



THE ACORNBASKET

NEWSLETTER OF UNITED INDIAN HEALTH SERVICES, INC.

"Healthy mind, body, and spirit for generations of our American Indian Community."

November/December 2012

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Area Representatives

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

Area 2

Maxine Lewis-Raymond
(3yr Term) **Chairperson**
Amanda Mager (2yr Term)
Everett Dewey Myers (1yr Term)
David O'Neill (1yr Alternate Term)

Area 3

Farrel Starr (3yr Term) **Vice Chairperson**
Dennie Schultheis (2yr Term)
Vacant (1yr Term)
C. Ellen Durfee (1yr Alternate Term)

Area 5

Beatrice Nix (3yr Term)
Kenneth Roberts (2yr Term)
Chelna Ugarte (1yr Term)
Darlene Magee
(1yr Alternate Term)

Area 1

Charlene Storr
(3yr Term)
Marjorie Buckskin
(2yr Term) **Treasurer**
Florine Fern Bates
(1yr Term) **Secretary**
Marva Jones Scott
(1yr Alternate Term)

Area 4

Vacant (3yr term)
Key-Shan Bowen (2yr Term)
Carmen Moon (1yr Term)
Vacant (1yr Alternate Term)

Tribal Representatives

Bear River Band of Rohnerville Rancheria
Aileen Meyer
Barbara Orr (Alternate)

Big Lagoon Rancheria
Virgil Moorehead

Blue Lake Rancheria
E. Diane Holliday
Claudia Brundin
(Alternate)

Cher-Ae Heights Indian Community of the Trinidad Rancheria
R Joy Sundberg,
Member-at-large
Ruby Rollings (Alternate)

Elk Valley Rancheria
John Green
LaWanda Quinnell
(Alternate)

Resighini Rancheria
Donald McCovey
Sunshine Watkins
(Alternate)

Smith River Rancheria
Denise Padgette
Lenora Hall (Alternate)

Wiyot Tribe Reservation
Cheryl A Seidner
Velva Angell (Alternate)

Yurok Tribe of the Yurok Reservation
Larry Hendrix
Lyle McKinnon
(Alternate)

Tolowa Nation (Ex-Officio Status - Non-voter)
Raja Storr

*Members of Executive Governance Committee

UIHS Dental Services

Submitted by: Carla Rae Creason, Clinical Services Manager

Dental Clients,

UIHS Dental Services, will be providing care in Weitchpec at the Libby Nix Community Center for eligible UIHS Registered Clients.

Dates We will be Providing Services

November 26, 27, 29, 30

December 3, 4, 6, 7

Please call Potawot Health Village @ (707)-825-5040 to schedule an appointment or ask your Community Health Representative (CHR)

to assist you in making an appointment. We look forward to seeing you there! We will be in Weitchpec at the Libby Nix Community Center



Come See the New Look in Vision

Submitted by: Sandy Polasek, UIHS Optician

The UIHS Vision Program invites you to join us for an open house on Wednesday, November 21 from 1:00 to 4:00 p.m. Come and get your glasses super cleaned by Sandy in the new ultrasonic machine or a glasses adjustment with the new hot glass beads. Stay for a snack and view the newest designer frame styles just in. We are especially proud to now offer the famous Native American Artist, Virgil "Smoker" Marchand's collection! Choose from his soaring eagle, coyote moon, bear



paws, swimming salmon and much more! They are truly unique to the area and a must see! We bill most insurances so get signed up for your eye exam today.



Cavity-Free Club

Submitted by: Meghan McCullough
Registered Dental Hygienist, UIHS

Congratulations to the following for being CAVITY-FREE.



Jazzmyne Bates	1 yr old
Jeremy Huston	2 yrs old
Leon Chavez	10 yrs old
Brandon Lara	13 yrs old
Shania Escarcega	5 yrs old
Keeshan Ballew	21 mos old
Nathaniel Elgin	10 yrs old
Braedan Richardson	6 yrs old
Beau Parker	9 mos old
Hannah Baker	7 yrs old
Kalea Hubarrt	3 yrs old
Charlie Hailey	4 yrs old
Jared Johnson	13 yrs old
Cassidy Randell	10 yrs old
John Randell	7 yrs old
Faith Kibby	11 yrs old
Isabella Bridgeford	5 yrs old
Sadie Spaulding	11 yrs old
Alyshia Chenault	7 yrs old
Sophia Gillis	1 yr old
River Cline	9 yrs 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

Behavioral Health is starting a Healthy Relationships Group in January 2013. If you are interested in joining please contact the Behavioral Health front office at 707-825-5060 to schedule an initial interview.

My Waist?

Submitted by: Elizabeth Edwards, UIHS Fitness Coordinator

So your doctor says you need to loose weight? What is your Waist/ Hip Ratio?

How would you feel if every time you went into see your provider they measured your waist? Well it's not something routinely done for a variety of reasons, but it can be another indicator of health risks such as diabetes, etc.

Often our health providers will recommend weight loss therapy because being at a healthy weight for your height can sometimes prevent many health problems such as diabetes and high blood pressure. This is because of much research on the use of Body Mass Index or better known as BMI. BMI is a number that health providers use to assess the amount of weight you have in proportion to your height. So doctors often recommend that their patient loose some weight.

What if the doctor wanted to take your waist measurement? This probably won't happen so don't worry, but often times a Physical Fitness Trainer will do measurements on someone before starting a workout program.



According to the (NIH) National Institute of Health, a man with waist measurement over 102 cm (approximately 40 inches) and a woman with waist measurement over 88 cm (approximately 34 1/2 inches) is at higher risk for cardiovascular disease and other similar health outcomes.

Waist measurements are also an indicator of these future health outcomes. I did some research on the waist and hip ratios in college. This is when your waist measurement is divided into your hip measurement and then the difference is the ratio. I can calculate this ratio for you in my office if you make an appointment with me, the Fitness Coordinator, Elizabeth Edwards. You can reach me at 825-4155.

What is QPR?

Submitted by: SuWorhrom David Baldy, UIHS HPE Technician

QPR stands for Question, Persuade, and Refer. QPR is three simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich maneuver to save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.

UIHS Ko'l Ho Koom' Mo will be offering QPR Trainings. These trainings are being offered as a response to a need that the community has voiced to us. During the trainings we will cover local information about suicide, national information, information specific to Native American communities, signs to be aware of, what to do if you think someone is thinking about suicide, and how to get help. The trainings are about two hours long and we will be providing snacks and a free t-shirt!

This is a gatekeeper training. It is for anyone ages 18 and older. After this

training you will be able to recognize warning signs and how to help when someone is in crisis! According to the Surgeon General's National Strategy for Suicide Prevention (2001), a gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide. Gatekeepers include parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide.

Brought to you by Ko'l Ho Koom' Mo (working together) Project. For more information on a training near you please contact Trish Carlson in Community Health and Wellness at (707) 825-5070 or Donnie Green at (707) 464-2919.



Beware of Deceptive Sales Practices

Submitted By: Vida Khow, UIHS CEO

The California Department of Insurance is alerting seniors and their advocates to be on their guard against improper sales practices during the annual enrollment period for Medicare Advantage plans and the Medicare Prescription Drug Programs from October 15 through December 7, 2012. To protect yourself or someone you love from being a victim, please report questionable sales practices to the California Department of Insurance and keep these tips in mind:

Medicare has no official sales representatives: Don't believe any salesperson who claims to be a Medicare representative. Medicare does not send "representatives" to solicit your business.

Unsolicited sales calls are prohibited: Federal regulations prohibit unsolicited telephone calls, door-to-door visits, emails and other forms of sales without your permission.

Guard your personal information: Never give out personal information such as your Social Security number, bank account numbers, or credit card information over the telephone. Verify that the person you are dealing with has proper authority to act on behalf of the plan before you provide your Medicare number. Keep a record of who you speak with and the information that you provide to that person.

No such thing as a free lunch: Federal regulations prohibit offers of free meals

for listening to a sales presentation for signing up in a particular plan.

Take your time: Don't feel pressured to make a quick decision. Be sure that you understand the details of the plan before you enroll. Verify copayment amounts and whether your medical providers participate in the plan that you are considering.

Bring deceptive practices to our attention: The California Department of Insurance wants to know about suspected deceptive sales practices so we can stop them. We are here to help you. Even if you are not certain about whether you have experienced deceptive conduct, or if you have any questions or concerns, contact the Department at 1-800-927-HELP(4357)

The California Department of Insurance (CDI) is hosting a new web site www.seniors.ca.gov to educate seniors and their advocates and provide helpful information about how to avoid becoming victims of personal or financial abuse. The web site, called "Senior Gateway," is important because seniors, including older veterans, are disproportionately at risk of being preyed upon financially and subjected to neglect and abuse.

Additional Information can be obtained from the California Department of Aging, Health Insurance Counseling and Advocacy Program (HICAP) at 1-800-434-0222.

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

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 so please call to schedule an appointment immediately.

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: Vida Khow UIHS CEO

New UIHS Employees PHV



Chay-gam-em Lake,
Medical Assistant



Janette Wilson,
Clinical Staff Specialist



Edward Nickerson,
Triage Nurse



Julie Patterson,
Dental Assistant



Katie Ohlheiser,
Behavioral Health Counselor



Francis Muela,
Behavioral Health Counselor



Gregory Carlson,
Clinical Nurse



Holly Storm, Health Info.
Mgmt. Technician



Leanne Meier,
Dental Assistant



Korby Skoglund,
DV/SA Prev./Ed. Technician

Smith River



Kathleen Stanier,
Locum Physician Assistant



Michael Mallatt,
Locum Physician Assistant



Josephine Kelly-Lachner,
Behavioral Health Counselor



View the Acornbasket ONLINE! www.uihs.org

Check out the newsletter and other important information.

UIHS - Clinic Closures

November, 22 2012 -Thanksgiving Day

November, 23 2012 - Day after Thanksgiving

December, 24 2012 - Christmas Eve

December, 25 2012 - Christmas Day



The Acornbasket

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Layout: SuWorhrom David Baldy



11th Annual UIHS American Indian Winter Arts & Crafts Fair

Saturday, Dec. 1, 2012
10am * 5pm
**UIHS Potawot Health
Village**

*Please join us at the
UIHS Potawot Health Village located at
1600 Weot Way off Janes Road in Arcata,
Ca.*

*in celebration of the season and in support of
local American Indian artists.
There will be over 55 American Indian
Vendors!*

*Promoting Community Healing through
Arts & Cultural Gatherings.
For more information, please call the
UIHS Traditional Resources Program at
707-825-5000.*



November/December 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

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

Dec. 12 - Potawot Health Village

11:00 a.m. – 12:30 p.m.

Dec. 19 – Smith River Elder Nutrition Site

12:00 p.m. – 1:30 p.m.

Dec 26 – Weitchpec Tribal Office

11:00 a.m. – 12:30 p.m.

All Area Repchem

November 14th, 2012!!

in Klamath at Yurok Office

From 10:00am - 2:00pm

There will be:

- 🎁 A special gift for attending!!
- 🎁 A mini health fair
- 🎁 A traditional foods lunch
- 🎁 Presentations
- 🎁 Free vegetables from the Potawot Garden
- 🎁 Prizes

We look forward to seeing you there!!

UIHS Clinic Hours

Howonquet Site

Monday - Friday 8:00A.M. - 5:00 P.M.

Medical closed for lunch 12:30 P.M. - 1:30 P.M.

Dental and Pharmacy closed for lunch

1:00 P.M. – 2:00 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 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

Klamath Site

Tuesdays and Fridays 8:00 a.m. to 5:00 p.m.

Tues & Fri Meds Only 1:00a.m. to 4:30 p.m.

Closed for lunch 12:00 p.m. to 1:00 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

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.

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) 825-5070

Pharmacy (707) 825-5020

All Other Services (707) 825-5000

Toll-free number: 1-800-675-3693

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.