



THE ACORN BASKET

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



UIHS Becomes *Epic!*

Epic Go Live pg.4

Fall Wellness Guide pg.6

Events Calendar pg.18

New Providers, Dr. Coyote and more!



VOLUME 49 | ISSUE 7 | FALL 2025

THE ACORNBASKET

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

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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

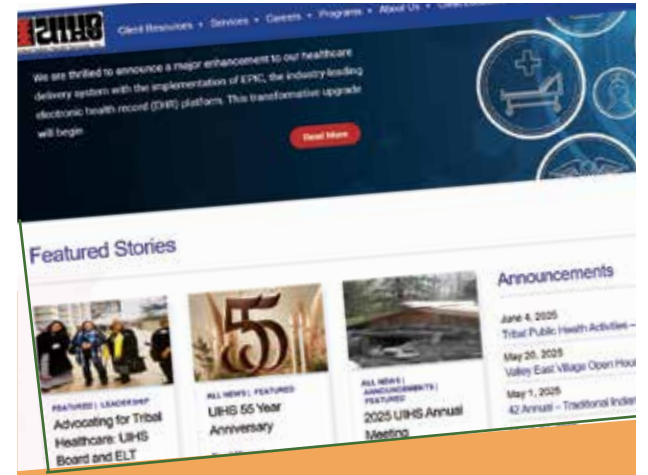
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Elizabeth Lara-O'Rourke

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*Keep track
of all the
latest
news and
happenings at:
UIHS.org/News*





From the Desk of the CEO

Welcome Fall: A Season of Change, Growth, and Celebration

Hello UIHS Family,

As the leaves begin to turn and the air takes on that familiar crispness, we find ourselves transitioning once again—not just into a new season, but into exciting new chapters here at UIHS. Fall has always felt like a time of gathering, preparation for the winter, and reflection on this past year, a time when we honor traditions, express gratitude, welcome change, and take bold steps forward together.

Epic Transitions Ahead

Speaking of bold steps, we are on the final countdown to one of the biggest upgrades in UIHS history—our transition to the Epic electronic health record (EHR) system. This upgrade is not just a change in software; it's a transformational shift in how we deliver care, connect with our clients, and support our staff.

Epic is widely known for being a powerful, integrated platform that will help streamline our workflows, improve the client experience, and make it easier than ever for our providers and teams to collaborate to provide you with excellent health care. From real-time access to information to smoother client check-ins, this new system is a major leap forward in our goal to offer the highest quality care to our communities.

I want to take a moment to thank each and every one of our staff who have been training, testing, planning, and adjusting behind the scenes to make this transition as seamless as possible. Your dedication is inspiring, and I know that our clients will feel the difference your hard work is making.

Important Reminder: October 20 - Clinic Closure

To prepare for our Go-Live Day, all UIHS clinics will be closed on Monday, October 20. This Prep Day will give our staff time to make final adjustments to ensure that we're fully ready to roll out Epic across the organization on Tuesday, October 21. Please help us spread the word to our clients and thank you for your flexibility and understanding as we make this exciting leap.

Upcoming Events & Community Moments

Fall is also a time of celebration and remembrance. I hope you'll join us for some of the wonderful upcoming events that bring us together as a UIHS family and community:

Veterans Day Honoring & Memorial – Sunday, November 9

We'll gather at Potawot Health Village on Sunday, November 9, 12:00-2:00 p.m. to honor those who have served with strength, courage, and dedication. This is always a heartfelt time to reflect on our loved ones and ancestors who protected our people and our lands. All Veterans are invited to attend this honoring.

Winter Arts & Craft Fair – Saturday, December 6

One of our most joyful traditions returns! Come celebrate Native artistry, culture, and community. Support local vendors, find beautiful handmade gifts, and enjoy time together before the winter holidays. Booths open at 10:00 a.m. and we will close at 5:00 p.m.

Coming Soon

We are remodeling a second building at Rrak Jach, at 4715 Valley East Blvd., Arcata, to expand medical services and offer behavioral health services. We hope to open in November. We are still working on the expansion of medical and pharmacy services at Potawot Health Village with a goal of opening late summer/early fall.

Grateful

As we embrace the season of harvest, I hope you take a moment to look back at this past year and all of the good things that have happened. I am so grateful for this way of life and serving all of you.

Wishing you a warm, safe, and inspiring Fall season.

With gratitude and respect,

Elizabeth Lara-O'Rourke

Epic

Easily access health records, and communicate with providers.



MyChart Tips and Tricks for a Healthier Fall

EPIC GO LIVE!

by UIHS Marketing

As the seasons change, staying connected to your care team has never been easier with MyChart, the secure online portal available to all UIHS clients. MyChart puts your health information at your fingertips and helps you manage your care with just a few clicks. Here are some tips and tricks to help you make the most of it this fall:

1. *Download the Mobile App*

Take your health with you wherever you go. The MyChart app (available for iPhone and Android) lets you check appointments, review test results, and message your provider directly from your phone.

4. *Manage Prescriptions*

Running low on medication? Request prescription refills directly through MyChart. You'll also be able to see when refills are ready at your UIHS pharmacy.

5. *Share Access with Family*

If you're caring for a loved one, you can request proxy access to view their records and manage appointments on their behalf—ideal for parents or caregivers.

*A New Milestone Years In
The Making*

www.UIHS.org/Epic-Engage

2. *Set Up Notifications*

Don't miss important updates! Turn on push notifications or text alerts to receive reminders about upcoming visits, prescription refills, or new messages from your care team.

3. *Use eCheck-In Before Appointments*

Save time in the waiting room by completing eCheck-In ahead of your visit. You can update your medications, allergies, and contact details from home, making your check-in process faster and easier.

6. *Keep Track of Immunizations*

With cold and flu season here, MyChart makes it simple to review your immunization history and stay up-to-date.

This fall, let MyChart help you stay organized, save time, and feel more in control of your health journey. If you need assistance getting started, UIHS staff are here to help—just ask at your next visit.

The Epic Conversion: A New Era for UIHS Care

This fall, United Indian Health Services reached a milestone that has been years in the making: the successful launch of the Epic electronic health record (EHR) system. Epic is the nation’s leading healthcare platform, trusted by organizations around the world, and now it is helping UIHS deliver on its mission to provide high-quality, culturally respectful care for our clients.

While Epic is a technology upgrade on the surface, it represents much more—a transformation in the way care is connected across all our clinics and departments.

What Epic Means for Clients

At its heart, Epic makes healthcare easier, clearer, and more personal for clients. For the first time, health records are fully integrated across UIHS. Whether a client is at Crescent City, Weitchpec, Fortuna, or Potawot, their care team has access to the same complete information.

Providers can see visit histories, lab results, immunizations, and medication lists instantly, reducing duplicate paperwork and ensuring nothing gets missed.

phone calls or mailed results. They can take an active role in managing their health, ask questions, and stay connected with UIHS on their own schedule.

The Effort Behind the Transition

Bringing Epic to UIHS has been one of the most complex projects in our history. It required years of planning, detailed system design, countless hours of training, and an incredible amount of teamwork. Staff across all departments—medical, dental, pharmacy, behavioral health, administration, registration, fiscal, Tribal Public Health and IT—came together to learn new workflows and support each other through the transition.

“Our teams have been amazing,” said one member of the implementation group. “Epic isn’t just a new tool—it’s a whole new way of working. Watching everyone lean in, support one another, and keep the focus on clients has been inspiring.”

From the earliest testing to the first week of “Go-Live,” staff worked late nights, attended training after training, and adapted with resilience. It was

making healthcare safer, more accessible, and more client-centered.

A Platform for the Future

Epic also prepares UIHS for what comes next. Because it is the most widely adopted EHR in the country, Epic continually evolves, offering new features and partnerships. This opens the door to expanded telehealth, more specialty care coordination, and the ability to connect with other health systems when our clients need care outside of UIHS.

Top 5 Things You Can Do in MyChart

1. Check Test Results

View your lab and imaging results as soon as they’re ready—no waiting for a phone call or letter.

2. Message Your Care Team

Send secure messages to your provider and get answers to your health questions quickly.

3. Manage Appointments

Schedule, confirm, or reschedule visits at your convenience—right from your phone or computer.

4. Request Refills

No need to call the pharmacy—simply request medication refills through MyChart.

5. Access After-Visit Instructions

Review notes, care instructions, and reminders to stay on top of your health.

Coming Soon: More features like expanded telehealth visits and enhanced preventive care reminders!

MyChart puts health information right at your fingertips

The biggest change clients will notice is MyChart, the secure patient portal that puts health information right at their fingertips. With MyChart, clients can:

- Review lab and imaging results as soon as they are available
- Send secure messages directly to their care team
- Request medication refills
- Schedule, confirm, or reschedule appointments
- Access after-visit instructions and preventive care reminders.

This means clients no longer need to wait for

Fall Wellness Guide

Staying Healthy As The Weather Turns To Winter

Ramping Up for Back-to-School: Vaccines & Respiratory Health

by *Randi Larkin and Michelle Lewis-Lusso, RN*

As families prepare for a new school year, staying healthy is just as important as school supplies and schedules. With kids returning to classrooms, sports, and group activities, the risk of respiratory illnesses increases. Here's how to help keep your child — and our community — protected.



Common Back-to-School Viruses

- Flu – Peaks in fall/winter, can cause serious illness.
- COVID-19 – Lower risk for kids, but still a concern for vulnerable family members.
- RSV – Dangerous for infants and young children.
- Colds – Mild but contribute to missed school and asthma flares.



Recommended Vaccines

- Routine Immunizations – MMR, Tdap, polio, varicella, Hep A & B.
- Flu Vaccine – Yearly for everyone 6 months and older.
- COVID-19 Vaccine – Especially important for children with chronic conditions.
- HPV Vaccine – Starting at age 11–12, prevents cancers later in life.

- Meningococcal Vaccine – Protects teens in group living settings.
- RSV Prevention – New options available for infants; ask your pediatrician.

Everyday Healthy Habits

- Wash hands often.
- Cover coughs/sneezes.
- Stay home when sick.
- Carry hand sanitizer.
- Mask during high-transmission times.



A Message for American Indian Families

Native communities have faced higher risks from respiratory illnesses like flu, COVID-19, and RSV. Protecting our children helps protect elders and future generations.

- Visit your local UIHS clinic to check vaccine records.
- Ask about flu, COVID-19, and RSV protection.
- Teach children respiratory etiquette at school and community events.

Healthy Kids, Strong Communities

By keeping kids up to date on vaccines and practicing healthy habits, we can reduce school absences, keep classrooms thriving, and protect our whole community.

UIHS offers back-to-school immunizations and school-readiness services. Contact your clinic today.

Vaccine Facts: What You Need to Know

Vaccines are one of the greatest public health achievements. They protect us, our families, and our communities. Here are some quick facts to know and share:

1. Vaccines Save Lives

Vaccines have prevented millions of deaths from diseases like measles, COVID-19, polio, and whooping cough.

2. Vaccines Are Safe and Effective

All vaccines go through rigorous testing and continuous safety monitoring.

3. How Vaccines Work

They train your immune system to recognize and fight germs without making you sick.

4. Diseases Still Exist

Even if you haven't seen diseases like measles recently, they're still out there. Vaccines protect us from outbreaks.

5. Convenient Protection

Many vaccines—like flu and COVID-19—can be given in the same visit.

6. Protecting the Community

Immunizations don't just protect you—they protect infants, elders, and people with weaker immune systems.

7. It's Never Too Late

If you missed vaccines in the past, you can still catch up. Ask your provider about a catch-up schedule.

8. Share the Facts

The best way to fight misinformation is with truth. Share trusted vaccine facts with family, friends, and your community.

Talk to your UIHS healthcare team today. Vaccines are safe, effective, and protect future generations.



Staying Healthy this Respiratory Season

by Randi Larkin and Michelle Lewis-Lusso, RN



As colder months arrive and more time is spent indoors, respiratory viruses like flu, COVID-19, respiratory syncytial virus (RSV), and the common cold spread more easily. Protecting yourself and your loved ones now helps ensure a safer, healthier season for our whole community.

Vaccines: Your Best Defense

- Flu Vaccine – Annual protection for everyone 6 months and older.
- COVID-19 Vaccines – Updated doses reduce risk of severe illness and hospitalization.
- RSV Prevention – New options are available for infants, older adults, and those with chronic health conditions. Ask your provider if it's right for you.
- Routine Adult Vaccines – Tdap, shingles, pneumococcal, and others may be recommended.

Healthy Habits Every Day

- Wash your hands often and use hand sanitizer when needed.
- Cover coughs and sneezes with your elbow or tissue.
- Stay home when you are sick to protect others.

- Improve airflow at gatherings — open windows or use air filters if possible.
- Wear a mask in crowded or high-risk settings.

Protecting Our Community

In Native communities, caring for health is about more than individuals — it's about protecting elders, children, and future generations. Elders carry wisdom, language, and tradition, and respiratory illnesses can be especially dangerous for them. By staying healthy, we honor their role and keep gatherings safe for all.

Steps You Can Take Now

- Schedule your flu and COVID-19 vaccines at UIHS.
 - Talk to your provider about RSV protection, especially if you care for infants or elders.
 - Keep sanitizer, tissues, and masks handy during ceremonies, events, and gatherings.
 - Encourage friends and family to practice respiratory etiquette.
- Together, we can create a healthier season —

protecting our elders, families, and future generations.

UIHS clinics offer flu, COVID-19, RSV, and other adult vaccines, along with respiratory health support. Contact your clinic to schedule an appointment.

UIHS Clinic Locations: Where to Go for Care

Visit one of our clinics for vaccines and respiratory care:

- Potawot Health Village – Arcata, CA
- Rrak Jach Health Village – Arcata, CA
- Elk Valley Office – Crescent City, CA
- Taa-at-dvn Clinic – Crescent City, CA
- Weitchpec Health Village – Weitchpec, CA
- Jaroujiji Clinic – Eureka, CA
- Eureka Health Center – Eureka, CA



Welcome to our Village – Medical Director, Dr. Hooper

Joanna Hooper, MD, is a board-certified family physician with more than 14 years of clinical and leadership experience. After college, she served as a Peace Corps Volunteer in Malawi in southeastern Africa, teaching secondary school science. She also worked on public health projects in Central America, including training community health workers.

Joanna attended medical school at the University of New Mexico and completed her residency in family medicine at Providence Milwaukie in Oregon. She later joined the faculty as an attending at UNM school of medicine.

Eleven years ago, she and her husband Matt moved to the rural town of Taos, New Mexico, where she initially worked with a federally

qualified health center before co-founding an integrative primary care practice that went on to serve more than 10,000 people in Taos County.

Joanna values culturally grounded approaches to care

As a member of the Choctaw Nation of Oklahoma, Joanna values culturally grounded approaches to care and is honored to have the opportunity to support the health and well-being of local tribal communities through her work with United Indian Health Services. She also speaks Spanish, which has allowed her to connect more deeply with patients in her past roles.

Outside of work, Joanna and Matt enjoy life with their three Labradors, love the outdoors, and look forward to new adventures exploring the Pacific Ocean, the redwoods, and the natural beauty of Humboldt County.

UIHS is blessed to have Dr. Hooper joining our village.

Another Blessing – Dr. Travis Townsend Joins Our Village

Dr. Travis is an American Indian (Acoma and Cherokee,) psychiatrist who has been working for over 11 years with IHS. He has done in-person work as well as tele-Psychiatry for years, though most recently he was working as a full time Tele-Psychiatrist within the Bemidji Area Office.

While there, he worked with multiple clinics around the country and with a variety of different tribes. While doing this he worked with a multitude of diagnosis, though with an interest and focus on PTSD and the interplay with Mood and Anxiety disorders.

He was born and raised in New Mexico where he attended the University of New Mexico School of Medicine for undergrad where he double majored in psychology and biology and then did both his medical school education as well as residency.

The Importance of Eye Exams

By Dr. Danielle LeFever

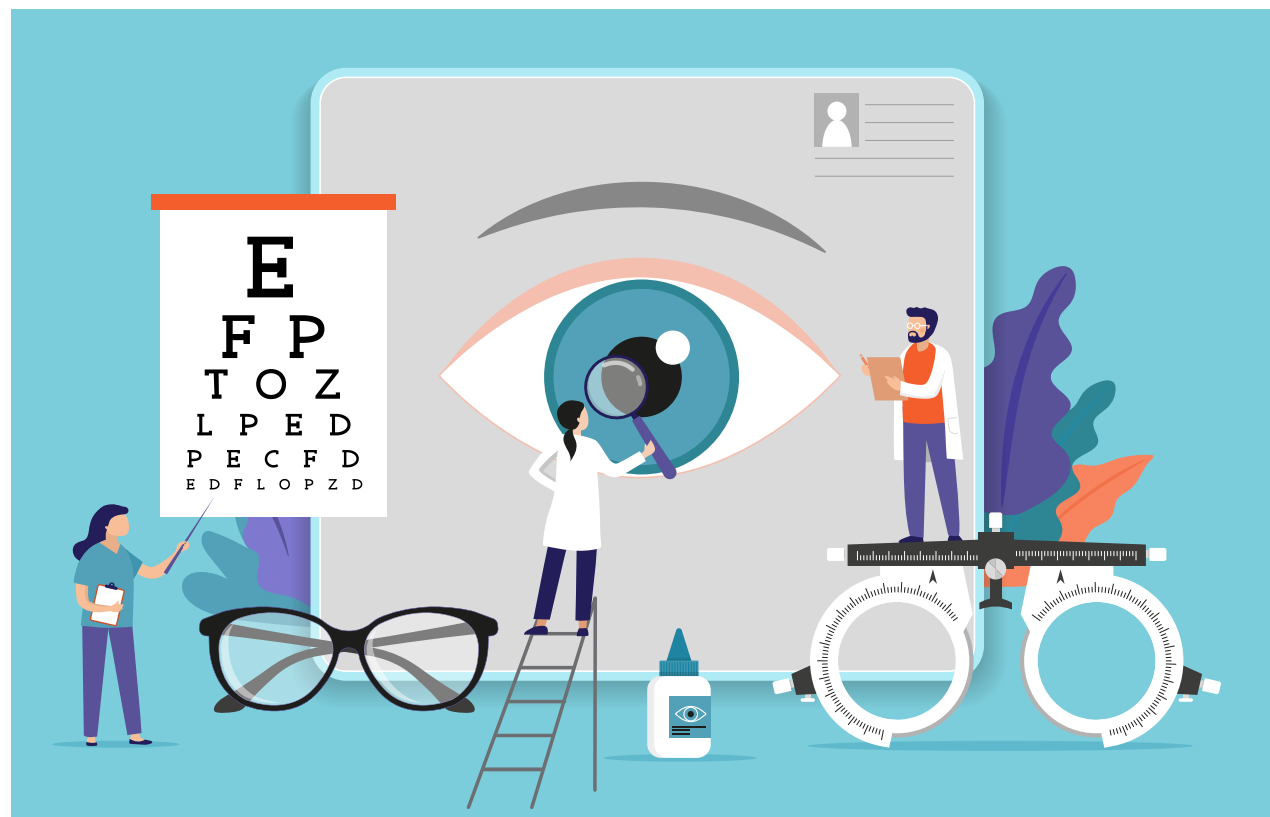
Did you know an eye exam can inform your health care professionals about the health of the rest of the body?

Many health conditions are revealed in the layers of the eye especially the retina. The retina is the layer of tissue in the back of the eye responsible for processing vision. This layer is very active and has a rich blood supply. It is a special place in the body to evaluate how the cardiovascular system is functioning and assess stroke risks. In many ways, a dilated eye exam can act as a window into the one's health. Diseases like diabetes, high blood pressure and certain types of cancer can be evidenced and graded in a routine eye exam.

Manifestations of systemic disease can appear in and around the orbit of the eye and eyelids. These are tissues that can be susceptible to skin cancers. Early symptoms of diseases like high

cholesterol and thyroid dysfunction can be disclosed of the outer parts of the eye. The eyes can also be a place where the immune system can become confused or overactive. Conditions like autoimmune dysfunction often appear in the eyes for this reason. The symptoms can be confused for pink eye or dry eye but often return or become chronic. Lastly, headaches, new or chronic, can be rooted in the visual system. Sometimes, looking into the eyes can rule out many of the worst-case scenarios when we are trying to find the cause of headaches.

We have doctors and staff in Eureka at Jaroujji five days a week and in Crescent City at Taa-at-dvn two days a week. We will soon be back at Potawot after the remodel. Like having your teeth cleaned or doing an annual physical, think about scheduling an eye exam too! We can be reached at (707) 296-2500 for scheduling.



UIHS NOW OFFERS Native Visions Eyewear

*Celebrating Native American
Artists Through Eyewear*



Beaded Memories by Kenna Morrow

UIHS is proud to introduce you to Native Visions Eyewear; a frame line dedicated to giving a voice to true Native American Artists. Each frame is designed by a Native American Artist, giving them a magnificent medium to share their vision and the wearer a strong voice to express themselves.

Beaded Memories (pictured above) by Yurok tribal member Kenna Morrow and many other styles are now available at all UIHS vision locations.



www.nativevisionseyewear.com

A Surgeon's Perspective

The Devastating toll of tobacco and the power of quitting

by Dr. Chris Myers

As a surgeon, I have witnessed firsthand the devastating effects of tobacco use, and today, I want to share some deeper insights and reflections that might encourage some to make different choices. Let me briefly mention that I once smoked myself, primarily during my time in the Navy in nuclear power school and aboard an aircraft carrier. Fortunately, I successfully quit almost twenty years ago, but this personal experience deepened my perspective on the ethical concept of patient autonomy.

Patient autonomy is fundamentally about informed decision-making concerning one's health. Early in my healthcare journey, while volunteering in an emergency department, I encountered a patient being discharged following severe respiratory distress related to smoking. As I wheeled him outside, connected to his oxygen cylinder, he promptly lit a cigarette. I passionately urged him to quit smoking, believing it was my duty to guide him towards better health. His respectful yet firm reply, that he fully understood the risks but chose to continue smoking, struck me profoundly. To him, the joy he received from smoking outweighed the massive benefits of quitting. Autonomy hinges on informed consent, requiring complete transparency about the risks, benefits, and alternatives involved.

It wasn't until medical school that I began to appreciate the plethora of risks, far beyond my pre-medicine understanding, that smoking creates. Further, it wasn't until I had performed dozens of amputations and cancer operations, as well as denied patients elective surgeries because of their smoking-related deficiency in functional capacity, that I truly understood the risks of smoking. First, tobacco is a potent carcinogen linked to multiple cancers everywhere that the smoke and swallowed smoke particles touch, including those of the lung, throat, mouth, esophagus, pancreas, kidney, bladder, and cervix. Second, smoking leads to profound vasoconstriction (blood vessel narrowing) and triggers chronic inflammation, accelerating the progression of atherosclerosis, a process that dangerously hardens and thickens all arteries throughout your body.

The atherosclerotic plaques dramatically raise the risk of stroke, potentially causing severe and irreversible consequences, including loss of control of bodily functions, cognitive decline, immobility, and heartbreaking



"The body's remarkable capacity to recover means it's never too late. In fact, healing begins almost immediately"

inability to recognize close family members. Cardiac outcomes include sudden and debilitating heart attacks, often striking individuals far younger than one might expect. Lung-related impacts of smoking are particularly grim: persistent fear of lung cancer, continuous reliance on oxygen tanks, severe limitations on physical activities, and episodes of spontaneous pneumothorax, which can lead to invasive interventions like chest tube insertion and, of course, cancer.

Your other organ systems are also vulnerable. Beyond the elevated risk of cancer throughout the entire gastrointestinal tract, smoking significantly increases the risk of mesenteric ischemia, a painful and life-threatening condition marked by death of intestinal tissue, causing excruciating abdominal pain and demanding immediate surgical intervention. The risk of peptic ulcers is dramatically increased due to the altered blood flow to the stomach's protective lining. The relaxation of the lower esophageal sphincter exacerbates esophageal reflux. Erectile dysfunction is common, resulting from compromised blood flow; again, a direct consequence of vascular damage. Poor circulation to the lower extremities leads to chronic wounds, difficult-to-treat infections, and sometimes necessary amputations. The risk is so pronounced in smokers with diabetes that severe vascular complications become almost inevitable. Indeed, vascular surgeons, despite their advanced skills, frequently manage catastrophic complications directly tied to tobacco-induced arterial damage. These arteries become brittle and so calcified that they visibly look like bone on X-rays, feel crunchy, and are very fragile during surgery.

Responsible surgeons will insist that patients cease smoking before elective procedures. Tobacco use dramatically impairs healing due to reduced oxygen supply and impaired immune response, risking surgical wounds that fail to heal properly. Intestinal surgeries pose an elevated risk; critical connections (anastomoses) are prone to breakdown, increasing the chance of life-threatening complications such as abdominal sepsis. Choosing to perform elective surgeries without addressing smoking as a modifiable risk is, therefore, medically negligent.

At UIHS, your health and well-being genuinely matter to us. Although quitting tobacco is undeniably challenging and requires significant personal commitment, the rewards are immense. The body's remarkable capacity to recover means it's never too late. In fact, healing begins almost immediately: within 20 minutes, your heart rate and blood pressure drop toward normal; within a day, oxygen delivery improves as carbon monoxide clears; within weeks, your circulation and lung capacity strengthen; and within months, coughing and breathlessness ease. At one year, your risk of heart attack is cut in half. By five years, your stroke risk can return to that of a non-smoker, and at ten years, your chance of dying from lung cancer is reduced by about half. At fifteen years, your risk of heart disease is nearly identical to that of someone who never smoked. With the proper support, many of smoking's harms can be substantially reversed. Take charge of your health today, and embrace the fulfilling, healthy life you deserve.

THE NATIVE TOBACCO PROJECT



The NATIVE Tobacco Project, housed within the United Indian Health Services' Tribal Public Health Division, has been funded by the California Tobacco Prevention Program for 35 years. This project works with Humboldt and Del Norte American Indian and Alaskan Native community members, Tribal members, and Tribal councils to reduce illness and premature death related to commercial tobacco use. Visit uihs.org for information and resources.

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



NATIVE TOBACCO PROJECT

**CULTURE FIRST,
COMMERCIAL
TOBACCO NEVER!**



KICK/T
California

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



Preparing for Winter Weather: Safety Tips for UIHS Clients

by UIHS Marketing

As the crisp days of fall turn toward the colder, wetter months ahead, it's important to start preparing now for winter weather. At United Indian Health Services (UIHS), we care about your health and safety—both in our clinics and in your homes. Here are some practical tips to help you and your family stay safe and comfortable this season:

Stay Warm

- Layer up: Wear loose, warm clothing in layers to trap heat. Don't forget hats, gloves, and scarves.
- Check heating sources: Make sure heaters, wood stoves, and chimneys are in good working order. Use space heaters safely—keep them at least three feet from anything flammable.
- Emergency blankets: Keep extra blankets in your car and home in case of power outages.

Be Storm Ready

- Stock up: Keep at least three days' worth of water, canned goods, and medications on hand.
- Flashlights & batteries: Power outages are common in storms—avoid candles if possible.
- Stay informed: Sign up for local emergency alerts and monitor weather reports.

Drive Safely

- Vehicle check: Before winter, service your vehicle—check brakes, tires, wipers, and antifreeze.
- Winter kit: Keep a kit in your car with blankets, snacks, water, first aid, and a flashlight.
- Slow down: Rain, ice, and fog can make roads hazardous. Give yourself extra travel time.

Protect Your Home

- Prevent frozen pipes: Insulate exposed pipes and let faucets drip during freezing nights.
- Clear gutters: Prevent ice dams by clearing leaves and debris before heavy rains.
- Safe sidewalks: Use sand or non-clumping cat litter to prevent slips if ice forms.

Community Care

Check in on elders, neighbors, and anyone who may need extra help during storms or cold snaps. Small acts of kindness can make a big difference in keeping our community safe and connected.

Reminder: UIHS clinics remain open and committed to your care during the winter months, but severe weather can sometimes delay schedules. Be sure your contact information is up to date in MyChart so you can receive alerts about appointments and updates.

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 Privacy and Electronic Health Records

by Kathy Busenius, Chief Compliance Officer

We are revising our UIHS Notice of Privacy Practices for the Launch of new Electronic Health Record System

United Indian Health Services, Inc. (UIHS) is excited to announce the upcoming launch of our new Electronic Health Record (EHR) system called OCHIN/Epic. As part of implementation, we have made important revisions to our Notice of Privacy Practices (NPP), which outlines how UIHS will manage and protect your health information.

Why Are We Updating the Notice?

As we implement OCHIN/Epic, we are updating our Notice of Privacy Practices, to clarify how your health information will be used and shared within the new system, including new methods of electronic data sharing between healthcare providers and facilities, as well as the added security measures in place to protect your sensitive information.

Where and When Will You See These Changes?

You will be able to review and get a copy of the revised Notice of Privacy Practices on our website and from any of our front office staff at all UIHS clinic locations beginning October 15, 2025. We encourage you to take the time to read the new notice.

We Are Here for You

The transition to OCHIN/Epic is a positive step forward, and we are committed to keeping you informed every step of the way. We understand that managing your healthcare data can feel overwhelming at times, but rest assured, we are implementing the most robust security measures to ensure that your information remains private and protected.



Thank you for trusting us with your care. We are confident that OCHIN/Epic will help us provide you with the best possible service, and we look forward to your continued partnership in your health journey.

If you have any questions about the updated Notice of Privacy Practices, please do not hesitate to reach out to our office at (707) 825-5000. Please ask to speak with Quality Improvement or Compliance. We are here to help.

The Native Will Project

Have your simple will written, for free. UIHS General Counsel, Neal Latt, a licensed California attorney, is initiating 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!

New Appointments Available in March 2026

First Come, First Served By Appointment Only

Board Member



Spotlight on Board Member Alternate – Charlene Storr *Alternate, Area 1 Indian Community Representative*

For Charlene Storr, service to United Indian Health Services (UIHS) is not just a role—it's part of her life story. Her connection to UIHS goes back to its earliest days, before the organization was even formally established.

Her mother was among the founding members who traveled up and down the state on their own dime to build what would become UIHS. Charlene vividly remembers the late-night knocks on her door from her mother and fellow organizers after returning from meetings in Sacramento or San Francisco. Her home became a “halfway house” for those long, dedicated trips—a testament to the grassroots spirit that shaped UIHS.

Charlene's own professional journey reflects that same spirit of dedication. She began her career

at St. Joseph Hospital in the 1970s, working her way through nearly every administrative position—from emergency room clerk to medical transcription supervisor. In 1980, she started part-time at UIHS and soon transitioned to full-time in 1983. Over the next 31 years, Charlene became known as the person who could “launch” new programs—stepping into roles in purchasing, shipping, quality improvement, human resources, and even board recording when needed. If something new was starting, Charlene was often the one to get it off the ground.

Her focus as a board alternate is rooted in a deep desire to improve the health and well-being of the community. “We've lost so much to trauma,” she reflects. “I want to help our people regain healthy living skills and raise our average lifespan closer to national standards.” She's passionate about sharing knowledge with future generations—not just about careers in health care, but also about traditional foods, medicines, and ways of living that kept communities strong for centuries. She emphasizes that youth don't have to be doctors to work at UIHS: “There are so many ways they can contribute.”

Beyond her decades of service, Charlene has a vibrant personal side. A lifelong rock and roll fan—think Creedence Clearwater Revival, Righteous Brothers, and the Bee Gees—she was also a league bowler for more than 30 years, competing in state, national, and Indian tournaments across the West. Charlene's blend of institutional knowledge, cultural grounding, and practical wisdom makes her a powerful advocate for both preserving the past and building a healthier future for generations to come.



Spotlight on Board Member Laura Borden *Board of Directors Treasurer, Area 4 Indian Community Representative*

For more than four decades, Laura Borden has been part of the United Indian Health Services story — from its early days as a grassroots community clinic to the thriving organization it is today. Her journey began in 1978, when she started as a Community Health Representative (CHR) in Pecwan, just two months after her son was born. She remembers traveling the rugged roads to visit elders in their homes, often with her baby in tow. “They would talk to him in our language,” she recalls. “He probably doesn't remember now, but it meant a lot to me that he experienced that connection when he was so little.”

During those early years, Laura worked closely with expectant mothers, often accompanying them all the way to Mad River Hospital for prenatal appointments and deliveries — a two-and-a-half-hour drive each way on winding roads that were even rougher than they are now. “It was amazing to be part of that experience with the mothers,” she says.

Spotlight *by UIHS Marketing*

As UIHS grew, so did Laura's role. She later trained to become a Registered Dental Assistant, earning her X-ray license and working in the dental department through the early 1980s. She fondly remembers the spirit of teamwork at the Trinidad Clinic, where staff would jump in to hammer nails and help with construction between patient visits. "It really felt like a big family building something together," she says.

Laura expressed deep gratitude for her mom's unwavering support in helping raise her daughter, Lanee. While Laura worked hard to make a difference, her mom and John ensured Lanee was safe, cared for, and thriving in school. "We could not have done this without my Mom and John," Laura shared. "They surrounded her with the love of grandparents."

Laura's cultural and family roots run deep within UIHS. Her great-grandmother served as a midwife, delivering babies in the community long before hospitals were accessible. Her aunt, Elsie Bacon, and cousin, Bonnie Green, both served on the UIHS Board, while other relatives were among the organization's early employees. "I come from a long line of helpers and board members," Laura shares. "It's ingrained in us to give back."

Today, as a Board Member, Laura focuses on ensuring UIHS remains stable and continues to grow. Her vision includes expanding services, recruiting more providers and specialists, and one day having a hospital of UIHS's own to provide continuity of care "from birth to end of life." She's passionate about passing cultural knowledge forward, supporting staff to appreciate and learn from clients, and preparing a strong foundation for her grandchildren and future generations.



Board Member Spotlight: Corbin Childs

*Alternate, Tribal Government
Representative for Cher-Ae Heights Indian
Community of the Trinidad Rancheria*

For Corbin Childs, stepping into a leadership role with the United Indian Health Services (UIHS) Board of Directors was motivated by something deeply personal: a desire to better understand—and help improve—the healthcare system that has shaped his life. "I've had a lot of issues with healthcare in the past," Corbin shares. "Joining the board was a way to understand why—and to see if I could help make it better."

Now approaching his first year as a board alternate, Corbin describes the experience as "like drinking from a fire hose," but one that's been healthy and rewarding. As he's learned more about UIHS's services, he's developed a

special interest in Behavioral Health. Having spent years in therapy himself, Corbin brings a grounded, firsthand perspective to board discussions. "Behavioral Health has always been a major focus for me," he explains. "I've experienced what works and what doesn't. The care I've received here as an adult has been far better than when I was younger—more organized, more responsive. It impressed me."

Corbin's journey to leadership was also shaped by becoming a father. His daughter, now five, was the spark that drew him into local politics and, eventually, into service with UIHS. "Once you become a parent, it's not about you anymore," he reflects. "Everything I'm doing now is for her—and for her future kids, if she has them. That's what pushed me to get involved."

One of his proudest moments so far came during a recent UIHS event attended by state and federal representatives. Inspired by Chief Executive Officer Liz Lara O' Rourke's call to "be brave and be bold," Corbin stood up and addressed the room, urging more people his age to get involved in shaping the future of tribal health. "I'm younger than most in the room," he laughs, "but I want to show that my generation can make a difference too."

Corbin doesn't seek the spotlight—"I'm just me," he says—but he recognizes the unique opportunity his position brings. He hopes to continue learning, supporting Behavioral Health initiatives, and ensuring that community and healthcare remain intertwined. "Community is healthcare," he says simply. "Bringing people together, helping them feel connected—that's part of healing."



Emma Boykin
Medical Assistant



Dayna Brockman
BH Counselor



Michele Chinn
Lab Assistant



Patricia Chisholm
Locum MD



Ruby King
HPE Specialist



Shawn Fraser
Facilities Tech III



Ammy Gensaw
Elder Nutrition Cook



Diana Godinez
Medical Scribe



Maya Mollier
Physical Therapist



Robert Morace
Medical Scribe



Atiya Raner
Locum Provider



Shoshanna Raybin
Clinical RN



Nancy Sabat
Locum Provider MD



Mark Sanderson
Elder Nutrition Driver



Ivette Sotomayor
Clinical Nurse RN



Ashley Stone
Diabetes Nurse Educator



Lakayla Gardenhire
Medical Assistant



Travis Townsend
Psychiatrist



Welcome New



Margaret Lawson
Behavioral Health Intern



Carmen Marshall
Behavioral Health Intern



Daisy Matias
Physical Therapy Intern



Michaela Ferguson
Family Nurse Practitioner



Karli Fike
Front Office Assistant



Renee McCoovey
Medical Assistant



Ileen Guillen
Medical Intern



Sheldon Herbert
Medical Doctor



Bret Holman
Dentist



Megan Holmes
Lab Assistant



Joanna Hooper Rodgers
Medical Director



Erica House
Laboratory Tech Intern



Zachary Jackson
PRC Tech



Karen Jefcoat
Physician Assistant



Alex Kuang
Behavioral Health Intern



Shaylene Turner
Member Services Rep



Christina Valdez
Front Office Assistant

UIHS Employees!



Calendar

OCTOBER

10/13

WIC - Hop'-ew Puel (Klamath) 9:30-3:30
Swimming Group - Humboldt 2:00-3:00

10/14

WIC - Taa-'at-dvn (Crescent City) 10:00-3:00
Education & Outreach - Klamath 10:00-1:00

10/15

WIC Jaroujiji 9:00-4:30
Teen Advisory Group, Humboldt - Potawot 4:00-5:30
Swimming Group - Del Norte 7:00-8:10

10/16

WIC Hoopa 10:00-3:00
Swimming Group - Humboldt 2:00-3:00

10/17

Farmer's Market - Potawat 12:00-2:00

10/18

HARVEST PARTY - HUMBOLDT - Potawat (Arcata) 12:00 - 3:00

10/20

ALL CLINICS CLOSED - STAFF PREPARATION

10/21

WIC Taa-'at-dvn (Crescent City) 10:00-3:00
Education & Outreach - Weitchpec 11:00-2:00

EPIC LAUNCH

10/22

WIC - Jaroujiji 9:00-4:30
Swimming Group - Del Norte 7:00-8:10

10/23

Swimming Group - Humboldt 2:00-3:00

10/25

Elders Honoring - 10:00 - 3:00 Bear River Community Center

10/27

Swimming Group - Humboldt 2:00-3:00

10/28

Farmers Market - 12:00 - 2:00 Potawat

10/29

Swimming Group - Del Norte 7:00-8:10

10/30

Swimming Group - Humboldt 2:00-3:00



NOVEMBER

11/3

WIC
Willow Creek 10:00-12:00
Weitchpec 1:00-3:00
Swimming Group - Humboldt 2:00-3:00

11/4

WIC- Taa-'at-dvn (Crescent City) 10:00-3:00
Education & Outreach - Jaroujiji (Eureka) 9:30-12:00

11/5

Swimming Group - Del Norte 7:00-8:10

11/6

WIC Hoopa 10:00-3:00
Swimming Group - Humboldt 2:00-3:00

11/7

WIC Hoopa 10:00-3:00
Education & Outreach - Potawat 9:00-12:00

11/9

Veterans Day Luncheon - Potawat 9:00-12:00

11/10

WIC - Hop'-ew Puel (Klamath) 9:30-3:30
Swimming Group - Humboldt 2:00-3:00

Of Events

11/11

Board of Directors Veteran's Day Giveaways
 UIHS Veteran Clients are welcome to visit if unable to attend the Veteran's Day Luncheon on November 9. Giveaways are from 10:00 - 3:00 at the following locations: Howonquet, Taa-'at-dvn, Potawot Health Village, Jaroujiji

WIC Taa-'at-dvn (Crescent City) 10:00-3:00
Education & Outreach - Taa-'at-dvn (Crescent City) 9:30 -12:00

11/12

WIC Jaroujiji 9:00-4:30
Cooking Class - Wednesday, 3:30, PHV Boardrooms
Swimming Group - Del Norte 7:00-8:10

11/13

WIC Hoopa 10:00-3:00
Swimming Group - Humboldt 2:00-3:00

11/14

WIC Hoopa 10:00-3:00
Opioid Awareness Coalition (OAC) 12:30-1:30, (virtual)
Diabetes Awareness Support Group - Elk Valley 2:00-3:00

11/17

Swimming Group - Humboldt 2:00-3:00

11/18

WIC Taa-'at-dvn (Crescent City) 10:00-3:00
Education & Outreach - Weitchpec 11:00-2:00

11/19

WIC Jaroujiji 9:00-4:30
Swimming Group - Del Norte 7:00-8:10

11/20

WIC Hoopa 10:00-3:00
Swimming Group - Humboldt 2:00-3:00
Great American Smokeout Potawot and Taa-'at-dvn 1:00 - 4:00
Elder's Holiday Lunch - Howonquet Hall, Smith River 12:00 - 1:00
 Limited Seating, please RSVP. (707)825-3467

11/21

WIC Hoopa 10:00-3:00

**Online
 Calendar:
UIHS.org/Events**



11/22

Survivors of Suicide Loss - Potawot Health Village 10:00 - 2:30

11/24

Swimming Group - Humboldt 2:00-3:00

11/26

WIC Jaroujiji 9:00-4:30
Swimming Group - Del Norte 7:00-8:10

11/27

ALL CLINICS CLOSED - Thanksgiving

11/28

ALL CLINICS CLOSED - Native Heritage Day

LOOKING AHEAD

12/6

Winter Arts & Crafts Fair - Potawot Health Village - 10:00 - 5:00

12/24

Christmas Eve

12/25

Christmas Day

Elder Nutrition

Services available for American Indian Elders (55+) in Del Norte County.
 Meal Delivery
 Monday-Friday (pick-up available 12:00-1:00)



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**
- **Professional Development**
- **18 Paid Holidays, 4 Floating Holidays, 18 Days Paid Leave**



Did you
Know?

Who is Eligible for PRC at UIHS?

by UIHS Marketing

Purchased/Referred Care (PRC), formerly known as Contract Health Services, helps cover medical and dental services that UIHS cannot provide directly. Because PRC funds are limited and come from the federal government, eligibility is carefully defined.

Basic Eligibility

You may be eligible for PRC if you meet all of the following:

- You are enrolled in a federally recognized tribe.
- A descendant of a tribal member enrolled in a federally recognized tribe.
- You live within the UIHS Purchase Referred Care Delivery Area (PRCDA), which includes Humboldt and Del Norte Counties.
- You have completed UIHS patient registration and keep your information up to date.

Important Notes

- PRC is not an entitlement program—funding is limited and services must be prior-authorized (except in emergencies).
- PRC only pays for care that UIHS cannot provide, and referrals must be made by a UIHS provider.

- Emergency services may be covered if UIHS is notified within 72 hours (30 days for elders and disabled patients).

Who Is Not Eligible?

- Tribal members who live outside the UIHS PRCDA.
- Patients who are eligible for care but do not follow UIHS referral and authorization procedures.
- Individuals who are members of an out-of-state tribe with the exceptions of : 1) working full-time for a tribal organizations in UIHS PRC's service area, or 2) Individuals who are married to an eligible UIHS PRC client.
- Individuals who are non-native, unless they are pregnant by an eligible UIHS PRC client.

How to Learn More

If you have questions about PRC or want to confirm your eligibility, please contact the UIHS Purchased/Referred Care department at 707-825-5080. Staff can explain requirements, help with paperwork, and guide you through the referral process.



For more information
visit uihs.org/referrals

Dr. Coyote



Dear Dr. Coyote,

I've been seeing more news about COVID-19 lately. I thought we were finally putting that behind us? Signed, Will It Ever End?

Dear Will It,

It's true; as summer winds down, we are seeing an increase in COVID-19 cases. This isn't unusual. Since the pandemic began, we've noticed summer and winter spikes in many states. Right now, some parts of the country are seeing cases rise while others are declining. The good news is that, compared with the first years of the pandemic, most people who get COVID-19 now experience milder illness. Hospitalizations and severe cases are much less common than they used to be, thanks to a mix of vaccination, prior immunity, and better treatments.

This summer, the main strain has been the XFG variant, sometimes called "Stratus." While it spreads easily, so far it does not appear to cause more serious disease than other recent variants.

If you have cold or flu-like symptoms, the best step is to get tested and stay home while you're sick,

especially if you are around people who are older, have chronic health conditions, or have weaker immune systems.

To lower your risk:

- Wash your hands often with soap and water for at least 20 seconds
- Stay home if you are not feeling well
- Keep your vaccinations and boosters up to date
- Consider wearing a mask in crowded indoor spaces, especially if you're at higher risk or caring for someone who is.

More broadly, staying healthy has always been about balance. Many Native teachings remind us that good rest, nourishing foods, and strong connections to community and nature help keep the body resilient. Those same habits also lower the risk of severe illness from infections like COVID-19.

Stay well, and may you enjoy the season in good health. Signed, Dr. Coyote, who just double-checked his immunization card.



Dear Doctor Coyote,

My girlfriend has recently decided to become gluten free. She is pushing me to try this also. I am not sure what the whole fuss is about. I am not sure it is for me since I like a good bowl of pasta. What is your take on it?

Signed I want my cake and want to eat it too.

Dear Cakey;

Gluten intolerance or allergies can be a very serious health issue. People with Cohn's syndrome, Celiac disease or Irritable Bowel Syndrome must be extremely careful to avoid gluten in their diet.

In grain products such as wheat, barley, and rye, gluten is a protein matrix made from the proteins glutenin and gliadin that come together to form the structure of foods like bread and cakes. Gluten acts as a glue to help foods maintain their shape and allow air into the structure (making it fluffier).

Gluten can be found in many types of foods, even ones that would not be expected. Not all foods that are wheat free are also gluten free. Glutens can be well hidden and in things you might not expect to find them such as sausage or salami. If the label does not say gluten free always be sure to check the label.

Additionally, there is a less severe problem than gluten allergies, wheat intolerance. People who are intolerant to wheat have a hard time fully digesting things like bread and pasta. When the wheat that is not fully digested it produces gas in the intestine that swells the abdomen. Wheat intolerance symptoms may include joint pain, headaches cramping, bloating, gas and lack of energy.

Grains that have gluten tend to be more inflammatory, even for those without sensitivities or allergies. We actually don't even need grains in our diet, and while a modest amount of gluten containing products can be part of a healthy diet, it is best to avoid large amounts of processed foods and carbohydrates, for people with or without gluten or wheat sensitivities.

Signed, Your Gluten Free Guide Dr. Coyote.





Screening Has Meaning: Protecting Your Health and Our Community

by UIHS Marketing

Colorectal cancer is one of the most common cancers—but it’s also one of the most preventable. The key is early screening. That’s why United Indian Health Services has made improving colorectal cancer screening a priority in this year’s Quality Improvement plan.

Starting soon, UIHS will offer Cologuard®, a simple, at-home test that makes screening easier and more accessible for our clients. This new option adds to the screening choices available, giving you and your provider more ways to take charge of your health.

Why get screened?

- **Prevention saves lives.** When found early, colorectal cancer can be treated successfully in 9 out of 10 people
- **No symptoms doesn’t mean no risk.** Many people never notice signs until the cancer is advanced.
- **Your health is community health.** By taking care of yourself, you set an example for future generations and strengthen wellness across Indian Country.

If you are 45 or older, now is the right time to talk to your provider about colorectal cancer screening. Whether it’s Cologuard® or another option, screening is one of the best gifts you can give yourself and your loved ones.

To learn more, visit www.ScreeningHasMeaning.com or call your UIHS provider today. Together, we can make screening the norm—and save lives for generations to come.

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 who 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

ATTENTION TRIBAL ELDERS!

~The Native Will Project~

Have your simple will written, for free. UIHS General Counsel, Neal Latt, a licensed California attorney, is initiating 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!

New Dates Appointments Available March, 2026

UIHS is unaffiliated with the Native Wills Project but has generously offered to provide the space for its 2022 dates.



Board of Directors Veteran's Day Giveaways
 November 11, 2025
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UIHS to be Smoke Free by 2026

We are happy to announce that at our Board Meeting on August 22, the Board of Directors passed a motion making United Indian Health Services a smoke-free campus effective *January 1, 2026*. This is a historical event that demonstrates their commitment to the well-being of our staff, clients, and community. According to our Chief Medical Officer, Dr. Chris Myers, "tobacco remains the leading preventable cause of death, disability, and diminished quality of life in the United States."

STAY WELL THIS WINTER



FLU SHOTS AVAILABLE AT UIHS CLINICS



For more information visit:
uihs.org/all-news/back-to-school-vaccines/

Coming Soon to UIHS!



Easily access health records, and communicate with providers.

My records...
 my schedule...
 my health...
 MyChart



Celebrating 55 Years of United Indian Health Services

by UIHS Marketing

On October 16, 2025, United Indian Health Services (UIHS) proudly celebrates its 55-year anniversary—a milestone that honors decades of service, resilience, and growth rooted in the vision of our community.

Founded in 1970 by local Tribal leaders and community members, UIHS was created to provide health care that respected and reflected Native traditions, values, and voices. What began as a small grassroots effort has grown into a comprehensive health system, serving thousands of clients across multiple clinics and programs throughout Northern California.

The anniversary is more than just a marker of time—it is a reflection of the people and stories that have shaped our journey. From the elders who dreamed of culturally grounded care, to the staff and providers who work tirelessly every day, to the families and clients who place their trust in us, UIHS has always been guided by community.

Over the years, UIHS has expanded its services to include medical, dental, vision, behavioral health, physical therapy, pharmacy, Tribal Public Health, WIC, and more. Most recently, we've grown with new facilities, embraced modern tools like the Epic electronic health record and MyChart, and strengthened advocacy efforts to ensure our voices are heard at local, state, and national levels.

As we look forward, we carry the same spirit of our founders: to ensure health care is not only accessible, but deeply connected to culture, tradition, and community. The 55-year milestone is a testament to what can be achieved when people come together with shared purpose and vision. UIHS thanks our clients, staff, board, Tribal partners, and community for walking alongside us. Together, we celebrate 55 years of healing, tradition, and community—and step into the future with pride and gratitude.



Tsurai Health Center in Trinidad - 1978



23rd Annual UIHS American Indian Winter Arts & Crafts Fair

**Saturday December 6, 2025
10:00am - 5:00pm
UIHS Potawot Health Village**

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

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

[UIHS.org/event/winter-craft-fair](https://uihs.org/event/winter-craft-fair)



Cavity Free Club

Paisley Cain	8 Months Old	Kilesa Lincoln Hultberg	4 Yrs Old	Acena Aguilar	4 Yrs Old
Annemarie Brundin	7 Yrs Old	Tenaya Woodral	5 Yrs Old	Kavish Marshall	6 Yrs Old
Anastasia Brundin	5 Yrs Old	Aiden Beals	9 Yrs Old	Xya Taylor	3 Yrs Old
Novalee Sturdevant	6 Yrs Old	Haylee Tedsen	5 Yrs Old	Nathaniel Norton	11 Yrs Old
Hunter Sturdevant	8 Yrs Old	Sophia Bighead	2 Yrs Old	Vayda Garrett	6 Yrs Old
Willow Parker Smith	6 Yrs Old	Kaleyia Bighead	3 Yrs Old	Xander Edson	10 Yrs Old
Antonio Hubbell	3 Yrs Old	Ryder Percy	5 Yrs Old	Lucille Mcgee	10 Yrs Old
Rhyn Lockhart	6 Yrs Old	Silver Oliphant	2 Yrs Old	Jasmine Herrera	6 Yrs Old
Ares Pendergast	4 Yrs Old	Laray Natt	2 Yrs Old	Nakotah Lilly	8 Yrs Old
Analiyah Marez Pendergast	6 Yrs Old	Maxwell Burgess	4 Yrs Old	Rebeka Sheif	4 Yrs Old
Gavin Thomas	8 Yrs Old	Lukum Steinruck	10 Yrs Old	Lillian Free	9 Yrs Old
Na Rec Aguilera	7 Yrs Old	Paxton Hill	3 Yrs Old	Trenton Mccovey	9 Yrs Old
Ellie Cowen	1 Yr Old	Jaylani Gonzalez	2 Yrs Old		
Emmitt Hamilton	5 Yrs Old	Oakley Reidel	1 Yr Old		
Bruce Stewart	8 Yrs Old	Isabel Brundin	11 Months Old		
Rose Stewart	1 Yr Old	Nicholas Seer	6 Yrs Old		
Ariella Villa	2 Yrs Old	Calen Ponte	12 Yrs Old		
Tyrone Sanderson	11 Yrs Old	Mckenzie Ponte	10 Yrs Old		
Emily Toscano	6 Yrs Old	Jace Hunter	12 Yrs Old		
Aubrey Ramirez	11 Yrs Old	Gracie Cox	11 Yrs Old		
Zylynn Moore	9 Yrs Old	Willow Paiment	4 Yrs Old		
Morrigan Claussen	7 Yrs Old	Nahla Demartini	9 Yrs Old		
Alice Harte Lopez	7 Yrs Old	Mark Johnston	12 Yrs Old		
Orion Ault	1 Yr Old	Jackie Minard	10 Yrs Old		
Lola Lopez	10 Yrs Old	Rhys Gibbs	9 Yr Old		
Ethan Harrold Eison	10 Yrs Old	Greysen Collinson	6 Yrs Old		
Jace Rawlings	9 Yrs Old	Lilliana Anderson	4 Yrs Old		
Kyle Worley	9 Yrs Old	Sawyer Bishop	7 Yrs Old		
Kohen Hammons	2 Yrs Old	Nula Mcghan	8 Yrs Old		
Marjorie Buckskin	1 Yr Old	Bryan Mccovey	10 Yrs Old		
Kane Cole	1 Yr Old	Ace Aguilar	2 Yrs Old		



SAME DAY DENTISTRY AVAILABLE



Call UIHS for details

MINI CROSSWORD PUZZLE

1	2	3		4	5	6
7			8			
		9				
10						
		11				
12	13				14	
15				16		

Answers on back cover.

ACROSS

1. Day Between Fri And Sun
4. A Different Kind Of Pool?
7. Served with ice cream
9. Prohibit
10. In Good Shape
11. Relaxing resort
12. Your Body Is An Illness Fighting _____.
15. Wedding Vow
16. Signal Yes

DOWN

1. Japanese fish dish
2. One Of The Big Leagues
3. Hot sauce brand
4. Keep from spreading
5. Annoying Pop Up
6. Entered again on a keyboard
8. Ralph of "Happy Days"
13. Another Annoying Pop Up!
14. Not A Nod

WORD SEARCH

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

- PREVENTION
- WINTERWEATHER
- BACKTOSCHOOL
- ANNIVERSARY
- TRIBALYOUTH
- SMOKEFREE
- NUTRITION
- WELLNESS
- ADVOCACY
- IMMUNITY
- HARVEST
- WEAVING

Our 2025 Board of Directors



Board Members

Primary

Teresa Ballew, Laura Borden, Joe Giovannetti, LaWanda Green, Shirley Laos, Carol Larsen, Lana McCovey, Fawn Murphy, Melissa Myers, Denise, Padgette, Paula Tripp-Allen

Alternate

Corbin Childs, John Green, Madison Flynn, Lezlie Heckel, Aileen Meyer, Amanda O'Connell, Charlene Storr, Laura White-Woods

Board Members contact:

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

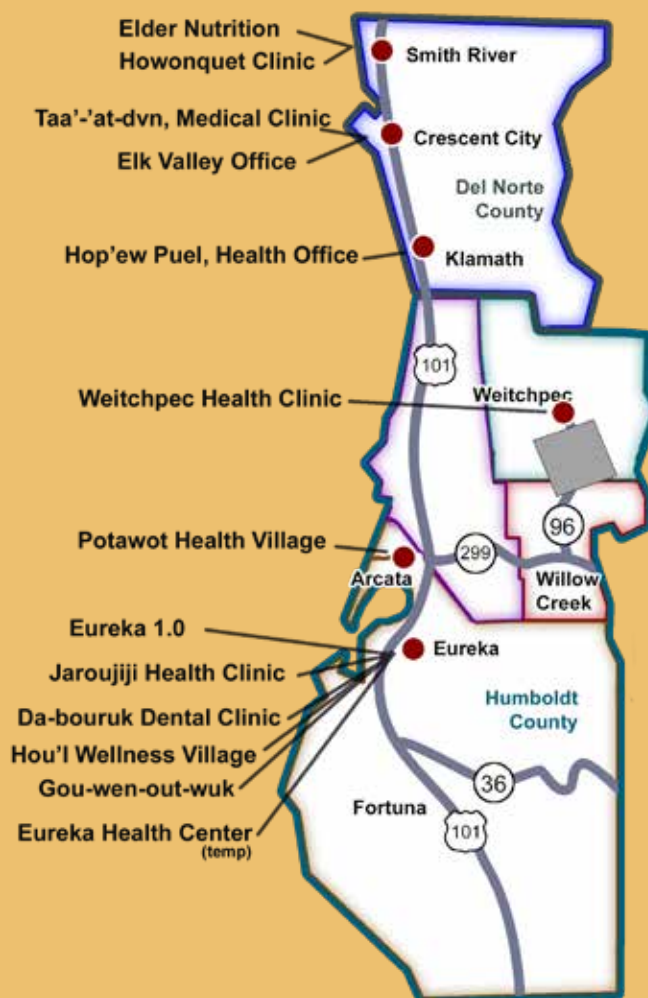
Area 1
In and around Del Norte.

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

Tribal

UIHS

Potawot Health Village (Arcata)	
All Service	(707)825-5000
Dental	(707)825-5040
Medical	(707)825-5010
Pharmacy	(707)825-5020
Vision	(707)825-4129
WIC	(707)822-9900
Behavioral Health	(707)825-5060
PT/OT	(707)825-5000
Tribal Public Health	(707)825-5070
Nutrition	(707)825-5070
Purchased Referred Care	(707)825-5080
Client Records	(707)822-9900
Taa'-at-dvn (Crescent City)	(707)464-2750
Weitchpec	(530)625-4300
Eureka 1.0	(707)442-0380
Eureka Health Center	(707)442-0380
Jaroujiji Health Clinic	(707)296-2500
Elk Valley	(707)464-2919
Hop'-ew Puel (Klamath)	(707)482-2181
Howonquet (Smith River)	(707)487-0215
Da'bouruk Dental Clinic	(707)296-2525
WIC (All clinics)	(707)822-5030

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

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

Potawot Health Village

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

Eureka Medical Clinic

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

Jaroujiji Health Clinic

434, 7th Street
Eureka, CA 95501
Monday-Friday
8:00AM-5:00PM
Closed for Lunch 12pm-1pm
Pharmacy 8:30AM-5:30PM

Howonquet

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

Elk Valley Office

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



1600 Weeot Way
Arcata, CA 95521

www.uihs.org

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www.UIHS.org/our-providers

2) Provider Bios & Photos:

www.UIHS.org/medical



3) Clinic Locations with Providers:

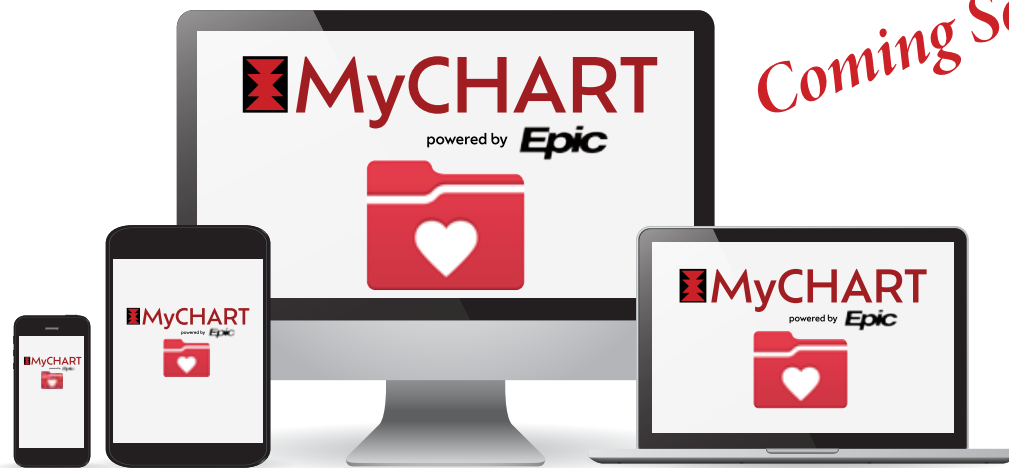
Check each clinic's web-page to see which providers are available at that location.

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Mini Crossword Answers:

Across - 1. SAT 4. CAR 7 ALAMODE 9. BAN 10. HEALTHY 11. SPA 12. MACHINE

15. IDO 16. NOD

Down - 1.SASHIMI 2. AL 3. TABASCO 4. CONTAIN 5. AD 6. RETYPED 8. MALPH

13. AD 14. NO