

THE ACORNBASKET

HEALTHY MIND, BODY AND SPIRIT FOR GENERATIONS OF OUR
AMERICAN INDIAN/ALASKA NATIVE COMMUNITY

Kuwa' Village

*The project is
complete!*

Seasonal
Vaccines

*Questions
answered*

UIHS
Remodel

*Changes on the
way!*

Potawot Nature
Walk



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On the cover. The Kuwa’ Work Group, builders of the village. Clockwise from left: Dr. Walt Lara, Matthew Hinshaw, Wyatt Childs, Kevin Crawford, Josh White, Corbin Childs, Kenny Childs, Jake Reed, Darrell “Joe” Sherman, Rob England, Derrick Norris, Eco-cate’ Cooper.



October is Pregnancy and Infant Loss Awareness Month

NATIVE Tobacco Project

Are you pregnant and using commercial tobacco products? If so, the risks go up for preterm labor, birth defects, low birth weight, miscarriage, stillbirth, and sudden infant death syndrome.

When you quit your baby gets more oxygen and nutrient, better developed lungs and less of a risk to have a premature birth.



UPCOMING UIHS CLOSURE DATES

- 11/28/2024 – Thanksgiving Day
- 11/29/2024 – American Indian Heritage Day
- 11/30/2024 – Thanksgiving (Saturday Clinic)
- 12/11/2024 – Annual Holiday Meeting
- 12/24/2024 – Christmas Eve
- 12/25/2024 – Christmas Day
- 1/1/2024 – New Year’s Day

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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: _____

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Email: _____

You may also email us at media@uihs.org to subscribe or scan the QR code above using a mobil device.

Acornbasket

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Chief Executive Officer: Elizabeth Lara-O’Rourke

Layout/Design: Richard LaPreziosa

Message from the CEO

As the fallen leaves cover our pathways, and the crisp air of autumn settles in, UIHS continues its improvement and expansion projects to better serve our clients. The world is becoming quiet as we enter the winter season in a few months. We are coming indoors, storytelling, working on regalia projects, preparing acorns for the winter, and many other winter activities. At UIHS, the work continues outside with our remodels and openings of new sites to better serve our community.

Work continues at the new agriculture building. The finishing touches are taking place inside, while roadwork, landscaping and parking lot construction are happening outside. This new facility will enhance our restoration operations and support the Potawot Community Garden with a brand new fully equipped commercial kitchen, as well as a toasty warm break room for workers out in the elements in the chilly months to come. We're expecting full completion by mid-February.

Also, the remodel of Potawot Village Medical and Pharmacy Departments is in full swing. This renovation will provide increased space that will allow us to better serve the needs of our clients. We thank our Potawot clients for your patience through the construction phase. We are working to complete the noisiest work on our off hours. If the work must be done during business hours, we will be contacting clients to offer to reschedule their appointments or we may offer a telehealth visit when possible.

Our two sites in Eureka are on track for openings in November/December. These clinics will expand our reach, and our services, offering accessible healthcare to even more people in our community.

Our two new sites in Eureka have names:

- Jaroujiji (Wiyot meaning, a place to rest, Eureka), formally Eureka 2.0, located at 434 7th Street. Medical, Behavioral Health, Vision, Quality Improvement, and selected Tribal Public Health (TPH) services will be offered at this site.



•Da'bouruk (Wiyot meaning, I am smiling), formally Eureka 3.0, located at 525 7th Street.

•Dental services will be offered at this site.

Also, as we do every flu season, we are currently providing the most current flu and COVID vaccinations. We are offering walk-in flu and COVID vaccination services at all medical sites.

Fall and winter always feels like the time to get cozy indoors, but our work and growth is taking us outdoors as UIHS continues in a constant effort to bring quality health care to our clients and communities.

Liz Lara-O'Rourke

Join our Village



Kuwa' Work Group Soon To Finalize Little Village At Potawot

Three new traditional structures welcome visitors to UIHS' Potawot Health Village. These three buildings—a sweat house, a family house, and a dance house—form a small village alongside the trail.

Before the structures were constructed, leaders from UIHS convened a cultural advisory committee in early 2022 that later became the Kuwa' workgroup. The group met on Saturdays and these meetings helped facilitate conversations about decisions that would need to be made on the village, including what the structures would look like, where they would be placed, and how they would be built. The Kuwa' workgroup typically averaged around 20 people between community members who held cultural knowledge and expertise and various UIHS staff and board members. The Kuwa' workgroup continued to meet throughout 2024 and will have a final meeting to discuss the finalization of the village. The work crew members finished their portion of the village construction project in August, but a few modifications remain.

It was always the plan to have a traditional village at Potawot

"There is no doubt in my mind that once these buildings in our small village are fully utilized, whether it be the men's sweat house or the family house for a women's steam, they will aid in community healing," says Rob England, Tribal Public Health Director.



Above: The dance pit at the little village.

Below: The family house

In 2021 UIHS Substance Use Disorder Counselor, Roberta Lara, was key to moving the idea for the little village at Potawot Health Village forward. Lara wondered, "Why don't we have our own local Tribal structures here at UIHS?"

Research into this question led staff to discover that it was always in the plan to have a traditional village at Potawot Health Village. In fact, current board member, Paula Tripp-Allen, had completed a feasibility study twenty years ago and had laid the groundwork for current staff members to pick up the work that she had started.

People who have been involved with the new village have started to share experiences with this project in various settings. Earlier this year, Rob England, Amanda Colegrove, Roberta Lara, and Daniel "Turtle" Quinn provided a workshop at the National Indian Health Board in Rapid City, South Dakota and most recently Roberta Lara, Matt Hinshaw, Darrell "Joe" Sherman, Josh "Bear" White, Derrick Norris, and Dr. Walt Lara, Sr shared out our story at the CRIHB Traditional Indian Health gathering in Jackson.

There are so many people to thank for their involvement over the last three years, but we would like to acknowledge Dr. Walt Lara, Sr for his daily oversight about traditional building methods and the volunteers who devoted their labor. We invite everyone to come by to see our latest addition on their next trip to Potawot Health Village.





UNITED INDIAN HEALTH SERVICES, INC.

COME JOIN OUR VILLAGE

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WE CURRENTLY HAVE MULTIPLE OPENINGS

We are seeking dedicated and compassionate employees to join our team. Make a difference in the lives of the American Indian community and work with a passionate and supportive team.

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- **Health, dental, vision, and life insurance**
- **Retirement Plans: 403(b) with employer match**
- **Generous PTO**
- **Professional Development**



Potawot Nature Walk Demonstrates Ku'wah-dah-wilth

Provided by: Richard LaPreziosa, Marketing Specialist UIHS



UIHS was a participant in this year's California Biodiversity Day, a week dedicated to learning, and adding to the collective knowledge about California's biodiversity. And what better way to discover biodiversity than a guided walk of Potawot, and the Ku'wah-dah-wilth land restoration. With an enthusiastic group of people gathered at Potawot Village on September 7 to learn about the land restoration. Led by UIHS' Traditional Land Management Specialist Matthew Hinshaw, the group saw restored wetlands, native plants and listened to Matthew tell the story of Ku'wah-dah-wilth.

The event was advertised in the local papers and on Facebook, and according to Matthew, some people even heard from word of mouth. For this walk a total of 18 people attended. "I thought the turnout was great," explained Matthew, "especially for the first one I have personally organized. The group was terrific as well. The people who attended had an interest in the property and the inhabiting plants and animals."

The attendees walked the paths of Ku'wah-dah-wilth together, identifying plants and looking them up on their phones to learn about what they were seeing. At times everyone would stop and listen to Matthew as he shared his knowledge of certain plants and their traditional uses. By using a phone app called iNaturalist the nature walkers were actually contributing to the collective knowledge about the plants and California's 30x30 initiative, which aims to conserve 30% of California lands and coastal waters by 2030 through collaborative action.

"We used iNaturalist to help identify Rose Spirea, or hardhack (*Spiraea douglasii*)" said Matthew. "It is a shrub that has a beautiful pink/purple inflorescence of flowers and is in the rose plant family. The amount of flowers make it a great pollinator attraction for hummingbirds, butterflies, native bees and other pollinators."

As the group walked along the edge of the property, Matthew stopped to demonstrate the contrast between the cow pasture to his right, with an electric fence and a few cows wandering around in the grass, and the rich, bio-diverse land being brought back to its natural state, with a variety of trees, an abundance of native plants, wetlands and animal habitat. He explained that at one time, all Potawot was a big cow pasture, with only grass and cows. It was clear to the attendees, me being one of them, just how far the land had come back toward its natural state.

Matthew is planning to lead more nature walks in the future, and has already taken a group of college students around the land. He's also coordinating volunteers to help and learn through the continuing work.

"The property has a great establishment of biodiversity so I could spend all day out there if given the opportunity." - Matthew Hinshaw

"The property has a great establishment of biodiversity so I could spend all day out there if given the opportunity. We could especially fill a day full of activities if we included weeding as an activity. Those are in the plans for the future, but I won't make people spend an entire day weeding with me. If anyone is interested in weeding all day though I will happily assist in their interest."

"I feel like there is always something new I discover while being outside, that's the great thing about exploring nature and the great outdoors" he said.

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 is planned for 30 minutes but can vary based on questions and comments that may arise.

Curiosity & questions encouraged!!

Zoom Meeting ID: 89719956145

For questions call 707-825-5070.

Wednesday, October 2nd at 12PM

Diabetes Awareness Program



Marnin Robbins, a former employee, reflects on his time at UIHS and the beginnings of Potawot.

Potawot: From Empty Cow Pasture to Visionary Place

I was the first Garden Manager at the UIHS Potawot Community Garden (1999-2003). When I started, the main clinic was still based out of Trinidad and the site where the Potawot Health Village is now was an empty cow pasture. During that first fall/winter, UIHS contracted with Humboldt Water Resources to develop the 40-acre site, including both the construction of the clinic as well as restoration of the 20-acre Ku’wah-dah-wilth conservation easement.

In addition to overseeing the work of setting up the garden (new irrigation, fencing, greenhouses,

organizing volunteers, planting cover crops, harvesting vegetables for market, etc.), I also helped lead volunteer work crews to plant many of the native plants that now grow throughout Ku’wah-dah-wilth.

Potawot is a visionary place. I often think of the Traditional Resource Advisory Committee and the UIHS Board who believed Potawot would one day become a place of healing for the Indigenous community, the non-Indigenous community, and for the environment too. Today, I see that reality made manifest throughout the site: healthy forests, wetlands and meadows, a beautiful vegetable garden and orchards, the newly built traditional house, dance pit, sweat house and Ag building, and of course the UIHS clinic with a native plant garden at its center. All these places are reminders of the power of nature to heal and of the crucial role that Native people have had and continue to have in stewarding North West California landscapes.

All these places are reminders of the power of nature to heal

In my current role as California Department of Fish and Wildlife’s statewide manager for outreach and education, I am incredibly grateful for my work 20+ years ago as Potawot Garden Manager. The motto of Ku’wah-dah-wilth (Health of the Individual = Health of the Community = Health of the Environment) is the same motto that I carry forward in helping connect all Californians with the natural world. By safeguarding the environment, we can help heal people and communities too.

It is wonderful to see Ku’wah-dah-wilth and the Potawot Garden in such good hands. Now more than ever, UIHS is building a landscape of resilience and abundance for the future.

Marnin Robbins is the current Statewide Interpretive Services Manager, California Department of Fish and Wildlife



All bodies have breast tissue.
All bodies are at risk for breast cancer.
Get screened.



The Importance of Seasonal Vaccines:

Protecting Public Health and Enhancing Personal Well-being

Provided by: Randi Larkin Infection Prevention Intern, UIHS

Seasonal vaccines are very important for keeping people healthy by helping to slow the spread of illnesses that come around each year, like the Flu, RSV or COVID-19. These vaccines help protect us from getting sick and make sure that if we do get sick, it's not as serious. They also help keep our community safe by stopping diseases from spreading. Getting vaccinated is one of the best ways to keep many people healthy and stop diseases from becoming a big problem. Seasonal vaccines are specially made to fight illnesses that are more common at certain times of the year, so they are important for staying healthy.

Influenza Vaccine

The flu, also known as influenza, is a type of illness caused by a respiratory virus every year. The flu can be different each year, so the flu vaccine is updated every year to fight the most common types of the virus. This is done by keeping track of which flu viruses are spreading around the world and guessing which ones will be the most common. Getting the flu vaccine each year helps protect you from getting the flu. It helps your body learn how to fight off the flu, so you don't get very sick. Even if you do catch the flu, the vaccine can make the illness less severe and lower the chances of getting sick or needing to go to the hospital. This is especially important for older people, young kids, and those with health problems who can get very sick from the flu.

5 Facts about the Flu Vaccine:

1. The Flu Vaccine cannot cause the flu
The flu vaccine cannot cause the flu. The vaccine contains either inactivated (killed) virus or a small piece of the virus, which cannot replicate and cause illness. Some may experience mild side effects, but this is not the flu and typically resolved quickly.

2. The Flu Vaccine is effective
While the flu vaccine is not 100% effective, it significantly reduces the risk of getting the flu and its severity if you do get it. Vaccine effectiveness can vary from year to year based on how well the vaccine strains match the circulating viruses, but even when the match is not perfect, the vaccine can still reduce the severity of the illness and prevent complications

3. The Flu Vaccine is necessary every year
The influenza virus changes frequently, requiring updates to the vaccine each year. Annual vaccination is necessary to protect against the most current strains of the virus. The immune protection from the vaccine also wanes over time, making it important to get vaccinated each year for optimal protection.

4. The Flu Vaccine is safe
The flu vaccine is rigorously tested for safety and effectiveness before being approved for use. Side effects are generally mild and temporary, such as a sore arm or low-grade fever. Serious side effects are extremely rare. The benefits of vaccination in preventing flu and its complications far outweigh the risks of potential side effects.

5. You need to get the flu vaccine if you've already had the flu
Having had the flu in the past does not guarantee protection against future strains of the virus, as influenza viruses can vary from year to year. The flu vaccine provides protection against the most current strains, and vaccination is the best way to protect yourself from getting the flu again and to avoid spreading it to others.

COVID-19 Vaccines

COVID-19 is another respiratory virus that can cause serious complications. COVID-19 vaccines, though not traditionally seasonal, have become an essential part of managing the pandemic, especially with the emergence of new variants. Vaccination against COVID-19 helps in managing new variants and maintaining community immunity. Updated COVID-19 vaccines are now available and are recommended for everyone 6 months and older to address evolving strains of the virus.

RSV Vaccine

RSV, or respiratory syncytial virus, is another common respiratory virus that can be mild for many people but can cause severe infections in older adults and adults with certain underlying conditions. RSV vaccine is recommended for babies up to 12 months old, especially for those who are 6 months old or younger. It's also important for adults who are 60 years old and older. Some adults are at higher risk for severe RSV, including older adults, those with long-term health problems, weak



immune systems, or people who live in nursing homes or care facilities. The CDC also suggests that pregnant people get an RSV vaccine between weeks 32 and 36 of their pregnancy.

Receiving seasonal vaccines provides direct protection against specific diseases, reducing the likelihood of illness and its associated complications. This protection is especially crucial for high-risk groups, including the elderly, young children, and individuals with pre-existing health conditions. Vaccinated individuals are less likely to transmit infectious diseases to others. This not only protects the individual but also contributes to reducing the overall transmission of diseases within the community.

Seasonal vaccines help people stay healthy and feel better overall. When people get vaccinated, they miss fewer days of work or school, spend less on medical bills, and are less likely to get very sick. This helps them live a happier and more productive life. Some people are still worried about vaccines because they hear wrong information about how safe and effective they are. It's important to receive clear and accurate information to help understand why vaccines are important and why they are encouraged.

FAQ

What is the difference between flu and COVID-19?

Flu and COVID-19 are both infectious respiratory illnesses but are caused by different viruses. COVID-19 is caused by infection with a coronavirus and flu is caused by infection with an influenza virus.

Can you get a flu vaccine after getting a COVID-19 vaccine?

Yes, there is no required time interval in between time interval in between the two vaccines. You can get a flu shot after getting a COVID-19 vaccine or you get can get a COVID-19 vaccine and then get a flu shot. You can even get both vaccines at the same time it's the right time to get them both.

I got a COVID-19 vaccine, do I need a flu vaccine?

Flu vaccines do not protect against COVID-19. Flu vaccination reduces the risk of flu illness, hospitalization and death in addition to other important benefits. Likewise, getting a COVID-19 vaccine is the best protection against COVID-19, but those vaccines do not protect against flu.

What should I know about COVID-19 vaccines and flu vaccines?

CDC expects flu and COVID-19 to spread this fall and winter so it's important this year to get a flu shot and get fully vaccinated against COVID-19. You can get both vaccines at the same time if it's the right time to get them both. They are your best protection against these two illnesses.

Does a flu vaccination increase your risk of getting COVID-19?

No, there is no evidence that getting a flu shot increases your risk of getting COVID-19.

How long after an infection with COVID-19 should I wait to get the vaccine?

If you recently had COVID-19, you still need to stay up to date with your vaccines, but you may consider delaying your vaccine for three months after the infection.

Preventive Actions

•Take time to get your vaccines. The CDC

recommends a yearly flu vaccine and an updated COVID-19 vaccine. Vaccines help to reduce the burden of illnesses, hospitalizations and deaths on the health care system each year. Vaccinations have been shown to reduce the severity of illness in people who get vaccinated but still get sick.

•Take everyday preventive actions to stop the spread of germs. Avoid close contact with people who are sick. The CDC recommends that people stay home for at least 24 hours, until your symptoms are better, and you have not had a fever (without using fever reducing medication).

•Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after one use. Wearing a mask is an additional prevention strategy that you can choose to further protect yourself and others. When worn by a person with an infection, masks reduce the spread of the virus to others. Masks can also protect wearers from breathing in infectious particles from people around them.

•Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

•Avoid touching your eyes, nose, and mouth, as you can infect yourself if your hands aren't clean.

•You can improve air quality by bringing in fresh outside air, purifying indoor air, or gathering outdoors. Cleaner air can reduce the risk of exposure to viruses.

•Take antiviral medications if your medical provider prescribes them.

•Contact your healthcare team if you have questions about vaccines!

Resources:

<https://getmyflushot.org/#protect-yourself>
<https://www.cdc.gov/flu/prevent/prevention.htm>
<https://www.cdc.gov/flu/season/index.html>
<https://www.cdc.gov/vaccines/hcp/vis/vis-statements/rsv.html>

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Trig Burrus	11 Yrs Old	Nahla Demartini	8 Yrs Old	Aubrey Camez	10 Yrs Old
Aiden Carter	4 Yrs Old	Mason Natt	2 Yrs Old	Abraham Camez	7 Yrs Old
Penelope Hunt	4 Yrs Old	Roman Conley	6 Yrs Old	Sequoia Starkey	9 Yrs Old
Evan Lilly	6 Yrs Old	Babara Campbell	11 Yrs Old	Mason Duncan	8 Yrs Old
Thunder Morris	6 Yrs Old	Zayden Hammond	8 Yrs Old	Kaleya Oscar	1 Yrs Old
Aizen Hamilton	3 Yrs Old	Aaniyah Brenard	9 Yrs Old	Kamea Ilar	3 Yrs Old
Aurora Hamilton	2 Yrs Old	Victor Becerra	9 Yrs Old	Jocelynn Soule	5 Yrs Old
Shiley Lilly	10 Yrs Old	Laila Hoaglen	17 Yrs Old	Derek Soule	9 Yrs Old
Christopher Raqueno	2 Yrs Old	Connor Martinez	12 Yrs Old	Delilah Ochoa	9 Yrs Old
Carson Hill	2 Yrs Old	Bryker Costa	5 Yrs Old	Sinew Bates	11 Yrs Old
Lillian Dempe Wolf	10 Yrs Old	Caleb Larson	7 Yrs Old	Gentry Carpenter	12 Yrs Old
Rebel Scott	6 Yrs Old	Daylin Moore	4 Yrs Old	Isabella Gragg	5 Yrs Old
Skyler Hawkins	11 Yrs Old	Brooklyn Sherer	1 Yr. Old	Angel Salazar Ramirez	9 Yrs Old
Charlotte Patapoff Pruitt	9 Yrs Old	Damian Ochoa	11 Yrs Old	Esteban Perez	10 Yrs Old
Apellonia Kent	4 Yrs Old	Barney Mccovey	7 Yrs. Old	Davina Dillard	10 Yrs Old
Emma Hesse	5 Yrs Old	Lola Sutherland	10 Yrs. Old		
Rosalee Stresing	4 Yrs Old	Zaylee Thompson	2 Yrs. Old		
Isabella Deforrest	11 Yrs Old	Trinity Brennan	11 Yrs Old		
Cassius Trujillo	5 Yrs Old	Rayden Husted	6 Yrs. Old		
Ewan Mclean Jr	6 Yrs Old	Emmelynn Ray	9 Yrs. Old		
Jackie Minard	9 Yrs Old	Pergish Mitchell	1 Yr. Old		
Madisyn Robinson	10 Yrs Old	Camreyn Wilson	5 Yrs. Old		
Aynessa Girsback	9 Yrs Old	Lincoln Miller	10 Yrs Old		
Kehlani Ne-Let Hernandez	6 Yrs Old	Lee Duncan Nova	8 Yrs Old		
Cruz Girsback	11 Yrs Old	Adalynn Mattz	2 Yrs Old		
Maya Randle	10 Yrs Old	Qwynlynn Mattz	8 Yrs Old		
Xurish	11 Yrs Old	Jordan Davis	8 Yrs Old		
Matteo Mata	5 Yrs Old	Lukum Steinruck	9 Yrs Old		
Milo Mata	8 Yrs Old	Welantuk Steinruck	9 Yrs Old		
Levi Farmer	10 Yrs Old	Justin Osburne	13 Yrs Old		
Trenton Mccovey	9 Yrs Old	Axel Osburne	5 Yrs Old		
Truen Peters	5 Yrs Old	Neytira Reitterer	5 Yrs Old		
Ina Morris	6 Yrs Old	Dej Prado	3 Yrs Old		
Isac Asbury	4 Yrs Old	Haylee Tedsen	4 Yrs Old		
Lucille Mcgee	9 Yrs Old	Madelyn Tedsen	6 Yrs Old		
Shasti Supahan	4 Yrs Old	Jasmine Young	10 Yrs Old		
Maivry Costa	9 Yrs Old	Colt Mclennan	9 Yrs Old		

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Xaa-wan'-k'wvt at (707) 487-0215

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Do You Have
Or Are You:

UIHS ELIGIBILITY
Do you qualify?

- ◆ An enrolled member of a Federally Recognized Tribe
- ◆ California Indian listed on the California Judgment Roll
- ◆ Certificate of Degree of Indian Blood (CDIB) from the Bureau of Indian Affairs (BIA)
- ◆ Certified birth certificate linking client to an eligible CA Indian with verified documentation
- ◆ Letter from local CA Tribe, stating the entity recognizes the client as a descendent of the tribe

All minor children need a Certified Birth Certificate
or other appropriate document providing a link to an Eligible parent or guardian

A Non-Indian Spouse or Domestic Partner of an Eligible Indian Beneficiary is currently eligible for services but they must meet the following requirements:

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

Please bring in all insurance cards or bring a copy of the front and back of the insurance card for which the client is eligible. Please bring in original documents, we will make a copy and return your originals.

For more information please call Member Services phone numbers:
Humboldt – 707-825-4090, Del Norte – 707-465-2960

WORD SEARCH

- action

autumn

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cavity

community

coyote

culture

expansion

flushot
- garden

habitat

healing

jaroujiji

kitchen

nature

outdoors

preventive

remodel
- resilience

transportation

vaccinated

village

visionary

wetlands

wildlife

winter

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c d x p r e v e n t i v e n s n
s h t p l p l a e t o a h a n o
h n d r a c t i o n d c a t o h
w e t l a n d s i i i c i u k h
v e v w m n s n j h v i q r i x
g l i i r e s i l i e n c e t e
r s s n e s j p o d r a y u c o
u i i t m u e z o n s t l y h a
i p o e o a g e m r i e o i e o
c e n r d f g u o n t d e r n e
c o a a e a t o u o y a u a g g
b j r l l u d m y t t t t p t y
b o y l a t m o w i l d l i f e
w e i t u o c f l u s h o t o n
r v r o c e i r c a v i t y t n

CAN YOU SPOT 10 DIFFERENCES? DAM REMOVAL EDITION!



1.) There is an extra otter. 2.) One otter has a fish. 3.) There are fish in the river. 4.) The river is wider. 5.) There's a bear hiding. 6.) There are elk. 7.) I see a condor! 8.) The dam is gone. 9.) The power lines are gone. 10.) The sky is blue and the world is better!

Welcome New Employees!



Tracy Marshall
BH Counselor
PHV



Joshua Huls
Pharmacy Technician
PHV



Anastasia Thompson
Medical Assistant
CC



Bethany Graham
PRC Referral Tech.
PHV



Katrina Taylor
HPE Specialist
PHV



Chanda Pifferini
BH Psychiatric RN
PHV



Ellen Sanders-Raigosa
Garden Specialist
PHV



Nathan Hatfield
Medical FOA
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Clinical RN
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Michelle Fox
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Paulo Macedonio
Information Systems Specialist
PHV



Stormie Mccovey
Member Services Rep.
KL



Jaime George
SUD Counselor
PHV



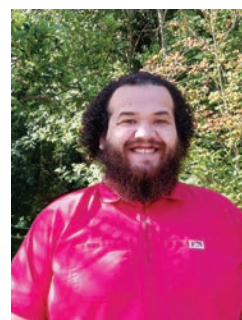
Melissa Brady
Dentist
SR



Julie Onnah Wright
Medical FOA Supervisor
PHV



Gregory Parish
Dentist
PHV



Tyberious Henderson
Medical FOA
PHV



John Giovannetti
Van Driver
EKA 2.0



Claudia Alvarez
Dental Referral Tech.
PHV



Angelina Thompson
Medical Assistant
Crescent City



Sophia Mitchell
Associate MA Supervisor
PHV

UIHS Has Got Your Ride Covered

Provided by: Alissa Leigh, HPE Manager, Tribal Public Health

At United Indian Health Services (UIHS), we're all about keeping you healthy, and that includes making sure you can get to your healthcare appointments on time! Our Tribal Public Health (TPH) Division, Transportation Department offers safe, reliable, and timely transportation for UIHS clients within our service area. Whether it's a medical provider visit, dental checkup, physical/occupational therapy appointment or vision exam, we've got your ride covered! If you're headed to a Behavioral Health (BH) appointment, and need transportation, give them a call directly for a ride. Our TPH drivers are in Arcata, Eureka, Crescent City and Weitchpec.



Lonnie, Debra, Chad, Barbara and Johnny (not pictured) are available to get you to your UIHS appointments.

How it works:

When you schedule your UIHS appointment (medical, dental, vision, physical/occupational therapy), just let the Front Office Assistant know that you need a ride. They'll coordinate with our drivers to make sure you get there on time. These appointments will be scheduled at 10:00 a.m. or 2:00 p.m. Also, if you're headed to a BH appointment, please reach out to them directly for a ride.

Need a ride to an appointment outside of UIHS? Just call our Humboldt team at 707-825-5070 or Del Norte team at 707-464-2750. These rides are usually available at 10:00 a.m. or 2:00 p.m., so be sure to reach out to us at least 48 hours in advance. We will try our best to make it happen for you.

Tips for a smooth ride:

- Do you have kids? Make sure you have the right car seat for them, and remember, all minors must be with a parent or guardian.
 - Need to cancel or change your ride? No worries, just let us know at least 24 hours in advance. Please be sure to keep in mind that three "No Shows" will mean a three-month "time-out" from transportation services.
 - We're unable to provide rides to Brookings, Hoopa, Orleans (East), Willow Creek, or any areas outside Humboldt and Del Norte counties. For safety, we can't transport clients or companions under the influence of alcohol or drugs.
- Our transportation services are limited, and operate on a first-come, first-served basis. To secure your ride, its best to schedule your transportation as early as possible. So, what are you waiting for? Your ride to better health is just a phone call away. We are here to support you every step of the way!

Potawot Begins Improvements With Remodel

Provided by: Briaunna Sherman, Project Coordinator UIHS

United Indian Health Services is so excited to announce we have finally begun the remodel of our Arcata location so we can expand, update, and better serve all of our clients!

This remodel will affect Pharmacy, WIC, PRC, and Medical. This project will take around 12-14 months, hopefully wrapping up by the end of 2025.

This remodel begins in the pharmacy, where we will be expanding to add more space and new upgraded equipment. As of the end of August, Pharmacy has been moved to the previous WIC area just next door. We have done a small remodel on this area to fit the temporary needs of pharmacy so they can continue to serve our clients during this time.

As for WIC, they have been temporarily moved into Tribal Public Health, just down the hall. They will continue to see clients and provide the same great service as they always do, just in a new location!

PRC's new location can be found in the Gathering Room. When you walk in, they will be located next to our member services windows.

Now for medical, which is the biggest project within the remodel. We have begun our construction near the back employee parking lot. We have cleared some of the trees and are beginning to level the ground out. From here we will begin by cutting out the back wall of medical so we can expand out. We apologize to both our staff and clients and ask that they please excuse our noise during this entire process. We are doing our best to conduct the loudest portions of the construction outside of clinic hours. Once this expansion is complete, we will be re-doing all the flooring in medical as well. We are so excited for our clients to see all of our hard work once complete!

22nd Annual UIHS American Indian Winter Arts & Crafts Fair

Saturday December 7, 2024

10:00am - 5:00pm

UIHS Potawot Health Village

Please join us at the UIHS Potawot Health Village located at 1600 Weeot 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.



Staff Awards at August Luncheon

Provided by: Brianna Sherman, Project Coordinator UIHS

On Wednesday August 7, United Indian Health Services hosted our annual Board & Staff Awards Luncheon and Meeting. This is an annual tradition held by UIHS. This year, we spend an afternoon enjoying a catered lunch for our staff by the delicious Frybread Love, recognizing employees and board members for their efforts, along with hosting cultural presentations for all to participate in.

To begin we started with a warm welcome from our Vice Chairperson of the Board, Carol Larsen. Next, we had a blessing from Tracy Crutchfield who is Wiyot descendant. Then a moment of silence, led by Laura Borden, Treasurer of the Board, to honor Gary Makussen, Kenneth "John Man" Roberts, Rosa Davis, Callie Lara, Roy Redner, Janelle Criteser Brown, and all others who have passed in the community this last year. Then our CEO, Liz Lara-O'Rourke gave an overview of all of our awards and what they mean and how important it is to have employees who build others up.

United Indian Health Services is thankful for all our staff, who work day in and day out, but at this event we recognized some of our team members who continuously go the extra mile, along with some of our tenured staff and board members.

Below is the list of awards and recipients for 2024.

Five Year Pin & Feather –

Theresa Barney
Angel Goodman
Tara Jackson
Robin Jackson
Michelle Lewis-Lusso
Kylene Myers
Tammy Wilson
Joe Giovannetti *Board Member

Ten Year 2nd Pin & Towel -

Erika Adams
Cara Figas
Brittaney Maiden
Patricia Marshall
Laurretta Pastrana
Francis Pederson
Laura Roberts
Denise Rode
Karen Spaulding
Marjorie Wallace



Fifteen Year 3rd Feather & Tote –

Trudy Adams
Rhonda Pace
Sandra Trabue

Twenty Year 4th Feather & Backpack –

April Carroll
Kelly Herring
Lisa Salas
Paula Tripp- Allen *Board Member
Fern Bates - *Community Board Member

Twenty-Five Year 5th Feather & Throw Blanket –

Kella Bessette

Thirty Year Ruby Feather & Queen Blanket –

Tamara Lewis

Thirty Five Year Feather & King Blanket –

John Jaso

Forty Year Diamond Feather & King Blanket –

Kathy Busenius

Special Staff Awards –

Customer Service Champion (Internal) – Miranda Beadle
Taking Care of Our Village – Vicky Henry
Rises To the Occasion – Derik Larsen
Champion of Change – Misty Case
Traditionally Driven – Roberta Lara
Purpose "Mission" Driven – Dr. Hugh Kent
Rookie of the Year (H) – Gabriella Briseno
Ready on the Way – Cara Figas
Client Centered Champion – Rhonda Tamerius
Above and Beyond – Aaron Clausen
Customer Service Champion (External) – Lorrie Vanvoltenburg
Leading by Example – Marjorie Wallace
Accountable by Nature – Lynne Herring
Rookie of the Year/ DN – Lindsey Rodriquez
Commitment to Community – Janaye Stevens
Client Advocate – Kristi Colbert

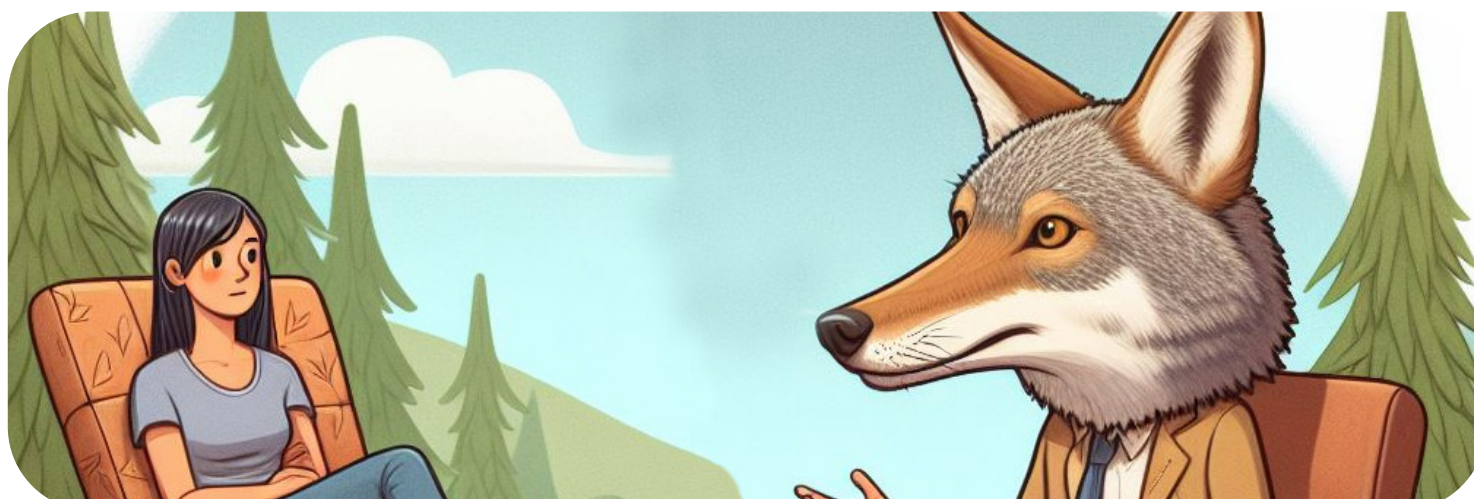


Left: Winners of the pin and feather.

Right: Winners of the feather and throw blanket

Dr. Coyote

Provided by: Andre Cramblit, Cultural Resource Specialist, Traditional Resources, UIHS



Dear Dr. Coyote; I am looking for sources of news about American Indians that is outside of the mainstream press. What can you suggest? Signed, Staying Up To Date.

Dear Up To Date; I have some suggestions for you to keep in touch what is going on in Native America. A place to start your search would be the Native American Journalist Association (<https://najanewsroom.com/>). This can be a good place to begin as they have links to several media sources, writers and upcoming events of interest.

There are a few on line sources I go to get news and information that relate to American Indians and indigenous issues. Probably the biggest source of information is Indian Country Today (ICT) (<https://indiancountrytoday.com/>). ICT was founded as the Lakota Times newspaper by Tim Giago, Oglala Lakota, on July 9, 1981 and later became Indian Country Today.

Another source of online information is Indianz.com (<https://www.indianz.com/>). This serves as a web portal to a collection of news articles from around the country. It is owned and operated by Ho-Chunk Inc., a corporation of the Winnebago Tribe.

Another source of Information is Native News Online(<https://nativenewsonline.net>). This website changes daily and according to their website reaches millions of Natives and non-Natives Annually. It was founded in 2011 and its Publisher and Editor is Levi Rickert a tribal citizen of the Prairie Band Potawatomi Nation.

A monthly periodical that is more regional in nature is News From Native California (NNC), (<http://newsfromnativecalifornia.com/>). This publication focuses on information by and about American Indian Tribes from California. It was founded in March of 1987. Malcom Margolin is one of the founders who now serves as the Publisher. NNC is a division of Heyday Books a small press that has produced more than fifty books devoted to California Indian culture and history.

Another way to get information, either online or over the old-fashioned airwaves, is to check out Native Voice 1 (<https://www.nv1.org/>). This is a service of the Anchorage-based Koahnic Broadcast Corporation. They distribute programs such as Native American Calling and National Native News to nearly 200 sources throughout the world.

These are a few of my go to sources for accurate news information, by and about American Indians and also for events happening in Indian Country. Signed, "Now Where Are My Reading Glasses," Dr. Coyote.

Dear Doctor Coyote, do I need to make an appointment to go to the clinic even though I am feeling alright? I know I take my car into the mechanic for checkups and preventative maintenance. Is it the same thing for my body? Signed, Curious and Cautious.

Dear Curious and Cautious, indeed it is a good idea to get an annual health checkup. First of all, it gives your medical provider an opportunity to see how you are doing and administer any test that they need to monitor your overall condition. Secondly it keeps your status "active."

An annual medical check-up is part of good preventative care that emphasizes the prevention and early detection of health issues. An annual physical exam allows your Provider to evaluate your current health issues, review your personal medical history and identify potential health risks. During the exam, your Provider will measure vital signs like blood pressure, assess your weight and discuss lifestyle factors, such as diet and exercise. These discussions help you set and achieve health goals.

Think of your annual checkup as an oil change. Something to keep your motor rolling forward.

Signed, Dr. C

Ready for his 10,000 mile checkup.

For more information please go to:

<https://www.webmd.com/a-to-z.../annual-physical-examinations>

<https://health.clevelandclinic.org/why-you-need-an-annual...>





Da'-ye' Ghes-na' Family Wellness Project

Elidia Adams-Loya, Health Promotion & Education Supervisor

In efforts to reduce violence in tribal communities, UIHS has implemented the Da'-ye' Ghes-na' Family Wellness Project throughout both Del Norte and Humboldt Counties. By promoting the elimination of violence, families can live in a healthy environment, and we can provide opportunities for our families to protect their children and preserve tribal futures. We have recognized that tribal families deserve to live a life free of violence.

The Da'-ye' Ghes-na' Family Wellness Project will work with clients and communities, children, youth, adults and their families who have been exposed to or are victims of domestic violence, sexual assault, dating violence and family violence to receive assistance, supports, care, information, and education from project staff that empowers them to make informed decisions in their personal lives that assist them in their healing journey.

We can assist any person that is a client to United Indian Health Services. Clients are entitled to the following services to assist them in escaping existing or potentially violent home environments. Services may be provided following an individual assessment of the situation, and on a case-by-case basis.

Available Services

- ✦ Help creating a safety plan
- ✦ Assistance with finding emergency shelter
- ✦ Referring clients to available resources
- ✦ Being a confidential ear for you
- ✦ Assisting with protective orders
- ✦ Assisting with transportation
- ✦ Childcare assistance
- ✦ Job assistance
- ✦ Basic toiletries
- ✦ Accompanying clients to court
- ✦ Accompanying clients to law enforcement interviews

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

Our Da'-ye' Ghes-na' Family Wellness Project will be providing educational outreach on domestic/family violence at the following clinics:

Potawot Health Village
(Arcata) 10/4, 9:30AM-11:30AM

Libby Nix Community Center
(Weitchpec) 10/15, 11:00AM-2:00PM

Taa'-at-dvn Clinic
(Crescent City) 10/22, 10AM-12PM

Hop'-ew Puel Clinic
(Klamath) 10/25, 9:30AM-11:30AM

Howonquet Health Clinic
(Smith River) 10/31, 9:30AM-11:30AM

UIHS
United Indian Health Services, Inc.

NATIVE TOBACCO PROJECT

**CULTURE FIRST,
COMMERCIAL
TOBACCO NEVER!**



KICK/T
California



OUR BOARD OF DIRECTORS



Top: Paula(Pimm) Tripp-Allen, Joe Giovannetti, Shirley Laos, Fawn Murphy

Bottom: Denise Padgett, Gail Burcell, Laura White Woods, Carol Larsen, Laura Borden, Melissa Myers, Lezlie Heckel

Not Pictured: Charlene Storr, Teresa Ballew, Aileen Meyer, Claudia Brundin, LaWanda Green, John Green, Debbie Boardman, Vanessa Rios, Lana McCovey

All Board Members can be contacted at 1600 Weeot Way, Arcata CA 95521-5734, 707.825.5000 or Fax 707.825.6747.

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
Elk Valley	(707) 464-2919
Eureka 1.0 Clinic	(707) 442-0380
Eureka 2.0 Clinic	(707) 296-2500
Eureka Medical Clinic	(707) 442-0380
Gou Wen-Out Wuk	(707) 296-2540
Hop'-ew Puel (Klamath)	(707) 482-2181
Taa'-at-dvn (Crescent City)	(707) 464-2750
Xaa-wan'-k'wvt (Smith River)	(707) 487-0215
Weitchpec Health Center	(530) 625-4300
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

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
Closed for remodeling

Eureka 2.0 Clinic

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

Eureka Medical Clinic

2505 Lucas Street, Suite A
Eureka, CA 95501
Monday-Friday 8am-5pm

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-5:00pm
Closed for lunch
12:00pm-1:00pm

Potawot

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

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

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



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: _____



United Indian Health Services Board
and Staff want to thank and honor all
American Indians / Alaska Natives
and other individuals who served in
the United States Military

