

The Acornbasket

Newsletter of United Indian Health Services, Inc.
"Healthy mind, body, and spirit for generations of our American Indian Community."

January/February 2011

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UIHS BOARD OF DIRECTORS

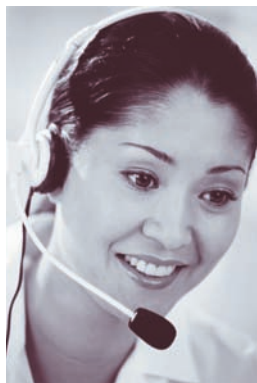
All Board Members can be contacted at:
1600 Weeot Way, Arcata, CA 95521
1-800-675-3693 or 707-825-5000

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Yurok Tribe Larry Hendrix Lyle McKinnon, <i>Alternate</i>	
Tolowa Nation Raja Storr, <i>Ex Officio</i>	



Automated Appointment Reminder

Submitted by: Carla Creason, Dental Manager, UIHS



Introducing HouseCalls, an Automated Appointment Reminder System from Dental Services

Starting soon our clients in Dental Services from both Arcata and Smith River Dental sites will be receiving their dental appointment reminder from HouseCalls, an automated appointment reminder system.

The appointment reminder system will be delivering a personalized, electronic, appointment phone reminder message to our patients which will include their name, date, time, location of their dental appointment (Smith River or Arcata Dental Services) and which provider their dental appointment is with.

Appointment reminder calls will be made two days in advance. Patients will have the opportunity to confirm, reschedule or cancel their reserved appointment time(s). This gives our staff ample opportunity to fill an appointment slot for another community member.

Clients who receive a telephone message confirmation call will be able to use the Touch-tone response options on their telephone which will include:

- Ⓞ Confirming appointment
- Ⓞ Repeating the message
- Ⓞ Canceling appointment or;
- Ⓞ Speaking with a receptionist

You will receive your Appointment Reminder System Call between the hours of 6:00 and 8:00 pm. In the future we are hoping to add e-mail and/or text messaging to your cell phone to remind our patients of their reserved appointment times.

Eating Healthy for 2011

Submitted by: Irene Gil, RD, UIHS

It's that time of year again, when we're all thinking about ways to make some changes for the better. How about making healthy eating your goal for 2011? Here are a few things to keep in mind when making your resolution:



Make your resolution positive - Instead of focusing on negative eating habits you may have, find a positive change you want to make. For example, instead of saying "I will eat less cookies," say "I will choose healthy snacks." Or instead of "I will eat less fast food," say "I will make more home cooked meals."

Make your resolution achievable - Start out with a small, reasonable goal. For example, if you normally only eat one piece of fruit a day, you could plan to increase to two. Do not overwhelm yourself by making your goal too difficult to reach.

Plan it out - To help you stick to your goal, make a specific plan. Let's say you would like to start cooking more meals at home. Take the time to plan out a week's worth of meals and then create a shopping list.

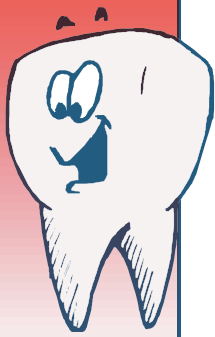
Use the buddy system - Find someone to support you in your healthy lifestyle changes. This could be a spouse, friend, or neighbor. Try cooking meals and exercising together. Call each other when you are thinking about reaching for that bag of cookies.

Think positive - Every morning when you wake-up, picture yourself being successful with your resolution. If you stray from your goal, go easy on yourself and make the next day a new day.



Cavity-Free Club

Submitted by: Meghan McCullough,
Registered Dental Hygienist, UIHS

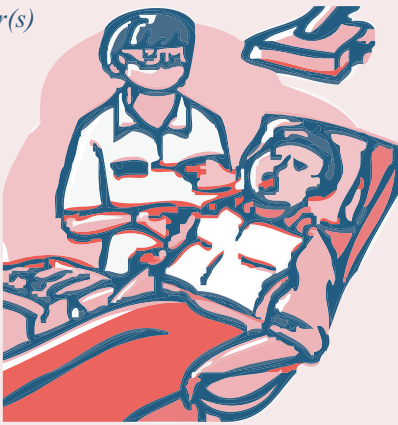


Congratulations to the following for being CAVITY-FREE.

Good job!

Branson Dobrec - 4 y
Charley Elgin - 7 y
Bryce Johnson - 5 y
Jocelyn Johnson - 3 y
Julia Jackson - 4 y
Jacob McKinney - 2 y
Kaya Newman - 3 y
Olivia Burkett - 7 y
Addison Elgin - 2 y
Canyon Martin - 1 y
Justin Cushman II - 2 y
Samantha Sundberg - 1 y
Kenneth Davis III - 3 y
Nylee Rainer - 1 y

m=month(s)
y=year(s)



If you want to be a member, make an appointment with our receptionist to see the hygienist and find out what it takes to become a member of this prestigious club and be cavity free! We look forward to seeing you! If you are a registered Indian client, we have openings available for dental cleanings.

Call for an appointment:

707-825-5040 for Potawot Health Village
707-487-1818 for Howonquet

If you would like the **Acornbasket** mailed to your home, please fill in this form and return to:
United Indian Health Services, Inc.
1600 Weeot Way
Arcata, CA 95521
Attention: Liz Lara-O'Rourke

Name _____

Street or P.O. Box _____

City, State, Zip _____

Introducing...

Elizabeth Lewis

Munahuu! I am Elizabeth Lewis, newly hired Health Promotion Technician. I am a member of the Bishop Paiute Tribe of the Owens Valley. I was raised partly in the Owens Valley, in the towns of Big Pine & Bishop, CA, as well as in Requa near Klamath, CA. I attended Humboldt State University, and then began working at Toiyabe Indian Health Project, and I felt called back to this area. I have no current family living in this area other than my younger brother. My mother is Genevieve "Gina" Jones (former ITEPP graduate from HSU) and my siblings are: Jaclyn Bissonette, Che Lewis, and Eduah Schwenk. I enjoy beading, softball, volleyball, playing the piano & singing, prayer meetings, church, reading, and I love animals. Most of you will know my face from working at the front desk in the medical department here at UIHS. I am excited about being able to work closer in my community through tobacco cessation & education, as well as with the youth. I am very thankful for this opportunity and I look forward to meeting more of you.



National Wear Red Day

Submitted by: Liz Lara-O'Rourke, Health Promotion and Education Manager, UIHS

Source: <http://www.nhlbi.nih.gov/educational/hearttruth/materials/sample-newsletter-nwrdr.htm>

Although significant progress has been made in increasing awareness among women that heart disease is their #1 killer (from 34 percent in 2000 to 69 percent in 2009) most fail to make the connection between its risk factors and their personal risk of developing heart disease. In fact, this disease kills one out of every four American women. Join *The Heart Truth* campaign on Friday, February 4th—National Wear Red Day—to help spread the message that "Heart Disease Doesn't Care What You Wear, It's the #1 Killer of Women."[®]

The Heart Truth created and introduced the Red Dress as the national symbol for women and heart disease awareness in 2002 to deliver an urgent wake-up call to American women. The Red Dress reminds women of the need to protect their heart health, and inspires them to take action.



While heart disease risk begins to rise in middle age, heart disease develops over time and can start at a young age, even in the teen years. It's never too early, or too late, to take action to prevent and control the risk factors for heart disease. Important risk factors for heart disease are:

- ⊗ High blood pressure
- ⊗ High blood cholesterol
- ⊗ Being overweight
- ⊗ Being physically inactive
- ⊗ Diabetes
- ⊗ Smoking
- ⊗ Having a family history of early heart disease
- ⊗ Age (55 or older for women)

To find out more about women and heart disease, please visit *The Heart Truth* Web pages at www.hearttruth.gov or call the NHLBI Health Information Center at 301-592-8573.

[®], [™] *The Heart Truth*, its logo, The Red Dress, and "Heart Disease Doesn't Care What You Wear—It's the #1 Killer of Women" are trademarks of HHS. [®] National Wear Red Day is a registered trademark of HHS and AHA.

Heart-Healthy Treats for Your Sweetheart

Submitted by: Bailey Peterka, Dietitian, UIHS

The month of February brings Valentine's Day, but it is also American Heart Month—a time to promote heart disease awareness. Why not celebrate both at once? Show you care by giving your loved one a treat that is tasty and heart healthy! Here are some fun ideas:

- ♥ Make colorful fruit kabobs with berries, melon, pineapple, and grapes.
- ♥ For that chocolate lover in your life, get them dark chocolate, which is higher in those disease-fighting antioxidants.
- ♥ Dip strawberries in melted dark chocolate, place them on wax paper and chill.
- ♥ Bake oatmeal cookies with dried cherries or dried cranberries.
- ♥ Top angel food cake with cherries or strawberries and low fat whipped cream.
- ♥ Make a parfait with low fat granola, strawberry yogurt, and top with some heart-healthy almonds or walnuts.

The Facts of Lice

Submitted by: Fawn Murphy, Community Health Representative, (CHR) - Humboldt, UIHS

Lice infect more than 12 million people each year in the US!

This itchy infestation, also called pediculosis capitis, is second only to the common cold among communicable diseases affecting schoolchildren.

Lice are human parasites and need human blood to survive. Lice cannot be “caught” from pets as pets do not carry the same type of head lice as children.

Lice infest people regardless of social status or personal hygiene—in fact, they like CLEAN hair not dirty—it’s easier to attach to a clean hair shaft rather than a dirty one!

Lice cannot jump or fly—they crawl. Head to head contact is the most likely way to spread lice. They can also be transmitted by sharing personal items such as brushes, combs, hair ties, helmets, headphones, towels, hats, etc.

Lice infest children more than adults (mostly young, school-age girls) because kids have more direct head to head contact with one another.

Lice cannot survive off the human head for more than 24-36 hours. Swimming carries no greater risk of transmission than any other activity. Lice go into a state of suspended animation when in water and remain firmly attached to the hair shaft.



WHAT TO DO IF YOUR CHILD HAS NITS OR LICE?

First of all, try not to panic. Make sure your child actually has lice. It’s very easy to mistake pieces of dandruff or hair products for louse eggs or nits. If the particle can be removed easily with your fingers it is not a nit.

Combing is the safest way to remove nits. Make sure you are using a bright light as nits/lice are hard to spot. Pin up hair in sections. Let down small pieces and comb through. Comb each small section in different directions, making sure to wipe down the comb after each pass. Combing can take a couple of hours. Using conditioner on the hair can make the combing out process easier. Make sure to check everyone in the house with a nit removal comb. Keep checking for up to two weeks, as per the life cycle of a nit.

Wash all bedding in hot water. Remember, a louse can live off the human head for 24-36 hours, so it can rest on the pillow and re-attach that evening. Vacuuming is the safest and easiest way to remove lice from furniture, rugs, stuffed animals and car seats. Do not waste your money on furniture sprays; they are loaded with environmentally hazardous ingredients and are unnecessary.

If you choose to use a lice treatment, choose carefully. Studies have shown that lice are becoming resistant to over the counter treatments. In addition, most of these products contain harmful pesticides such as lindane. Herbs such as rosemary, citronella, tea tree, lavender and geranium have been shown to help repel head lice. These herbs have been used as natural insecticide for centuries. Ask your community health representative for a bottle of “lice oil” (almond oil with rosemary and tea tree) to help combat lice safely.

The Hypo-kinetic Disease

Submitted by: Elizabeth Edwards, Fitness Coordinator, UIHS

What is it, and are you at risk? Well that depends. Hypo-kinetic disease is not a specific condition in itself, it is a group of health issues that are caused or made worse by inactivity. Hypo-kinetic means low movement. “Hypo” means low, “kinetic” comes from the Greek word kinesis, which means motion.

Hypo-kinetic disease is related to, or caused by, insufficient activity and lack of regular exercise. Coronary heart disease, diabetes, high blood pressure, lower back problems, joint disorders, and obesity are all considered to be hypo kinetic diseases. Although the risk of most chronic diseases can’t be totally eliminated, it can be greatly reduced. If everyone in the United States led a healthy lifestyle, 80 percent of heart disease and diabetes, 70 percent of stroke and over 50 percent of all cancer cases could be avoided. A majority of our most serious diseases could be prevented with lifestyle changes. Keeping a fit healthy body is more important than most would believe.

It has also been shown through a recent study that 21 days of bed rest will age the body 30 years. So there’s a motivation to move more everyday! This doesn’t mean we shouldn’t listen to our doctors. In some cases, such as certain pregnancies or surgeries your doctor may still recommend it for a time. Then be sure to ask when you can be active again. If you are not sure how to be active, call me or get a referral. For those of you without limitations, get out of bed and get going!!



Ask Alan

Submitted by: Alan Schrader,
LCSW-Behavioral Health
Therapist, UIHS



Do you remember the first time you heard the words “we are pregnant”? It gives a different picture in your mind than the words “we are going to buy a new car.” So did I say, “Oh what a beautiful experience together,” or “I think hugging the little one and smelling that baby oil smell would be great”? In fact, I can still remember the first of many “wrong” words I said, as a new father: “Are you sure?” My wife looked carefully at me, sizing me up to see how much “we” was going into “we are going to have a baby,” and “we are going to raise a child,” and “are you going to be with me in this we”.

Seeing all the new pregnant mothers and fathers coming into the clinic with the big eyes lately has been very exciting. I am hearing more “we are getting ready,” “we are taking the prenatal vitamins,” “we are going to residential treatment” and “we are working with the Wellness Court.” It is exciting because “we” is in the first step of recovery in “Twelve Steps and Twelve Traditions”, the first step of the “Life Recovery Workbook”, and the first part of the circle on the “Red Road to Wellbriety”.

I think the biggest secret to recovery is learning the power of “we” and “we are”. Just like having a baby, it is not something we can easily do alone. If anyone has seen the movie of Bill W. you can see that AA was created by two men who said “we need to help each other” and “we are going to hold meetings” and “we need help from a greater power than our self”.

Recovering from the shock of being told we are pregnant is also like the shock the organization is going through recognizing the loss of many of the “we” we have known so well as staff members as we look at the new economic future of health care in California. New board members and new younger staff members can easily be frightened by looking ahead and seeing all the things that could go wrong just like baby delivery.

It is the power of “we” that caused and created the first Indian Health and Dental Care in California for Native Americans and Alaska Natives in 1969. When there was nothing, it was not the government, but the “we” of local tribal people and the prayers to the Creator that paved the way for what gifts we have today (<http://uihs.org/content/about-uihs>; the video at <http://www.crihb.org>).

So it is with all seriousness that I say it is the time for “we”. And as with all baby care, it is the defining moment of the power of “we” when grandmother turns to the father and says, “we have a poopy diaper” and the father says “Yes, we do.”. The power of “we” is totally awesome.

UIHS Clinic Closures

Monday, January 17th

for Martin Luther King Jr. Day



The Acornbasket
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 Interim Chief Executive Officer: Randall Barnoskie
 Editor: Elizabeth Lara-O'Rourke
 Layout: Elizabeth Lara-O'Rourke

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Fitness Room Schedules

Fitness rooms are available for all UIHS Clients.

Potawot
 Monday-Friday
 8:00 a.m. to 5:00 p.m.

Klamath
 Tuesdays and Fridays
 8:00 a.m. to 5:00 p.m.

Weitchpec
 Monday-Friday
 8:00 a.m. to 5:00 p.m.

See Elizabeth Davis, Yurok Tribe for key

Diabetes Prevention Activities

Humboldt County

Potawot Walking Groups
 Monday and Friday 10:00-10:30 a.m.
 Bayshore Mall Walking Groups
 Tuesday and Thursday 9:00 -10:30 a.m.
 Potawot Tai-Chi
 Wednesday 1:30-2:00 p.m.
 (2nd Wednesday) (12:30-1:30 p.m.)
 Potawot Zumba
 Wednesday 5:30-6:00 p.m.
 Potawot Yoga & Weight Lifting
 Thursday 5:15-6:15 p.m.

For more information contact:
 Fitness Coordinator at (707) 825-5070

Repchem

January 12 - Potawot Health Village
 11:00 a.m. - 12:30 p.m.
 January 19 - Smith River Elder Nutrition Site
 12:00 p.m. - 1:30 p.m.
 January 26 - Weitchpec Tribal Office
 11:00 a.m - 12:30 p.m.

Del Norte County

Harbor Trail Walk
 (behind Fred Endert Pool)
 Thursday 2:00-3:00 p.m.
 Elk Valley Walking Group
 Friday 2:00-3:00 p.m.
 Smith River Elder Nutrition Site
 Tai Chi
 Wednesday 12:30 p.m.

For more information contact:
 Donnie Green at (707) 464-2919

February 9 - Potawot Health Village
 11:00 a.m. - 12:30 p.m.
 February 16 - Smith River Elder Nutrition Site
 12:00 p.m. - 1:30 p.m.
 February 23 - Weitchpec Tribal Office
 11:00 a.m - 12:30 p.m.

UIHS Clinic Hours

Potawot Site

Monday-Friday 8:00 a.m. to 5:00 p.m.
 Monday & Wednesday Evening Medical Clinics
 5:00 p.m. to 8:00 p.m.

Closed for lunch 12:30 p.m. to 1:30 p.m.
 Administration, Behavioral Health,
 Community Health Services, Fiscal,
 Contract Health, Medical, Nutrition

Closed for lunch 1:00 p.m. to 2:00 p.m.
 Dental and Pharmacy

For an appointment call:

Behavioral Health	(707) 825-5060
Community Health	(707) 825-5070
Contract Health	(707) 825-4156
Dental	(707) 825-5040
Medical	(707) 825-5010
Nutrition	(707) 825-5030
Pharmacy	(707) 825-5020
All Other Services	(707) 825-5000
Toll-free number:	1-800-675-3693

Howonquet Site

Monday-Friday 8:00 a.m. to 5:00 p.m.
 Closed for lunch 12:30 p.m. to 1:30 p.m.

For an appointment call: (707) 487-0215

Elk Valley Site

Monday-Friday 8:00 a.m. to 5:00 p.m.
 Closed for lunch 12:00 p.m. to 1:00 p.m.

For an appointment call: (707) 464-2919
 Toll Free Number: 1-800-293-2919

Weitchpec Site

Monday-Friday 8:00 a.m. to 5:00 p.m.
 Friday - Medical 8:00 a.m. to 5:00 p.m.
 Tuesday (Meds. Only) 8:00 a.m. to 5:00 p.m.

Closed for lunch 12:30 p.m. to 1:30 p.m.

For an appointment call: (530) 625-4300

Klamath Site

Tuesday and Friday 8:00 a.m. to 5:00 p.m.
 Closed for lunch 12:00 p.m. to 1:00 p.m.

For an appointment call: (707) 482-2181

Fortuna Site

Tuesday & Thursday 8:00 a.m. to 5:00 p.m.
 Wednesday 8:00 a.m. to 12:00 p.m.

Closed for lunch 12:00 p.m. to 1:00 p.m.

For an appointment call: (707) 725-7988

Keeping your appointment is very important. If you have to cancel, please call at least 24-48 hours in advance. Providing us notice that you have to cancel will allow us to contact other clients to fill this available appointment slot. Thank you.