



The Acornbasket

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

July/August 2011

Volume 29, No. 4

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1600 Weeot Way, Arcata, CA 95521
1-800-675-3693 or 707-825-5000

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Introducing . . .

Submitted by: Randal Barnoski, Interim Chief Executive Officer, UIHS

Vida Khow, Chief Executive Officer (CEO)

Vida Khow is a member of the Navajo Nation, with more than two decades of administrative healthcare experience, officially took the reins on June 20.



"I'm extremely excited to join the UIHS family as it seems to be a really special place," she said, citing the center's "Wellness" philosophy. "Its a mind, body, spirit perspective. I find that very inspiring."

With over ten years CEO experience in Indian Health care, Vida has earned numerous awards including the prestigious American Hospital Association Federal Sector Award for Visionary Leadership. Her awards have been based on innovative leadership successes such as:

- Outstanding score in Accreditation Association for Ambulatory Health Care (AAAHC).
- Achieved JCAHO score of 99 with commendation.
- Maximized fiscal resources by increasing third party revenue and obtaining additional funding through various grants.
- Instituted a "People Centered" teambuilding program that developed and motivated staff increasing both employee and patient satisfaction surveys in the top 90% percentile.
- As a champion of workplace wellness created the first formal traditional Indian medicine service in the Indian Health Service (IHS) and successfully integrated complementary medicine in an allopathic clinic setting.
- Established the first Navajo Area IHS mobile medical van services promoting community outreach health programs designed to increase access to primary care and educational programs.

For the past few years, Vida has been an organizational healthcare consultant and providing staffing placement services. She says that although she's enjoyed the challenge and success of very specific problems for individuals, her desire to return to the corporate setting where, "I can affect positive differences that elevate the health status of the entire population, rather than just individuals."

Vital Statistics:

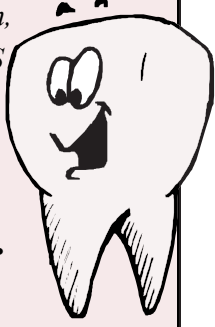
- Master of Science - Health Services Administration - Central Michigan University
- Bachelor of Science Nursing - Brigham Young University
- Recognized for outstanding turnaround process of a P.L. 93-636 funded facility receiving "Clinic of the Year" award, the first in its 26 years of operation.
- Recipient of the "Living Legend" award presented by the Navajo Land Nurses United for Research Service and Education
- Recipient of the prestigious 2000 American Hospital Association's Section for Federal Special Achievement Award for "Visionary and Innovative Leadership."
- Recipient for Outstanding and Innovative Leadership Award by the National Indian Health Board in 1996 & 2000.
- Recipient for Outstanding Leadership by the NAIHS in 1998, 1999, and 2001.
- Married to a Chinese/Thai and daughter who resides in Seattle, WA.

Welcome Vida!



Cavity-Free Club

Submitted by: Meghan McCullough,
Registered Dental Hygienist, UIHS



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

Royce Cornelson - 1 y
James Reeves - 3 y
Nickole Epker - 10 m
Romey Prater - 5 y
David Oneill - 5 y
Evelyn Oneill - 2 y
Jasmin Bennett - 5 y
Jordan Bennett - 3 y
Freedom McPherson - 3 y
Taya Lindgren - 6 y
Diana Moon - 10 y
Aubree Saunderson - 4 y
Noah Ben Iesau - 11 y
Chloe Ben Iesau - 9 y
Elliot Abrahams - 3 y
Hannah Baker - 5 y
Elias Myers - 9 m
Theron Thompson - 10 y
Zahdaya Wyllie - 7 m
Adam Kelly - 2 y
Taven Mccovey - 2 y
Logan Fells - 6 y
Elijah Timmons - 10 y
Adam Timek Jr - 6 y
Connor Brogan - 7 y
Mikenzie Roper - 7 y
Kylie Roper - 5 y
Pectasan Mclaughlin Feliz - 10 y
Jack Marshall - 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 _____

Whooping Cough

Submitted by: Kat Conrad, Public Health Nurse, UIHS

What is the New Pertussis Booster Requirement?

T-dap is a vaccine that protects older children, adolescents and adults against three deadly diseases: tetanus (lockjaw), pertussis (whooping cough), and diphtheria.

It is required by law to protect your child, others in school and the community from whooping cough. In recent years whooping cough has been on the rise in the U.S. and in 2010 it was responsible for 10 infant deaths.

ALL 7th-12th grade students need to get the pertussis immunization before starting school this fall and show proof of getting the shot. This includes current students, new students and transferring students in both public and private schools.



Beginning the year of 2012-2013 and beyond the law will only affect 7th graders. Limited exceptions are allowable. United Indian Health Services is offering T-dap vaccine clinics for their clients on the following dates:

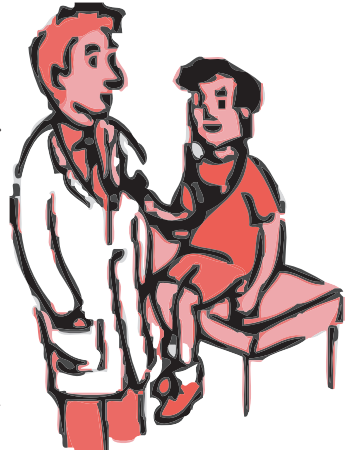
July 7th Weichpec Clinic from 1-4pm
July 15th Klamath Clinic 1-4pm
July 21st Smith River Clinic 1-4 pm
Fortuna clinic to be announced no date set thus far.
More clinics will be scheduled in August.

Parents may also schedule nurse visits at Potawot Health Village if unable to get in to one of the T-dap clinics. If you need more information please call Kat Conrad, PHN, at 825-4168 or 825-5051 (medical).

Make Your Children's Physical Appointments NOW!

Submitted by: Katie Ohlson, Interim Nurse Manager, UIHS

The beginning of the school year is just around the corner! With this time of year comes the need for your children to have a kindergarten physical and/or sports physical. This is just a reminder that we are not able to schedule these types of medical visits as same-day appointments. Please call now to make your children's kindergarten and sports physical appointments and avoid the rush. Depending on your child's provider of choice, it may take anywhere from a few days to up to 3 weeks to get this type of appointment. (Our providers deserve vacation time too!) So please call now!



Also, be reminded that if your child is going to be in the 7th – 12th grade, they are required to receive a Tdap immunization, if they have not already had one, before they can start school. Please call and make an appointment for your children to receive this immunization as soon as possible to avoid the rush.

Thank you so much for your understanding; we look forward to serving you.

Babies are Born to be Breastfed

Submitted by: Diana Zumwalt, Need Title, UIHS

Since before anyone can remember, American Native and Alaska Native women have made enough breast milk for their children, often more than one child at a time. Villages, communities and entire nations have thrived and grown strong from mother's milk. You are giving your baby a gift that only you can give. We are here today because our ancestors breastfed. Our ability to breast feed has not changed. The practice of breastfeeding respects our heritage and culture, strengthens our children, our communities and our future.

In honor of breastfeeding mothers, we would like to invite you to help us celebrate World Breast Feeding Day on August 3, from 11:30 to 1:30 in the Potawot Garden. Enjoy a light lunch with information and fun.



Healthy Hydration

Submitted by: Bailey Peterka, RD, UIHS

Summer is here, and with it comes warmer weather and the chance to do more outdoor activities! Staying well-hydrated is important to keep your body functioning at its best. Some tips for staying hydrated are:

- ☉ Drink before you get thirsty
- ☉ Have a big glass of water when you first get up
- ☉ Carry a water bottle with you during the day
- ☉ Limit sugary, caffeinated beverages

By choosing water over sweetened beverages, you will be cutting down on the amount of sugar you consume. Excess sugar equals extra calories and tooth decay. If you don't care for the taste of plain water, try one of these ideas to add a little flavor without a lot of excess sugar:

- ☉ Add slices of lemon, lime, orange or cucumber
- ☉ Add an herb like fresh mint, lemon verbena, or lemon balm
- ☉ Use frozen berries as ice cubes
- ☉ Freeze 100% fruit juice in ice cube trays and use them in your water
- ☉ Drink unsweetened herbal tea

Are you planning a summer party? Try replacing the fruit punch or soft drinks with a flavored water:

Strawberry Mint Water

- ☉ 4 strawberries, washed and sliced.
- ☉ 6 fresh mint leaves, washed and torn into pieces.
- ☉ 2 liters water

Combine ingredients in a pitcher and let rest in refrigerator for 1 hour.

Honeydew Lime Water

- ☉ 8 cups of water
- ☉ 2-3 slices ripe honeydew
- ☉ 1 lime, sliced ¼ inch thick
- ☉ 4 mint sprigs

Combine ingredients in a pitcher and let rest in refrigerator for 1 hour.



Protect Our Youth

Submitted by: Trish Carlson, Health Promotion and Education, UIHS

There are many ways to protect our youth from the devastating effects of commercial tobacco. We can be the example and be positive role models and not smoke. We can support local policy to ban smoking in public or common areas. We can also do our part to educate youth and our community about the dangers of commercial tobacco. But did you know that limiting the amount of smoking youth see in movies is also a way to protect them from commercial tobacco.

A review of the top 100 box office hits showed that the trend of commercial tobacco use appearing in youth-rated movies (G, PG-13, PG) declined significantly between 1996 and 2004, but almost three out of four youth-rated movies still showed tobacco use in 2004.

The tobacco companies are basically getting free advertising from movie makers, and that's not even the worst of it. Studies have shown that youth are influenced by what they see on the big screen. A 2008 report released by the National Cancer Institute concluded that smoking in the movies is causally linked to youth starting to smoke. Youth see it in the movies and then some of them will then want to try it. The less a youth sees smoking in the movies the less likely that they will become smokers.

In a 2002 study of 5th through 8th graders it was found that parents who let their children watch R-rated films, the ones with by far the most smoking, are more than 15 times likely to have tried smoking compared to kids whose parents do not let them watch R-rated films.

The smoking that is shown in movies is not realistic. In the movies it seems like everybody smokes but in the state of California the rate is closer to 11% of the general population. Unfortunately the American Indian population smokes rates are about 30%. With these kinds of rates it's important to keep our Native Youth safe by preventing them from picking up this deadly habit. The good news is that it has been shown that anti-smoking messages reduce youth smoking rates.

United Indian Health Services, Inc is currently working on a smoking in the movies campaign through their NATVE Tobacco Project. We are working with youth to create educational PSA's and digital stories about this topic. We are also circulating petitions and meeting with tribal councils to sign resolutions to support policy for the American Indian Film Institute to address this issue in Native films. For more information contact the UIHS NATVE Tobacco Project at (707) 825-5070.

Healthy Lifestyles

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

Starting with this issue, we will be featuring local community members and their stories about a healthy lifestyle choice that they have made. I hope that these stories will inspire you to make a healthy choice.

A Decision to Breastfeed my Children

Hello, my name is Shawna Brink. I am the proud parent of four wonderful children. When I was pregnant with my first child I had to make a decision. Do I breast or bottle feed my child? I read almost every book I could to get the information I needed to make that decision. I found out that breastfeeding is not only best for baby, but



for mom too. I never knew nursing your baby could help you shed the pregnancy pounds and reduce your stress level. I ultimately chose to breastfeed. I loved the fact that I was giving my kids the best start I could. By the time I had my fourth child my house was a very busy place and being able to take a half hour break every three or four hours to sit with my baby and enjoy the calm and cherish the bonding time was a true blessing. Also not having to get out of bed in the middle of the night and stagger down the hall to the kitchen to make a bottle was really nice. I truly loved nursing my children. The warmth and love that you feel when you nurse is incomparable. I would suggest to any new mom that they at least try to nurse. Even if you have trouble at first keep trying and seek guidance from either a seasoned mother or a lactation consultant. You will get the hang of it eventually. You would be surprised to find that breastfeeding does just as much good for mom as it does for baby.

More Benefits to Breastfeeding

Thank you Shawna for sharing your story. "The Surgeon General's Call to Action to Support Breastfeeding" reported the following health benefits:

- ☉ Breastfeeding protects babies from infections and illnesses that include diarrhea, ear infections and pneumonia.
- ☉ Breastfed babies are less likely to develop asthma.
- ☉ Children who are breastfed for six months are less likely to become obese.
- ☉ Breastfeeding also reduces the risk of sudden infant death syndrome (SIDS).
- ☉ Mothers who breastfeed have a decreased risk of breast and ovarian cancers.

<http://www.surgeongeneral.gov/topics/breastfeeding/factsheet.html>



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

UIHS Clinic Closures

Monday, July 4
for Independence Day

Monday, September 5
for Labor Day



The Acornbasket
 ©1996 United Indian Health Services, Inc.
Chief Executive Officer: Vida Khow
Editor: Elizabeth Lara-O'Rourke
Layout: Elizabeth Lara-O'Rourke

July/August 2011 *Happy Summer*

20th Annual HAWC Walk/Run
Saturday, August 27, 2011
 10:00 a.m. to 2:00 p.m.
Registration Ends at 12:00 noon

United Indian Health Services
 Potawot Health Village

We will share a meal of BBQ Salmon.
 Bring your favorite potluck dish.

FREE drawing for prizes throughout the day.
 Must be present to win.

The HAWC Walk/Run is a drug, alcohol, and commercial tobacco free event.

Strengthen Your Spirit & Be Fit to Fly

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

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

August 10 - Potawot Health Village
 11:00 a.m. - 12:30 p.m.
 August 17 - Smith River Elder Nutrition Site
 12:00 p.m. - 1:30 p.m.
 August 31 - 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.