

The Acornbasket

NEWSLETTER OF UNITED INDIAN HEALTH SERVICES, INC.
"Healthy mind, body, and spirit for generations of our American Indian Community."

Dental Lunch Hour is Changing



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New Employees

- Scott Aubrey** – Del Norte Substance Abuse Counselor
- Dr. William Bratton** – PHV Dentist
- Lydia Fleck** – Del Norte Family Nurse Practitioner
- Derrick Hatcher** – Medical Receptionist – Smith River
- Sigrid Munson** – Voucher Examiner – PHV
- Yvonne Ross** – PHV Substance Abuse Counselor
- Dr. Sawar Young-Tripp** – PHV Provider – MD
- Yolanda Joseph** – Community Health Representative
- Shara Scott-Smith** – Laboratory Technician
- Ira Singh** – Quality Improvement Director (Change in position)
- Trudy Adams** – Health Promotion Education & Technician (Change in position)
- Jodie O’Connell** – Medical Assistant
- Christina Silva** – Clinical Nurse – RN
- Kelly DeVore** – Pharmacist Technician
- Shannon McIntyre** – Pharmacist Technician
- Derik Larsen** - Electronic Health Records Developer
- Jerred Reed** – Electronic Health Records Developer
- Danielle LeFever, O.D.** – Independent Contractor – Optometrist Fill in.
- Coral Goodman**, Contract Health Services/Referral Technician (Change in position)
- Teresa Lawrence** – Alternate Resources Technician
- Kenna Adame** – Contract Health Services Technician
- Julia Nasser, MD** – Provider Locum Del Norte
- Joel Croy** – Volunteer Sweat Leader
- Jessica Davis** – Medical Site Coordinator
- Tawnya Reed** – Dental Assistant
- Michele Swift** – Operating Revenue Manager (Change in position)

Behavioral Health is starting a Healthy Relationships Group. If you are interested in joining please contact the Behavioral Health front office at 707-825-5060 to schedule an initial interview.

Cavity-Free Club

Submitted by: Meghan McCullough, Registered Dental Hygienist, UIHS
 Congratulations to the following for being **CAVITY-FREE.**



- | | |
|----------------------|------------|
| JANESSA GRANDFIELD | 7 YRS OLD |
| PAKUNIHANICH MARTIN | 12 YRS OLD |
| ZAIDA PIFFERINI | 1 YR OLD |
| RONIN GEORGE | 3 YRS OLD |
| JACK GEORGE | 9 YRS OLD |
| MAKINSEY LEMLEY | 4 YRS OLD |
| EMILY SCHUNNEMAN | 10 YRS OLD |
| DANIELLE SCHUNNEMAN | 11 YRS OLD |
| MIAKODA HOAGLEN | 7 YRS OLD |
| LAILA HOAGLEN | 5 YRS OLD |
| JACKSON SCHUNNEMAN | 13 YRS OLD |
| MELVIN FARMER | 10 YRS OLD |
| HARMONY TAYLOR | 3 YRS OLD |
| LOZEN NEZ | 7 YRS OLD |
| PACHOMIO FELIZ | 6 YRS OLD |
| CONNOR ALTO | 9 YRS OLD |
| DRAKE HORN | 3 YRS OLD |
| KANA BUGBEE | 9 YRS OLD |
| NOTCHKO ALBERS TATUM | 2 YRS OLD |
| SARAH DAVIS | 7 YRS OLD |
| RAYMOND TURNER | 4 YRS OLD |
| TAYANA SAILLE | 9 YRS OLD |
| BRAXTON HUFFORD | 1 YR OLD |

If you want to be a member, make an appointment with our receptionist to see the hygienist to 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:

Potawat Health Village at 707-825-5040 or
 Howonquet at 707-487-1818

Howonquet Clinic Closing Temporarily

Due to potential environmental concerns the Howonquet Health Clinic will close effective February 20, 2013.

Beginning the week of February 25th hours for United Indian Health Services' clinics will be:

Crescent City:

Monday - 8:00 a.m. – 5:00 p.m.

Wednesday - 8:00 a.m. – 5:00 p.m.

Thursday - 12:00 a.m. – 4:00 p.m.

Phone Numbers:

Medical - 464.2750

Dental - 464.2583

Medication P-Up - 464.2663

Klamath:

Tuesday - 8:00 a.m. – 5:00 p.m.

Thursday - 1:00 p.m. – 5:00 p.m.

Friday - 8:00 a.m. – 5:00 p.m.

All Services - 482.2181

We apologize for this inconvenience. Please contact Sharyne Harper at 707.951.1039 with any questions you might have.

Dear Clients,

We will be transitioning from a paper health record to an electronic health record soon. The new system will allow us to be more efficient and help us to provide quality healthcare. During the months of March and April appointments will be limited and will also be longer. Please be patient with us during this transition.

Guess What?

Dental Services lunch hour is changing starting: February 18th

Our previous lunch hour: 1:00pm - 2:00pm

Our NEW lunch hour: 12:00pm - 1:00pm

If you have any questions about our new lunch hour please do not hesitate to call us or stop by any Dental Services Reception Window.

Arcata Dental Services 707-825-5040

Smith River Dental Services 707-487-1818

What is the Alternate Resources Procedure?

Submitted: By Jack Daniel Kinne, Fiscal Division asst./CHSTechnician I

Alternate Resources and you.

We could all use a little help with our medical bills. The good news is that Contract Health can be there to help cover those needed healthcare expenses. Sometimes though, you may be asked to apply to an “alternate resource.”

Why is that?

The answer is simple: Contract Health is a Federal program that gets a set amount of money every year. And because it’s a Federal program, they make sure that all other resources that can be used will be used. It also makes sense to ensure Contract Health is there for everyone; because when the program runs out we can’t help until next year! Every time you apply to an “alternate resource” you are helping others get the care they need—and making sure that when you need it most we’ll be there for you, too.

But what does all this mean to you?

When you first walk into a UIHS clinic, you fill out an “Intake Form,” and fill another one every year after. These are important. When you fill out an “intake form” our Alternate Resource Tech’s are going to do their best to find programs that can help you: things like Medicare, Medi-Cal, and the Angel Fund! And then they will help you apply! Have a broken wrist? They’ll even fill it out for you!



So what do I have to do?

If our Alternate Resource Tech’s find a program that can help you, the only thing you have to do is return our call! Our Alternate Resource Tech’s will call and setup an appointment, help you fill out the paperwork, and get you rolling on with the rest of your day!

If you have any questions give us a call at 707-825-5000. Just ask for Contract Health.

Vaccine Clinic on the 2nd Wednesday of every month

Submitted: By Theresa Green, RN Vaccine Coordinator

Starting in March there will be a vaccine clinic on the 2nd Wednesday of every month from 2:30-4:30pm in the office of the Vaccine Coordinator, Theresa Green, RN. If you or your child needs any vaccines or if you’re unsure, please feel free to contact me @ (707) 825-4137 or email me at theressa.green@crihb.org.

Walk-ins welcome at most other times, Monday – Thursday 9am-3pm (Please call first to check availability). Vaccines protect you, your family and your community.

H.D. "Timm" Williams Memorial Indian Scholarships Available

Submitted: By Serena Brooks, Administrative Assistant, Governance and Corporate Affairs, UIHS

H. D. "Timm" Williams was the Chairperson for UIHS in 1973 and from 1980-1988. Mr. "Timm" Williams was hooked after attending his first local group meeting called the (North) Indian Communities Committee. This was the initial committee that formed UIHS. He was an important catalyst to get things moving as he knew a lot of people at the county and state level. Mr. "Timm" Williams actively promoted health programs for all Indians and labored tirelessly for Indian rights in the struggle for health care at the time that UIHS was forming. For many years he represented UIHS on the CRIHB Board of Directors and in turn represented California on the National Indian Health Board. He dedicated himself to these organizations until he was killed in a car accident in 1988. When UIHS joined California Rural Indian Health Board (CRIHB), Lena McCovey and "Timm" Williams were UIHS' first CRIHB delegates and "Timm" Williams was CRIHB's first president.



This scholarship is a memorial to Mr. "Timm" Williams for his dedication and service to the American Indian who is seeking a career in a health related field. It is the UIHS Board of Directors' hope that this scholarship will provide monetary funds to support and offset college cost.

SCHOLARSHIP ELIGIBILITY:

1. American Indian registered for services at UIHS, or whose parents, or guardians are registered for services at UIHS;
2. Have acquired a High School diploma or equivalent General Education Diploma (GED State certified);
3. Plan to attend a two (2) year or four (4) year college/university as a full-time student in academic calendar year, in which the scholarship is awarded;
4. Have an overall GPA of 2.0 or better;
5. Application must be turned in by the deadline, April 5, 2013.
6. Applicants are only eligible to receive a one-time scholarship;
7. For a complete application and information on the application procedures, selection criteria, and other requirements, call Serena Brooks at (707) 825-5000 or go to the UIHS website at www.uihs.org.

If you would like the Acornbasket Newsletter 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: _____

Kick Butts Day 2013

Submitted by: Liz Lewis and Wendy Rinkel, Health Promotion and Education Technicians , UIHS

Kick Butts Day is a day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco. The first Kick Butts Day was celebrated in 1996. Students from schools across the country hold hundreds of different events and activities that call attention to the problems caused by Big Tobacco and its attempts to market to youth.

UIHS' Teen Advisory Group will be participating in Kick Butts Day by holding a cigarette butt litter clean-up on the Arcata Plaza on March 21, 2013.

We are working with our Local Lead Agency, and Tobacco Free Humboldt, another locally tobacco funded program. They are also having several other cigarette butt litter clean-ups, including Eureka Old Town, Eureka High School, and the Fortuna River Walk on March 20, 2013.

TAG would like to raise awareness of the hazards of tobacco use in our community. Year after year,



toxic cigarette butts remain a persistent problem, remaining the most littered item in the world. There are 176 million pounds of discarded cigarette butts in the U.S. each year. You can help make a difference. Policies that create smoke-free communities help reduce the number of cigarettes smoked, and thus reducing the amount of litter. We also want to encourage our youth to reject the tobacco industry's deceptive marketing, stay tobacco free, and educate their community. We urge officials to take action to protect kids from tobacco. Get involved and help make Indian Country a safer, healthier place to live. Contact the UIHS NATIVE Tobacco Project at (707) 825-5070 in Humboldt County, and (707) 464-2919 in Del Norte County to learn how you can contribute.



The Fruit Tree Planting Foundation

Submitted by: Alison Aldridge, Community Nutrition Manager, UIHS

The Fruit Tree Planting Foundation (FTPF) is an international nonprofit dedicated to planting fruitful trees and plants to alleviate hunger, combat global warming, strengthen communities, and improve the surrounding air, soil, and water. **WE NEED YOUR HELP.** FTPF is coming to UIHS.

If you and your family would like to receive a free fruit tree or two of your own in exchange for help planting ours please call the Community Nutrition Manager, Alison Aldridge at 707-825-4098.

Families will participate in a workshop about caring for their trees. Snacks will be provided.

Date: Saturday, April 13, 2013

Time: 10:00 am

Place: Potawot Community Food Garden, 1600 Weeot Way, Arcata CA

For more information on the Fruit Tree Planting Foundation, please visit www.ftpf.org

March/April 2013

Diabetes Program Activities

Humboldt County

Potawot Walking Groups
Monday and Friday 10:00-10:30
Bayshore Mall Walking Groups
Tuesday and Thursday 9:00-10:30 a.m.
Potawot Tai-Chi
Wed 1:30 - 2:00
Potawot Fitness Classes
Monday and Thursday 5:15-6:15

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

Del Norte County

Harbor Trail Walk
(various locations)
Thursday 2:00-3:00 p.m.
Smith River Elder Nutrition Site
Tai Chi
Wednesday 12:30 p.m.

For more information contact:
Wendy Rinkel at (707) 464-2919, ext. 16

Repchem

Mar. 13 – Potawot Health Village
11:00 a.m. – 12:30 p.m.
Mar. 20 – Smith River Elder Nutrition Site
12:00 p.m. – 1:30 p.m.
Mar. 27 – Weitchpec Tribal Office
11:00 a.m. – 12:30 p.m.

April. 10 – Potawot Health Village
11:00 a.m. – 12:30 p.m.
April. 17 – Smith River Elder Nutrition Site
12:00 p.m. – 1:30 p.m.
April. 24 – Weitchpec Tribal Office
11:00 a.m. – 12:30 p.m.

Area Representatives

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

Area 1

Charlene Storr (2yr Term, 2013-14)
Marjorie Buckskin (1 yr Term, 2013)
Florine Fern Bates (3 yr Term, 2013-15), **Secretary**
Vacant (1 yr Alternate Term)

Area 2

Maxine Lewis-Raymond (2yr Term, 2013-14)
Amanda Mager (1 yr Term, 2013)
Everett Dewey Myers (3 yr Term, 2013-15)
Vacant (1 yr Alternate Term)

Area 3

Farrel Starr (2yr Term, 2013-14) **Vice Chairperson**
Dennie Schultheis (1 yr Term, 2013)
C. Ellen Durfee (3 yr Term, 2013-15)
Vacant (3 yr Term)

Area 4

Vacant (3 yr Term)
Key-Shan Bowen (2yr Term, 2013-14)
Vacant (2 yr Term)
Vacant (1yr Alternate Term)

Area 5

Beatrice Nix (2yr Term, 2013-14)
Kenneth Roberts (1 yr Term, 2013)
Vacant (3 yr Term)
Vacant (1yr Alternate Term)

Members of Executive Committee

Tribal Representatives

Bear River Band of Rohnerville Rancheria

Aileen Meyer Barbara Orr (Alternate)

Big Lagoon Rancheria

Virgil Moorehead, **Chairperson**

Blue Lake Rancheria

E. Diane Holliday Claudia Brundin (Alternate)

Cher-Ae Heights Indian Community of the Trinidad Rancheria

R Joy Sundberg, Ruby Rollings (Alternate)

Elk Valley Rancheria

John Green LaWanda Quinnell (Alternate)

Resighini Rancheria

Donald McCovey Dawn Heckel (Alternate)

Smith River Rancheria

Denise Padgette, **Member-at-large**
Lenora Hall (Alternate)

Wiyot Tribe Reservation

Cheryl A Seidner, **Treasurer** Velva Angell (Alternate)

Yurok Tribe of the Yurok Reservation

Larry Hendrix Lyle McKinnon (Alternate)

Tolowa Nation (Ex-Officio Status – Non-voter)

Raja Storr



View the Acornbasket ONLINE! www.uihs.org

Check out the newsletter and other important information.

The Acornbasket
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Chief Executive Officer: Vida Khow
Editor: Elizabeth Lara-O'Rourke
Layout: SuWorhrom David Baldy

UIHS Clinic Hours

Potawot Site

Monday-Friday 8:00 a.m. to 6:00 p.m.
 Closed for lunch 12:30 p.m. to 1:30 p.m. Administration, Fiscal,
 Behavioral Health, Medical, Community Health Services,
 Contract Health, Nutrition
 Closed for lunch 1:00 p.m. to 2:00 p.m. Pharmacy
 Closed for lunch 12:00 p.m. to 1:00 p.m. Dental
 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) 825-5070
 Pharmacy (707) 825-5020
 All Other Services (707) 825-5000
 Toll-free number: 1-800-675-3693

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 or
 Toll Free Number: 1-800-293-2919

Weitchpec Site

Tuesdays and Fridays 9:00 A.M. - 4:30 P.M.
 Thursdays 10:00 A.M. - 3:00 P.M.
 Closed for lunch 12:30 P.M. - 1:30 P.M.
 For an appointment call: (530) 625-4300

Howonquet Site - Closed

Crescent City

Monday - 8:00A.M. - 5:00 P.M.
 Wednesday - 8:00A.M. - 5:00 P.M.
 Thursday - 12:00P.M. - 4:00 P.M.
 For an appointment call:
 Medical - 464-2750,
 Dental 464-2583,
 Medication Pick-up - 646 - 2663

Klamath Site

Tuesdays - 8:00 a.m. to 5:00 p.m.
 Thursday - 1:00 p.m. to 5:00 p.m.
 Friday - 8:00 a.m. to 5:00 p.m.
 For an appointment call: (707) 482-2181

Fortuna Site

Tuesdays & Thursdays 8:00 a.m. to 5:00 p.m.
 Wednesdays 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.