

THE ACORNBASKET

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

**EPIC
System**
*Coming Soon
to UIHS*

**Seasonal
Vaccines**
*Questions
answered*

Bird Flu

**Vision
Services
Crisis
Hotline**



Eureka Health Village
The opening of two brand-new clinics



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On the cover. Members of the UIHS Board of Directors are joined by City of Eureka Government Officials, The Eureka Chamber of Commerce and tribal members for the ribbon cutting of Jarojiji, the new UIHS Clinic in Eureka.



Message from the CEO

Dear UIHS Family and Community Members,

As we welcome the spring of 2025, I am filled with gratitude reflecting on the tremendous growth and positive changes we've experienced at United Indian Health Services over the past year. With the support of our dedicated staff, board members, and community, we have expanded our services and facilities to better serve our American Indian community.

The past year brought significant expansions to our services in Eureka. We successfully opened two new facilities: the Jaroujiji Health Clinic and Da'bouruk Dental Clinic. These facilities have already made a meaningful impact on healthcare access for our community. Jaroujiji now provides medical, vision, behavioral health, tribal public health, and quality improvement services, while Da'bouruk has expanded our dental care capabilities. The grand opening celebration in December 2024 was a wonderful gathering of our community and civic partners, featuring cultural sharing and an opportunity to showcase these new spaces.

Our dedication to quality healthcare was recognized when Jaroujiji received an impressive 99% score on their Partnership Health Plan survey, demonstrating our commitment to excellence in patient client care. We've also welcomed several new healthcare providers to our team, including Family Nurse Practitioner Andrea Ward, expanding our capacity to provide comprehensive care.

Another significant milestone was our selection of EPIC as our new electronic health record system. This decision, made after careful evaluation, will enhance our ability to provide coordinated, efficient care for our clients, among many other benefits.

While we're excited about these improvements, we want to prepare our community for potential temporary delays in service during the transition period. Rest assured, our team is working diligently to minimize any disruptions and ensure a smooth upgrade process.

We appreciate your patience and understanding as we work to bring you a healthcare system that's more efficient, secure, and patient-client-centered. Together, we're building a healthier future for our community!

As we move forward, we have several important initiatives underway:

PHV Medical and Pharmacy Remodel

We are undertaking a major remodel of the Medical Department and Pharmacy at Potawot Health Village. This project will help us better serve our clients and create an improved working environment for our staff. During construction, some medical services will be temporarily relocated to ensure continuous care for our community.

AAAHC Re-accreditation

In February 2025, we will undergo our AAAHC site visit for re-accreditation. This important process helps ensure we maintain the highest standards of healthcare delivery. Our staff has been working diligently to prepare for this evaluation, and I'm confident in our readiness to demonstrate our commitment to quality care.

Enhanced Services

We continue to focus on prevention and wellness, including our dental health campaign and expanded vaccination services. Our Community Health Representatives (CHRs) remain dedicated to supporting our children, elders and community members, embodying our commitment to comprehensive care that honors our cultural traditions.

Cultural Connection

As we enter this season of renewal, I am reminded of our cultural teachings about growth



and responsibility to our community. Just as our ancestors gathered food and medicine during different seasons, we too are gathering resources and building capacity to serve our people. This spring brings us opportunities to strengthen our services while maintaining our connection to traditional values and practices.

National View

Members from the Board and UIHS leadership will be campaigning in person across Washington D.C. in February. They will be sharing their voice and advocacy for Indian health issues with our elected representatives.

UIHS Board of Directors and Executive Leadership will be traveling to Washington DC to meet with our elective representatives to advocate for health care and continue funding.

The national Indian Health Service (IHS) has recently released its Strategic Plan for Fiscal Years 2025-2029. This plan emphasizes the importance of raising the physical, mental, social, and spiritual health of American Indians and Alaska Natives to the highest level.

We are also encouraged by the recent Senate Interior Appropriations Bill, which passed out of committee with a 22% increase for the Indian Health Service.

A Note of Gratitude

I want to express my deepest appreciation to our staff who consistently go above and beyond to serve our clients. Whether working through challenging weather conditions, adapting to new facilities, or learning new systems, your dedication makes UIHS a special place of healing and care.

To our community members: thank you for your patience and support as we continue to grow and improve our services. Your feedback and participation help guide our efforts to provide the best possible healthcare for our American Indian community.

Wishing you all a healthy and prosperous spring.

Liz Lara-O'Rourke

Elizabeth Lara-O'Rourke
Chief Executive Officer
United Indian Health Services



Eureka Health Village Makes a Splash In Eureka With The Opening On Two Brand New Clinics

By Richard LaPreziosa, Marketing Specialist UIHS

December 9, 2024 marked a period of new growth for UIHS and its clients. This day saw the ribbon cutting for the brand-new Eureka Health Village, unveiling the new facilities to the public. With an open house celebration, including opening prayers, live music, things to eat and people to meet, UIHS and its Board Of Directors hosted not only clients, but also the Eureka Chamber of Commerce, as well as local government, tribal dignitaries, and the media.

The Eureka Health village is made up of two clinics, located close together on 7th Street in downtown Eureka. The medical clinic, named Jaroujiji, meaning “where you sit and rest,” and also the Wiyot name for the land Eureka sits on, is a newly remodeled, two-story building. It offers medical services on the first floor, and other services, such as WIC, Tribal Public Health, Behavioral Health and Vision Services on the second floor.

Sitting across the street is a new, state-of-the-art dental clinic named Da’bouruk. Its name means, “I smile,” and it is an impressive facility in an extensively remodeled building, with brand new equipment, and cabinetry specifically designed for dental offices.

Visitors were invited to tour both clinics, with the UIHS Board of Directors and Executive Leadership Team on hand to act as guides and answer questions. As guests walked about Jaroujiji, acoustic flute, drum, and guitar filled the rooms as musicians Goodshield Aguilar and Mignon Geli brightened the happy occasion even more.

The opening of Jaroujiji and Da’bouruk is the result of years of planning and preparation by UIHS, and should have a great impact in providing health care to it’s clients.

“We have outgrown Potawot in Arcata,” Carol Larson, a UIHS Board Member told a TV news reporter during the event. “We were in Arcata since 2001, and at that time we were overloaded. We needed more room, more space.”

Downstairs at Jaroujiji, clients will find nine medical exam rooms staffed by three providers, a major improvement from the previous facility, which only had two exam rooms and room for one provider.

Across the street at the Da’bouruk Dental Clinic, another major improvement awaits UIHS clients. Seven “operatories” (the rooms your dentist treats you in) with new, state of the art equipment, and staffed by three providers.

“There’s all sorts of things that are unique and innovative about that building,” said Dr. Christopher Myers, Chief Clinical Officer at UIHS. He mentioned the air, water and vacuum pumps which dentists use, are all tucked out of the way, beneath the floor, eliminating the need to step over them.

The new clinics are the answer to a great need of UIHS, in that not only do they add more space for providers, but these additional spaces will be more accessible to clients who live in the southern part of UIHS’s range.

“We know that the highest concentration of our client population is in Southern Humboldt,” explained Dr. Myers. “We’ve been trying to expand (toward the south) and both these buildings were big

opportunities.”

“We are very excited to offer services here in Eureka,” said UIHS Chief Executive Officer Liz Lara. “It’s the first time that we’ve ever been able to offer such a broad range of services.”

As guests of the open house mingled around Jaroujiji, touring the new exam rooms downstairs and enjoying snacks and live music upstairs, we were told that it would soon be time to gather for the opening blessing, which was given by Marian Seidner. Everyone gathered in the

“The way you feel when you walk into a clinical building, it should feel healing in a way. It should look good. It should have nice finishing touches. You should feel good to be there.”

downstairs hallway as the blessing was given.

An hour later all the attendees gathered outside to watch as members of the Board of Directors, surrounded by the Chamber, tribal members, Eureka Mayor Kim Bergel, and others ceremoniously cut the ribbon to officially open the clinic.

The busy Board of Directors performed another ribbon cutting ceremony an hour later at Da'bouruk, as Dental Services Manager Carla Creason was on hand to answer questions and showcase the clinic.

Da'bouruk, an Art Deco building built in 1936, was stylish, but needed extensive renovation. "When we started getting measurements, and doing the conceptual designs, we had the option of putting in very few operatories. It wouldn't even have made the building make sense," Dr. Chris Myers explained. He said that by orientating the rooms the correct way, they were able to fit an impressive seven rooms in. A major obstacle though, was they had to extend the side of the building several feet. With added windows and cutting-edge equipment, the clinic has a welcoming friendliness to it.

"The way you feel when you walk into a clinical building, it should feel healing in a way. It should look good. It should have nice finishing touches. You should feel good to be there. So, I think that we really hit the mark with Jaroujiji and Da'bouruk."

Now that Jaroujiji and Da'bouruk are completely built and staffed, they still need one important finishing touch. That's you! If you haven't had a chance to visit them and take a look for yourself, we invite you to do so as soon as possible.



UIHS ELIGIBILITY

Do You Qualify?



Do you have or are you:

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 descendant 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

EPIC EHR System Coming to UIHS

*New Medical Records
System*

By Devin Jacot, UIHS Marketing Supervisor

We are thrilled to announce a major enhancement to our healthcare delivery system with the implementation of EPIC, the industry-leading electronic health record (EHR) platform. This transformative upgrade will begin in February 2025 and is scheduled for completion in October 2025.

Enhanced Patient Care at Your Fingertips

The transition to EPIC represents a significant investment in our commitment to providing exceptional healthcare services. This comprehensive system will streamline our clinical workflows and enhance communication between healthcare providers, ultimately leading to improved client health outcomes.

Key Benefits for Our Community

- **Seamless Care Coordination:** EPIC's integrated platform ensures your health information follows you across all points of care, from primary care visits to specialist consultations.

- ♦ **Enhanced Patient Portal Experience:** Access your health information, schedule appointments, and communicate with your healthcare team through MyChart, EPIC's user-friendly patient portal.

♦ **Improved Safety and Accuracy:** Advanced clinical decision support tools help our healthcare providers make more informed decisions about your care.

What to Expect During the Transition

As with any major system upgrade, we anticipate some temporary adjustments and delays in service during the implementation period. Our staff will undergo comprehensive training to ensure a smooth transition, though clients may experience slightly longer wait times during the initial phases. We appreciate your patience and understanding as our teams become proficient with the new system.

Our Commitment to You

Throughout this transition, our priority remains providing high-quality health care services to our community. We have assembled a dedicated support team to address any concerns and ensure minimal disruption to services. Regular updates will be provided as we progress through this exciting transformation.

For questions about how this upgrade may affect your care, please contact front desk receptionists. We look forward to offering you an enhanced healthcare experience through EPIC.

Together, we're building a stronger, more connected healthcare future.



In Memory of Ruby Rollings By Liz Lara, CEO, UIHS

It is with a very sad heart that I let you know that former Board of Director, Ruby Rollings, passed away. She served on the Board of Directors for over 30 years. She was a strong advocate for health care and for our community. She rarely missed a meeting and always “kept it real”. She was a very hard-working person who volunteered to do many fundraising activities to raise money for the HD Timm Williams scholarship fund. She also led the fundraising efforts to build the “bike” rack in the front of PHV. I will always remember her for her famous words, “Moving on.”

Ms. Ruby Rolling is being nominated for the Special Recognition Award because she has served on the UIHS Board of Directors for over 30 years. Ruby also has many years of service on the California Rural Indian Health Board (CRIHB) as well as the local organization of Northern California Indian Development Council (NCIDC).

Ruby seems tireless when it comes to advocating for the community. She is grassroots and has a voice of reason that is not to be unheard. It is limitless to know the number of changes that Ruby has witnessed with this organization and yet remains committed to the bettering of the health field and access to the best health practices for our clients and communities.

At no time in her career of 30 years of service in various roles; board member, committee member, committee chair has she been anything but committed, loyal, accountable and effective in her plight. Ruby can be seen, heard and watched to be advocating and going above and beyond for her People. I wish you well Ruby and hope that you are recognized for your great work and commitment.



PHV Remodel Update

By Briaunna Sherman, UIHS

As many know, we are well underway in our remodel at our Arcata Potawot Health Village location. We are still hoping for our completion date to be by the end of 2025. This remodel is to expand, update and better serve all of clients across multiple departments.

We began this remodel in August, 2024, with the move of WIC into the wing of Tribal Public Health and moved Pharmacy into the previously known WIC space. This re-modeled space will help our Pharmacy to accommodate the growing rate of clients they serve along with providing them new equipment so they can be more efficient.

Our PRC representative has been relocated to the Gathering Room and has been seeing clients in their new space. We appreciate how flexible and understanding our clients have been during this busy time of change.

This remodel expanded beyond our original plans, and we ended up needing to add our Vision Department to this project as well. We temporarily moved our vision department out of our Potawot location and into our new Eureka location (Jaroujiji). We added a few minor changes in their space along with new flooring.

As for medical, we are well underway with the remodel. We are continuing with our addition to the building in the back near the employee parking lot. This will provide medical with some much needed extra space. The remodel to the existing medical area is extensive and will include all exam rooms along with the lab. We know that some of the work that has been going on has been loud, so we apologize to both our staff and clients during this time!

We know that this remodel/addition will eventually impact medical and their ability to see clients. For this we will be utilizing some of our other locations and moving providers to different locations. When this time comes, we will be sure to communicate with each and every client along with utilizing our social media and mailing lists.

Again, we truly appreciate everyone's patience and understanding, and we are so excited to complete this project so we can better serve all of our clients!



NATIVE TOBACCO PROJECT

WHAT IS TOBACCO 21?

TOBACCO 21 IS A FEDERAL LAW THAT MAKES IT ILLEGAL TO SELL COMMERCIAL TOBACCO TO PEOPLE YOUNGER THAN 21. THE VAST MAJORITY OF DAILY SMOKERS STARTED BEFORE THEY WERE 18. CHANGING THE LEGAL AGE OF SALE HAS SHOWN TO REDUCE YOUTH ACCESS TO COMMERCIAL TOBACCO PRODUCTS.

~~18~~
21



TOBACCO 21 DOES NOT PENALIZE YOUTH IN ANY WAY. RETAILERS ARE RESPONSIBLE FOR COMPLIANCE.



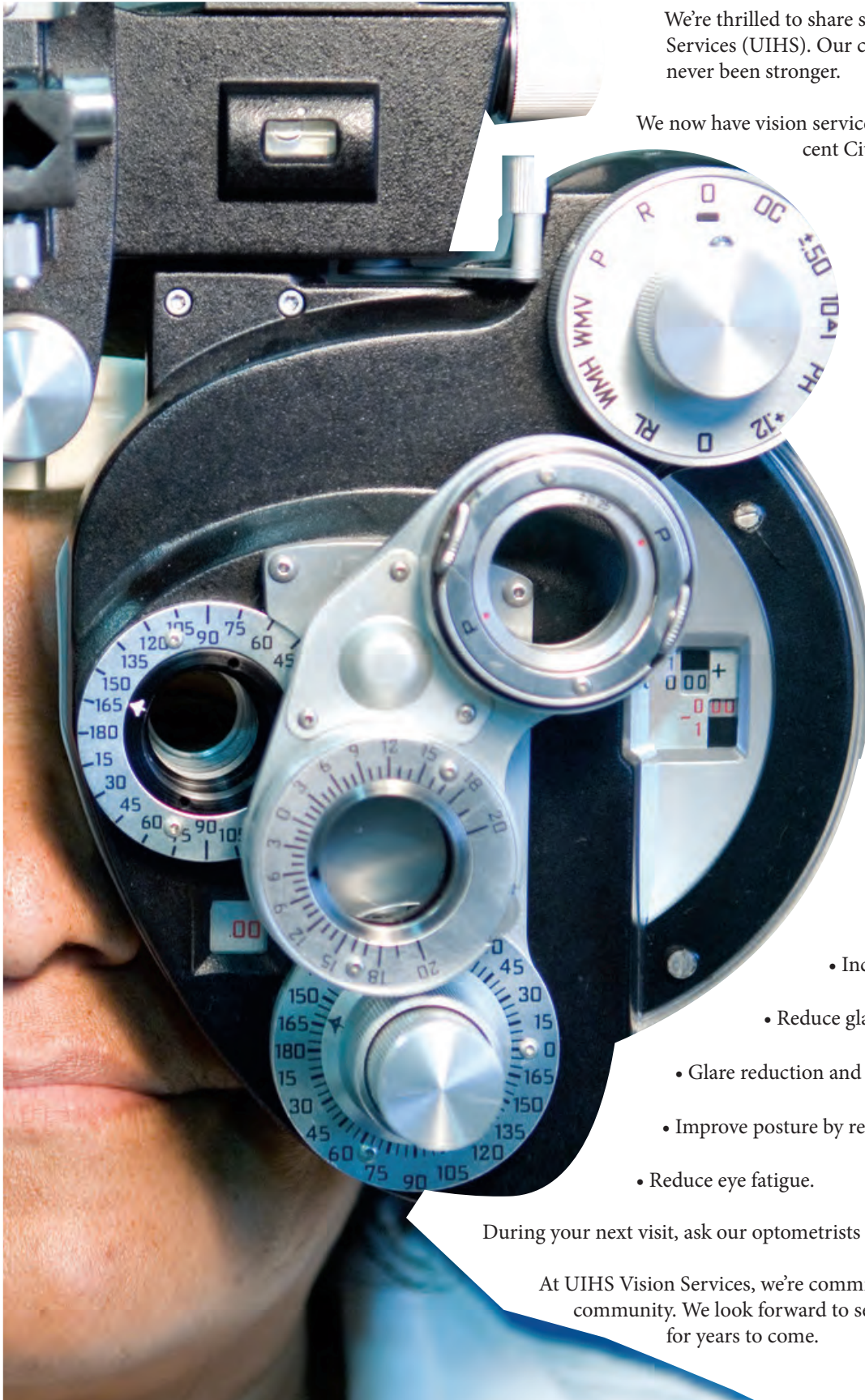
TRIBAL PUBLIC HEALTH DIVISION
NATIVE TOBACCO PROJECT
(707) 825-5070

KICK/IT
California
1-800-300-8086
COMPLETELY FREE
KICK IT CALIFORNIA COSTS NOTHING.
NO STRINGS ATTACHED.

SOURCE: CDC



Vision Services Update: *A New Chapter in Eye Care*



We're thrilled to share some exciting updates about our Vision Services department at United Indian Health Services (UIHS). Our commitment to providing top-notch eye care to our Native American community has never been stronger.

We now have vision services in three locations: Potawot in Arcata, Jaroujiji in Eureka, and Taa-'at-dvn in Crescent City with two full-time optometrists and three full-time opticians.

Our remodeled vision clinic is now open and running at full steam in its new location at Jaroujiji in Downtown Eureka at 434 7th Street. Patients have expressed their love for the new building, appreciating the modern facilities and improved accessibility. The new medical services downstairs have made it more convenient for patients to receive comprehensive care in one location.

We've upgraded our equipment to keep pace with the latest advancements in eye care. Our new retinal cameras ensure that we can provide the most accurate and up-to-date diagnostics for our patients, especially diabetic eye care.

Regular eye exams are crucial for maintaining good vision health. Here are our recommendations:

- Any time for pain, redness, or sudden changes in vision.
- If you're young and in good health: Schedule an eye exam every two years.
- If you have diabetes: Annual eye exam at a minimum.
- Over 65 years old: Get an annual eye exam.

Remember, always call us for any urgent eye-related needs. Your eye health is our priority, and we're here to help.

We understand that a majority of our patients spend significant time in front of computers. If you're experiencing discomfort with your vision while working on a computer, we have a solution. Computer glasses can help reduce eye strain and improve comfort during screen time. These specialized glasses can:

- Increases clarity and field of vision for computer screens.
- Reduce glare from digital screens.
- Glare reduction and blue light filter are available.
- Improve posture by reducing the need to lean in towards the screen.
- Reduce eye fatigue.

During your next visit, ask our optometrists about computer glasses and how they might benefit you.

At UIHS Vision Services, we're committed to providing comprehensive eye care that meets the evolving needs of our community. We look forward to seeing you in our new facility and helping you maintain optimal eye health for years to come.

Seasonal Viruses

What do you need to know?

Even though the holiday season is over we are still very much in full swing of Respiratory Virus season. Peak season of respiratory disease activity is most prevalent from December to February. The most common respiratory viruses that spread during the fall and winter include those that cause COVID-19, flu and RSV illness. With the passing of the holidays some of us have experienced large gatherings, travel and we find ourselves indoors more because of the cold weather, which put us at risk for spreading illnesses. We have tools to help us stay healthy so that we can push through this respiratory season and survive the cold weather. Here is a reminder of ways you can protect yourself and your loved ones during this season.

We have tools to help us stay healthy so that we can push through this respiratory season and survive the cold weather.

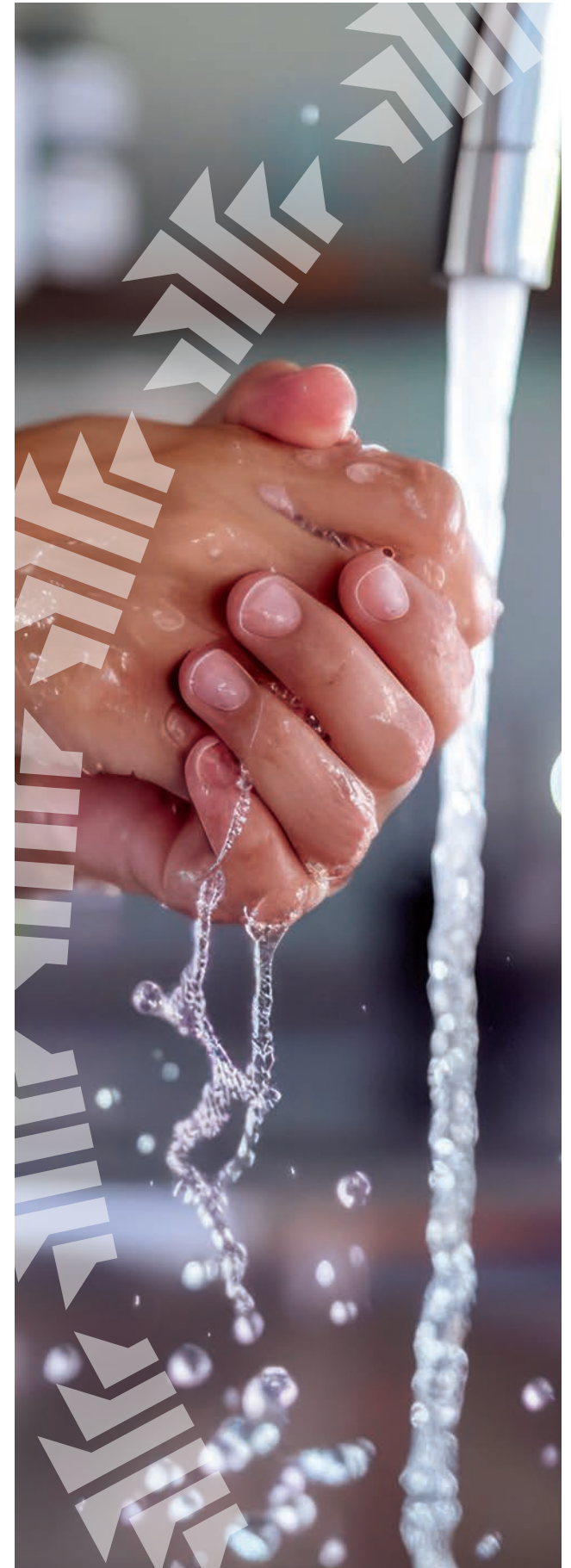
- Get VACCINATED! You can still benefit from getting vaccinated with the recommended seasonal vaccines such as influenza, COVID-19 and RSV which can reduce your risk of illness, especially severe illness and hospitalization
- If you happen to get sick with COVID-19 or the flu, there are antiviral medications that are recommended for people that are at a higher risk of severe illness
- Everyone can do daily activities that help protect us and those around us such as covering your coughs and sneezes, staying home and away from others when you are sick, improving ventilation in your immediate area and of course washing your hands
- Good Hand Hygiene is Key! Hands are one of the most often ways that germs are spread. Wash your hands regularly with soap and water for at least 20 seconds. If soap and water aren't available use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Cover your sneezes and cough! Always cover

your nose and mouth with a tissue or the inside of your elbow. Dispose of used tissues immediately and wash your hands. This practice helps to prevent the spread of respiratory infections like the flu, and common cold, as well as more serious diseases like COVID-19.

- Keep Surfaces Clean! Germs can survive on surfaces for hours, even days. Regularly clean and disinfect high-touch areas in your home or workplace, such as door handles, light switches, and counter tops. Especially now, during flu season or outbreaks of contagious diseases, this habit is vital in keeping germs from spreading.
- Stay home when you're sick. If you're feeling unwell, it's best to stay home and rest.

Not only will you recover faster, but you'll also prevent spreading your illness to others.

- Promote health habits. A strong immune system is your best defense against infections. Eating a balanced diet, exercising regularly, getting enough sleep, and managing stress all contribute to overall health and can help your body fight off infections more effectively.
- Educate and encourage others. Prevention starts with awareness. Educate your friends, family, and colleagues about the importance of infection control. Encourage good hygiene practices and be a role model for others. Communities that work together to prevent infections are healthier, safer, and more resilient. Let's work together and share the responsibility of infection prevention that benefits everyone. 2025 is going to be a great year so let's start it off right by following these simple steps so that we can keep ourselves, family, friends, and community safe.



Tribal Public Health spreads the word about 988

By Richard LaPreziosa and Amanda Colegrove

UIHS Tribal Public Health Staff Members of the Health Promotion & Education (HPE) Department set up information tables in the beautiful Gathering Room at Potawot Village to bring awareness to many important public health issues, including 988, a toll-free suicide and crisis line.

Suicide prevention in youth and adults has been an emphasis in the American Indian/Alaska native healing community, because we know that on a large scale, Native communities experience the highest rates of suicide among all racial and ethnic groups in the United States and more importantly because our local community members have identified within our UIHS Community Needs Assessment this as an area in which they would like more education and support.

Our HPE Specialist, Katrina “Tina” Taylor, has been hired and trained to is bringing this issue to light through her out-reach, directly to the community at UIHS clinics in Humboldt and Del Norte Counties. She provides information and options for those who are in crisis.

In 2022, the 1-toll free 800 number which was established in 2005 as a crisis and suicide prevention hotline, was shortened to an easy to remember 3-digit number – 988, similar to 411, or 911.

“When you’re in crisis, or if you’re suicidal, it’s difficult to remember an (ten digit) number, right? So, similar to 211, 988 is just a three-digit number.”

But you don’t have to be suicidal, or in crisis to use 988. As “crisis” can look differently to different folks, the lifeline is available to everyone at every stage of their need.. The 988lifeline.org website lists mental health struggles, emotional distress, alcohol or drug use concerns for you or your family, or even if you just need someone to talk to.



Below: Katrina Taylor and Mike Sanchez doing outreach

“Being in a small community, sometimes you just want to talk to somebody who’s not around,” Katrina Tina explained, “988 is a 24-hour access line. Somebody will answer 24 hours a day, 7 days a week. And not only that, they’re highly trained individuals who answer the phone and/or licensed clinicians.”

With 988 being such a valuable service, it’s a big surprise that so many people are not aware of it. “Only a 5% sliver of the pie of people actually know about 988,” Katrina Tina says,. “I’m still running into people who say no, they don’t know about 988.”

And that’s why you can find Katrina Tina and other HPE team members spreading the word at Potawot Village on the first Friday of every month as well as periodic outreaches to at the other UIHS clinics, such as Klamath, Crescent City, Smith River, Eureka and Weitchpec throughout the remainder of the month.

Katrina Tina will be back at Potawot Village on February 7th handing out information as well as stickers and gifts to make 988 an unforgettable number. If you would like to say hello and learn about 988 for you or and your loved ones in other locations, here are is the current HPE outreach schedule for the beginning of 2025: places Katrina is scheduled for outreach: January 14th Klamath

January 21st Weitchpec

February 7TH PHV

February 11th Crescent City

February y 18th Weitchpec

March 7th PHV

March 11th Smith River

March 18th Weitchpec



Smokeless Tobacco New Modern Oral Nicotine Product

By Michael Sanchez, UIHS HPE Specialist

It is being reported that cigarette use in California has steadily been going down for years now and across the country. The youth of today know the dangers associated with commercial tobacco and grew up in a time when cancer was scientifically linked to smoking. Whoever said, "When you take something away, you should replace it with something," must have been in earshot. Perhaps that person worked for the commercial tobacco industry, hence, the rebirth of smokeless tobacco.

The new oral nicotine pouches such as Zyn and other products have gained popularity with the youth for many reasons. Smokeless tobacco is being made into a tasty experience that not only tastes and smells good but is more vigorous and packs more punch than past products. Scientific evidence shows that tobacco industry advertis-

ing and promotion influences young people to start using commercial tobacco. The pouches can be used privately without anyone knowing. Other brands that are selling nicotine pouches like hotcakes are Rouge, On! And Velo. Sales of these brands alone have increased six-fold between 2019 and 2022. Philip Morris International, a producer of Zyn, recently reported that its shipments of Zyn nicotine pouches rose nearly 80% in the first quarter of 2024.

It is no secret that the tobacco industry needs "replacement smokers," and they are successfully obtaining them through product innovation and aggressive marketing strategies, mainly targeting youth and historically youth who live in under-served communities. Commercial tobacco companies have invested billions in developing and marketing smoke-free alternatives. These new products are specifically designed to appeal to younger consumers, raising serious concerns about a new generation facing nicotine addiction.



PROTECT One Another

Covid-19 and flu vaccines available at all medical clinic locations



Native Tobacco Project

Modern Oral Nicotine Products

I am smokeless, odorless, and spitless by design. I am sweet, come in many flavors, and easy to hide.

This is not an alternative to commercial tobacco Products

Source: American Lung Association

H5 Bird Flu

What is it?

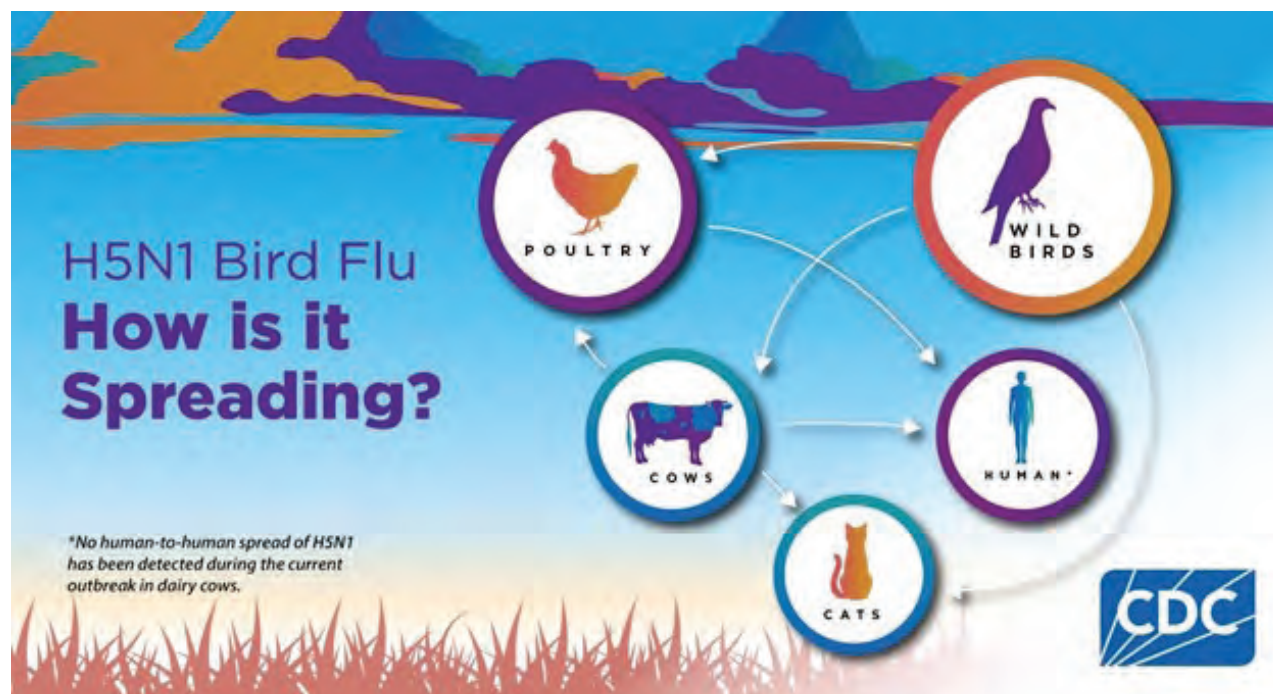
What do I need to know?

You may have seen some headlines about H5N1 Bird Flu making waves through the media; especially cases in California. So, let's break it down and tell you exactly what you need to know. What is H5N1 Bird Flu?

The virus is adapting to new hosts with the ability to go beyond using just birds as hosts.

Bird flu, officially called H5N1, is a type of influenza virus that mainly affects birds, especially chickens, ducks, and other poultry. This virus has been around for decades but caught global attention in the 1990's when an outbreak occurred in Southern China that wiped out numerous chicken farms as well as caused the first documented human cases. With this outbreak 18 people were infected and six died which led

to a global concern. This virus spreads easily among birds which can lead to severe complications for food supplies, farmers' livelihoods, as well as jobs worldwide. It is rare for humans to become infected with H5N1, but it happens when humans encounter sick or dead birds.



Recently, the virus has been able to spread to mammals including dairy cows and other animals across the U.S. This indicates that the virus is adapting to new hosts with the ability to go beyond using just birds as hosts. Human infections are still uncommon, but they are being closely monitored.

What are some proactive tips to take?

Choose pasteurized products. Avoiding raw milk and raw milk products. Pasteurization kills harmful bacteria and viruses, including those that might be associated with H5N1. Handle and cook poultry safely. Make sure to cook meat and poultry to the appropriate internal temperature. Also, ensure that you are cleaning areas that raw poultry has touched, including hand washing.

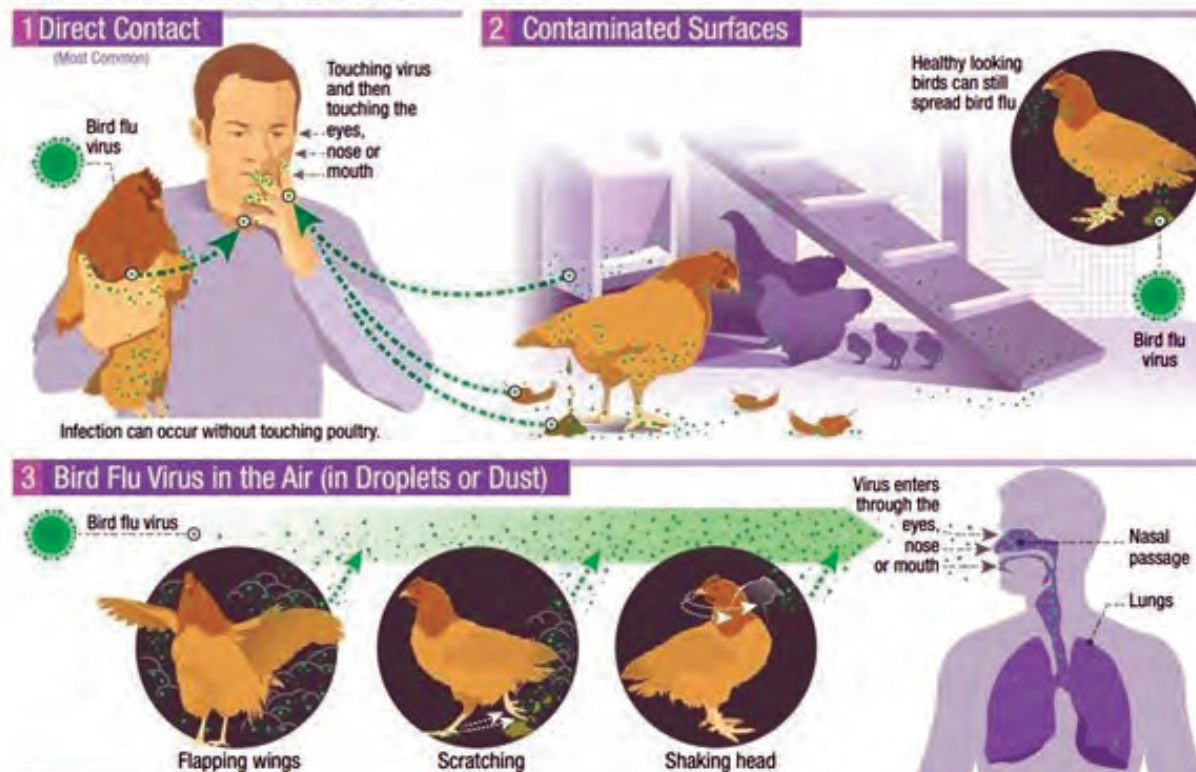
Hygiene. Frequent hand washing, sanitizing surfaces, and avoiding contact with sick animals. These habits can reduce the risk of illness from various sources and are all in all good practices.

What is the current risk level?

The current public health risk is low. There is no need for panic but definitely something that is worth paying attention to.

How Infected Backyard Poultry Could Spread Bird Flu to People

Human Infections with Bird Flu Viruses Rare But Possible





UIHS: Weaving Culture Into Wellness

By Atira Montgomery

In honor of this time of year when we self-reflect and naturally focus on wellness goals, I would like to share the UIHS Weaving Culture into Wellness video series on the United Indian Health Services YouTube page.

“This series showcases the wellness of mind, body & spirit by utilizing our sources of strength, which is culture. These videos will share stories of experiences, instructions, and tips with an infusion of contemporary & traditional practices around food, movement, sports, wellness, & culture.” says Jude Marshall.

Weaving Culture Into Wellness is a new video series by the UIHS Community Nutrition Program was filmed, edited, and produced by Native Hawaiian, Daniel Aipa @thekupproject and produced by Jude Marshall (Hupa, Karuk, Yurok). The films feature local wellness & cultural practitioners of Northern California.

Be sure to keep an eye out on the Potawot Community Food Garden Facebook or Instagram for the latest release. Video and editing credit to Daniel Aipa, the founder and creative director of The KŪ Project.”

This series was made possible by the California Rural Indian Health Board (CRIHB) Advancing California Opportunities to Renew Native Health Systems (ACORNS) program which is funded by the Center of Disease Control and Prevention (CDC). #foodisgoodmedicine #weavingcultureintowellness



NATIVE Tobacco Project

QUITTING
SMOKING AT ANY
TIME DURING
PREGNANCY CAN
HELP PROTECT A
PREGNANT
PERSON'S
HEALTH AND GIVE
BABIES A
HEALTHIER
START ON LIFE.





WELCOME
NEW
EMPLOYEES!



*Pomoquso Saulque
Executive Assistant
Potawot Health Village*



*Seeley Spott
Front Office Assistant
Potawot Health Village*



*Meagan Shadle
Clinical RN
Weitchpec Health Center*



*Alme Allen III
Facilities Manager
Potawot Health Village*



*Alyssa King
Front Office Manager
Da'bouruk Dental Clinic*



*Jaycee Perkins
Lactation Consultant
Potawot Health Village*



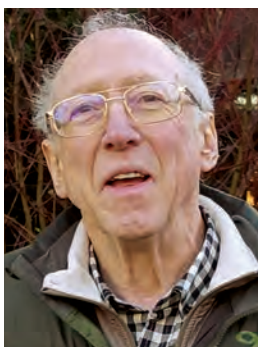
*Alisha Johnson
BH Counselor
Potawot Health Village*



*Devin Jacot
Marketing Supervisor
PHV*



*Gless Mable
Dental Assistant
Da'bouruk Dental Clinic*



*Edward Wisan
Staff Accountant
Potawot Health Village*



*Iska George
Facilities Supervisor
Potawot Health Village*



*Jennie Calvi
Dental Hygienist
Da'bouruk Dental Clinic*



*Sasha Mitchell
Medical Assistant
Crescent City*



*Nah-Tes Jackson
Maintenance Technician
Potawot Health Village*



*Laurel Coleman Wender
BH Counselor
Potawot Health Village*



*Ashley Shaff
Lab Assistant
Crescent City*



UNITED INDIAN HEALTH SERVICES, INC.

COME JOIN OUR VILLAGE

WE ARE HIRING

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.

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



New Provider Spotlight - Andrea Ward



We are pleased to announce our New Family Nurse Practitioner to our Village – A message from Andrea Ward, FNP-C

I just wanted to introduce myself. My name is Andrea Ward and I am an FNP. I have 8 years' experience in Family Practice and have worked at MRCH and Open Door locally. I also completed a residency program in the Central Valley prior to moving up here. As an RN before becoming an NP, I worked in psych and pediatric home health working with children who had disabilities. I practice Family Medicine, but I also have a passion for Women's Health and am trained in IUDs, Nexplanon and all other birth controls. Please, keep this in mind if you have any patients who may want an IUD or any patients that may prefer a female for their annuals/pap exams. I do not see OB.

On a personal level I am originally from Seattle but did all my nursing training at the University of Hawaii. I have two young children, a 3-year-old and 9-month-old, both boys. My husband grew up here in Humboldt in Trinidad and we love this area. We also love dogs and have two Pugs and an Elk Hound. I am so happy to be here and excited to start building connections with my co-workers and patients!



NEED A RIDE TO YOUR NEXT APPOINTMENT?
WE GOT YOU!

UIHS offers limited transportation services for both UIHS and non-UIHS clinical appointments.

Contact our dedicated transportation team:
Humboldt (707)825-5070
Del Norte (707)464-2750

UIHS Honors Veterans At Luncheon By Brianna Sherman, UIHS



On November 11th, 2024 United Indian Health Services hosted an annual Veteran's Day luncheon in honor of all of our Veteran clients. We had the event catered by Uniquely Yours who served an amazing spread which included: baked chicken, fresh salad, warm rolls, sautéed vegetables, and sugar cookies.

We had the pleasure of hearing Chag Lowery speak at this event. Chag Lowry is of Yurok, Maidu, and Achumawi Native descent. Chag is also the author of the graphic novel Soldiers Unknown from Great Oak Press, The Original Patriots: Northern California Indian Veterans of World War Two from Original Voices, The Original Patriots: California Indian Veterans of the Korean War from Original Voices, and is the co-producer and director of multiple PBS documentaries about California Indigenous people and their cultures.

As a thank you to those who served our country and were able to attend the event, we handed out many gifts including: hats, backpacks, blankets, and handmade thank you cards. We hope to continue this event yearly to honor our Veteran clients.

Four downward-pointing arrow icons.



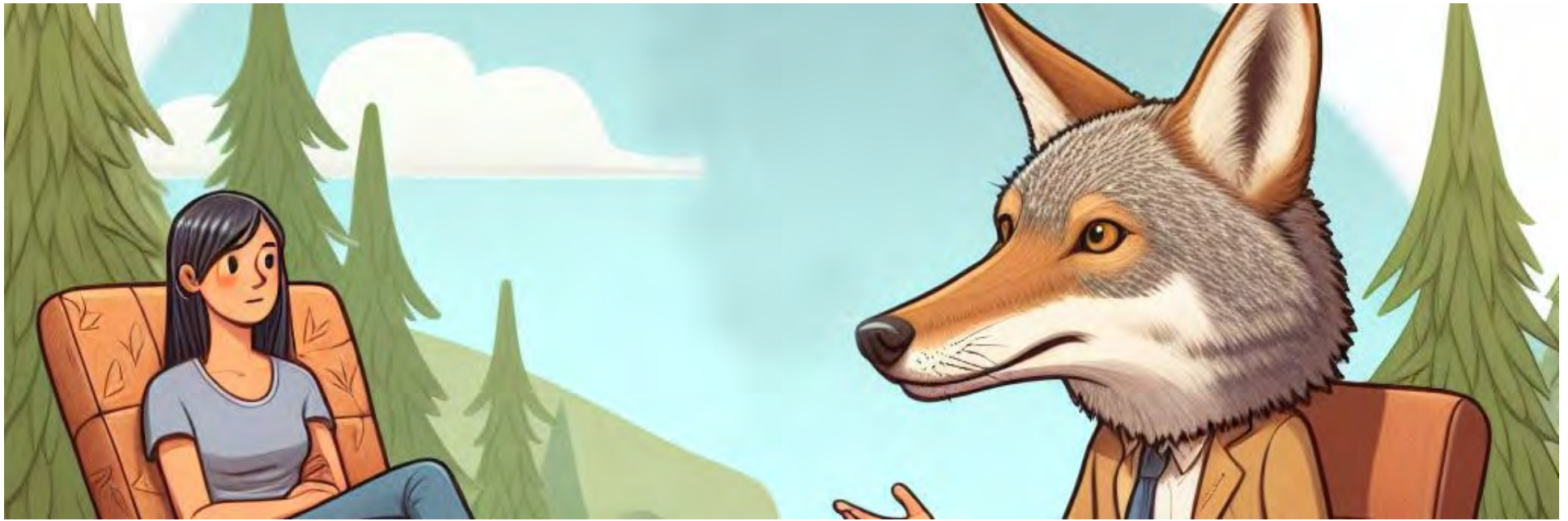
Greetings, relatives and friends of United Indian Health Services. This quiz is designed to educate and remind us of the wisdom of our rich heritage and traditional health practices passed down through generations. Let's explore our culture together! Our Tribal Heritage: A Health and Culture Quiz

1. Which sacred food, gifted by the Creator, has been central to our people's diet and spiritual practices for millennia?
 - A) Acorns
 - B) Salmon
 - C) Elk
 - D) Mussels
2. True or False: In our traditions, the health of the individual is separate from the health of the land and waters.
3. What is the name of the healing ceremony performed by the Yurok to bring wellness to a sick child?
 - A) Brush Dance
 - B) World Renewal Ceremony
 - C) First Salmon Ceremony
 - D) Jump Dance
4. Which of these plants has been used by our ancestors for its medicinal properties?
 - A) Redwood sorrel
 - B) Wild ginger
 - C) Yerba buena
 - D) All of the above
5. What recent environmental challenge has significantly impacted our traditional food sources?
 - A) Increased wildfires
 - B) Rising sea levels
 - C) Decline in salmon populations
 - D) Drought conditions
6. True or False: Our tribes have embraced community gardens as a way to promote food sovereignty and traditional plant knowledge.
7. Which of these traditional dwellings provided shelter and connection to our ancestral lands?
 - A) Plank house
 - B) Sweat lodge
 - C) Both A and B
 - D) Neither A nor B

8. What role do our tribal elders play in maintaining community health?
 - A) Sharing traditional knowledge
 - B) Leading healing ceremonies
 - C) Teaching younger generations
 - D) All of the above
 9. Which tree is considered sacred and used in our traditional homes, canoes, and baskets?
 - A) Oak
 - B) Redwood
 - C) Cedar
 - D) Pine
 10. True or False: Our tribes have taken steps to protect our lands from genetically modified organisms (GMOs).
- Answers:
1. B) Salmon
 2. False (In our worldview, the health of the people is intimately connected to the health of the land and waters)
 3. A) Brush Dance
 4. D) All of the above
 5. C) Decline in salmon populations
 6. True
 7. C) Both A and B
 8. D) All of the above
 9. B) Redwood
 10. True (For example, the Yurok Tribe has an ordinance prohibiting GMOs on tribal lands)

We hope this quiz has sparked your interest in our traditional health practices and cultural wisdom. Remember, our strength comes from honoring our ancestors, caring for our lands and waters, and passing on our knowledge to future generations. May we all walk in balance and good health.





Dr. Coyote

By Andre Cramblit, Cultural Resource Specialist, Traditional Resources, UIHS

Join Dr. Coyote as he addresses diabetes, caring for family members, and safe winter driving.

Dear Doctor Coyote, many members of my family have suffered from diabetes. I was just diagnosed with pre-diabetes. What more can you tell me about this dangerous disease and how I can improve my health? Signed, Trying to Change.

Dear Trying to Change, according to the US Center for Disease Control (CDC) "American Indian and Alaska Native (AI/AN) adults are almost 3 times more likely to have type 2 diabetes compared to White adults." Having diabetes comes with a number of health-related risk such as blindness, amputation due to poor circulation, doubling your risk of stroke, kidney failure and dialysis. Statistically the AI/AN population has among the highest rates of diabetes, and related health complications, of any group in the world.

November has been proclaimed as National Diabetes Awareness Month and this is a good chance to learn more about this disease that impacts so many AI/AN people. Take this opportunity to find out facts about diabetes and what you can do to reduce its impact on your life. The theme for this year's observance is "Take Charge of Tomorrow," and it encourages all of us to make changes to improve our overall health and diet.

According to the Mayo clinic there are 5 things you can do to improve your health in the face of diabetes:

1. Lose extra weight
2. Be more physically active
3. Eat healthy, fiber rich, plant foods
4. Eat healthy unsaturated fats (like salmon)
5. Skip fad diets and make healthier choices

For more complete information on these recommendations go to: www.mayoclinic.org

Suffice it to say you have a lot of control in your own hands when it comes to diabetes. If you focus your efforts you can help turn around the things that have led to your diagnosis of pre-diabetes. Many Native people feel a sense of hopeless about diabetes, like

it is inevitable because of your family and community history, but by making changes in your lifestyle you can fight back against this disease that has plagued American Indians and Alaska Natives.

Signed, Dr. Coyote-Who Will Take Any Reason To Eat More Salmon

Dear Doctor Coyote, I am taking care of a close family member and am trying to help them navigate the medical care system. What can I do to best meet their needs? Signed, Anxious Advocate.

Dear Anxious Advocate, I commend you for stepping in to assist your family member. Your support is invaluable and can significantly contribute to their journey toward better health. Navigating the medical care system can be complex, but with patience and persistence, you can effectively advocate for your loved one.

The first thing that you need to take care of is authorization to work on behalf of your family member. Under the Health Insurance Portability and Accountability Act of 1996 (HIPAA), a "Personal Representative" is someone authorized to make healthcare decisions on behalf of an individual. This authorization is typically granted through a signed "HIPAA Release of Information" form, which you can obtain from any medical provider's office. Once signed by the patient, it allows you to actively participate in their healthcare. At United Indian Health Service (UIHS) this document is known as the Release Of Information (ROI) form. Keep a copy of this ROI with you for all medical visits and ensure that a copy is included in your relative's medical records. (For more information, visit hhs.gov and search for personal representative.)

Do the best you can to attend all medical appointments with your family member. Arrive early to complete any necessary paperwork. Bring an up-to-date list of all the medications and over-the-counter supplements your relative is taking, including dosages, as well as copies of any medical or insurance cards. Ask questions if any information is unclear;

the medical team is there to assist you. Taking notes during appointments helps you keep track of important information, and if permitted by the provider, you may also record the appointment for future reference.

Many healthcare providers have Patient or Client Advocates who assist patients and their families in navigating the healthcare system. They help with completing necessary documents, understanding available services, making appointments, arranging transportation (if available), and explaining patient rights and responsibilities. They are also knowledgeable about other community services that may be beneficial to you and your family. UIHS offers Client Advocates through our Tribal Public Health Department. Your provider can refer you to them or you can directly contact with Fran Pederson at Potawot Health Village at (707) 825-5070 or Winter Berry in the Smith River Office at (707) 465-2985. (unitedindianhealthservices.org)

Hope this has been helpful to you.

Signed, Always an Advocate for the People-Dr. C.



*Dear Doctor Coyote, What can you share with me about driving safely during the winter months.
Signed, Wanting To Be Prepared.*

Dear Wanting to be prepared, indeed, winter is a time to be cautious and think about safety while out there driving our local roads and highways. You have to cautious about rock slides, snow, ice or water on the roads and foggy conditions.

Slow down as conditions require. Be extra cautious if there is ice or snow on the road. Be especially careful at dusk and dawn when visibility is at its lowest. Be sure you have good windshield wipers and replace them if needed. Top off your wiper fluid with an approved anti-freeze liquid available at most car parts stores.

Be sure and stock your car in advance of heading out for winter driving. Keep the following items available in the trunk in case of emergencies:

- ✦ Small shovel
- ✦ Road flares
- ✦ Jumper Cables
- ✦ Basic tools
- ✦ First aid kit
- ✦ Some high protein energy bars
- ✦ Water
- ✦ Warm Blanket.

Slow down and be extra aware when driving in unfamiliar territory. If you will be driving through snow conditions you may consider buying chains for your tires.

Signed, Dr. Coyote Who Prefers Resting By A Warm Fire.

NATIVE TOBACCO PROJECT

COMMERCIAL TOBACCO & PREGNANCY



COMMERCIAL TOBACCO SMOKE HARMS BABIES BEFORE AND AFTER THEY ARE BORN.

MOTHERS WHO ARE EXPOSED TO SECONDHAND SMOKE WHILE PREGNANT ARE MORE LIKELY TO HAVE BABIES WITH LOWER BIRTH WEIGHT.

WHEN YOU QUIT USING COMMERCIAL TOBACCO, EVERYONE WINS.

YOUR BABY WINS

- ENOUGH OXYGEN AND NUTRIENTS
- BETTER DEVELOPED LUNGS
- LESS RISK OF PREMATURE BIRTH OR A STAY IN INTENSIVE CARE

ASK ME ABOUT OUR QUIT KITS!



For the health of your children and future generations, make the change and be commercial Tobacco-Free.



TRIBAL PUBLIC HEALTH DIVISION
NATIVE TOBACCO PROJECT
(707) 825-5070

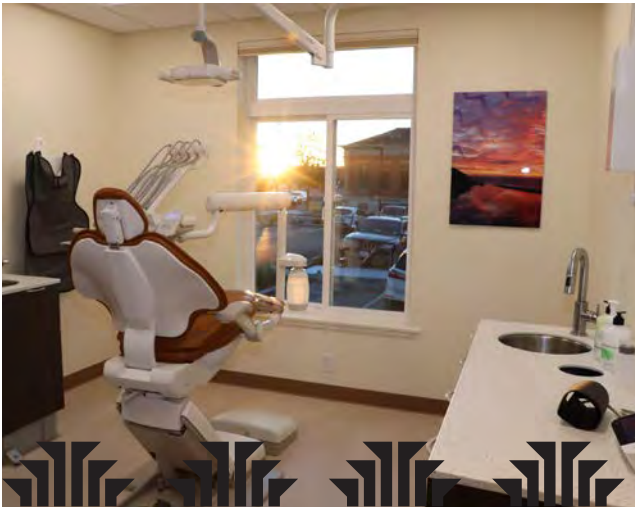
KICK/IT
California

1-800-300-8086

COMPLETELY FREE
KICK IT CALIFORNIA COSTS NOTHING.
NO STRINGS ATTACHED.

CAVITY FREE CLUB

Emi Downing	2 Yrs Old	Josie Jamesen	5 Yrs Old	Sawyer Friedrich	11 Yrs Old
Odin Douglas	6 Yrs Old	Franklin Ward	2 Yrs Old	Parker Friedrich	9 Yrs Old
Jonathan Mellon	2 Yrs Old	Emma Barry	7 Yrs Old	Yusebius Gonzalez	10 Yrs Old
Ikchaxvaan Marshall	2 Yrs Old	Kingsley Rollings	7 Yrs Old	Ryhatt Rook	5 Yrs Old
lim'nih Marshall	5 Yrs Old	Joseph Rollings	10 Yrs Old	Abigail Rook	7 Yrs Old
Wallace Donahue Aubrey	13 Yrs Old	Riley Ganfield	2 Yrs Old	Jayden Parras	10 Yrs Old
Nylah Bailey	7 Yrs Old	Alexander Hodge Jr	7 Yrs Old	Nicco Parras	7 Yrs Old
Madisyn Mccovey	11 Yrs Old	Vina Stephens	8 Yrs Old	Liam Williams	6 Yrs Old
Joseph Lemley	10 Yrs Old	Bruin Figas	3 Yrs Old	Bo Gertsch	7 Yrs Old
Tallulah Nunez	7 Yrs Old	Skylar Vanvoltenborg	10 Yrs Old	Athena Cobb	2 Yrs Old
Nelson Valdez	7 Yrs Old	Amorette Bailey	9 Yrs Old	O-Ke'-Uel Colegrove	2 Yrs Old
Bernard Valdez	9 Yrs Old	Arweh Risling Myers	2 Yrs Old	Samantha Moazzami	8 Yrs Old
Dayyan Hudson	9 Yrs Old	Leeann Haberman	7 Yrs Old	Laura Moazzami	3 Yrs Old
Anaiyah Hudson	7 Yrs Old	Crew Hicks	11 Yrs Old	Eloise Stark	6 Yrs Old
Kodiak Figas	7 Yrs Old	Violet Burger	3 Yrs Old	Keech Pooh Lara	11 Yrs Old
Makai Fuentes	7 Yrs Old	Koyowoh Ka-Get Walter	7 Yrs Old	Maxwell Brugess	3 Yrs Old
Randee Davis	5 Yrs Old	Cory	7 Yrs Old	Stella Cameron	6 Yrs Old
Jordyn Davis	3 Yrs Old	Acena Aguilar	4 Yrs Old	Delilahlynne Santos	5 Yrs Old
		Chyer'ery Walter	5 Yrs Old	Gunnar Seymour	7 Yrs Old
		Esmia Pratt	8 Yrs Old	Paetyynn Cole	11 Yrs Old
		Xander Edson	10 Yrs Old	Wren Baty	5 Yrs Old
		Zachary Edson	6 Yrs Old	Evelynne Pitt	6 Yrs Old
		Wyatt Sanderson	10 Yrs Old	Thiago Chavez	4 Yrs Old
		Tiah Cady	9 Yrs Old	Haylee Tedsen-	4 Yrs Old
		Isabella Oliveira	8 Yrs Old	Madelyn Tedsen	6 Yrs Old
		Luke Robison	7 Yrs Old	Jasmine Young	10 Yrs Old
		Kai Pruett	6 Yrs Old	Colt Mclennan	9 Yrs Old
		Holly Spurlock	8 Yrs Old	Aubrey Camez	10 Yrs Old
		Hayden Hoaglen	6 Yrs Old	Abraham Camez	7 Yrs Old
		Albert Lewis	2 Yrs Old	Sequoia Starkey	9 Yrs Old
		Emma Rehse	3 Yrs Old	Mason Duncan	8 Yrs Old
		Kilesa Lincoln Hultberg	3 Yrs Old	Kaleya Oscar	1 Yrs Old
		Ky Lynn Baldwin	1 Yrs Old	Kamea Ilar	3 Yrs Old
		Rockella Ramirez	10 Yrs Old	Jocelynn Soule	5 Yrs Old
		FaylInn Noble-Wylie	1 Yrs Old	Derek Soule	9 Yrs Old
		Wah-Peck-Oo-May Proctor	8 Yrs Old	Delilah Ochoa	9 Yrs Old
		Isabella Gragg	5 Yrs Old	Sinew Bates	11 Yrs Old
		Philip Pelren III	3 Yrs Old	Gentry Carpenter	12 Yrs Old
		Haylee Tedsen	4 Yrs Old	Isabella Gragg	5 Yrs Old
		Ariella Villa	1 Yr Old	Angel Salazar Ramirez	9 Yrs Old
		Cassius Gonzales Chavez	6 Yrs Old	Esteban Perez	10 Yrs Old
		Rosalva Gensaw	7 Yrs Old	Davina Dillard	10 Yrs Old



DA'BOURUK

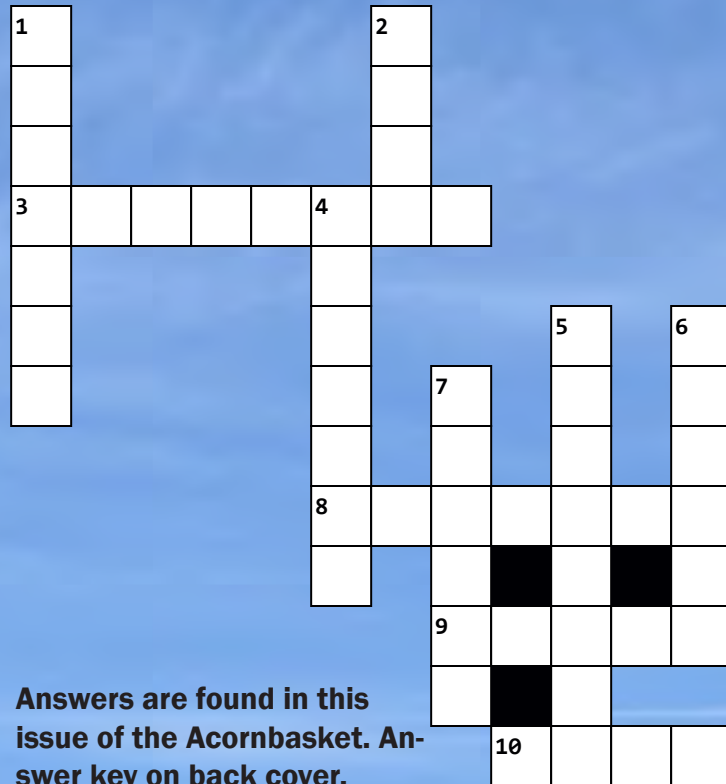
UIHS DENTAL SERVICES IN EUREKA

NOW OPEN FOR APPOINTMENTS

707-296-2525



CROSSWORD PUZZLE



Answers are found in this issue of the Acornbasket. Answer key on back cover.

Across

3. Get an annual eye exam if you have this.
8. UIHS opened two new ones in Eureka!
9. What to wash to reduce the spread of viruses.
10. Salmon is a healthy choice for one.

Down

1. H5N1 is another name for this virus
2. Where you should stay if you are sick.
4. These companies are targeting young people with advertising.
5. UIHS appreciates this while we continue our remodel
6. People feeling this can call 988 for help.
7. Losing this can improve your health.

WORD SEARCH

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

Find these words.

Words can go in any direction.

antiviral
germs
immune
sneeze
birdflu
healthy
influenza
Dabouruk
hygiene
Jarojiji

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
Jaroujiji Medical 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
Da'bouruk Dental Clinic	(707) 296-2525
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

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
Hoopa TANF	(530) 625-4816
Karuk Tribe	(530) 493-1600
NCIDC	(707) 445-8451
Stop the Violence Coalition	(530) 625-1662
Tolowa Dee-ni' In A Good Way Place	(503) 230-1951
Yurok Tribe Klamath	(707) 482-1350

Elk Valley Office

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

Xaa-wan'-k'wvt

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

Jaroujiji Medical Clinic

434, 7th Street
Eureka, CA 95501
Monday-Friday
8:00AM-5:00PM
Closed for Lunch 12-PM-1PM

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

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

Da'bouruk Dental Clinic

525 7th Street
Eureka, CA 95501
Monday-Friday
8:00AM-5:00PM
Closed for Lunch



1600 Weeot Way
Arcata, CA 95521

Acornbasket

©2024 United Indian Health Services, Inc.

Chief Executive Officer: Elizabeth Lara-O'Rourke

Layout/Design: Richard LaPreziosa, Devin Jacot

**Crossword Answers: 3. Diabetes 8. Clinics 9. Hands 10. Meal
1. Birdflu 2. Home 4. Tobacco 5. Patience 6. Crisis 7. Weight**

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 to subscribe.

Clearer Vision Awaits in Crescent City!

Appointments Available:

Tuesdays

Thursdays

Friday

Every Other Monday
(Call for details)

**CALL US TO
SCHEDULE YOUR
APPOINTMENT**

(707) 825 - 4089

EUREKA LOCATION CLOSED FOR RENOVATIONS. REOPENING LATE SUMMER!

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!

2025 Native Will Project dates:

Saturday, March 22nd

Saturday, September 6th

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.]