



THE ACORN BASKET

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

UIHS 55 Year
Anniversary

Board of Directors
Fly to D.C.

New Providers,
Dr. Coyote
and more!



VOLUME 48 | ISSUE 5



The Acorn Basket newsletter is published by United Indian Health Services, Inc.

If you have questions, comments or wish you submit articles or be added to our mailing list, please contact:

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Vision
Healthy mind, body and spirit for generations of our American Indian Community.

Purpose
To work together with our clients and community to achieve wellness through health services that reflect the traditional values of our American Indian Community.

Board of Directors
LaWanda Green
Carol Larsen
Laura Borden
Joseph Giovannetti
Shirley Laos
Lana McCovey
Fawn Murphy
Teresa Ballew
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Denise Padgette
Paula Tripp-Allen

CEO
Elizabeth Lara-O'Rourke



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UIHS is excited to announce the launch of this year's H.D. Timm Williams Memorial American Indian Scholarship and Cheryl Yarbrough Memorial Scholarship! These opportunities support Native students in their educational journey.

The deadline for submission is April 4th.

Apply now and take the next step toward your future!



THE ACORNBASKET 3 Message from the CEO -- Spring 2025

Dear UIHS Community,

As the spring sun warms our lands, I am honored to share exciting updates and milestones that continue to strengthen our commitment to serving our American Indian communities with high-quality, culturally centered healthcare.

Expanding Access to Care: Valley East Medical Clinic
One of the most significant developments this year is the expansion of our Valley East Medical Clinic. As our communities grow, so does the need for accessible, comprehensive healthcare services. This expansion will allow us to provide medical services while Potawot Medical Department is being remodeled to serve more clients. Eventually, Valley East will provide ongoing health care for you, but for now we are planning to offer medical services out of this new location.

Annual Meeting – A Time for Connection and Reflection
We are also thrilled to announce our upcoming Annual Meeting on April 19, where all UIHS clients/membership are invited to come together to learn about and celebrate our achievements and recognize those who partner with UIHS to support wellness, and honor elders who contribute to the wellbeing of our community. We will also be sharing ideas for the future of our organization. This is an important opportunity to share feedback, engage with leadership, and learn more about the work UIHS is doing to enhance health services. Stay tuned for more details—we hope to see you there!

March on Washington – Advocating for Tribal Health
In February, UIHS leadership traveled to Washington, D.C., to participate in the March on Washington, where we stood alongside Tribal leaders and advocates to bring attention to key issues affecting Native healthcare. Our discussions with policymakers focused on the urgent need for increased funding, expanded healthcare access, and policies that respect Tribal sovereignty. Advocacy remains a cornerstone of our mission, and we will continue to push for the resources and recognition our communities need and deserve.

A Season for Health and Wellness
With the arrival of spring and summer, now is a wonderful time to focus on family health and wellness. Warmer days provide the perfect opportunity to get outside, enjoy physical activity, and reconnect with nature. Whether it's starting a garden, going on family walks, or embracing traditional foods and medicines, small steps can lead to big improvements in health. UIHS is here to support you—check out our wellness programs and community resources to help you on your journey.

Board of Directors Elections Coming Soon
Our Board of Directors plays a vital role in guiding the purpose and vision of UIHS. With elections approaching, we encourage all eligible members to participate in this important process. If you are interested in serving or want to learn more about the candidates, stay connected with



us through our website at www.UIHS.org/board-elections and upcoming announcements.

Leadership Transitions and Accreditations
We are proud to share that our Chief Operating Officer, Stephanie Weldon has been appointed by the Governor as the Deputy Director of the Office of Health Equity at the California Department of Public Health. While we will miss her leadership at UIHS, we celebrate this well-deserved recognition of her expertise and dedication to health. In addition, we are pleased to announce that UIHS has successfully passed our Accreditation Association for Ambulatory Health Care (AAAHC) accreditation, reaffirming our commitment to the highest standards of care. This achievement reflects the dedication of our staff and leadership in providing quality, culturally responsive healthcare to our communities.

Thank you for being a part of our village. We are excited about the road ahead and remain steadfast in our responsibility to serve, heal, and uplift.

Wishing you all a joyful and healthy spring and summer season!

In good health,

Liz Lara-O'Rourke

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



UIHS 55 Year Anniversary

by UIHS Communications

This year marks a historic milestone as United Indian Health Services (UIHS) proudly commemorates its 55th anniversary, celebrating over half a century of dedication to providing exceptional healthcare and cultural preservation for the American Indian community and residents of Humboldt County. This anniversary not only honors the profound legacy established over decades but also reflects upon significant growth, resilience, and commitment, particularly in the last 25 years.

Founded originally in 1970 by a coalition of local Native American tribes, UIHS has become a cornerstone of healthcare delivery, emphasizing holistic and culturally-sensitive care. Over the last quarter-century, UIHS has significantly expanded, evolving from a modest facility into a network of comprehensive, state-of-the-art clinics that include Potawot Health Village in Arcata, Klamath Health Clinic, Smith River Clinic, Weitchpec Clinic, and Fortuna Clinic. Each facility embodies the organization's mission to offer accessible, high-quality healthcare, reflecting a deep respect for cultural traditions and community needs.

Since the opening of Potawot Health Village in 2001, UIHS has notably advanced its capacity to serve thousands more patients annually, dramatically broadening the range of services available. The Village serves as the centerpiece of UIHS's health delivery system, providing comprehensive medical care, dental services, behavioral and mental health care, nutritional counseling, and diabetes management programs. Potawot's integrative approach harmonizes Western medicine with traditional Native healing practices, enabling individuals to engage with healthcare that respects and celebrates their cultural heritage.

The last 25 years have seen significant growth in specialized services at UIHS, including pediatric care, women's health, elder care, addiction recovery programs, and extensive preventive healthcare initiatives. The development of specialized teams has enhanced the organization's ability to address complex community health challenges, particularly chronic illnesses like diabetes, heart disease, and substance use disorders.

Central to UIHS's mission is the preservation and integration of cultural heritage into its services, recognizing that cultural identity is fundamental to health and wellbeing. Traditional healing methods, including the use of medicinal plants, ceremonies, and storytelling, are integrated alongside conventional medical practices. The annual Elders' Gathering and the Youth Wellness programs actively promote cultural knowledge, ensuring generational continuity and the reinforcement of community bonds.



Additionally, UIHS prioritizes environmental stewardship, notably through its thriving Community Gardens at Potawot Health Village. These gardens not only supply fresh, organic produce for patients but also educate the community on sustainable practices, traditional agriculture, and nutrition. This initiative reflects a commitment to preventive care through dietary education and cultural traditions surrounding food cultivation and consumption.

This 55-year celebration also serves as a poignant continuation of the 50th-anniversary festivities initially planned in 2020 but disrupted by the COVID-19 pandemic.

This 55-year celebration also serves as a poignant continuation of the 50th-anniversary festivities initially planned in 2020 but disrupted by the COVID-19 pandemic. The unforeseen global health crisis challenged UIHS, yet the organization's response highlighted resilience and adaptability, crucial qualities demonstrated throughout its history. Amid the pandemic, UIHS quickly adapted by implementing stringent safety protocols, telehealth options, and curbside services, ensuring uninterrupted care delivery. Remarkably, UIHS extended its care beyond the tribal community, becoming a vital healthcare resource for all residents in Humboldt County, especially at the height of the pandemic when healthcare resources were critically strained.

Through these extraordinary efforts, UIHS solidified its role as a trusted health provider, offering COVID testing, vaccination clinics, and public health education. Its response during this time underscored the organization's dedication not only to American Indian communities but also to broader public health in Humboldt County, fostering trust, partnership, and community solidarity.

As UIHS commemorates this landmark anniversary, it continues to look forward, committed to enhancing services, deepening community engagement, and preserving invaluable cultural traditions. This celebration not only recognizes 55 years of growth and achievement but also renews the promise of sustained excellence in healthcare and cultural stewardship for generations to come.

UIHS Board of Directors Election

We are pleased to announce the upcoming 2025 Board of Directors election for United Indian Health Services (UIHS). This annual event is a cornerstone of our commitment to community involvement and governance, ensuring that our services align with the needs and values of the communities we serve.

Election Overview

The UIHS Board of Directors comprises representatives from five distinct voting areas, each serving a three-year term:

Area 1: In and around Del Norte County

Area 2: In and around Orick, Trinidad, McKinleyville, and Blue Lake

Area 3: In and around Arcata, Eureka, Table Bluff, and all points south within Humboldt County

Area 4: In and around Hoopa and Willow Creek

Area 5: In and around Weitchpec, Johnsons, and Orleans

This year, the following positions are up for election:

Area 3: In and around Arcata, Eureka, Table Bluff, and all points south (within Humboldt County) – A Primary and an Alternate to fill a three (3) year term.

Area 4: Hoopa and Willow Creek – Alternate to fill remaining three (3) year term.

Area 5: In and around Weitchpec, Johnsons, and Orleans – An Alternate to fill remaining three (3) year term.

Voting Process

All eligible members will receive their voting packets via mail in April 2025. These packets will include candidate statements, voting instructions, and ballots. We encourage you to review each candidate's statement carefully to make an informed decision. Your participation is vital in shaping the future direction of UIHS.

Key Dates

- May 9, 2025: Voting packets mailed to all eligible members
- June 11, 2025: Ballots Must Be Received by the Post Office by 12:00 p.m.
- June 21, 2025: Announcement of election results

Contact Information

For questions regarding the election process or to verify your membership status, please contact the UIHS Election Committee by calling (707) 825-5000.

Your voice is essential in guiding UIHS toward a future that reflects our shared values and aspirations. We look forward to your active participation in this important process.

Sincerely,
UIHS Election Committee

*Note: For more information about UIHS and our services, please visit our official website at <https://uihs.org>



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

UIHS Board of Directors in Washington D.C.



Advocating for Tribal Healthcare: UIHS Board and ELT Travel to Washington, DC

by Devin Jacot

As discussions around the federal budget continue to evolve in Washington, DC, it remains crucial to advocate for the healthcare needs of American Indian and Alaska Native communities. To ensure our voices are heard, members of the United Indian Health Services (UIHS) Board of Directors and Executive Leadership Team (ELT) recently traveled to the nation's capital to meet with key decision-makers. Their mission was to reinforce the importance of sustained healthcare funding and to urge lawmakers to uphold the government's trust responsibility in delivering vital services to our Tribes.

This trip was not without its challenges. Braving a snowstorm and overcoming travel obstacles, our dedicated advocates remained steadfast in their commitment to protecting and improving healthcare access for our people. They engaged in critical discussions with legislative representatives, highlighting the ongoing needs of Tribal communities and emphasizing the necessity of consistent, long-term funding to support essential health services.

During their visit, UIHS leaders also collaborated with the California Rural Indian Health Board (CRIHB) and other Tribal clinic partners. By working together, they aim to navigate these uncertain times and push for policies that strengthen healthcare resources for Native communities. With federal funding and policies constantly shifting, maintaining strong alliances and open lines of communication with policymakers is more important than ever.

UIHS is grateful for the dedication of our Board Members and ELT, who continue to advocate on behalf of our communities. Their efforts ensure that the voices of Tribal nations are not only heard but also prioritized in the national health-



care conversation. We thank them for their hard work and perseverance in ensuring that our people receive the healthcare services they deserve. As we move forward, UIHS remains committed to keeping our community informed about any policy changes that may impact our healthcare services. We encourage everyone to stay engaged, support these advocacy efforts, and stand united in protecting the health and well-being of our people.



Showing support in D.C.:

A First-Time Experience

by Heather Johnson

My first experience, not only visiting Washington, D.C. , but to have a supporting voice for some important topics for California tribes was both exciting and meaningful. Walking through the halls of the Longworth Building, seeing staffers and congressmen moving with purpose, I felt the energy of decision-making at the highest level.

Our focus was to make sure policymakers understood the real challenges a lot of communities' face. We spoke about Medicaid access, ensuring that those in rural areas can get the care they need, even when it means traveling far from home. We highlighted early childhood education, where some pre-K classrooms have only two teachers for 25-30 children—where teachers sometimes have to step away just to cook meals.

We emphasized the importance of Purchase /Referred Care Programs, reauthorizing funding for special

Continued on next page

diabetes programs for Indians (SDPI), & Protecting tribes from funding freezes which are all lifelines for so many and serve as the foundation for healthier futures.

Beyond the discussions, we extended invitations to members of Congress and their staff, encouraging them to visit our communities firsthand. We wanted them to see where these policies make an impact—to walk through our schools, visit our health clinics, and meet the people who rely on these programs every day. There's no better way to understand the urgency of these issues than to experience them up close. I went into this experience eager to learn. I left with an even stronger sense of purpose—a commitment to continue speaking up and ensuring our communities are heard. This was about our communities, and every conversation is a step toward lasting change.

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.



Provider Spotlight – Dr. Kevin Foley

Dr. Kevin Foley is our recently appointed Behavioral Health Director. He started at UIHS in February and works out of Potawot Health Village. Dr. Foley has a PHD in psychology. He is originally from Marin County, CA, but has spent the last twenty years as the executive director of Na’Nizhoozhi Center Inc, in Gallop, New Mexico. This center housed 150 detox beds along with 25 beds allotted for 90-day treatment needs. Dr. Foley is a Rappahannock Native American and has dedicated his career to providing treatment, counseling, and behavioral health services to Native Americans. When Dr. Foley is not working, he has many hobbies ranging from being an eagle scout, to painting & artwork. He is also a comedy hypnotist.

When asked about his plans for Behavioral Health he said he hopes to reduce the current waiting list and focus on the family aspect of behavioral health such family therapy sessions and family group activities.



Provider Spotlight – Maria Spetzler

Maria Spetzler is a Certified Physician Assistant who has been with United Indian Health Services since January of 2025. She works primarily out of our Potawot Health Village location. Maria has grown up in Humboldt County and decided early on in her life that she wanted to work in healthcare and planned her education accordingly. She studied at both Humboldt State University & UC Davis. After completing her certification for becoming a Physician's Assistant, Maria also completed a fellowship in Psychiatry. Maria has worked in healthcare in Humboldt County for over 20 years, spending a great amount of her career at the Open Door Clinics. Her parents helped create and establish Open Door Health Clinics, therefore introducing her to healthcare from a very early age.

Outside of work, Maria has two daughters. Her hobbies include running, hiking, backpacking, and camping. She enjoys spending time outdoors and experiencing the beautiful Humboldt County outdoors that we live in.



If you would like to apply for CalFresh
Call/Text (707)499-0161
or email alyssa.montgomery@uihs.org

DO YOU QUALIFY?

You may qualify for CalFresh if you can answer **yes** to all of these questions:

- Are you or at least one of your children a U.S. Citizen or a legal permanent resident?
- Is your household's gross (*total before taxes*) monthly income within the limits of the gross income chart?



2024 CALFRESH INCOME & ELIGIBILITY LIMITS

Effective October 1, 2024 - September 30, 2025

People in Household	Gross Monthly Income	Income Reporting Threshold
1	\$2,510	\$1,632
2	\$3,408	\$2,215
3	\$4,304	\$2,798
4	\$5,200	\$3,380
5	\$6,098	\$3,963
6	\$6,994	\$4,546
7	\$7,890	\$5,129
8	\$8,788	\$5,712
Each additional family member	\$898	\$583

Recipe Deer Meat Stew



In a large Dutch oven, heat the acorn oil over medium heat, and brown the deer meat very well on all sides. Transfer the meat from the pot to a plate and set aside.

Add the chopped vegetables to the Dutch oven. Add salt to taste and stir with a wooden spoon, scraping up any browned bits of meat from the bottom. Then stir in the tomato paste, cooking it a bit.

Add 1 cup of mushroom stock to deglaze the pot, continuing to scrape up any bits, then add the diced tomatoes and the meat to the pot with the sage and bay leaves. Add the remainder of the stock to cover at least 2 inches over the meat.

Cover the pot and cook for 2 to 3 hours, until the meat is falling off the bone (is using shanks) or easily pulls apart (if using stew meat). Remove the lid for the last hour to help reduce the liquid and thicken your stew.

To serve, spoon the stew over grits and top with chopped sage leaves.

Grits

4 to 5 cups water

1 cup stone-ground grits or polenta

1 tablespoon butter or olive oil

1 cup grated Pecorino Romano cheese

Salt to taste

In a large pot with a lid, bring the water to a boil over high heat, starting with 4 cups. Then reduce heat to medium and slowly stream in the grits whisking rapidly to keep lumps from forming. Reduce the heat to low, whisking constantly until the mixture just begins to thicken. Cover the pot, let cook for 5 minutes, then lift the lid and stir., Re-cover and repeat this process for about 30 minutes.

Turn off the heat, throw in the butter, and stir until melted. Add the grated Pecorino, stirring until integrated.

Set the grits aside in the pot, cover, and let sit for 5 minutes before serving. Taste and add salt as needed

Recipes sourced from the book Chimi Nu'am: Native California Foodways for the Contemporary Kitchen by Sara Calvosa Olson (Karuk)



New Epic System for Electronic Health Records

by UIHS Communications

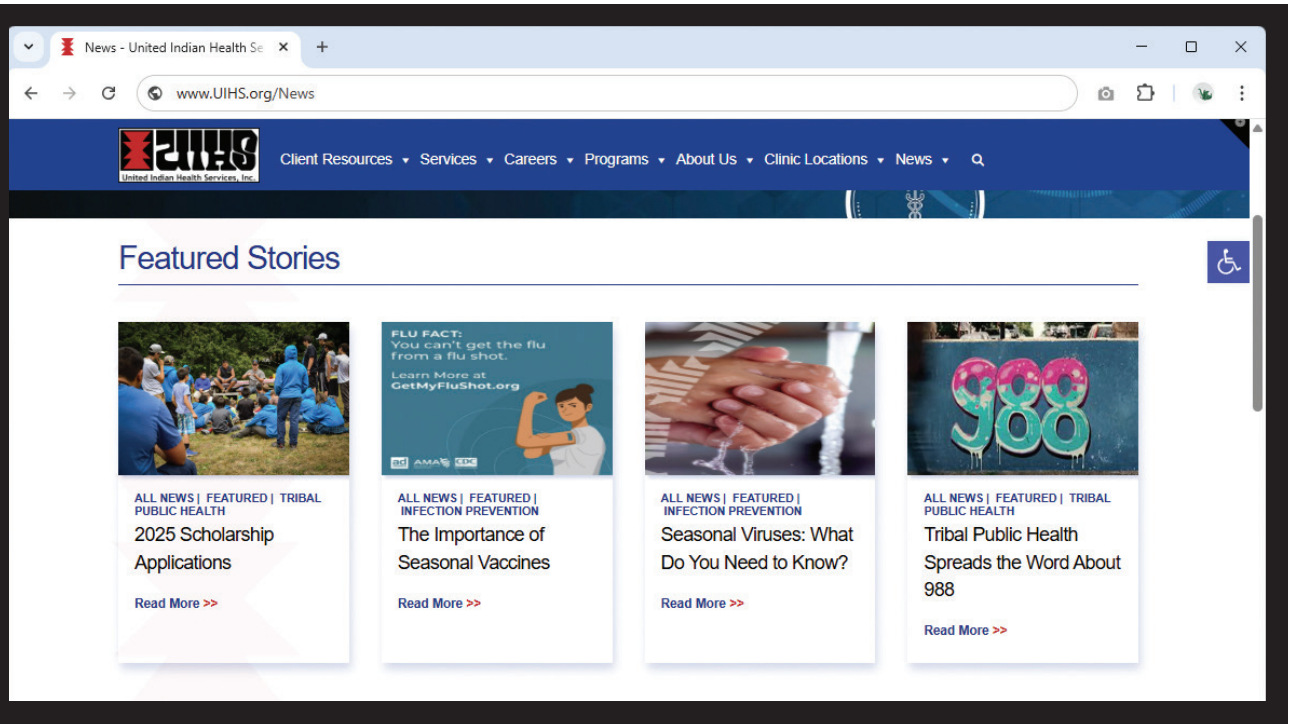
Exciting news! UIHS is in the beginning process of the big change to our system by switching from NextGen to Epic, our new electronic health record (EHR) system. This upgrade will help us improve the way we care for you—it will make our processes more efficient, provide better access to your information, and connect all parts of our system more smoothly.

We understand that change can be a little challenging, and there may be some bumps along the way. You might notice a few delays or small frustrations as we adjust, and we appreciate your patience as we all get used to the new system. Learning something new takes time, but we're committed to making this transition as smooth as possible for you.

The good news is that once we're up and running with Epic, it's going to make a big difference. It will help reduce unnecessary steps, give us quicker access to your information, and ultimately allow us to spend more time focusing on your care. We'll be offering plenty of support and training to make sure everyone is comfortable with the new system, so you're in good hands.

Thank you for your understanding, and for being part of this important change. We're working hard to make sure this transition is worth it—for you and for everyone at UIHS.

We appreciate your trust and patience as we continue to improve your care experience!



Keep track of the latest news with the UIHS news portal

by UIHS Communications

Introducing the NEWS Portal on our website www.UIHS.org/News

UIHS is happy to announce the launch of the News Portal on the United Indian Health Services website. This is a go-to source for all things UIHS. Stay informed with the latest updates, health news, community events, important announcements, and more. Explore a wide range of resources, inspiring stories, and initiatives that support Native wellness.

Additionally, you can now subscribe to our brand-new Email Newsletter to have the latest UIHS news delivered straight to your inbox. It's an easy way to stay connected and up-to-date with everything happening at UIHS!

Check out the “News” section in the main menu and visit www.UIHS.org/News today. And subscribe to the *Email Newsletter* at the bottom of every page at UIHS.org. We look forward to keeping you informed and engaged!



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

New service to battle asthma available at UIHS



by Heather Boak RN

Asthma is a lung condition that effects many clients in our community. Asthma causes coughing, shortness of breath, wheezing and chest tightness.

Spirometry is a tool that measures how much air is coming in and going out of your lungs. It is the gold standard for those with chronic lung conditions and should be completed every year for those living with asthma. It can help you and your care team see how well controlled your asthma is or identify a need for additional treatment.

Historically, we have had to refer our clients to outside facilities such as a pulmonologist or hospital for this type of screening. We can now do the screening at our UIHS Medical locations!

To better serve our community and support our clients with asthma, UIHS has partnered with the California Department of Public Health’s “Breathe California” program to focus on asthma management. As part of this collaboration, our staff have been training on spirometry screening.

UIHS recommends that individuals with asthma or other chronic lung conditions see their provider at least once a year, or sooner if you have changes in your health. As part of this yearly visit, we’ll be looking forward to providing spirometry services and ensuring we are pro-active to improve asthma-related outcomes.

With the support of your care team at UIHS, most people with asthma can live an active, healthy life.

Please contact your medical care team to schedule your yearly asthma visit and ask us about spirometry!

UIHS 988 Tribal Response Advocate Represents at MMIP Summit

by UIHS Communications

Katrina Taylor, HPE specialist for United Indian Health Services (UIHS), recently attended the Missing and Murdered Indigenous People (MMIP) Summit at Pala Casino Resort and Spa thanks to support from the Da’- Ye’- Ghes-na’ grant and by the Yurok Tribe. The two-day gathering brought together tribal members and leaders, advocates, and government officials to address the crisis of missing and murdered Indigenous people.

During the summit, Taylor conducted extensive outreach at a dedicated 988 information table, connecting with 147 individuals to share critical information about the 988 Suicide and Crisis Lifeline and its importance for tribal communities. Her efforts helped raise awareness about this essential mental health resource among summit attendees.

Taylor had the opportunity to meet with Assemblyman James Ramos, California’s only American Indian state legislator. Ramos expressed his support for expanding the 988-crisis response option for American Indians throughout California. When asked about ways to advance this initiative, Assemblyman Ramos encouraged community members to write letters of support to their representatives.

“Meeting Assemblyman Ramos was a highlight of the summit,” said Taylor. “He was generous with his time and even took a promotional photo with me for the 988 initiatives. His guidance on how we can help move this important work forward through letter-writing campaigns was invaluable.”

Taylor also participated in a panel discussion alongside California State Senator Shannon Grove, further elevating the visibility of tribal mental health resources and crisis response services.



vices.

The MMIP Summit provided a crucial platform for addressing the disproportionate rates of violence against Indigenous People, while also creating opportunities to discuss complementary initiatives like the 988 Suicide and Crisis Lifeline’s tribal response capabilities.



OVER HALF A MILLION MIDDLE AND HIGH SCHOOL STUDENTS ARE VAPING EVERY SINGLE DAY.



Beyond Flu Season: Staying Healthy All Year

by *Randi Larkin*



As flu season comes to an end, it’s easy to relax—but staying healthy is important all year. Even when the flu goes away, other illnesses like colds, respiratory syncytial virus (RSV), stomach bugs, and COVID-19 can still spread. Now is a great time to focus on staying healthy and stopping the spread of germs.

1. Wash Your Hands Often

Washing your hands is one of the best ways to stop germs. At United Indian Health Services (UIHS), we remind everyone to wash their hands with soap and water or use hand sanitizer, especially after being in public places, before eating, and after coughing or sneezing.

2. Cover Your Coughs and Wear a Mask When Sick

If you cough or sneeze, cover your mouth with a tissue or your elbow. If you feel sick with a cough, fever, or sore throat, stay home if you can. If you need to go out, wear a mask to help protect others. UIHS provides information on how to stay healthy and stop the spread of germs.

3. Keep Things Clean

Germs can spread from things we touch, like doorknobs, phones, and tables. Cleaning and disinfecting these surfaces regularly can help keep you and your family healthy. UIHS follows strict cleaning rules in all of our clinics to keep our spaces safe.

4. Stay Up to Date on Vaccines

Flu shots aren’t the only vaccines that matter. COVID-19 boosters and other routine vaccines help protect you and your family from getting sick. UIHS offers many vaccines, and you can call your local clinic or check our website to find out what’s available.

5. Be Aware of the Current Measles Situation

As of March 2025, measles cases are on the rise in several U.S. states, including California. Measles is very contagious and can cause serious health problems. The best way to protect yourself and your family is by getting the MMR vaccine, which is highly effective. UIHS offers the MMR vaccine—please contact your local clinic to schedule an appointment or check your vaccination records.

6. Get Ready for Next Flu Season

Now is a good time to think about what worked and what could be better for next flu season. At UIHS, we look at ways to improve and make it easier for our community to stay healthy. We also want to hear from you about how we can help.

7. Pay Attention to Early Signs of Illness

UIHS keeps track of sickness in the community and provides updates when needed. If you or a family member start feeling sick, reach out to your local UIHS provider for advice on what to do next.

8. When to See a Medical Provider

Most mild illnesses can be treated at home, but sometimes you need medical care. Contact UIHS or your doctor if you have:

- A fever over 100.4°F that lasts more than three days
- Trouble breathing
- Chest pain or pressure
- Feeling dizzy, confused, or unable to keep fluids down
- Symptoms that get worse after seeming to improve
- Any other serious symptoms that worry you



New Arcata clinics planned

by *Briaunna Sherman*

United Indian Health Services is excited to announce we have recently purchased a multi-building campus located in Valley East, Arcata CA.

We are currently remodeling two of the buildings to accommodate seeing our medical clients at this location during the continued remodel of our Potawot Health Village, that is currently underway. We hope to be able to provide medical services at Valley East by mid-April or early May.

United Indian Health Service’s long-term goal with this property has not been fully decided upon. For the moment, we will expand our medical services along with allow some room for growth for some of our other departments such as Tribal Public Health, over the next couple of years. We are very excited for our clients to see this new location!

By making infection prevention a habit, we can keep our community healthy all year long. For health updates and more information, visit the UIHS website, follow us on social media, or contact your local clinic.

2025

2025

STARTS & SEEDS
GIVEAWAY

11:30 AM - 1:00 PM

HUMBOLDT

ARCATA
TUESDAY APRIL 22
Potawot Health Village
1600 Weeot Way, Arcata CA 95521

KLAMATH
WEDNESDAY APRIL 23
Yurok Discovery Village
101 Klamath Blvd, Klamath, CA

WEITCHPEC
WEDNESDAY APRIL 30
Libby Haripop Nix Community Center
23001 CA-96, Weitchpec, CA

DEL NORTE

CRESCENT CITY
WEDNESDAY MAY 7
Taa'-at-dvn Health Clinic
1675 Northcrest Drive
Crescent City, CA 95531

SMITH RIVER
WEDNESDAY MAY 7
Howonquet Hall
101 Indian Ct
Smith River, CA 95567

QUESTIONS?
CALL/TEXT (707)499-0161

CalFresh FOOD

UIHS

ACORNS

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.]



WELCOME
NEW
EMPLOYEES!



Octavio Acosta
HPE Technician—EHV



Mackenzie Bartley
Dental Assistant—PHV



Chris Cagle
Medical Assistant—EHC



Kevin Foley
BH Director—PHV



Eddie Gelber
Locum PA-C - PHV



Lenora Hall
HPE Specialist—EHV



Amanda Jones
Medical Assistant—EHV



Brittany Lawrence
FOA Dental—DB



Kasey Lawrence
FOA Medical—EHC



Keeshia Mannix
Referral Specialist Dental—DB



Allyson McCabe
Public Health Nurse



Amyia Murry
SUD Counselor



Aiyana Risling
Medical Assistant—PHV



Sarah Rugraff
Dental Assistant—Smith River



Sarah Smoker
Billing Technician—PHV



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**





The Importance of Vaccines: Protecting Your Child’s Health

by Greg Carlson

As a parent, your top priority is ensuring your child’s well-being and providing them with the best opportunities for a bright, healthy future. One of the most effective ways to protect your child is through vaccination. Vaccines are crucial in preventing serious illnesses and helping to keep schools, communities, and families safe.

Vaccines are designed to protect children from a range of potentially dangerous diseases, including measles, mumps, chickenpox, and whooping cough. By getting vaccinated, your child is not only safeguarded against these illnesses but also reduces the spread of disease to others—particularly those who may be more vulnerable, such as infants, elderly individuals, and those with compromised immune systems.

Much like teaching your child to wear a seatbelt for safety in the car or encouraging them to wear a helmet while biking, vaccinations are a simple, proactive way to reduce the risk of harm from illnesses we spread between each other. Just as a helmet protects your child’s head from injury

during a fall, vaccines protect your child’s body from serious illness. Vaccination also plays a similar role to teaching good hygiene practices like hand-washing—both are habits that help prevent the spread of harmful germs and protect your child from infections.

Vaccines are rigorously tested for safety and efficacy, ensuring that they provide the best protection with minimal risk. Many childhood vaccines are administered at well-child checkups, making it easier to stay on top of your child’s health needs. For more information, visit our website www.UIHS.org.

Vaccination is a safe, simple, and powerful way to protect your child’s health and the health of others around them, just as other protective behaviors safeguard your family’s safety in daily life.

Join us for the United Indian Health Services Annual Membership Meeting—a celebration of everything UIHS!



You’re invited!

- Date: April 19 | 12:00p.m. to 3:00p.m.
- Location: Potowa Health Village in Arcata.

Join us for the United Indian Health Service Inc.’s Annual Membership Meeting—a celebration of everything UIHS, and you won’t want to miss it!

- Enjoy a day filled with:
- A guided tour through our beautiful garden
 - Learning about our progress during the presentation of the annual business report
 - Delicious food,
 - Fun games,
 - Exciting prizes,
 - Community connection
 - Educational Booths

Come together with fellow members to celebrate, share, and shape the future of UIHS. Whether you’re a longtime member or new to UIHS, this is your time to be part of something special.

Mark your calendar and join us for a day of fun, food, and community!—we can’t wait to see you there!



Dear Dr. Coyote,

I just went to my Dentist and am happy to report that I have no cavities. I truly appreciate the work of the entire team who helped me achieve good dental health. Can you help in spreading the word about the hard work of these people?

Signed,
Pearly Whites

Dear Pearly,

Congratulations on your checkup. Good oral health can help prevent heart infections and other cardiovascular disease. It may also reduce germs in the mouth that can cause pneumonia. Having a good healthy mouth can also reduce complications if you have diabetes.

It especially important for American Indians and Alaska Natives (AI/AN) to be diligent about their teeth. Scripps News indicates “AI/AN, more than any other group, are twice as likely than the general U.S. population to have untreated tooth decay.” Have routine dental appointments for checks ups and cleanings to help protect your health.

To protect your oral health, take care of your mouth every day the Mayo Clinic advises:

- Brush your teeth at least twice a day for two minutes each time.
- Use a soft bristled brush and fluoride toothpaste.

Dr. Coyote

- Brush your tongue too.
- Clean between your teeth daily with floss.
- Eat a healthy diet and limit sugary food and drinks.
- Replace your toothbrush every 3 to 4 months, sooner if bristles are worn or flare out.

- See a dentist at least once a year for checkups and cleanings.

- Don’t use tobacco.

Oral health is vital component of our complete health, not just for keeping our teeth looking good, but for keeping our bodies in good shape.

Signed,
Dr. C, Who has a fine set of chompers.

Dear Doctor Coyote,

I want to plant a garden so I can grow my own produce to serve my family on a budget. What advice can you give me?

Signed,
Desperate To Save

Dear Desperate, the sun is coming out, the daffodils are popping up and the weather is warming. Now is the time you should be planting and working in your garden so you have a good harvest later on. Here are some ideas on what you can do to ensure you have a nice variety of well grown products to help keep your food budget down.

Now is the time to get your seeds going. Start early growing seeds inside, in peat pots and planting soil. By using starts or growing from your own seeds you can avoid frost and provide optimum growing environments. Begin with items that mature later in the year that you can plant later on outdoors. Things

you should be planting now include asparagus, Brussels sprouts, cauliflower, cucumbers pumpkins and squash.

While you are starting your seeds indoors don’t neglect your outdoor garden. Turn over the earth to help get it prepared for the busy season ahead. Now is the time to also add any amendments. If your soil is too clay like and doesn’t absorb water easily try adding some sand into the mix. It is also a good time to put into your dirt any compost, manure or mulch to help build up its strength. If possible stick to organic ingredients to help grow healthy vegetables.

A garden is a great way to burn some calories working outdoors. You can also harvest the items you grow to feed your family to help stretch your food budget. If you plant and feed your garden organically the food you grow will be healthier for both you and the environment.

Signed,
Dr. C, Who Enjoys A Garden Fresh Salad



Women's Purification Ceremony

Every 1st Friday of the month
3:30pm to 6:00pm

Location:
United Indian Health Services
At the Sweat Lodge
1600 Weeot Way
Arcata, Ca, 95521

Information:
When raining, meet in Boardroom 1 for prayer ties and talking circle. Attire should be modest, dress or skirt and top, non-revealing when wet. Please wash off perfumes and fragrances.

For more information please call (707)-825-5060

Purification Ceremony

Co-Ed
Every 2nd and 4th Wednesday,
beginning at 5:30pm

Location:
United Indian Health Services
At the Sweat Lodge
1600 Weeot Way
Arcata, Ca, 95521

Information:
Attire should be modest, non-revealing when wet, dress or skirt and top, and swim trunks or thick shorts. Please wash off perfumes and fragrances.

For more information please call (707)-825-5060

Your voice matters!

SHARE YOUR FEEDBACK AND BE ENTERED INTO A RANDOM PRIZE DRAWING!

Provide your feedback about topics, format, and distribution of the Acorn Basket Newsletter.

Complete this survey to be entered into a random prize drawing for UIHS apparel and more!

DRAWING WILL BE HELD ON APRIL 14

Access the survey by scanning the QR code below or visit <http://bit.ly/4imS87E>

* One entry per person. Prize drawing for UIHS apparel and more!

I Quit Ordinary Smoking (IQOS)

by Michael Sanchez, HPE Specialist, UIHS' NATIVE Tobacco Project

I was first aware of IQOS last year while on one of five Teen Advisory Group (TAG) trips to the State capital in Sacramento. I remember getting gas, and one of the youths called my attention to a modern-looking, colorful advertisement designed to create interest and wonder, with the letters IQOS in the futuristic font. The ad pictured something none of us had seen before, but we all agreed it had something to do with smoking tobacco. As the days passed, we noticed additional advertisements for the same item. This phenomenon turned into a modified version of Slug Bug, a traveling game I used to play as a kid. The game aimed to see who in the car could spot a VW Bug first, then slug their neighbor. Slugging your TAG neighbor would violate the behavior contract that each youth signs before joining and is deemed unacceptable behavior. Therefore, we adopted the motion of pointing and nodding to communicate an IQOS sighting. We noticed the same brand advertised at every gas station we visited, including some stores. Since that trip, we have taken a few others and I continue to see IQOS advertisements everywhere, especially in Del Norte and Humboldt Counties.

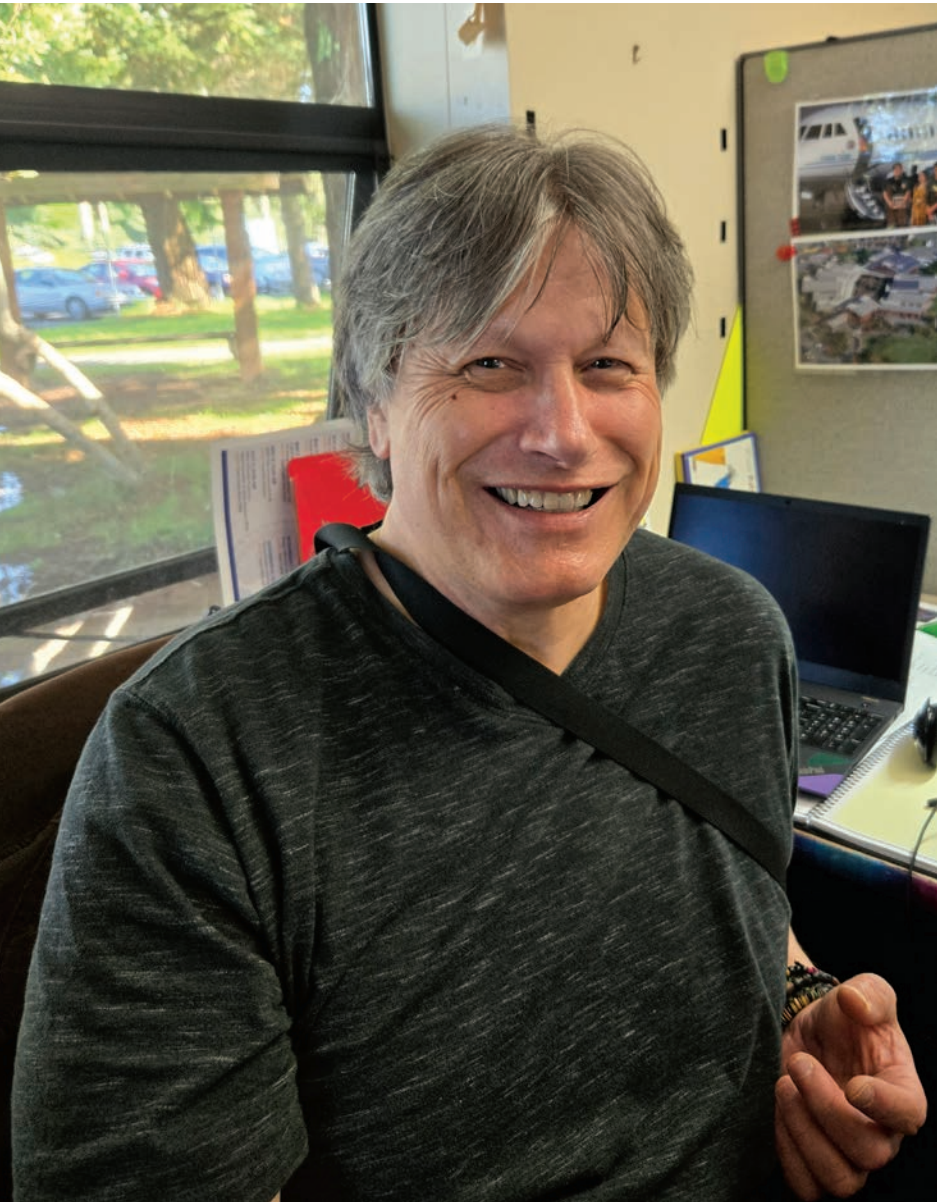
IQOS, I Quit Ordinary Smoking, is a battery-operated device that heats tobacco sticks wrapped in paper to 350 degrees Celsius to create an aerosol, eliminating combustion, fire, ash, and smoke. This new experience is being portrayed as a healthy alternative to smoking, but these claims have not been substantiated. While it may be true that IQOS exposes users to lower levels of harmful chemicals, it is also true that this same device can expose users to higher levels of other harmful substances. And let us not forget there are no benefits associated with commercial tobacco use, so if you have not started, we suggest you do not.

Because IQOS delivers the same nicotine levels as combustible cigarettes, it is safe to assume the industry would like to see smokers switch from what they are using now to heat-not-burn-type devices. Like putting lipstick on a pig, the commercial tobacco industry is trying to reinvent itself by introducing a product that they would have the public believe is better than what was offered in the past.

If you would like to quit using commercial tobacco, we can help. Kick-It California is a free program that uses proven science-based strategies to help people quit smoking and nicotine. It is no secret that participation in this program doubles your chances of quitting. Kick-It California is available twenty-four hours a day, seven days a week. Call 1-800-300-8086 to talk with a quit coach today.

UIHS' NATIVE Tobacco Project is in the final stages of developing cessation workshop to be offered to the public later this year. Please keep your eyes on our Facebook and Instagram pages or contact your local UIHS office.

Source: Heated Tobacco Products, Phillip Morris International-Tobacco Tactics



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.

Fre Lush 15mg

WARNING: This product contains nicotine. Nicotine is an addictive chemical.

This is not an **alternative to commercial tobacco** Products

Cavity free Club

Kaique Armstrong	7 Yrs Old
Tatum Walkner	14 YrsOld
Raylee Walkner	11 YrsOld
Callie Walkner	1 Yrs Old
Kavish Marshall	5 Yrs Old
Keanu Kelsey Schmidt	3 Yrs Old
Poy Lewis	10YrsOld
Kiah Bauer	9Yrs Old
Koda Bauer	6 Yrs Old
Allie Markussen	5 Yrs Old
Camille Bailey	8 Yrs Old
Grace Swanson	6 Yrs Old
Kali Larson	5 Yrs Old
Caleb Larson	7 Yrs Old
Kansas Lee	2 Yrs Old
Kristen Nielsen	1 Yrs Old
Kaizer Myers	12YrsOld
Aelia Watson	3 Yrs Old
Averie Watson	5 Yrs Old
Palmer Calleja	2 Yrs Old
Cali Richards	9 Yrs Old
Farrah Richards	11 YrsOld
Tr Vlh Xee Li Campbell	7 Yrs Old
Sfii Nvks Campbell Ramirez	4 Yrs Old
Willow Parker Smith	6 Yrs Old
Kaisan Bernal	4 Yrs Old
Creed Bones	6 Yrs Old
Marion Webster	11 YrsOld
Layla Meyer	11 YrsOld

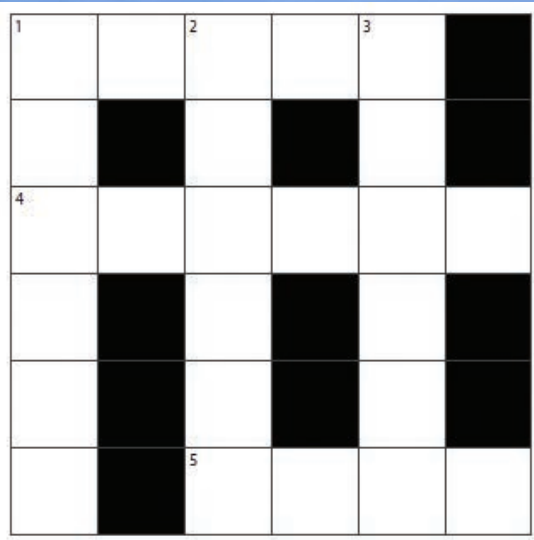


Oakley Reidel	1	Yrs	Old
Veli Venea Hale	11	Yrs	Old
Alexandrew Brundin	8	Yrs	Old
Anastasia Brundin	4	Yrs	Old
Annemarie Brundin	6	Yrs	Old
Baron Lopez	7	Yrs	Old
Taya Lopez	9	Yrs	Old
Silvino Cedillo	7	Yrs	Old
Aiden Sanderson	10	Yrs	Old
Jasper Bray	6	Yrs	Old
Eskanor Bray	4	Yrs	Old
Atreyu Moore	6	Yrs	Old
Noo Lue Chek Salazar	1	Yrs	Old
Maxton Campbell	3	Yrs	Old
Camreyn Wilson	6	Yrs	Old
Elizabeth Hisiore Coffey	4	Yrs	Old
Xavier Casarez	5	Yrs	Old
Bella Calvi	17	Yrs	Old
Luke Calvi	16	Yrs	Old



DA'BOURUK
UIHS DENTAL SERVICES IN EUREKA
NOW OPEN FOR APPOINTMENTS
707-296-2525

MINI CROSSWORD PUZZLE



across

1 The best time to smoke commercial tobacco

4 A lung condition causing shortness of breath

5 What springtime vegetables do

down

1 Almost!

2 How UIHS Board of Directors is Chosen

3 A good cheese to shake on spaghetti

WORD SEARCH

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

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

transportation

elkvalley

weitchpec

rivers

tomatoes

beaches

health

anniversary

jaroujiji

happiness

acorn

klamath

coyote

family

smithriver

mountains

recipe

thegoodlife

potawot

salmon

ocean

OUR BOARD OF DIRECTORS



Board Members

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

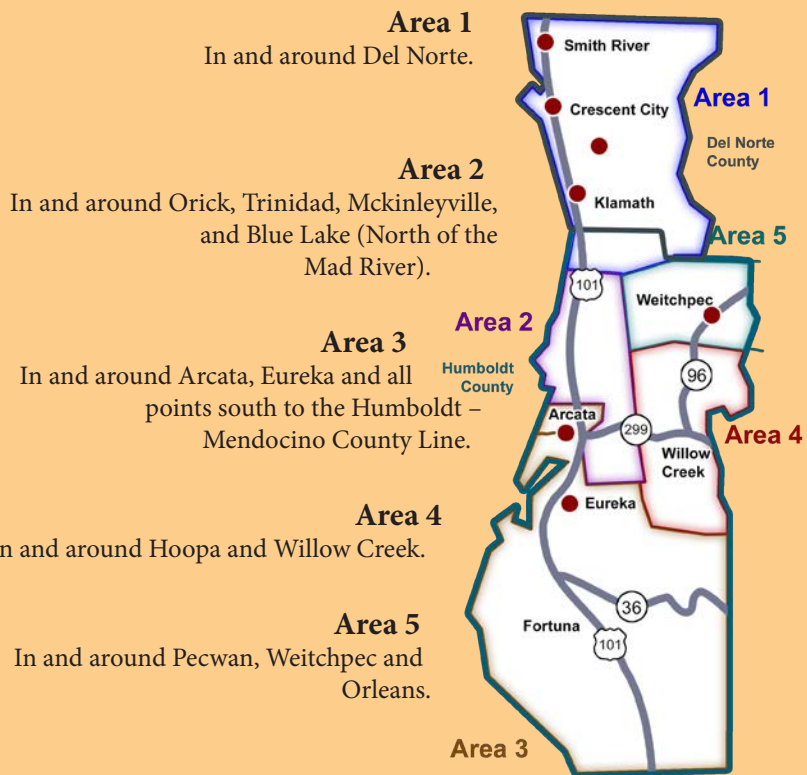
Bottom: Denise Padgette, Gail Burcell, Laura White Woods, Carol Larsen, Laura Borden, Melissa Myers, Lezlie Heckel

Not Pictured

Charlene Storr, Teresa Ballew, Aileen Meyer, LaWanda Green, John Green, Debbie Boardman, Lana McCovey, Corbin Childs

All Board Members can be contacted at:

- 1600 Weeot Way, Arcata CA 95521-5734
- Telephone: 707.825.5000
- Fax 707.825.6747



Area 1

In and around Del Norte.

Area 2

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

Area 3

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

Area 4

In and around Hoopa and Willow Creek.

Area 5

In and around Pecwan, Weitchpec and Orleans.

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 Health 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

Gou Wen-Out Wuk

2121 Myrtle Ave
Eureka CA, 95501
Monday–Friday
8:00am–5:00pm
Closed for lunch
12:00pm-1:00pm

Jaroujiji Health 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

Potawot Health Village

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

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

Mini Crossword Answers:

Across - 1. never 2. asthma 3. grow

Down - 1. nearly 2. voting 3. romano

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.

UIHS 55 Year Anniversary

by UIHS Communications

This year marks a historic milestone as United Indian Health Services (UIHS) proudly commemorates its 55th anniversary, celebrating over half a century of dedication to providing exceptional healthcare and cultural preservation for the American Indian community and residents of Humboldt County.

Full article on page 4.....

**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!

