

The Acornbasket

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

January/February 2012

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

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UIHS Strategic Planning

Submitted by: Vida Khow, Chief Executive Officer, UIHS

The journey towards achieving our UIHS Vision "Healthy mind, body and spirit for generations of our American Indian Community" is an important one for all of us. Since November we have launched into developing a "Map" that will help guide our efforts over the next 3 years. A group of 28 leaders and representatives from across the organization are involved in developing the plan, but we are also assuring the continuing involvement of our employees for their input & feedback.

The most important focus over the coming 3 year plan will be providing excellent, culturally sensitive customer service through ease of access to services and high quality care that is always culturally sensitive. To assure we are able to meet your needs we will manage our budget and expand our financial base to effectively respond to the growing and changing needs of those we serve.

The ways we will accomplish our strategy is reflected in our 3 Core Philosophies:

- Ko'l ha koom' ma – working together
- May Gay Tolh Kway – a healing place
- Ghes na'dvn – well place

We will focus on creating effective organizational infrastructure; maximize use of appropriate technologies; and cultivate pathways to effective communication as stepping stones to improve access to primary care services; achieve excellence in quality care; and inspire wellness through prevention programs. The foundation of our strategy is recognizing our most important resource – our employees. To support their efforts towards our success we are committed to develop effective & excellent leadership; create a workplace environment that is safe, efficient and environmentally responsible; and continually work towards providing an outstanding place to work.

The office of the CEO will continue to share updates on our planning process over the next several months.



Cavity-Free Club

Submitted by: Meghan McCullough,
Registered Dental Hygienist, UIHS

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



Hazel Marshall.....	2 years old
Takeshi Patterson.....	2 years old
Adrina Hendrickson McBride.....	3 years old
Raina Hendrickson McBride.....	1 year old
Makya Lindgren.....	8 years old
Taya Lindgren.....	6 years old
Notchko Albers Tatum.....	1 year old
Ashlin Redner.....	7 years old
Hannah Alto.....	9 years old
Alex Carter.....	3 years old
Vincent Medina.....	2 years old
Ramsey McBride.....	3 years old
Mya Toste.....	6 months old
Marin Matteoli.....	5 years old
Mitchell Matteoli.....	3 years old
Luke Moxon.....	4 years old
Rowan Ferrario.....	3 years old
Repoy Lowry.....	1 year old

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

New Suicide Prevention Program

Submitted by: Marcella Bixler, Project Coordinator, UIHS

Ko’l ha koom’ma (Yurok – Working Together)

A new community-wide project to prevent youth suicide is underway at United Indian Health Services, Inc. This prevention project, Ko’l ha koom’ma, is built on community and culture, and will incorporate service providers working together to inform and educate for the safety of our Native youth. This project was created in response to a real need amongst our community for suicide prevention awareness and support, and is built upon the previous work by Behavioral Health at UIHS on this very important issue.

The staff for this project are based out of the Potawot and Elk Valley clinic sites. They will also be working extensively in the community—educating, training, and providing community awareness activities. Staff members include: Angela Barnoskie (Pawnee/Creek) and Trish Carlson (Yurok/Karuk), Education Prevention Specialists; David Baldy (Hupa/Yurok/Karuk) and Donnie Green (Tolowa/Elk Valley Rancheria), Health Prevention Technicians; and Marcella Bixler, Project Coordinator. Trish Carlson and Donnie Green have already been working in health promotion and education activities at UIHS, in the areas of tobacco cessation and education, diabetes prevention, and HIV. They will continue to work with youth in the TAG program to involve teens in activities to educate their peers and communities. Earlier this year Behavioral Health at UIHS held a Native HOPE (Helping Our People Endure) event at the Blue Lake Casino. This event was very successful in raising awareness about youth suicide prevention. The HOPE program uses cultural activities and leadership training among Native youth to help young people and caring adults to prevent youth suicide. It has been shown to be effective in reducing the risk of youth suicide in Native communities. The Ko’l ha koom’ma staff will be holding another Native HOPE event later this year, as a tool to build on the strengths of Native youth and communities.

The Ko’l ha koom’ma project will also be doing the following:

- Teaching coping skills to teens and young adults, by using the American Indian Life Skills Development Curriculum
- Teaching providers that serve Native youth vital information about suicide prevention and Native youth
- Developing connections to services for youth who may be at risk
- Developing a media campaign to educate and inform about how to prevent suicide
- Working with tribal organizations to develop a strategic plan to prevent youth suicide
- Educating community and family members about what they can do to help

We are looking forward to improving the health of our youth and our communities, and we welcome any ideas, comments, and questions about this work: Ko’l ha koom’ma – Working Together. Please send any questions to Project Coordinator Marcella Bixler, (707) 825-5060, or Marcella.Bixler@crihb.net.

What to do When You Have the Flu

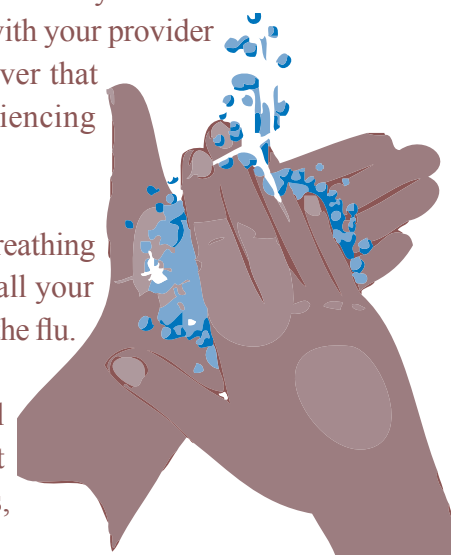
Submitted by: Katie Ohlsen RN, UIHS

The flu season is upon us. If you have not already received your flu vaccine, you are strongly encouraged to get one. That said, what are the common symptoms of the flu and what should you do if you get it? The common symptoms of the flu are: fever (usually over 102 degrees), body/joint aches, chills, fatigue, cough, headache, loss of appetite, sore throat, runny nose and vomiting/diarrhea (more common in children).

If you have any of these symptoms, especially the fever and cough, it is best to just stay home, rest and drink plenty of non-caffeinated fluids. You can also take tylenol and/or ibuprofen for the fever and aches/pains, if appropriate for you. Most of the time, you do not need to be seen by your medical provider for the flu. It is best just to stay home and rest. The flu is caused by a virus and therefore antibiotics will not work against it. You should call for an appointment with your provider if you are unable to drink fluids and keep them down, have a high fever that does not come down with Tylenol or ibuprofen, or if you are experiencing shortness of breath.

As always, if you develop severe shortness of breath or have difficulty breathing you should go to the emergency room immediately. You should also call your provider if have any chronic conditions that can be worsened by getting the flu.

If you ever have any questions/concerns, you can always call the medical department and ask to speak with one of the nurses. Remember, the best way to prevent getting the flu is to wash your hands, wash your hands, wash your hands!



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 _____





Back to Basics; Healthy Eating

Submitted by: Bailey Perterka, Registered Dietician, UIHS

Back to Basics: Healthy Eating in the New Year

The world of nutrition can be a confusing place. There is no shortage of studies that seem to tout a food or vitamin as good for you one day and bad the next. How do we keep it all straight? We have plenty of diet books, pyramids, diagrams, and guidelines – but despite (or maybe because of) this – many of us are still confused about what to eat. So rather than getting started on the next diet this year, consider a different type of healthy eating resolution for the New Year: get back to basics.



Here are some suggestions for simplifying your New Year’s Resolution to eat healthy:

Eat more meals together as a family.

Families that eat together eat better – or at least that’s what research shows. The meals we make for the whole family tend to be more balanced. We’re less likely to rely on frozen dinners, processed foods, and fast food. It’s also a great time to connect with loved ones. Look at how many meals you’re currently eating together, and try to add one more meal per week.

Eat a plant-based diet.

Lean meat, poultry, fish, and eggs can have their place, but most of what we eat should come from plants. We should aim to cover most of our plates with plant foods like vegetables, fruits, whole grains, beans and nuts. Plants are rich in disease-fighting nutrients and fiber, and lower in unhealthy fats.

Shop the perimeter of the grocery store.

The outside edges of the store are where you’ll find some of the healthiest foods. Start your shopping trip in the produce section and load up on veggies and fruits. Work your way through the refrigerated sections with dairy and fresh meats. Include whole grains such as 100% whole wheat bread, and dried grains, beans and lentils. When you make your way to the inner aisles carefully compare the food labels to choose the products with less saturated fats, salt and sugar.

Honor your sense of hunger and fullness.

Years of fitting meals into a busy lifestyle or forcing ourselves to “clean our plates” have trained many of us to ignore our bodies’ natural hunger and fullness cues. Try slowing down the pace of eating and getting rid of distractions like the TV. Stop eating when you feel satisfied, before you become overly full. Keep a healthy snack with you so that when you are hungry again you will have a healthy option.

FROM THE UIHS PATIENT ACCOUNTING STAFF

Submitted by Mary Hurley, Chief Financial Officer, UIHS

All the staff in Patient Accounting wishes our UIHS clients a healthy and happy New Year. We are looking forward to working with you in 2012. We pledge to continue to provide excellent customer service to you. Our staff will help you to apply for an alternate resource.

Everyone wins when our clinic is able to receive payments from alternate resources which include health insurance, Medi-Cal, and Medicare. We can better pay for the costs of providing services to you and be able to improve our care and access to meet our goals of excellent health care. We promise to help you so you will feel comfortable and understand the steps of accessing alternate resources. With your cooperation in this process, our clinic will be able to better serve you.

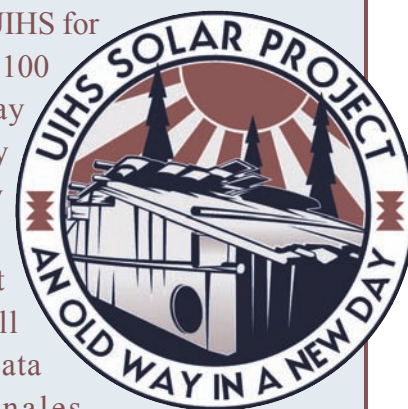
Visionary Award

Submitted by: Eric Johnson, UIHS

City of Arcata Presents UIHS with a Certificate of Recognition for Their Visionary Leadership in Resource Use.

On December 7th 2011 the Arcata City Council presented UIHS with a Certificate of Recognition for its Visionary Leadership in Resource Use. It is hard to believe that it was over ten years ago that we opened our doors at the UIHS Potawot Health Village, but this award demonstrates that our continued commitment to honoring the relationship between the health of land to the health of our people is just as important, if not more important, than when we first began this journey. This award was triggered following the recent completion of our Phase 2 Solar Project. City council members from Arcata attended the Phase Two Solar Dedication event at Potawot on November 4th and soon after acknowledged UIHS us for our work as leaders in culturally and environmentally sensitive development and design.

They recognized many of the features that collectively make the UIHS Potawot Health Village a center that we can all be proud of. The features highlighted in the certificate of recognition included the walking paths which encourage exercise, the use of native plants in traditional activities, and vegetable and herb gardens that are promoting healthful eating habits. They also honored UIHS for the installation of a 100 Kilowatt solar array that provides nearly 75% of our energy needs and provides a cost savings that benefits the overall clinic. City of Arcata Mayor Susan Ornales presented this certificate of recognition and it was accepted by UIHS Traditional Resources staff members Paula Allen and Eric Johnson, along with our solar installer Roger. UIHS is very proud to share this award with our community in honor of our commitment to providing traditionally driven services that incorporate cultural values and traditions to guide the planning and implementation of services. For further information call (707) 825-4144.



Eric Johnson, Roger, and Paula Allen accept certificate of Recognition at the City of Arcata Council Meeting.





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

UIHS Clinic Closures

Monday, January 2
 for New Years' Day


Monday, January 16
 for Martin Luther King Jr.'s Birthday



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

January/February 2012

New Fitness Classes in Arcata at Potawot



By the Community Health and Wellness Department
Tuesdays and Thursday evenings from 5:15-6:15pm

Tuesdays
 Pilates/Stretch with Balls/Mats with Elizabeth Edwards

Thursdays - Strength Circuit with Sandy Earl

For More Information call Elizabeth at 825-4155 or Sandy at 825-4161

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

Repchem

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

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