designed to elevate your rehabilitation experience. From a simulated home living room and kitchen, perfect for retraining everyday activities, to a pristine, fully outfitted gym, we offer a comprehensive array of resources. To further support our patients, we've introduced an equipment loan program to offer wheelchairs, walkers, canes, shower chairs, and more for our clients to try out

equipment before committing to a purchase, or use it temporarily while they heal.

At Gou Wen-Out-Wuk, our mission goes beyond mere treatment; we are committed to empowerment. While a specific timeline for our pool remains pending, rest assured that it is part of our future. It's just one more way we intend to bring exceptional care and wellness opportunities to our community.

For inquiries regarding our services or to schedule an appointment at Gou Wen-Out-Wuk, please reach out to us at 707.296.2540. We eagerly anticipate becoming your partners in health and healing. Welcome to the UIHS Gou Wen-Out-Wuk family!



# SEASONAL RESPIRATORY VIRUSES: FALL AND WINTER TRENDS

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

Fall and winter are when respiratory viruses are common. To prevent viruses like the flu (influenza), RSV (respiratory syncytial virus), and COVID-19 (SARS-CoV-2), here are some recommendations from the Centers for Disease Control and Prevention (CDC) and the California Department of Public Health (CDPH):

1. Keep vaccinations current: Ensuring you are up to date on vaccines is your first line of defense, significantly reducing the risk of infection. The CDC and CDPH recommend that everyone 6 months and older get an updated COVID-19 vaccine to protect against the potentially serious outcomes of COVID-19 illness this fall and winter.
2. Stay home when unwell, test for COVID-19, flu, and RSV, and Seek treatment if necessary: Slowing the transmission of the flu, COVID-19, RSV, and even the common cold begins with staying home if you are experiencing any symptoms of illness. Testing for COVID-19 is crucial, and if symptoms emerge, promptly consult with your healthcare provider for

treatment options. Treatments are most effective when started at the earliest signs of symptoms.

3. Consider masking up in indoor public spaces: Wearing a mask is a highly effective measure in reducing the spread of respiratory viruses, especially in settings where crowding or inadequate ventilation is a concern.

4. Practice thorough hand hygiene: Regularly washing your hands with soap and warm water for a minimum of 20 seconds is a simple yet highly efficient way to protect yourself and others from illness-causing germs.

5. Cover coughs and sneezes appropriately: Always remember to cough or sneeze into your elbow, forearm, or a disposable tissue to minimize the potential transmission of winter viruses. Follow this up by washing or sanitizing your hands and properly disposing of used tissues. By adhering to these preventative measures, you can significantly contribute to the health and well-being of our communities during the fall and winter seasons.



## FALL 2023 VACCINES

	What are the options?	Who is eligible?	How well do they work?	When should I get it?
<b>INFLUENZA</b>	A shot that targets 4 strains of seasonal flu.	6 months and older	Typically reduces the risk of going to the doctor by 40 - 60%	October is ideal, as vaccine protection wanes over a season.
<b>COVID-19</b>	Updated vaccine formula targeting XBB - an Omicron subvariant. <u>Options:</u> Pfizer-BioNTech or Moderna COVID-19 vaccine.	Children 6 months to 4 years need multiple doses to be up to date. People 5 years and older should receive one updated dose.	Last year, the fall COVID-19 vaccine provided 40-60% additional effectiveness against severe disease.	For protection against severe disease, get it anytime.
<b>RSV (OLDER ADULTS)</b>	2 options: GSK and Pfizer. They are slightly different in design, but only at a microscopic level	High Risk 60 years and older. Talk to your provider about your risk.	82-86% efficacy against severe disease.	Protection is durable. Get when it's available; no need to juggle timing.
<b>RSV ANTIBODY</b>	A new monoclonal antibody by AstraZeneca. This is not a vaccine, but rather a proactive medication.	All infants <8 months. High-risk infants 8-19 months.	Reduces risk of hospitalization and healthcare visits by ~80%	Will be available soon. Protection lasts 4-6 months.



**cheykenee**  
**chyerery**  
 small  
 bear  
**chelel**  
 kingfisher  
**hophl**  
 sinew  
**kaan**  
 deerhide  
 blanket  
**maak**  
 head  
 rings  
**pupek**  
**nego**  
 slender  
 bird  
**rego**  
 feather  
**werhkeehl**  
 kelp

**choonen**  
 four  
**parkokwch**  
 guessing  
 sticks  
**heyomues**  
 skunk  
**puesoomelek**  
 |  
 smell  
 of  
 musk  
**charkoo**  
 dried  
 fish  
 head  
**cheguen**  
 fallfish  
**cheskew**  
 scoop  
 net  
 for  
 candlefish

**chperwerk**  
 remember  
**lekeeta**  
 backbone  
**koyaakw**  
 starfish

## Word Search

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



What's the Difference



Can you find the 10 differences

# KEEP CALM AND WASH YOUR HANDS!!

SUBMITTED BY: ANNA WAGGENER, FRONT OFFICE SUPERVISOR – DEL NORTE, UIHS

The Del Norte Medical staff had the opportunity to work at the 59th Annual Salmon Festival and the Tolowa Deeni' Days! There were many booths, a variety of food, music, stick games and many attendees.

Our booth focused on the importance of washing your hands. We provided a hand washing station with instructions on proper hand washing, hand hygiene kits that included hand sanitizer and other items for daily use, free bottled water, and sunscreen to help with sun exposure. We asked questions to the community about hand hygiene for a chance to win a jar smoked salmon in a raffle. The smoked salmon was made by our very own Allissa Barbour Del Norte Medical

Assistant supervisor!  
And now for some fun facts! Hand washing can help prevent infections as those pesky germs can enter your body through your eyes, nose, and your mouth and cause you to be sick. Did you know that, on average, you touch your face up to 23 times per hour?

Hand washing can prevent 1 in 3 diarrhea-related illnesses and 1 in 5 respiratory infections.

Wash your hands before, during, and after preparing food. Before eating. Before and after caring for someone who is sick. Before and after treating a cut or wound. After using the bathroom, changing diapers. After blowing your nose, coughing, sneezing, and after touching an animal.



To wash your hands:

- Wet your hands with clean running water and apply soap.
- Lather your hands by rubbing them together with soap. Be sure to scrub all surfaces of your hands, back of your hands, wrists, fingers, thumbs,

under your nails.

- Scrub your hands for a minimum of 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.
- Rinse your hands under water and then dry with a clean towel-be sure to turn the faucet off with the paper towel.

## 21st Annual UIHS American Indian Winter Arts & Craft Fair

**Saturday December 2, 2023**

**10:00am - 5:00pm**

**UIHS Potawot Health Village**



Please join us at the UIHS Potawot Health Village located at 1600 Weot Way off Janes Road in Arcata, Ca. in celebration of the season and in support of local American Indian artists.

Promoting Community Healing through Arts & Cultural Gatherings. For more information, please call the UIHS Tribal Public Health Department at 707-825-5070.

# RESIGHINI RANCHERIA TRIBAL COUNCIL APPROVES A SMOKELESS TOBACCO & DEFINING SMOKING POLICY

SUBMITTED BY: MICHAEL SANCHEZ, HEALTH PROMOTION & EDUCATION SPECIALIST, UIHS' NATIVE TOBACCO PROJECT, UIHS

United Indian Health Services' NATIVE Tobacco Project is pleased to announce that the Resighini Rancheria Tribal Council approved a Smokeless Tobacco and Defining Smoking Policy on June 16, 2023. The Resighini Rancheria acknowledges the importance of providing comprehensive health and wellness services to its Tribal members. Resighini Rancheria recognizes that commercial tobacco use is a preventable cause of death and disease, including cancer, heart disease, diabetes, and other illnesses. American Indian and Alaska Native (AI/AN) youth have higher rates of commercial tobacco use than other races/ethnicities. More than 16 million Americans are living with diseases caused by commercial tobacco use. This policy will prohibit

smokeless tobacco products (chew, snuff, snus and dissolvable tobacco products) and electronic smoking devices in places where smoking is otherwise prohibited. It is important to recognize the definition of smoking, as many forms of commercial tobacco exist. This definition of smoking is important to show clarity for the well-being of the Resighini Rancheria community. Traditional Tobacco is sacred to Tribal members and will be exempt from this policy. Our ancestors have used sacred tobacco for thousands of years. Tobacco has grown on the North American continent for at least the last 8000 years. Tribal Elders are dedicated to keeping tobacco sacred. Tobacco is a gift to be used in a sacred way with respect. When used traditionally with



respect and honor, tobacco can promote good health and assist with spiritual guidance and growth. Each Tribe across the Americas has different ceremonial uses. The acceptance of this policy by the Resighini Rancheria Tribal Council is a testament to its collective consciousness and shared values, by collectively recognizing the significance of minimizing

exposure to harmful substances. This step reflects a united front, promising all Resighini Rancheria members a brighter and healthier future.

For more information, contact: [michael.sanchez@uihs.org](mailto:michael.sanchez@uihs.org), (707) 825-5061

**Cooking Classes**

With Nutritionist **Amy Aiello**

Hands-on seasonally inspired cooking class.

Meal + Recipe + Nutrition Highlights

**2nd Wednesdays of each month**

Location: Potawatomi Health Village  
1600 Weeot 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.

# CONGRATULATIONS TO ERIKA ADAMS

SUBMITTED BY: CARLA CREASON, DENTAL SERVICES DENTAL MANAGER, UIHS

Dental Services at Potawot are proud to announce that on July 25, 2023, our own Erika Adams, Registered Dental Hygienist in Alternative Practice, is the recipient of the Gaby Rector Registered Dental Hygienist Scholarship. This award was started by the Dental Support Center Advisory Committee at the California Rural Indian Health Board (CRIHB) to honor a previous committee member, Gabrielle (Gaby) Rector. Gaby's infectious smile, kindheartedness, and gentle ways brought joy to those around her. Gaby was a Registered Dental Hygienist and was passionate about dedicating her spare time to servicing foster youth and volunteering at dental fundraising events. In her honor, the Dental Support Center at CRIHB offers two scholarships (up to \$2,000 each) for a Registered Dental Hygienist from a California Tribal/Urban dental clinic to attend a dental conference.

Erika Adams has been working at United Indian

Health Services since September 2013. She spent her first 2 ½ years at our Smith River satellite office before transferring to our main office in Arcata at Potawot Health Village. Erika has been to all of our remote sites conducting headstart dental screenings, applying fluoride varnish and providing tooth brushing instruction to teachers, children, and families for the native communities we serve. She has assisted with creating the Dry Mouth Prevention Program here at UIHS where she educates patients on the effects of dry mouth and oral health. Erika has provided many oral health presentations to our pregnant mothers through UIHS's Tribal Public Health where she talks about pregnancy and oral health and how it relates to the health of themselves and their baby. Erika helped create and assisted staff on UIHS's periodontal program where we place focus on education, hygiene, treatment, and specialty treatment if needed for those patients who require a more focused



program of periodontal health and maintenance. She attended a weeklong Indian Health Service (IHS) Periodontal Conference in Albuquerque, New Mexico, to help collaborate with UIHS Dental Providers on our periodontal program. Outside of work, Erika volunteers at various health fairs assisting in dental screenings, teaching proper tooth brushing technique, and applying fluoride varnish. She has worked on her days off with our county

public health department to provide dental cleanings, oral hygiene instruction, etc. to rural elementary and high school students. Erika is a member of the California Dental Hygiene Association, and is president of the local Six Rivers Dental Hygiene Component. Recently, she completed the Registered Dental Hygienist in Alternative Practice (RDHAP) and received her license through the University of the Pacific in San Francisco.

**Enroll early! Call today if you are pregnant, have an infant, or children under 5:**



**UIHS Nutrition—WIC Program**

**1600 Weeot Way**

**Arcata, CA 95521**

**(707) 825-5030**

**Text 1-888-411-1973**



# CONGRATULATIONS FUTURE LEADERS: THE H. D. "TIMM" WILLIAMS MEMORIAL AMERICAN INDIAN SCHOLARSHIP

SUBMITTED BY: SUWORHROM DAVID BALDY, MARKETING SPECIALIST, UIHS



In the Del Norte and Humboldt Counties, an impressive program is shaping the dreams of young Native American students eager to step into the world of healthcare. The H. D. "Timm" Williams Memorial American Indian Scholarship is like a guiding star, offering a helping hand to these bright minds who dream of becoming dentists, nature experts, therapists, or healers. In the picture, you can meet our inspiring winners: Madison Lemley, the caring dental enthusiast ensuring everyone can Smile Strong; Eyan Smith, the curious nature

explorer learning the secrets of living in harmony with the environment; Alexa Oquist, the compassionate soul bringing comfort and healing to the sick through Radiation Therapy. Although not in the picture, Grace Bruschi dreams of aiding people in moving better as a Physical Therapist. These amazing students not only shine in their schoolwork but also actively contribute to their communities, showing kindness and dedication. The scholarship committee, made up of understanding adults, thoughtfully selects these students because they're not just good students but also

good people, always willing to learn and help others. This scholarship isn't just about money; it's a symbol of the community's belief in their dreams. With every scholarship given, we're not just assisting them with school; we're nurturing a brighter tomorrow for all. Hand in hand with these brilliant young minds, we're building a world where everyone's dreams are important, where education, kindness, and hard work create endless possibilities.

This scholarship isn't just about books and tests; it's

about creating a community where understanding and learning lead to a better life for everyone. Together, we're crafting a future where dreams have no limits, where every child can shine, and where the power of caring and determination shapes a world where everyone can thrive. With each scholarship, we're lighting up a path to a future where every dream is possible, and every child has the chance to achieve something great.

## GREAT AMERICAN SMOKEOUT (GAS)

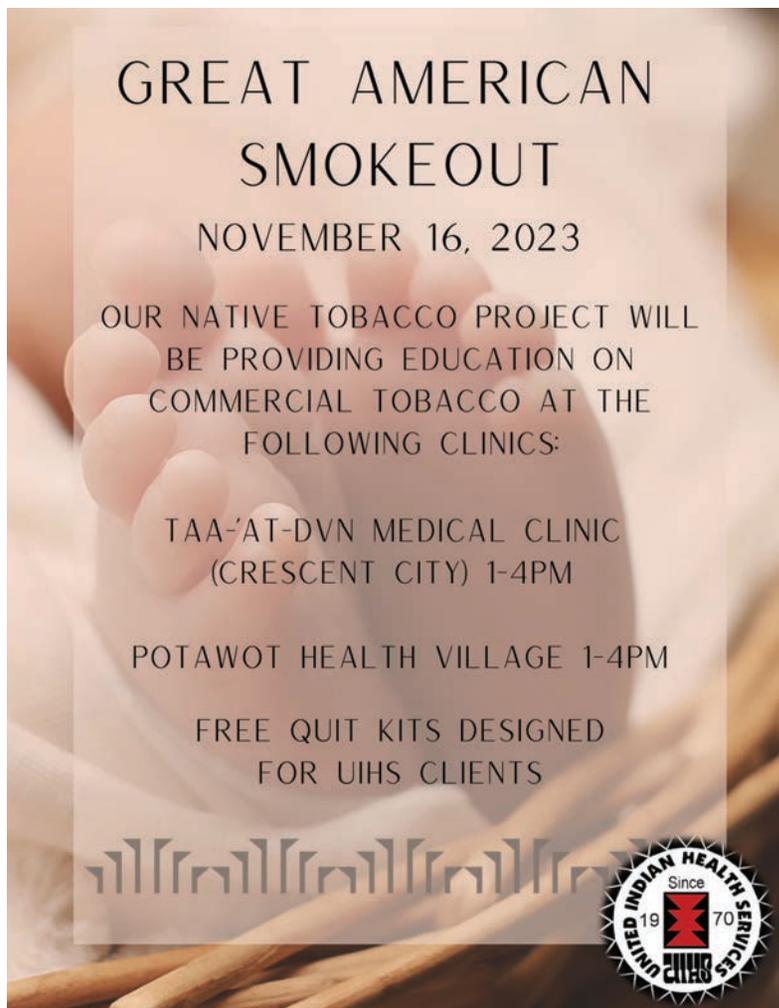
SUBMITTED BY: ELIDIA ADAMS-LOYA, HEALTH PROMOTION & EDUCATION SPECIALIST, NATIVE TOBACCO PROJECT, UIHS

What is the Great American Smokeout? The Great American Smokeout event is on the third Thursday in November hosted by the American Cancer Society. This can be your day to start your journey toward a smoke-free life. You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk. Smoking causes an estimated 480,000 deaths every year, or about 1 in 5 deaths. More than 16 million Americans live with a smoking-related disease. No matter your age or how long you've been smoking, quitting improves health both immediately and over long term. Giving up smoking is a journey, and it can be hard, but you can increase your chances of

success with a good plan and support. Getting help through counseling and medications doubles or even triples your chances of quitting successfully.

More than 1 in 4 American Indian and Alaskan Natives (AI/AN) adults smoke cigarettes. At 26%, that's 1.5 times greater than the US smoking rate. Out of the 10 leading causes of death among AI/AN, 6 of them have been linked to smoking.

On November 16, 2023, United Indian Health Services' NATIVE Tobacco Project will be providing educational outreach at the following sites: Potawot Health Village & TAA-'AT-DVN Medical Clinic (Crescent City) from 1-4PM. This event will have FREE resources and quit kits that have been specifically designed for UIHS clients.



GREAT AMERICAN  
SMOKEOUT  
NOVEMBER 16, 2023

OUR NATIVE TOBACCO PROJECT WILL  
BE PROVIDING EDUCATION ON  
COMMERCIAL TOBACCO AT THE  
FOLLOWING CLINICS:

TAA-'AT-DVN MEDICAL CLINIC  
(CRESCENT CITY) 1-4PM

POTAWOT HEALTH VILLAGE 1-4PM

FREE QUIT KITS DESIGNED  
FOR UIHS CLIENTS



## NATIVE TOBACCO PROJECT

"I'VE BEEN COMMERCIAL  
TOBACCO FREE FOR 5 YEARS"

-SUZIE T.



# 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) 825-5030	
Behavioral Health	(707) 825-5060	
PT/OT	(707) 296-2540	
Community 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	(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) 825-5030	

## 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

## 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](mailto: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:**

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 of Directors Roster ~ 2023-2024

## INDIAN COMMUNITY REPRESENTATIVES

(Elected by Community Members, term limit)

### Area 1 – Three Year Term (1 year remaining)

Susan Masten (2021-2024)

Charlene Storr, Alternate (2021-2024)

### Area 2 – Two Year Term

Paula Tripp-Allen (2023-2026)

Vacant, Alternate (2023-2026)

### Area 3 – Three Year Term

Carol Larsen (2022-2025),

Gail Burcell, Alternate (2022-2025)

### Area 4 – Two Year Term

Laura Borden (2021-2023),

Vacant, Alternate (2023-2026)

### Area 5 – Three Year Term (1 year remaining)

Melissa Myers (2021-2024), Vacant (2021-2024)

All Board Members can be contacted at  
1600 Weeot Way, Arcata, CA 95521-4734  
707.825.5000 or Fax 707.825.6747

As of June 28, 2023



## TRIBAL GOVERNMENT REPRESENTATIVES

(Appointed by Tribe, no term limit)

### Bear River Band of Rohnerville Rancheria

Teresa Ballew,

Darrell Sherman (Alternate)

### Big Lagoon Rancheria

Vacant

### Blue Lake Rancheria

Claudia Brundin

Vacant (Alternate)

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

Shirley Laos

Ruby Rollings (Alternate)

### Elk Valley Rancheria

LaWanda Green

John Green (Alternate)

### Resighini Rancheria

Fawn Murphy

Lezlie Heckel (Alternate)

### Tolowa Dee-ni' Nation

Joseph Giovannetti,

Debbie Boardman (Alternate)

### Wiyot Tribe Reservation

Vanessa Rios

Vacant (Alternate)

### Yurok Tribe of the Yurok Reservation

Lana McCovey

Phillip Williams (Alternate)



1600 Weeot Way  
Arcata, CA 95521

**The Acornbasket**

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Chief Executive Officer: Elizabeth Lara-O'Rourke  
Editor / Layout: SuWorhrom David Baldy

If you would like the Acornbasket Newsletter mailed to your home or emailed to you please fill in this form and return to: United Indian Health Services, Inc., 1600 Weeot Way, Arcata, CA 95521

Attention: SuWorhrom David Baldy

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



Do You Qualify for

**Medi-Cal?**

**Member Services**

can help you apply!

Have you received your  
**Medi-Cal renewal package?**

**Need Help Call  
Member Services.**

Del Norte - 707-465-2960

Humboldt - 707-825-4090

Do you need help getting around your home or the community?

Or would you like to try out a device before committing to a purchase?

UIHS Physical & Occupational Therapy is now offering temporary loans of wheelchairs, walkers, canes, shower chairs and more!



UIHS Physical & Occupational Therapy

**EQUIPMENT  
LOAN  
PROGRAM**



Talk to your UIHS primary care provider about a referral today!