



# The Acornbasket

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

March/April 2012

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## UIHS 2012 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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<b>Tolowa Nation</b> Raja Storr, <i>Ex-Officio</i>	<i>*Members of Executive Governance Committee</i>



## Expansion of Medical Services For Weitchpec and Fortuna

Submitted by Dr Kathleen Terra

UIHS is excited to announce the expansion of medical clinic days in Weitchpec and Fortuna to better serve the medical needs of the UIHS community. Weitchpec is adding a full-day clinic on Tuesdays, making Weitchpec open for two full days for medical: on Tuesdays and Fridays from 9:30 a.m. to 4:00 p.m. The Fortuna site will add a half-day medical clinic on Wednesday afternoons from 1:00 p.m. to 5:00 p.m., in addition to being open for medical on Tuesdays and Thursdays from 8:00 a.m. to 5:00 p.m. The expansion is set to begin in April, but look for signs at the clinics announcing the exact dates.



## A Name Change for Klamath

United Indian Health Services' Klamath Health Clinic recently underwent a name change. It is not a new name; it's name has simply been returned to a Yurok name. The Klamath clinic will now be called the Hop'-ew Puel Health Clinic. Hop'-ew Puel is a Yurok place name. The clinic is still a UIHS clinic and will still operate as usual and on its usual days and times. The Hop'-ew Puel clinic is open on Tuesday and Friday from 8:00 a.m. to 5:00 p.m. and on Thursday, for meds. only, from 10:00 a.m. to 3:00 p.m. It is closed for lunch from 12:00 p.m. to 1:00 p.m. To make an appointment you may call (707) 482-2181.



## Help us Improve Our Services

Submitted by Ira Sing MD, MPH,

Quality Improvement Coordinator, UIHS

United Indian Health Services (UIHS) is dedicated to providing health care of the highest quality to our clients. Your opinion of our services is necessary to achieve this quality; therefore we will be conducting Client Satisfaction Surveys every month. This will let us know how you feel about our services so that we can make sure we are meeting your needs. Your responses will be kept confidential and anonymous. Our Client Satisfaction Survey will be handed to you the next time you visit UIHS. We strongly encourage you to participate in this survey and help us improve our services.



## Cavity-Free Club

Submitted by: Meghan McCullough,  
Registered Dental Hygienist, UIHS

**Congratulations to the following for being CAVITY-FREE in December 2011 and January 2012. GOOD JOB!**



Dakota Timmons	4 years old
Jarren Jackson	6 years old
Janessa Jackson	3 years old
Kee-Shan Davidson	3 years old
Nateya Dowd	7 months old
Savannah Lenardo	7 years old
Melissa Thrash	12 years old
Laurn Laverne	9 years old
Steven Graves	2 years old
Aubriella Giovanetti	2 years old
Gabriella Pratt	6 years old
William Defenbaugh	2 years old
Jordan Bennett	2 years old
Donte Nate	5 years old
William Mager	4 years old
Charles Mager	2 years old
Malachi Exline	14 years old
Jasmine O'loughlin	2 years old
Cameron Blackcoon	3 years old
Kyra Dart	6 years old
Jorge Lopez	3 years old
Karmen Moorehead	6 months old
Elijah Timmons	9 years old
Robert Brennan	4 years old
Ethan Shelly	7 years old
Dischayah Crowe	1 year old
Annaka Campbell	8 years old
Atreganson Lowry	5 years old
Dylan Liles	3 years old
Kyrie Weigand	7 years old
Miekaylia James	2 years old
Deon Timbol	4 years old
Donte Salas	8 months old
Evan Bacon	4 years old
Madyson Lemly	5 years old
Makinsey Lemly	1 year old
Mason Altman	7 years old
Kailey Katz	7 years old
Ian Oliphant	16 years old
Spencer Byrne	8 years old
Kalei Melvin	11 years old
Hunter Copeland	9 years old
Koral Rechberg	10 years old
Kallen Rechberg	12 years old
Amber Boardman	15 years old

**February's Cavity Free Club Prize Winner:  
Steven Graves 2 years old**

**March's Cavity Free Club Prize Winner:  
Charles Mager 2 years old**

**Call for an appointment:**  
707-825-5040 for Potawot Health Village  
707-487-1818 for Howonquet

## Mindfulness

Submitted by: Trish Carlson, Health Education Prevention Specialist, UIHS

Although many people associate mindfulness and meditation with Eastern spiritual traditions, almost all human cultures have engaged in practices that include the use of deep, focused thought, listening, and attention. This is particularly true of Indigenous Peoples throughout the world. When spiritual leaders taught sacred rituals to the uninitiated members of the tribe (mainly the youth), it was required that the novice engage in concentrated, uninterrupted attention to what was being presented, its meanings, and how it was connected to the traditions of the people. Among some tribes, before youth would be introduced to certain sacred practices they might be required to undergo a purification process where they would be spiritually cleansed so that their minds and hearts would be in a good place (without negative thoughts or feelings). Children were reminded that bad thoughts and lack of focus would taint their experience and their ability to learn.

When young people were passing into adulthood many would be guided into the formal process of "vision-seeking" to understand their purpose in life and how their actions would contribute to the well-being of the tribe. The preparation for vision-seeking was long, intense, and challenging. It required deep mindfulness and long periods of meditation, which focused on what was being sought (a vision, special healing powers, or insights). It also required one to focus on the process: an uninterrupted, steady focus and awareness of the special prayers and songs that were to be used, and an interpersonal humility and maintenance of pure, compassionate thoughts.

Today, many Indigenous youth are not given the opportunity, nor are they pressed, to engage in formal mindfulness practices to improve their well being. While it may not be appropriate for school personnel to direct students in cultural mindfulness practices, they can implement mindfulness into the school setting. Developing mindfulness is not easy but it is worth doing: it is culturally appropriate, easy to implement, low cost, and it works. Mindfulness involves systematic training and practice and is a process that takes place over time. Dramatic, positive changes can occur when one gently and consistently practices mindfulness. It is a journey that is well worth it for native students and those that teach them. For when they are invited to enter into states of deep awareness and concentration, their worlds, experiences, and lives become much richer: less fearful and angry, more vivid, creative, peaceful, and healed. Raising the educational success and well being of Indigenous students is just one mindful breath away.

*Michael Yellow Bird, MSW, Ph.D., is an enrolled member of the Three Affiliated Tribes and a professor and the Director of Graduate Education in the Department of Social Work at Humboldt State University, Arcata, CA. His teaching, writing, research, and community work focus on social work with Indigenous Peoples, decolonizing social work, neurodecolonization, neuroscience and social work, and employing mainstream and traditional Indigenous mindfulness practices in tribal communities to promote health and well being. He can be reached by email at: [mjy9@humboldt.edu](mailto:mjy9@humboldt.edu)*

## Native H.O.P.E. Needs You

Submitted by: Trish Carlson, Health Education Prevention Specialist, UIHS

**Native H.O.P.E. (Helping Our People Endure)** needs you. We are currently recruiting community members, tribal leaders, and anyone who works for or with youth to help plan this event. The Native H.O.P.E program provides training for youth, community members, and youth service providers in suicide prevention with Native youth. We need help planning the Native H.O.P.E. event which is scheduled to take place June 21-24 in Klamath, California. The Native H.O.P.E. curriculum incorporates training of facilitators as well as a 3 day training for Native youth. The purpose of the Native H.O.P.E. Training of Facilitators (TOF) is to prepare people to work with American Indian/Alaska Native/First Nations individuals; to strengthen their facilitation and leadership skills so that they can replicate the curriculum successfully in their communities and thus reduce suicide among our most precious and sacred resource, our children and youth. The overall goal of the Native H.O.P.E. 3 day youth training is to strengthen the capacity of American Indian/Alaska Native/First Nations teens and young adults to help each other, their families, schools, and communities by using their "Sources of Strengths," including culture and spirituality, to break the "Code of Silence" and unhealthy multigenerational cycles. The overall outcome of the Native H.O.P.E. is to create a "Call-to-Action" among Native youth and adults from their communities to develop and implement a Strategic Action Plan that greatly reduces suicide and its contributing factors including depression, substance abuse, violence and exposure to trauma. This training is a strength based interactive approach to suicide prevention, wellness, and leadership, incorporating culture, ceremony, traditions, healing and humor. Participants will learn strategies for community mobilization and empowerment. Providers will enhance their skills in facilitation, group processing, and leadership development for Native youth.

This is an invitation to you: we encourage you to take an active role in preventing suicide in our Native community by participation in the Native H.O.P.E. event. We look forward to the opportunity to collaborate with you on this important event. For more information contact Marcella Bixler, Kol' Ho Koom' Mo project coordinator, at UIHS at (707) 825-5070.



# Prevent Disease & Maintain Health Eat Your Veggies!

Submitted by: Bailey Perterka, Registered Dietician, UIHS

Eating vegetables provides many different health benefits. It has been proven that people who eat more vegetables as part of an overall healthy diet are less likely to develop chronic diseases such as cardiovascular disease, stroke, and Type 2 Diabetes. Eating vegetables can also help you control weight. Vegetables are very low in calories compared to other foods. They also have a high fiber and water content, which can help you stay full longer.

For the most benefit, make sure to choose a wide variety of colors of vegetables. Different colored fruits and vegetables have different types of nutrients. Often times, the darker the vegetable the more antioxidants it has in it. Antioxidants will prevent or repair damage to the cells in your body. For example, bright orange carrots or sweet potatoes or deep red tomatoes have more antioxidants than a white onion would. Not that white onions don't have good nutrients of their own, they just don't have the antioxidant powers of brighter vegetables.



## Green

**Good Choices:** Broccoli, romaine lettuce, kale, spinach, brussel sprouts, cabbage, avocados.

**Health Advantages:** Protect eyesight and reduce your risk of developing macular degeneration, an eye disease that can lead to blindness.

## Red

**Good Choices:** Tomatoes, radishes, red bell peppers.

**Health Advantages:** May help reduce your risk of developing heart disease.

## Yellow

**Good Choices:** Yellow bell peppers, squash, yellow corn.

**Health Advantages:** Helps strengthen the immune system due to the increased amounts of vitamin C.

## Orange

**Good Choices:** Carrots, pumpkins, sweet potatoes.

**Health Advantages:** Helps maintain healthy skin and bones and maintain eye health.

## Purple

**Good Choices:** Eggplant, purple onions.

**Health Advantages:** May guard against cancer.

## White

**Good Choices:** Mushrooms, onions, garlic, cauliflower, white potatoes.

**Health Advantages:** May help reduce the risk of heart disease and some cancers.

Adapted from: *Health Beat, Monthly Insight on Health & Nutrition*

## Keep Our Planet Green

Do you know what the most littered item in the world is? You guessed it, cigarette butts. Once the butts are littered they can stick around for years if they are not picked up. The part of the filter that looks fluffy and white like cotton is actually a form of plastic called cellulose acetate. Cellulose acetate degrades very slowly in our environment. Depending on the conditions of the area the cigarette butt is discarded in, it can take anywhere from 18 months to 10 years for a cigarette filter to decompose. People are also exposed to harmful secondhand smoke even when smoking occurs outdoors. Children and animals can eat the butts and become sick. The butts end up in our waterways and pollute our earth and environment. Discarded butts can even start fires in summer months. If you are a smoker you can be sure to use a receptacle or even try to quit. And everybody can educate others and participate in litter clean-ups.



## Smoking in the Movies Educational Night





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

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

**March/April 2012**

## 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 Fitness Classes  
 Tuesday and Thursday 5:15-6:15 p.m.  
 For more information contact:  
 Fitness Coordinator Elizabeth Edwards  
 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, ext. 25

### Repchem

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

April 11 - 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.  
 Some Monday & Tuesday  
 Evening Appointments 5:00 p.m. to 8:00 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

Friday - Medical 9:30 a.m. to 3:00 p.m.  
 Tuesday (Meds. Only) 9:30 a.m. to 3:00 p.m.  
 Thursday (Meds. Only) 10:00 a.m. to 3:00 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.  
 Thursday (Meds. Only) 10:00 a.m. to 3:00 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.

**Join TAG!**  
**The UIHS Teen Advisory Group Is Recruiting**



**Meet New Friends**  
**Educate Your Peers & Community**  
**Earn a Few Dollars**  
**Have Fun Learning New Things**  
**Participate in Fun Activities**  
*For American Indian youth 12-17 who utilize services at UIHS.*

For More Information call:  
 Trish Carlson or Liz Lewis at 707-825-5070  
 in Humboldt County or Donnie Green at  
 464-2919 in Del Norte County