

The Acornbasket

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

May/June 2011

Volume 29, No. 3

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

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New Rule Before School

Submitted by: Liz George, Public Health Nurse, UIHS

Whooping Cough Vaccine is now required for all students entering 7th-12th grades!

Beginning July 1, 2011, all students entering grades 7-12 must provide proof of having immunization against whooping cough (Tdap Vaccine) before starting school.

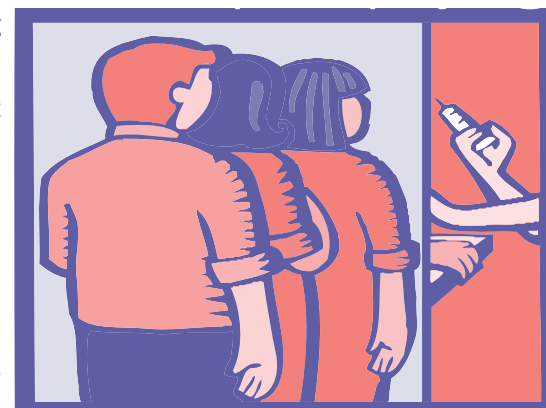
This new requirement applies to both public and private schools and there will be no grace period. Under the new law, students will not be allowed to start school without proof of vaccination.

United Indian Health Services, Inc., will be offering free Tdap vaccinations without an appointment in the Community Health and Wellness Department at Potawot Health Village on the following days and times:

- ⊙ Thursday, May 26 3:00 p.m. to 8:00 p.m.
- ⊙ Thursday, June 2 3:00 p.m. to 8:00 p.m.
- ⊙ Thursday, June 16 3:00 p.m. to 8:00 p.m.

In addition to Tdap, we will offer two other vaccinations important for teenagers, meningococcal and HPV (human papilloma virus).

Scheduling an appointment right before the school year begins may be difficult, so it is important that parents get their kids immunized right away. If your child is entering 7th through 12th grade in the fall, please plan to attend one of our free vaccination evenings.



Food Safety and Radiation from Japan

Submitted by: Liz George, Public Health Nurse, UIHS

The Food and Drug Administration is currently screening all food that enters the United States from Japan, including all seafood.

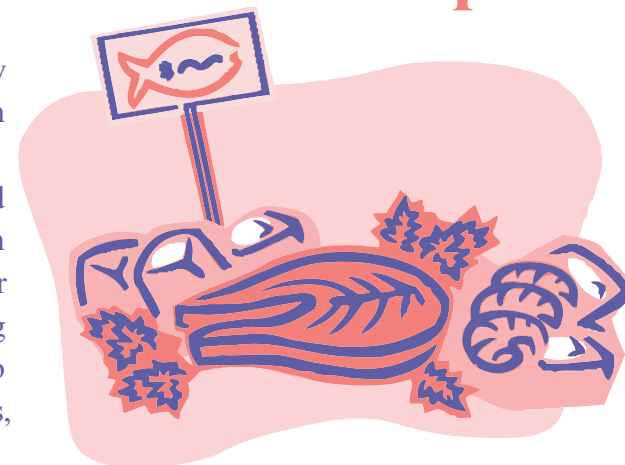
So far, these tests have not shown any seafood entering the United States to be contaminated with radiation. The FDA has also been monitoring for radiation in food along the western coast including Washington, Oregon and California, there is no evidence of contamination in any other food products, including milk or dairy products or beef products.

The Food and Drug Administration will continue to provide a heightened screening process on all products from Japan until it is clear there is no longer any danger of radiation contamination. The Food and Drug Administration does not recommend using any products to protect against radiation and to be wary of any products that claim to do so.

The practice of eating seaweed has long been known to offer natural protection from environmental toxins including radiation. Seaweed is a healthy and traditional food to eat if you are concerned about possible radiation exposure.

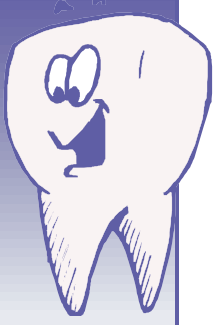
For more detailed answers to questions about radiation and food safety please see the Food and Drug Administration website at: <http://www.fda.gov/newsevents/publichealthfocus/ucm247403.htm>

Mussels are currently quarantined because of Red Tide. This is an annual quarantine that happens from May to October every year. The mussel quarantine is not related to the Japan disaster or radiation.



Cavity-Free Club

Submitted by: Meghan McCullough,
Registered Dental Hygienist, UIHS



Congratulations to the following for being CAVITY-FREE.

Good job!

- Rylynn Lane - 2 y
 - Paxten Kolb - 2 y
 - Kitkah Per-geesh Sanders - 5 m
 - Jordan Bartlett - 5 y
 - Isaiah Case - 2 y
 - Dominic Peters - 6 y
 - Lilliana Ferrer - 2 y
 - Savannah Lenardo - 8 y
 - Cole Jewell - 3 y
 - Perrin Lakey - 9 y
 - Bryce Gruetzmacher - 2 y
 - Savannah Bridgeford - 7 y
 - Sean Shelly - 10 y
 - Ethan Shelly - 8 y
 - Ryu Khounsingvong - 2 y
 - Jaidyn Carterby - 10 y
 - Michaela Barney - 14 y
 - Zoey Bachman - 3 y
 - Ishi Kiihara E-kor - 2 y
 - Mack McGinnis - 2 y
 - Bowdy Hicks - 2 y
 - Xochitl Granados - 1 y
 - Nas CheWen Hey Gon Henry - 1 y
 - Miriam Barney - 10 y
 - Alison Asceola - 3 y
 - Keeshan Ballew - 4 m
- 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 . . .



Robert Blair

Hello I am Robert Blair. I grew up in Oklahoma where my parents and my older sister and older brother still live. I am ½ Choctaw. I recently moved here from South Dakota where I worked for Indian Health Service. I went to a technical school in Houston, Texas where I learned my computer skills that has grown into the career that I have now. I like sporting events and outdoor activities, arts of all types and movies. I like to joke around and keep a positive attitude about life and hope that it is contagious.

Summer Dreaming . . . as I leave UIHS

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

As the rain poured down and the wind blew and I gave thanks for the water for the trees, I also thought about the return of the sunshine, the warmth of the air that makes the river feel good to jump in, and the salmon that are caught and the families that pull together to fish. One of my new friends showed me a picture of a boat on the river and I felt renewed, energetic, like the sun would return, like my grandchildren would be visiting as school let out.

After four years here at UIHS, and all the learning, all the friends, and all the challenge we have been through over the last two years as an organization. . . I am deciding to move closer to my grandchildren and to leave UIHS this May.

I take many things with me in trade. As I came to bring the newest mental health and counseling information from the I-5 corridor I learned all kinds of things. We don't have yellow snow here but we do have seaweed that you eat in little bits not like a Big Mac. The seasons are not measured in May, June, and July but in terms of Crabbing, Clamming, Fishing, and trips to the casino for bingo.

I appreciate people who have shared with me their life as I have shared my counseling life at this time in my career. For any interested, I do not plan to write a book, but at some point I may teach people some of the cultural truth about the genocide, the effect of drugs on tribal community, and the strength of culture and family to form the resilience. I found out that my favorite author, Erick Erickson, who wrote about the stages of man and the Yurok Nation, did not have an altogether accurate view. It just shows we could all learn and he would have learned more if he had come fishing more summers.

From the medical staff I take all kinds of information as I have worked in the new integrated care model with a deep respect for their individual commitment to provide the best medical care at any rural site to all tribal members. The sadness of limits with disease and medicine are also part of the human picture as we have fought the H1N1 and continue to offer healthy ways to heal by life style change (me included).

So I leave with many thanks as I head toward the summer and the grand children and I wish you all well. It is not easy providing health care with limited funds when the overall government even two years ago was considering killing Indian Health Services. I also leave with secret information. . . how to make an Indian Taco which is not like any other taco as it has good wishes in it. "Good by," until I see you at Salmon Festival like all the other exiles who return for the river and the people.



Never Leave Your Child Alone

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

How does a hot car put children in danger? From 1998 to 2010, more than 494 children – most of them 2 years old and younger – died from heat stroke after being left or becoming trapped in a car. These deaths fall into three main categories: children who were trapped while playing in a vehicle without supervision; children who were accidentally left behind; and children who were intentionally left alone in a car. Leaving a child in a vehicle for a "quick" errand is a huge mistake. A delay of just a few minutes on a warm day can lead to tragedy.

Heat is much more dangerous to children than it is to adults. When left in a hot vehicle, a young child's core body temperature can increase three to five times faster than that of an adult, which can cause permanent injury or even death. According to research conducted by San Francisco State University, even with relatively cool temperatures outside — 70 degrees — the inside of a car can reach a dangerous temperature in just minutes.

<http://www.safekids.org/assets/docs/for-educators/in-and-around-cars.pdf>

Practical Tips for Meals: Using Convenience Foods

Submitted by: Bailey Peterka, RD, UIHS

In terms of flavor and health, home cooked meals usually win out over anything you might pick up at a drive-through, or even a family restaurant. Unfortunately, few of us have the time to do much cooking or preparing foods from scratch. This is why so many people rely on convenience food products such as frozen meals, boxed dinners, and canned soups or sauces.

The down side of convenience products is that they are often heavily processed. These foods can be lacking in important nutrients, and often contain high amounts of sodium, sugar, or unhealthy fats. Here are some tips to help you make healthy meals using convenience food items:

Nutrition Facts	
Serving Size 1 piece (219 g)	
Servings Per Container 6	
Amount Per Serving	
Calories 520	Calories from Fat 240
% Daily Value*	
Total Fat 27g	41%
Saturated Fat 12g	61%
Cholesterol 255mg	86%
Sodium 1110mg	46%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 39g	
Vitamin A 20%	Vitamin C 4%
Calcium 15%	Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Read Labels — Check the Nutrition Facts Panel to help you choose products that are lower in calories, saturated and trans fat, and sodium. Look for products that provide important nutrients such as protein, fiber, vitamins and minerals.

Ingredients list — Don't forget to look at the ingredients listed on the package. If the list is long and you don't recognize most of the ingredients, the product is probably heavily processed or contains a lot of preservatives. If you see things like sugar or corn syrup at the top of the list, that product likely is high in added sugars.

Healthy time savers — There are lots of convenience foods out there that are perfectly healthy. Try using bagged salad mix, fish canned in water, rotisserie chicken (without the skin), or quick-cooking brown rice as part of your meals.

Half-Way Homemade — Start with a convenience item and round it off by adding fresh foods to make the dish healthier. For example you might start with a can of low sodium soup and add your own herbs, cubed chicken breast, and/or vegetables for a hearty stew.

If you are interested in more time-saving tips to help you cook meals that are convenient yet healthy, sign up for our free "Half-Way Homemade" nutrition and cooking demonstration class. Call Bailey at (707) 825-4021 for more information or to sign up.

Class dates and times:

Elk Valley Community Center - May 19th from 4:00-5:30pm

and May 20th from 11am-12:30pm

Potawot Health Village in Arcata - June 7th from 5:00-7:00pm



Ask Alan

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



Family Tsunamis-An Ecological View

Like the recent tsunami we faced with the shock and surprise of destruction, our families have tsunamis that also leave damage and debris that can look overwhelming. The United Nations is studying what can be done by the US Government to assist Native American communities to reduce the social and financial costs of violence in our communities. 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."

California clinical social workers are taught the ecological view about the causes of violence in our society. They point out in an ecological view that there are characteristics of our society, our neighborhood, our family, and individually that cause the violence. For instance, some neighborhoods have less violence, it is not tolerated. Some people would lose their job in some companies for any violence in the home.

We were also taught to look for signs to screen for what issues clients would have if they were raped, beaten, and stalked ... what kinds of health needs would this client have? What kinds of counseling diagnosis might be given? What kinds of medicines would this client need to cope with their pain? Would this client have special dental problems? Would this client sleep well at night or not sleep at all? How would this affect this client going to college or work? Would this client be more likely to drink or take drugs? Would this client be more likely to give up or to fight?

These questions have come to constitute what we are beginning to call TIHC or Trauma Informed Health Care. The idea to look for trauma and identify it's affects not as a label of a person but as a medical treatable condition that many people do not find easy to talk about.

If our children saw us raped, beaten, and stalked what would they act like? Would they feel safe? 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 the Boulder, Colorado, the safe home for women and children 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: vacillate 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.

This Father and Mothers Day we have an opportunity to recognize the resilience of our parents and to say thanks to people who helped us make the life turning points, who helped us through the trauma. We have the hope of helping each other through the family tsunamis.

May is Bike Safety Month

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

Summer and Bikes Can Be Deadly

Did you know that bikes are associated with more childhood injuries than any other consumer product except automobiles? Sadly, child bicycling deaths increase 45% above the month average in the summer. With 27.7 million children riding bikes, we know there are too many of those kids riding without a helmet.

Bike helmets: Necessity, Not an Accessory



Learning how to ride a bike is a rite of passage in childhood, and it's an activity that families can certainly do together. However, there are some important things for you to consider before jumping on that bike.

Make it a rule, every time you or your child rides a bike, wear a bicycle helmet. It's the single most effective safety device available to reduce head injury and death from a bicycle crash. In order to maximize protection, ensure the helmet

fits properly. A helmet should sit on top of the head in a level position, and should not rock forward, backward or side to side. The helmet straps must always be buckled but not too tightly.

<http://www.safekids.org/safety-basics/safety-spotlight/bike-safety-month>



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

UIHS Clinic Closures


Monday, May 30
for Memorial Day



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



May/June 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 at
 707-825-5070 in Humboldt County
 or 707-464-2919 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

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

May 18 - Smith River Elder Nutrition Site
 12:00 p.m. - 1:30 p.m.
 May 11 - Potawot Health Village
 11:00 a.m. - 12:30 p.m.
 May 25 - Weitchpec Tribal Office
 11:00 a.m - 12:30 p.m.

June 8 - Potawot Health Village
 11:00 a.m. - 12:30 p.m.
 June 15 - Smith River Elder Nutrition Site
 12:00 p.m. - 1:30 p.m.
 June 29 - 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.