

The Acornbasket

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

March/April 2011

Volume 29, No. 2

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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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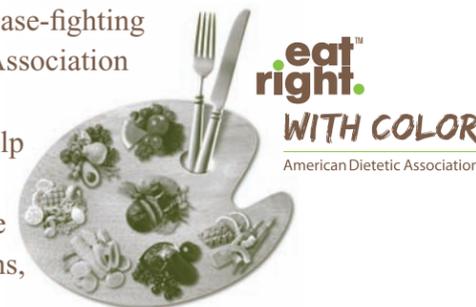


March is National Nutrition Month

Submitted by: Bailey Peterka, RD & Irene Gill, RD, UIHS

This year's National Nutrition Month theme is "Eat Right with Color!"

Color makes the difference between a bland meal that blends in to your plate and one that pops with bright red, green, orange, blue or yellow. When you eat a rainbow of different colored foods every day, you can be sure you're getting a variety of important disease-fighting nutrients. Here are some examples from American Dietetic Association Spokesperson, Karen Ansel:



Green produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks.

- Fruits:** avocado, apples, grapes, honeydew, kiwi and lime
- Vegetables:** artichoke, asparagus, broccoli, green beans, green peppers, and leafy greens such as spinach

Orange and deep yellow fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers.

- Fruits:** apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple
- Vegetables:** carrots, yellow pepper, yellow corn and sweet potatoes

Purple and blue options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.

- Fruits:** blackberries, blueberries, plums, raisins
- Vegetables:** eggplant, purple cabbage, purple-fleshed potato

Red indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks.

- Fruits:** cherries, cranberries, pomegranate, red/pink grape fruit, red grapes and watermelon
- Vegetables:** beets, red onions, red peppers, red potatoes, rhubarb and tomatoes

White, tan and brown foods sometimes contain nutrients that may promote heart health and reduce cancer risks.

- Fruits:** banana, brown pear, dates and white peaches
- Vegetables:** cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potato and white corn

For more information on how to eat right with color, visit <http://www.eatright.org/nnm> for interactive games, tips, and resources.

Spring Cleaning Tips

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

Some of the tasks that you can perform during your annual spring cleaning may actually improve your family's health. The following spring cleaning activities will help make you, and your home, healthier and safer:



Thoroughly dust your home and clean air conditioning and heating filters, ducts, and vents to decrease your exposure to pollens and other airborne allergens.

Organize your medicine cabinet, discarding expired medications and old prescription medications no longer in use.

Check the garage and basement for old cans of paint, thinners, oils, solvents, stains, and other forms of "toxic" trash. Call your city or county sanitation department to find the location of the hazardous waste drop-off center, and get rid of anything you're not going to use. Likewise, check under the sink and around the house for old, potentially toxic cleaning products and dispose of these.

Have your chimney professionally cleaned—you'll reduce the chances of carbon monoxide exposure from your chimney when it's fire season again.

Clean all mold and mildew from bathrooms and other damp areas with non-toxic cleaning products. Mold is a fungus which can trigger allergic reactions in susceptible people.

Change the batteries in your smoke detector and carbon monoxide detector. Collect old batteries throughout the house for disposal in a battery recycling or hazardous waste center.

Source: <http://www.medicinenet.com/script/main/art.asp?articlekey=60895>



Cavity-Free Club

Submitted by: Meghan McCullough,
Registered Dental Hygienist, UIHS



Congratulations to the following for being CAVITY-FREE.

Good job!

- Jared Olson - 15 y
 - Trace Dickerson - 3 y
 - Shyarra Bowie - 9 m
 - Izaak Smith - 10 y
 - Edward Bowie - 3 y
 - McKayla Smith - 8 y
 - Nae Rew Martin - 5 y
 - Joseph McAllister - 3 y
 - Katie McAllister - 3 y
 - Ernesto Hernandez - 6 y
 - Nikwe Hostler - 2 y
 - Jerab Pino Jr - 3 y
 - Kalea Hubbart - 1 y
 - Vincent Stonebarger - 3 y
 - Keneknek Lowry - 1 y
 - Key-Nuh White - 1 y
 - Elliot Abrahams - 3 y
 - Jaxin Bartoo - 2 y
 - Patricia Bartoo - 4 y
 - Justin Payton - 5 y
 - Riley Cady - 9 m
 - Connor Richmond - 10 y
 - Notchko Albers Tatum - 7 m
 - Estrella Olivares - 2 y
 - Drake Horn - 3 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...

Stacey Frank

My name is Stacey Laura Frank and I was born in Reno, Nevada. My father's father is Concow Indian and my father's mother was Pit River and Modoc; my mother is Polish. My father was offered a job at the Department of Social Service as the Humboldt County Welfare Director, which is how my family ended up here. I grew up in Eureka, California. After working full time for Wells Fargo Bank in Redding, California and full time school for three years I was accepted to California State University, Chico, where I recently graduated with a Bachelor of the Arts for Psychology. My emphasis was on women's issues and psychology of women through out life. I was sitting at my parents house looking for jobs and my father advised me to check the United Indian Health Services sites for jobs. The description of the Domestic Violence and Sexual Assault Education/Specialist looked right up my alley, so I applied and what do you know I got the job. I feel very happy to be back in the community that I grew up in, and surrounded by so many wonderful people. There really is no place quite like the North Coast.

I am not married and I don't have any children other than my six year old miniature doberman pincher, and her name is Daisy or Do-Do for short. I also have a beta fish and his name is Achilles. My brother and his fiancé live in Eureka with their three children and I love being an aunt to them. They are wonderful kids!

I like to run as often as I can. I tried yoga...didn't turn out so well; I need a faster pace in life I guess. I love watching movies. If I had to pick one movie to be my favorite it would be between Monsters Inc, Ice Age, 300, and Star Wars Episode II. I also like to do art projects like painting, drawing, scrapbooking and making clothes. I feel like I am starting to find my way here at UIHS and am enjoying life right now.



Kat Conrad

Hello! My Name is Kat Conrad. I am Chiricahau, Spanish, and Basque on my dad's side and English, Irish and French on my mom's side. I am the youngest of 10 children from Helen and Ralph Arbizu. There are only 5 of us left. The two oldest, the middle and the two youngest are all that is left of our immediate family. I share property in Hoopa with my husband Kim Conrad but have lived over here on the coast for the last year. I have a 17-year old son, Rye'le who attends Arcata High School. We often are in Hoopa on the weekends where my three horses—two mustangs from Montana, Toad and Lilly, and a quarter horse-arabian, Red Dancer—still live. I have a borrowed dog, Bubba, a lab-pit cross who I am babysitting for my brother who is closest to my age at 3 years older than me who is currently indisposed. I love exercise and have taken personal trainer courses which as an RN has an added benefit for fitness and activity plans. I garden and miss working in the Emergency Department at Mad River Community Hospital, but am excited to do something so different working with women, infants and children who are healthy! I love serving my fellow Native people.

UIHS No Smoking Policy

Submitted by: Donnie Green, Health Promotion Technician, UIHS

At United Indian Health Services we are committed to assisting our clients and community to achieve a healthier lifestyle. Recognizing the harmful effects of smoking commercial tobacco and secondhand smoke, UIHS passed a smoking regulation policy back in 2001, in pursuit of achieving wellness. The purpose of passing this policy was to establish a smoke free environment for clients and visitors of UIHS. In this policy we restrict any smoking activities at any UIHS facility or property to designated smoking areas. So we ask that people not smoke on the trails, in the parking lot, near buildings, and of course inside the facility.



For people who choose to smoke we have designated areas where smoking is allowed. These designated areas are located away from building entrances and common walking paths to reduce exposure to secondhand smoke for clients and staff. In these designated areas there are smoking receptacles to dispose of cigarette butts in efforts to reduce cigarette butt litter on the property.

It is estimated that our maintenance staff picks up approximately 400-500 cigarette butts a week just in the patient parking lots at Potawot Health Village. It's also estimated that trillions of filters, filled with toxic chemicals from tobacco smoke, make their way into the environment as discarded waste yearly. As a result, cigarette butts continue to be the most commonly littered item in the United States and around the world. So please, if you are a smoker, be respectful to our clients, staff and community and smoke in the designated smoking areas.

Also, if smokers are interested in quitting smoking we offer one-on-one support services through our "Smoke Fish, Not Cigarettes" program. Just contact the Health Promotion and Education Staff at (707) 825-5070 or (707) 464-2919.

Thank you for helping to support UIHS' vision to have a healthy mind, body, and spirit for generations of our American Indian community.



Take a Break? or Spring into Action?

Submitted by: Elizabeth Edwards, Fitness Coordinator, UIHS

Give yourself a break—a break from your routine that is. If your routine consists of being a couch potato, maybe go for a walk. If you walk 7 days a week, try a day of rest. Most of us get stuck in a routine from time to time. This can be a good thing, if it is a healthy routine like watching what you eat and getting regular exercise, but there are always going to be times we are outside of routine. This spring, take a break. Take a break from what you're always doing. This is the time to get outdoors again. There is a time for everything. A time to work, and a time to rest. If a certain activity is wearing on you, like walking, maybe try riding a bike. Try something new. Here are some ideas for you to try:



- ☺ Taking care of ourselves involves taking well deserved breaks.
- ☺ Take a break from routine. Drive to work a different way.
- ☺ Break your usual daily habits.
- ☺ If you are not exercising your body, give it that well deserved exercise.
- ☺ Expect the very best all day and be ready for the unexpected.
- ☺ Take a break from barriers and boundaries.
- ☺ Do something you did not know you could.
- ☺ Overcome your fear and amaze yourself.

A healthy break is a break from your usual. Try a new walking path or a new exercise. Keep trying new things, until you find something you love, and when you do, you'll have something new to add to your routine. Just like Spring Cleaning, we have to adjust our lifestyle routines to the season. This way we can keep being active when the weather changes or our health changes and we have to foresee bumps in the road. Just because something doesn't seem like it will fit into your lifestyle doesn't mean it's not worth a shot. We can try various activities, like going a different way on our walk home, in order to see new things, and gain a different perspective. We may learn we prefer to take the long road because of the scenery. Sometimes we just have to step outside the box, so that we can see what is on the other side.

5 Steps for Handling Anger

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

Frederic Luskin, PhD, and Carl Thoresen, PhD, who ran the Stanford Forgiveness Project at Stanford University, have shown that a grudge is a gift that keeps on giving—misery, that is. It causes anxiety, depression, anger, paranoia, isolation, insomnia, and physical pain. But by forgiving your transgressor, you take back control of your life. There are physical payoffs, like lower blood pressure; maybe more important, you feel less anger, anxiety, and depression, and more self-esteem.

Most people think forgiveness is a good idea, Luskin says, "until they have something to forgive." That may be because so many of us just don't know where to start. Fortunately, the path has been well marked, and one of the best decisions you can make is to learn how to follow it. Here are five steps to start you on your way.

1. **Understand what forgiveness is—and what it isn't.** A lot of people don't want to forgive because they think it's wimpy, or that it means they're saying the offender did nothing wrong. It's neither. Forgiveness isn't really about the offender at all. Instead, it's about letting go of the anger that eats at you—accepting that you were wronged but deciding to move on from your hurt. It's an act of profound self-respect and self-care that takes courage and commitment on your part.

2. **Grieve for what you've lost.** Premature forgiveness has been compared with squirting whipped cream over garbage. The result may look good, but the underlying problem remains and will fester. To truly forgive, you must feel your sorrow, and that can take time. Even after you've decided to let go of your anger, you may feel it flare from time to time.

3. **Don't wait for an apology.** Sometimes the person who hurt you isn't even aware that he's done so. In other cases, he's incapable of understanding or caring. The simple words I'm sorry can be healing, but so is deciding that you no longer need to hear them.

4. **Try to understand what drove the offender.** Generally speaking, bad behavior is the result of emotional immaturity, a state more to be pitied than judged. Empathy can force out corrosive anger and transform your life—and sometimes the lives of others.

5. **Celebrate who you have become.** Life is a school for learning, and some of the lessons are painful ones. We can't avoid being hurt. But we can decide not to let our hurt overshadow the rest of our lives. Choosing to let go and move on doesn't leave you the same as you were before. It brings you greater understanding and maturity and more compassion—toward others, and toward yourself, as well.

Written by: By Joan Borysenko, PhD

Source: <http://www.prevention.com/health/health/emotional-health/5-steps-for-handling-anger/article/ffb8169c1903110VgnVCM20000012281eac>

Ask Alan

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



It is not easy to be an American Indian Mother in 2011. The social and financial costs of violence in our communities have drawn study by the United Nations, who are investigating what can be done by the US government to assist American Indian communities to reduce the violence. Ms. Rashida Manjoo, from the UN Commission on Human Rights reports that: "one out of three Native women will be raped in her lifetime, and three out of four will be physically assaulted. Indian women are stalked at a rate more than double that of any other population."

So if you were raped, beaten, and stalked what kinds of health needs would you have? What kinds of counseling diagnosis might be given to your conditions? What kinds of medicines would you need to cope with these pains? Would you have special dental problems? Would you sleep well at night or not sleep at all? How would this affect you going to school? How would this affect you at work? Would you be more or less likely to drink or take drugs? These questions have come to constitute what we are beginning to call TIHC or Trauma Informed Health Care. The idea is to look for and identify effects of trauma not as a label of a person but as medically treatable conditions that patients do not necessarily find easy to talk about.

If a child saw a woman raped, beaten, and stalked what would that child act like? Would they sleep at night? How would they act in school? Would they be more likely to be friendly or more likely to act out? In a Boulder, Colorado safe home, staff teaches that preschool children often display: somatic or psychosomatic complaints; regression, irritability, fearful of being alone, extreme separation anxiety, developmental delays, sympathetic toward mother. Elementary aged children can act out: fluctuate between being eager to please and being hostile, verbal about home life, developmental delays, externalized behavior problems, inadequate social skill development, gender role modeling creates conflict/confusion.

Because I also came out of a domestic violence home and in poverty, I say that the violence has to stop. Positive parenting is very hard to do when the home and community are not safe or the parents are not valued and the turning points are not looked for and seen. We need the support of each other. I never thought of the UN coming to my house and studying or helping my family. I needed the help of my family and neighbors. Today, we work together as communities looking for answers. We should recognize the resilience of our parents and say thanks to people who helped us make the life turning points. We give thanks to the people who stood beside you on the really big decisions and the tough times. We give thanks to the men who supported the women and thanks for the women who supported the men. Thank you father, mother, grandfather, grandmother, aunties, uncles, step mother, step father, neighbors, and teachers.





Potawot Health Village
Attn: Liz Lara-O'Rourke
1600 Weeot Way
Arcata, CA 95521

UIHS Clinic Closures

Wednesday, March 9

for UIHS Board and Staff Meeting



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



March/April 2011



Fitness Classes

Fitness classes are available for all UIHS Clients.

Zumba
 Wednesdays at 5:15 p.m.
 Potawot Health Village

Strengthening and Relaxation
 Thursdays at 5:15 p.m.
 Potawot Health Village

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 Strengthening and Relaxation
 Thursday 5:15-6:15 p.m.
 For more information contact:
 Fitness Coordinator at (707) 825-5070

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

Repchem

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

April 13 - Potawot Health Village
 11:00 a.m. - 12:30 p.m.
 April 20 - Smith River Elder Nutrition Site
 12:00 p.m. - 1:30 p.m.
 April 27 - 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.