

The Acornbasket

NEWSLETTER OF UNITED INDIAN HEALTH SERVICES, INC.

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

January/February 2013

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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 1

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(3yr Term) **Secretary**
Charlene Storr (2yr Term)
Marjorie Buckskin
(1yr Term)
Vacant (1yr Alternate Term)

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Maxine Lewis-Raymond
(2yr Term)
Amanda Mager (1yr Term)
Vacant (1yr Alternate Term)

Area 3

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

Area 4

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

Area 5

Vacant (3yr Term)
Beatrice Nix (2yr Term)
Kenneth Roberts (1yr Term)
Vacant (1yr Alternate Term)

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Barbara Orr (Alternate)

Resighini Rancheria
Donald McCovey
Sunshine Watkins (Alternate)

Big Lagoon Rancheria
Virgil Moorehead
Chairperson

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Lenora Hall (Alternate)

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Claudia Brundin (Alternate)

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Cheryl A Seidner
Treasurer
Velva Angell (Alternate)

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

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

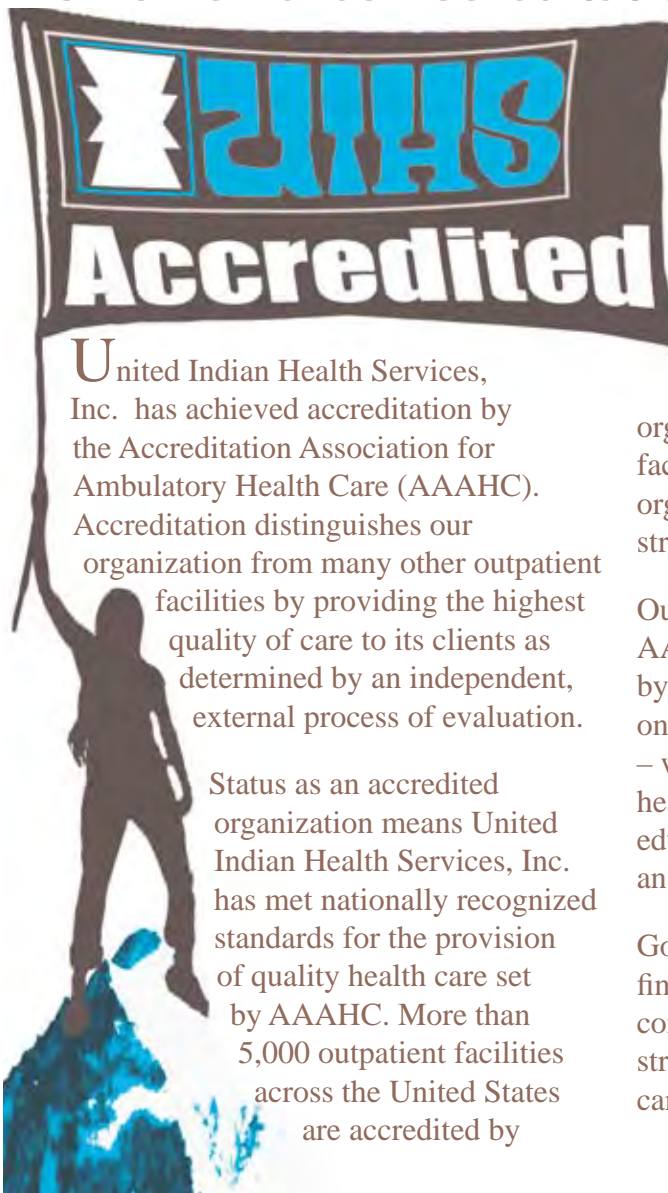
Elk Valley Rancheria
John Green
LaWanda Quinnell (Alternate)

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

*Members of Executive Governance Committee

UIHS Achieves Accreditation

By: Dr. Ira Singh Q.I. Director, UIHS



United Indian Health Services, Inc. has achieved accreditation by the Accreditation Association for Ambulatory Health Care (AAAHC). Accreditation distinguishes our organization from many other outpatient facilities by providing the highest quality of care to its clients as determined by an independent, external process of evaluation.

Status as an accredited organization means United Indian Health Services, Inc. has met nationally recognized standards for the provision of quality health care set by AAAHC. More than 5,000 outpatient facilities across the United States are accredited by

AAAHC. Not all seek accreditation; not all outpatient facilities that undergo the rigorous on-site survey process are granted accreditation.

We believe our clients deserve the best! When you see our certificate of accreditation, you will know that AAAHC, an independent, not-for-profit organization, has closely examined our facility and procedures. It means we as an organization care enough about our clients to strive for the highest level of care possible.

Outpatient facilities seeking accreditation by AAAHC undergo an extensive self-assessment by physicians, nurses, and administrators and on-site survey by AAAHC expert surveyors – who are actively involved in ambulatory health care. The survey is consultative and educational, presenting best practices to help an organization improve its care and services.

Going through the process challenged us to find better ways to serve our clients, and it is a constant reminder that our responsibility is to strive to continuously improve the quality of care we provide.

New Year, New Habits and New Beginnings – UIHS is Here for You!

Submitted by Liz Lara-O'Rourke, HPE Manager

During the New Year many of us are thinking of forming new habits for new beginnings. Some of the most common new habits are: Quitting Smoking, Fitting in Fitness, Eating More Healthy Foods. All of these new habits are GREAT for new beginnings; beginning to feel better, beginning to have more energy, and beginning to honor our bodies and our spirit.

Quitting Smoking - According to the California Smoker's Helpline, quitting smoking will decrease coughing, congestion, and fatigue, and shortness of breath will decrease. Plus when you quit smoking, those around you will not be exposed to your secondhand smoke. UIHS is here for you! If you want to quit smoking contact the Smoke Fish Not Cigarettes Quit Smoking Program at Potawot Health Village at 707-825-5070 or Elk Valley at 707-464-2929.

Fitting in Fitness – According to WebMD, the average person does not need to participate

in a hard-core exercise program. Most of us would get great benefit from a fitness program for the whole body that consists of a cardio work to improve the function and health of the heart, lungs, and blood vessels. This could be walking, biking, hiking. Don't forget weight-bearing exercises that enhance the function and health of the bones, muscles, joints, and connective tissues. UIHS is here for you! If you would like to participate in our fitness activities at Potawot Health Village call 707-825-5070 or at Elk Valley call 707-464-2919.

Eating More Healthy Foods - According to Letsmove.gov, five key areas can make a huge difference: eat more fruits and vegetables, consume less sugar and fat, eat healthier snacks, watch portion size, and eat together as a family. UIHS is here for you! If you would like to learn more information about eating healthy contact our Nutrition Services or WIC Program at Potawot Health Village call 707-825-5030. New Year, New Habits and New Beginnings – UIHS is Here for You!

Cavity-Free Club

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

| | |
|-------------------|------------|
| Klynn Swanson | 10 yrs old |
| Justin Grandfield | 11 yrs old |
| Rylynn Lane | 4 yrs old |
| Cruz Proctor | 2 yrs old |
| Jeran Ford | 8 yrs old |
| Sueveya Provolt | 2 yrs old |
| Kaine Duncan | 2 yrs old |
| Trace Dickerson | 6 yrs old |
| Aaron Milhorn | 20 months |
| Andrew Escarcega | 8 yrs old |
| Amary Williams | 4 yrs old |
| Tatiana Rollings | 5 yrs old |
| Raina McBride | 2 yrs old |
| Michael Kangas | 3 yrs old |
| Melina McBride | 1 yrs old |
| William Kangas | 4 yrs old |
| Alain Young | 7 yrs old |
| Madelyn Conley | 6 yrs old |
| Jess Johnson | 14 yrs old |
| Xatimniim Drake | 8 yrs old |
| Haley Osier | 7 yrs old |
| Ailani Hanshaw | 9 yrs old |
| Evan Bacon | 7 yrs old |
| Noah Ben Iesau | 13 yrs old |
| Canyon Martin | 2 yrs old |
| Amelia Page | 5 yrs old |
| Rylee Tunzi | 19 months |
| Chloe Ben Iesau | 11 yrs old |
| Cesar Hillman | 17 yrs old |
| Myla Conley | 5 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.



What Can We Do, to Prevent Sexual Abuse of Children?

Editor's note: The following article deals with child sexual abuse. It may be uncomfortable for some to read this important information.

There are child predators living among us that are looking for an opportunity to be alone with a child. This is one of my worst fears as a parent. An estimated one in 20 teenage boys and adult men sexually abuse children, and an estimated one teenage girl or adult woman in every 3,300 females molests children.

When I calculate within my own circle of family and friends, it's sickening. 1, me in second grade by two older boys at day care. 2, my spouse at age 12 by the sitter. 3, my mom in high school by an older class mate. 4, my best friend in grade school by a school employee. 5, a coworker's child by her boyfriend. 6, an aunt by her father. 7, a middle school friend molested children she was babysitting. 8, a cousin by her step brother. The statistic by my calculation seems accurate: one in four girls and one in six boys will be sexually abused before they turn 18, according to the National Sexual Violence Resource Center.

Know the facts: A child molester is any older child or adult who touches a child for his or her own sexual gratification. Sexual touch is when an adult fondles a child's chest, buttocks, or genitals with the direct purpose of sexually exciting himself or the child. A child is a girl or boy who is 13 years of age or younger. The age difference between a molester and a child to qualify it as molestation is three to five years. Abusers who molest because of an ongoing sex drive directed toward children are called Pedophiles. An ongoing sex drive directed toward children (Pedophiles) can be identified early by a sex-specific physician or therapist, and then successfully controlled with sex-specific therapies and medication, when appropriate. Treatment from this type of specialist is 87% effective.

Know their ways: In the cases I count above, all of the predators are not some stranger lurking in an alley. They are around you on a daily bases. They will target the children closest to them. They will probably start with a lure, get to know the child. Then move onto non-touching abuses (i.e. showing the child pornography or having the child take their

clothes off).

They will use confusion, fear and guilt to keep the secret. They may tell the child bad things will happen if they tell. They count on you to ignore your instinct. So when your instinct tells you "this seems strange" LISTEN! Don't hand your child over just because you don't want to refuse their kind and generous offer to baby sit or take your child someplace fun. If you notice behaviors out of the norm you should report the incident to whoever would be appropriate (i.e. the manager of the daycare facility or principle of the school). Sometimes it takes ten parents all with very small concerns to tell one

person and that one person can put the big picture together to stop the abuse.

Understand the damage: Sexual abuse harms the child and that damage can carry over into the child's adult life if handled poorly or left untreated. Studies show this damage can include: difficulty in forming long-term relationships; sexual risk-taking that may lead to contracting sexually transmitted diseases; depression, suicidal thoughts, and suicide; increases in illnesses, hospitalizations, and early deaths. In addition to the physical and emotional damage, the secrets kept can go on to destroy the family generation after generation.

Be proactive: Don't leave your child in formal settings where there will only be one adult to supervise. Ideally a daycare setting, a kids club, or a team sport will have two adults at all times. Get to know your child's friends since more than thirty percent of those who abuse children are under 18 themselves. Make sure that any place your child may be alone with an adult has an open door policy, meaning anyone can stop in at any time (i.e. daycare, afterschool tutoring, and music lessons). Then stop in at random times. If you are concerned that some one you know may have a sexual interest in children, find a good sex -specific therapist for that child or adult. For information on what to say and what questions to ask when seeking treatment go to <http://childmolestationprevention.org/pages/act.html>.

Talk to your child and be very clear: Make sure you teach them correct terms for their private parts, (i.e. penis, vagina, butt, breasts). Give correct information to questions like: where do babies come from? Teach her that she can always tell you if someone else touches her. Teach your child that it's okay to set boundaries around touch. It is okay not to hug or kiss people they don't want to. Use parental controls on any devices you have to prevent children from accessing pornography.



Pornography can be damaging to their developing sexuality. Use parental controls and direct supervision to protect kids from online abusers. Teach kids not to share personal information online and that people are not always who they say they are online. Pay attention to your child's subtle cues, if your child tells you they don't want to spend time with someone or go to someone's home honor that request. Keep an eye out for the obvious signs: repeat urinary tract infections, redness or swelling of genitals, bedwetting, stomach or headaches, mood swings, angry outbursts, sleep disturbances, emotional withdrawal, problems at school and sexual behaviors. These more obvious signs don't mean with any certainty that abuse is occurring, however, they are warning signs, especially in great numbers.

What to do if your worst fear comes true: Most kids will never tell about their abuse. I never told anyone until after I had a child and a friend asked me why I wouldn't put my child in day care. So, if your child does disclose or even hints something, LISTEN very attentively, don't get angry or overly emotional because the child may feel you are angry at them. Never deny the abuse; it is extremely rare that a child would ever make up a story of sexual abuse. Seek out consultation with a child psychologist and medical provider. Children that get support will heal and grow into healthy adults.

Treatment Resources

Association for the Treatment of Sexual

Abusers at www.atsa.com

Resources for survivors of sexual abuse:

(707)443-7358

Youth Services Bureau of Redwood Action Council

(707) 444-2273(707) 443-8322

Bikers Against Child Abuse

(707) 498-9908

North Coast Rape Crisis

707-465-2851 hotline
707-465-6961 office

Humboldt County Mental Health

(707) 268-2900
24 Hour Crisis Number
(707) 445-7715

Humboldt County Mental Health-Children and Family Services

(707) 268-2800

United Indian Health Services-Behavioral Health

(707) 825-5060

Karuk Tribe Child and Family Services

Yreka (530) 842-9200 ext. 6301
Orleans (530) 627-3106

Two Feathers

(707) 839-1933

Wiyot Tribe Social Services

(707) 733-5055

Yurok Tribe Social Services

(707) 445-2422
(707) 482-1350

Del Norte County Department of Mental Health

(707) 464-7224

Changing Tides Family Services-Family Empowerment Services

(707) 444-8293

Humboldt County Department of Health and Human Services- Social Services Branch

(707) 445-

Del Norte County Department of Health and Human Services-Child Protective Services

(866) 901-3212

New UHS Employees

PHV



Trudy N. Adams
Health Promotion and
Education Technician

Smith River



Shara Scott-Smith
Laboratory
Technician



Fleck, Lydia Nurse Practitioner

I am a Family Nurse Practitioner working at the Smith River and Klamath clinics as a permanent provider. I am both a new graduate and new to the state of California. Originally, I am from Ohio where I attended Ohio State University for my undergraduate and master degrees. I have a bachelors in art and attended a graduate entry program for my masters where I went straight through from RN to NP. This is my first time working with the Native American population. I am thoroughly intrigued by the culture and I have learned so much already. I am very excited to be here and the staff has been absolutely wonderful and accommodating.



with you to perform a tummy check and to order any labs you may need. You get to talk with other pregnant women. You get to learn about: your baby, your changing body, childbirth, parenting, nutrition, breastfeeding, dental care, exercises, sibling preparation, hospital tour all in one place.

How do I sign up if I am pregnant?

You would call the medical department at Potowat Health Village and ask to sign up for centering pregnancy.

If you have any questions please call Chanda Pifferini, PHN 707-825-4168

Centering Pregnancy

By Chanda Pifferini CHCS Nurse Manager

What is Centering Pregnancy?

Group pregnancy care provided by a doctor, outreach worker and medical assistant with other expectant moms, partners and support people to discuss pregnancy problems and solutions. Each group is 10 sessions long.

Who would go to Centering Pregnancy Groups?

Any pregnant woman and her support person can attend.

What is the benefit of Centering Pregnancy Group over regular pregnancy care?

You get to spend 2 full hours with your provider each session. There is no wait time to see the provider. You don't have to call and schedule appointments, the times and dates are preset based on where you are in your pregnancy. During the group you get refreshments. Participants that need transportation can request ahead of time for a ride.

What happens during the group?

You learn to check your own blood pressure. You enter your own information into your chart. Your provider spends individual time



View the Acornbasket ONLINE! www.uihs.org

Check out the newsletter and other important information.

UIHS - Clinic Closures

New Years Day, Tuesday, January 1, 2013

All UIHS sites closed after lunch, Friday, January 4, 2013

Martin Luther King day, Monday, January 21, 2013



The Acornbasket
©1996 United Indian Health Services, Inc.
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Layout: SuWahnum David Buldy

Join T.A.G

UIHS Teen Advisory Group
Is Recruiting
Meet New Friends
Educate Your Peers And
Community



Earn a Few Dollars
Have Fun Learning New Things
Participate in Fun Activities
For American Indian Youth 12 - 17
who utilize services at UIHS.
For More Information call: Trish Carlson
or Liz Lewis at 707-825-5070 in
Humboldt County or Donnie Green at
464-2919 in Del Norte county

January/February 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

Jan. 9 - Potawot Health Village

11:00 a.m. – 12:30 p.m.

Jan. 16 – Smith River Elder Nutrition Site

12:00 p.m. – 1:30 p.m.

Jan. 30 – Weitchpec Tribal Office

11:00 a.m. – 12:30 p.m.

Feb. 13 - Potawot Health Village

11:00 a.m. – 12:30 p.m.

Feb. 20 – Smith River Elder Nutrition Site

12:00 p.m. – 1:30 p.m.

Feb. 27 – Weitchpec Tribal Office

11:00 a.m. – 12:30 p.m.

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

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

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.