



The Acornbasket

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

September/October 2011

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Inside this Issue

Cavity Free Club	Page 2
Domestic Violence	Page 2
Say "No" to Soda	Page 2
Know the Warning Signs of Suicide	Page 3
HAWC Walk/Run 2011	Page 3
Join the UIHS CORE Coalition	Page 3
UIHS Wants to Assist You	Page 3
Diabetes Program Activities	Page 4
UIHS Clinic Hours	Page 4



UIHS 2011 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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Prepare for the Flu, Know the Facts

Submitted by: Kat Conrad, Public Health Nurse, UIHS

What is influenza (also called flu)?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year.

Signs and symptoms of the flu.

People who have the flu often feel some or all of these symptoms: Fever*, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue (very tired). Some people may have vomiting and diarrhea though this is more common in children than adults. *Not everyone with the flu will have a fever.

How the flu spreads and periods of contagiousness.

Most experts believe that flu viruses are spread by droplets when people with the flu cough, sneeze or talk and from these droplets the viruses can land on and in the mouths and noses of others nearby. Less often someone may get the flu from touching an object or surface that has a flu virus on it and then touching their own mouth, eyes or possibly nose. You may be able to pass on the flu to someone else before you even know you are sick as well as while you are sick. Healthy individuals may be able to pass on the flu beginning one day before symptoms develop and up to 5-7 days after becoming sick. Some people, especially very young children and those with weakened immune systems might be able to infect others for even longer periods of time.

Who should get vaccinated?

Everyone 6 months and older should get a flu vaccine each year. Universal flu vaccination in the U.S. is to expand flu protection for more people. If someone is at risk for developing severe complications from the flu they should get a flu vaccine which often begins in September and continues through January or later.

Who is at risk for developing flu related complications?

Children younger than 5, but especially children younger than 2-years old; pregnant women, adults 65 years of age and older, American Indians and Alaskan Natives, people with medical conditions including-mild asthma, neurological and neurodevelopmental conditions-epilepsy, stroke, mental retardation, chronic lung disease, heart disease, endocrine disorders, diabetes, kidney disorders, liver disorders, weakened immune system, morbidly obese (BMI over 40) and others. Flu vaccine clinics will start this month at Potawot Health Village (PHV) and continue throughout the flu season.

For more information contact Kat Conrad PHN, at Potawot Health Village at 825-4168.

Attention UIHS Medicare Clients!

Submitted by: Kathy Busenius, Patient Accounts Manager, UIHS

Medicare Part D Open Enrollment Dates have Changed Opens: October 15, 2011 Closes: December 7, 2011

All UIHS Medicare recipients, including those already enrolled in a Medicare Part D plan, must contact UIHS. You need to meet with us to make sure that your current plan will still cover your medications for next year or choose a new plan that will. Medicare Part D plans can only be changed during the open enrollment period. **Please call to schedule an appointment immediately:**

☎ Potawot (707) 825-4169 or (707) 825-4132 ☎ Weitchpec (707) 625-4304

☎ Smith River (707) 487-0215 ☎ Fortuna (707) 725-7988 ☎ Klamath (707) 482-2181



Cavity-Free Club

Submitted by: Meghan McCullough,
Registered Dental Hygienist, UIHS

Congratulations to the following for being CAVITY-FREE. Good job!



Alain Young - 6 y
 Kayleann Rodriguez - 4 y
 Gavyn Gaskill - 5 y
 Blue Hoboo - 8 y
 Lilyana Young - 14 m
 Lilyana Carmony - 2 y
 Kishan Daniels - 4 y
 Sophia Powell - 5 y
 Jaron Powell - 5 y
 Brian Mead Jr - 5 y
 Natalie Edgins - 1 y
 Daytona Dobrec - 2 y
 Wey Se Naw Reed - 3 y
 Finley Logan - 9 y
 Jacob Bodenhoefer - 6 y
 Rebecca Christian - 2 y
 Atsa Nez - 2 y
 Maliah Cheng - 19 m
 Talon Turner - 1 1/2 y
 Destiny Lewis - 1 1/2 y
 Eddie Huerta Minard - 2 y
 Clio Saulsbury Bruck - 10 m
 Aiden Alvarez - 4 y
 Maelah Hanshaw - 4 y
 Julie Grandfield - 10 y
 Bryce Johnson - 5 y
 Jocelyn Johnson - 3 y
 Hailey Jewell - 6 y
 Javelin Samulski - 7 m
 Brandon Allen - 13 y
 Cole Jewell - 3 y
 Lylynn Lane - 3 y
 Keiahna Moody - 7 y
 Jayden Brakeman - 11 m
 Madelyn Conley - 5 y
 Kenneth Portillo - 11 y
 Isabella Wilson - 11 m
 Ronin George - 2 y
 Everett Gruetzmacher - 10 m
 Jack George - 7 y
 Seth Angell Brunton - 6 y
 Elliot Carlton Abrahams - 4 y
 Lenayah Spannaus - 4 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

Domestic Violence Awareness

Submitted by: Stacey Frank, Domestic Violence & Sexual Assault Education/Prevention Specialist



Domestic Violence Awareness Month evolved from the "Day of Unity" in October 1981 by the National Coalition against Domestic Violence. The purpose was to connect advocates across the United States who were working to end violence against women and their children. The Day of Unity soon became a week devoted to many different activities at the local, state, and national level. Many of the activities conducted had common themes: mourning those who have died as a result of domestic violence, connecting those who work to end violence, and celebrating those who have survived. Based on the admirable efforts of survivors, family members, friends and advocates domestic violence awareness became a national month of events, and awareness efforts across the country.

As years have passed, many more efforts have been made to understand domestic violence and put an end to it. One aspect of understanding domestic violence is how it affects different communities and members of those communities. Women accounted for 85% of the victims of intimate partner violence, men accounted for approximately 15% in 2003 (Bureau of Justice Statistics Crime Data Brief). This breaks down to one in every four women in her lifetime will experience domestic violence at some point, and one in six men will also experience domestic violence. These numbers are overwhelming when you think about how many friends and family members we have in our community. American Indians and Alaskan Natives experience domestic violence at much higher rate than the national average, more than twice.

Domestic Violence in American Indian and Alaskan Native communities is hard to measure fully due to many different factors such as lack of resources, isolation, and cultural norms. These factors are somewhat more dominate on reservations however, off the reservations American Indians and Alaskan Natives are still more likely to experience domestic violence than any other nationality in the United States, one in every three. This information is based on a national survey by Amnesty International. The survey conducted was based on 16,000 participants and only 88 of those participants were documented as American Indians or Alaskan Natives, none were from reservations. It is believed that the number of victims among American Indians and Alaskan Natives that are victims of domestic violence is actually much higher.

Domestic Violence was not a traditional way of our Native community. Colonization, boarding schools and foreign ways have changed how husbands, wives, children, partners, boyfriends, girlfriends, and even former spouses or partners might be treated. A child growing up in a violent home is 70% more likely to be in an abusive relationship later in life. This is how the cycle is passed on to the next generation. Domestic Violence Awareness Month for our community is about putting an end to this cycle and returning to our traditions of respect and ways of healthy living.

Say "No" to Soda

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

Source: California Center for Public Health Advocacy

Soda is a major contributor to childhood obesity.

Every additional daily serving of soda increases a child's risk of obesity by 60 percent. Soda consumption in childhood also increases the risk for overweight and obesity in adulthood.

Soda damages children's teeth.

Soda consumption nearly doubles the risk of dental caries (cavities) in children. The acid in soda causes an erosion of tooth enamel, often after just one sip, and the sugar in these beverages provide fuel for the bacteria that cause tooth decay. Because diet sodas also contain acid they too increase the risk for cavities.

Soda often contains caffeine.

Sixty percent of sodas sold in the United States contain caffeine children who consume the amount of caffeine in one 20-oz soda can experience withdrawl symptoms like headache and anxiety if they stop drinking soda.

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

Know the Warning Signs for Suicide

Submitted by: Christina Casarez, ASW, UIHS

What are the warning signs of suicide?

These signs may mean someone is at risk for suicide. Risk is greater if a behaviour is new or has increased and if it seems related to a painful event, loss, or change. Seek help as soon as possible by contacting a mental health professional or by calling the Lifeline at 1-800-273-TALK (8255) if you or someone you know exhibits any of the following signs:

- ☉ Talking about wanting to die or to kill oneself.
- ☉ Looking for a way to kill oneself, such as searching online or buying a gun.
- ☉ Talking about feeling hopeless or having no reason to live.
- ☉ Talking about feeling trapped or in unbearable pain.
- ☉ Talking about being a burden to others.
- ☉ Increasing the use of alcohol or drugs.
- ☉ Acting anxious or agitated; behaving recklessly.
- ☉ Sleeping too little or too much.
- ☉ Withdrawing or feeling isolated.
- ☉ Showing rage or talking about seeking revenge.
- ☉ Displaying extreme mood swings.



Join the UIHS CORE Coalition

Submitted by: Trish Carlson, Health Promotion Technician, UIHS

Are you looking for something meaningful to do? Join United Indian Health Services', (UIHS) CORE Coalition. CORE stands for Community, Outreach, Resource and Education. The CORE Coalition is a diverse group of community members that helps the Health Promotion and Education Programs in their prevention efforts in the American Indian community. CORE members provide input and share their ideas on activities and projects conducted and carried out by the Health Promotion and Education Program Staff. They are involved in educational presentations, fund raising, boothing, and many other activities. CORE members are valued and appreciated for their service and receive education and training when available. CORE meets about ten times a year and is currently planning and working on their Bi-Annual Elders Honoring Event. If you would like to join the CORE Coalition or would like more information, contact Trish Carlson in Humboldt County at (707) 825-5070, or Donnie Green in Del Norte county at (707) 464-2919.



HAWC Walk/Run

United Indian Health Services' (UIHS) Community Health and Wellness Committee (C-HAWC) held their 20th Annual HAWC Walk/Run, Saturday, August 27 at UIHS. The event was well attended and enjoyed by all who came.



Participants had the opportunity to take part in fitness activities, health screenings, and health education and social service booths.



There were special presentations about empowering the community against domestic violence and suicide, communication, traditional salves, and traditional foods.



This year's keynote presenters were Pam and Gordon James who specialize in communication that inspire growth, empower change, and transform people, organizations and communities.



After the keynote presentation participants enjoyed a delicious potluck lunch with traditionally cooked salmon by the James family.



**UIHS wants to assist you
in applying for these programs
to help with your healthcare needs.**

- Medi-Cal/Denti-Cal & CMSP
- Healthy Families Family PACT
- Cancer Detection Program Medicare Part D
- California Children Services Prescription Assistance Programs

For assistance please ask for alternate resources or patient registration.

- ☉ **Potawot** (707) 825-4169 or (707) 825-4132
- ☉ **Weitchpec** (707) 625-4304 ☉ **Smith River** (707) 487-0215
- ☉ **Fortuna** (707) 725-7988 ☉ **Klamath** (707) 482-2181

Submitted by: Kathy Busenius,
Patient Accounts Manager, UIHS



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

UIHS Clinic Closures

Monday, September 5
for Labor Day



Friday, September 23
for California Indian Day

The Acornbasket
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 Chief Executive Officer: Vida Khow
 Editor: Elizabeth Lara-O'Rourke
 Layout: Trish Carlson

September/October 2011

Diabetes is Preventable

Make Healthy Choices

Exercise 30 Minutes a Day

Eat Less Fat

Lose 7% of Your Body Weight

Reduce Stress, Enjoy Life



For More Information Contact Diabetes Prevention Program:

707-825-5070 in Humboldt County

464-2919 in Del Norte County

Diabetes Program 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 Strengthening and Relaxation
 Thursday 5:15-6:15 p.m.
 Through May. No Classes June-August.
 For more information contact:
 Fitness Coordinator at (707) 825-5070

Repchem

September 14 - Potawot Health Village
 11:00 a.m. - 12:30 p.m.
 September 21 - Smith River Elder Nutrition Site
 12:00 p.m. - 1:30 p.m.
 September 28 - 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

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

Save the Date: All Area Repchem - November 11 at Potawot Health Village

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.