

# The Acornbasket

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

July/August 2012

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### UIHS 2012 BOARD OF DIRECTORS

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

**TRIBAL REPRESENTATIVES**  
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 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**  
 Joy Sundberg, *\*Member at Large*  
 Ruby Rollings, *Alternate*  
**Elk Valley Rancheria**  
 John Green  
 LaWanda Quinnell, *Alternate*  
**Resighini Rancheria**  
 Donald McCovey  
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**Yurok Tribe of the Yurok Reservation**  
 Larry Hendrix  
 Lyle McKinnon, *Alternate*  
**Tolowa Nation (Ex-Officio Status—non-voter)**  
 Raja Storr

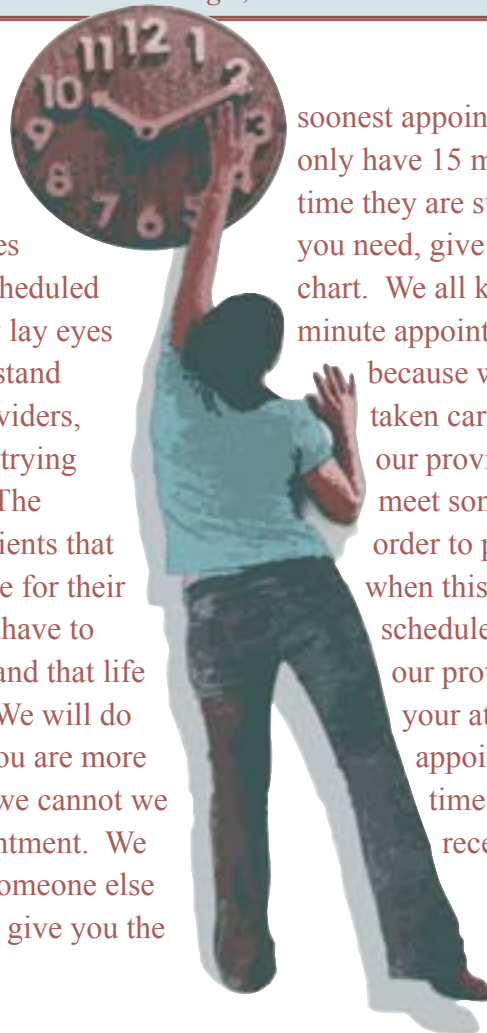
**AREA REPRESENTATIVES**  
**Area I**  
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 Marjorie Buckskin, *\*Treasurer* (2yr term)  
 Florine Fern Bates, *\*Secretary* (1yr term)  
 Marva Jones Scott (1yr Alternate term)  
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 Amanda Mager (2yr term)  
 Everett Dewey Myers (1yr term)  
 David O'Neill (1yr Alternate term)  
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*\*Vice Chairperson*  
 Dennie Schultheis (2yr term)  
 Kapoon Tripp (1yr term)  
 Cariol Durfee (1yr Alternate term)  
**Area IV**  
 Vacant (3yr term)  
 Key-Shan Bowen (2yr term)  
 Carmen Moon (1yr term)  
 Vacant (1yr Alternate term)  
**Area V**  
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 Kenneth Roberts (2yr term)  
 Chelna Ugarte (1yr term)  
 Darlene McGee, (1yr Alternate term)

*\*Members of Executive Governance Committee*

## 10 Minute Late Rule

Submitted by Susan Powell RN Nurse Manager, UIHS

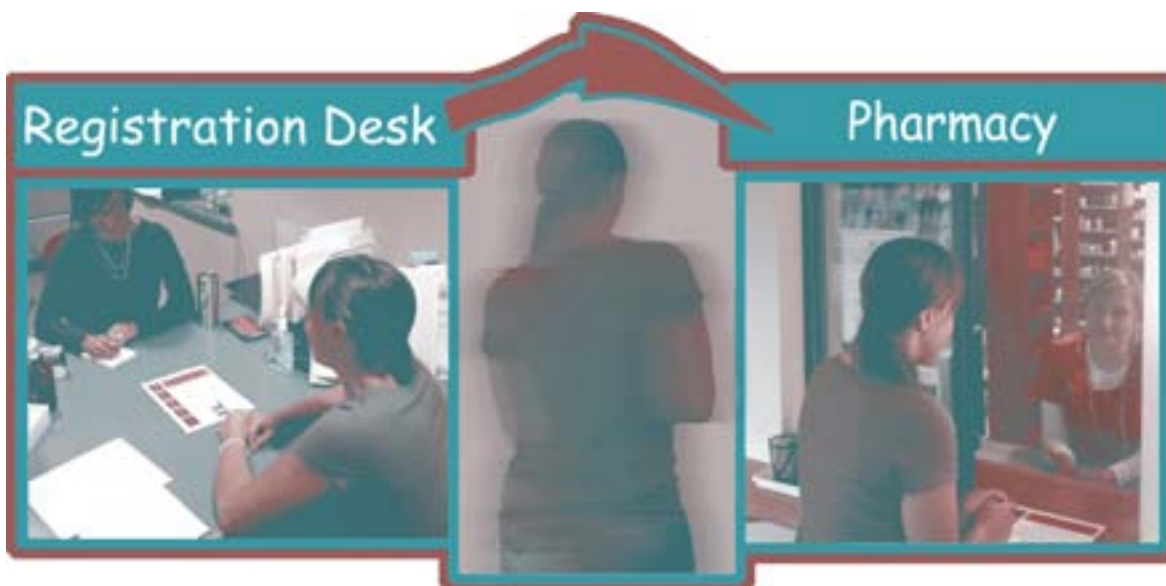
It might seem very unfair to be refused an appointment if you are ten minutes late, when sometimes it takes an hour after your scheduled appointment time to actually lay eyes on your provider. We understand your frustration and we (providers, medical staff, reception) are trying hard to be on time for you. The policy #06-03-021 states: Clients that are more than 10 minutes late for their scheduled appointment may have to be rescheduled. We understand that life happens, children, traffic ... We will do our best to see you even if you are more than ten minutes late, but if we cannot we will offer you another appointment. We will ask you if you can see someone else if there is an availability and give you the



soonest appointment that we can. The providers only have 15 minutes to see each patient. In that time they are suppose to see you, decide what you need, give it to you and document in your chart. We all know that there are times that a 15 minute appointment stretches to 30-60 minutes because we have more needs than can be taken care of in 15 minutes. Sometimes our providers must take that extra time to meet some of our client's urgent needs in order to provide excellent care. However, when this happens it plays havoc with our schedule. We will continue to try to keep our providers on time and we appreciate your attempt to also be on time for your appointment. We value you and your time and hope that the care that you receive is worth the wait.

## Check In For Pharmacy

Submitted by: Ladeena Gray, Pharmacy Technician, UIHS



The Pharmacy is now requiring all clients to check in at the Patient Registration Desk before coming to the Pharmacy. This will ensure that all information such as insurance information, address, and phone number is up-to-date and the alternate resources check has been done for each client. If an individual is picking up a prescription for another client they will have to check in for that client and if they are picking up for multiple clients they will have to check

in for each person that they are picking up for. A UIHS Ticket-To-Service will be given for each client and collected at the Pharmacy unless they are going on to another Department for services at which time the service ticket will be returned to the client.

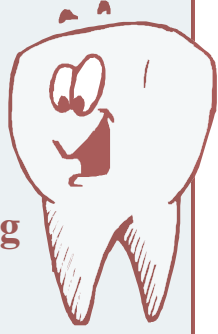
This process will enable us to provide the quality care for our clients. Thank you for your understanding and cooperation.



## Cavity-Free Club

Submitted by: Meghan

McCullough, Registered Dental Hygienist, UIHS



**Congratulations to the following for being CAVITY-FREE!**

Damian Lombardo	12 yrs old
Khloe Mueller	9 mos old
Kyri Price	14 mos old
Sarah Davis	7 yrs old
LJ Reeves	4 yrs old
Natalie Reeves	3 yrs old
Sasha Neyra	4 yrs old
Sophia Neyra	5 yrs old
Shaya Robinson	6 yrs old
Jerome Lyons	5 yrs old
Jordee Gulley	9 mos old
Isabella Jones	3 yrs old
Clifford Jones	2 yrs old
Mariah Lewis	14 yrs old
Logann Fells	7 yrs old
Kulani Burbank	5 yrs old
Hudson Caldwell	18 mos old
Johnny Case	7 yrs old
Michaela Barney	14 yrs old
Alta Lindgren	4 yrs old
Madyson Lemley	6 yrs old
Louise Keisner	3 yrs old
Ethan Lamberson	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:**

707-825-5040 for Potawot Health Village  
707-487-1818 for Howonquet

## Limoyusahla Knows



*Limoyusahla is the Wiyot term for Blue Jay*

**Limoyusahla knows everything about privacy and confidentiality.**

**Dear Limoyusahla:**

I am a client here at UIHS and I need to get a copy of my medical records for my continued care. How do I get a copy of my medical records?  
Respectfully,  
Curious

**Dear Curious:**

Your medical records are considered protected health information and are treated with the utmost confidentiality. If you need a copy of your records, these are the steps you must take:

1. First request a "UIHS Authorization for Release of Protected Health Information Form" at any UIHS front desk or call UIHS and request the Client Records Section. Staff in Client Records will mail or fax the form to you.
2. Complete and sign the form, then submit it to the UIHS Client Records Section.
3. When UIHS Client Records Section receives your completed and signed form, staff will verify and process your request.

Best wishes,  
Limoyusahla

Send privacy and confidentiality questions for Limoyusahla to: Dear Limoyusahla, UIHS, 1600 Weeot Way, Arcata, CA 95521 or inter-office to Administration department.

## New Wic Office in Eureka

Submitted by: Barb Bishop, WIC Supervisor, UIHS

**U**nited Indian Health Services WIC Program has opened a WIC Office in Eureka. The address is 309 West Harris St. It is across the street from the Lincoln School and in the same building as Scottie Dog Quilts-Redwood Sewing Center.

You have the option to make your certification appointments and/or pick up vouchers in our UIHS Eureka WIC Office or Potawot Health Village in Arcata. If you have any questions please call the WIC Office at (707) 825-5030

### WIC EUREKA OFFICE DAYS

**1st & 3rd Monday each month**

July 2 & July 16

August 6 & August 20

Sept 3 & Sept 17

**OFFICE HOURS**

10:00 AM-1:00 PM & 2:00 PM – 6:00 PM



## CalFresh Produce Match!

Submitted by: Alison Aldridge, Community Nutrition Manager, UIHS

This season, Potawot Community Food Garden is making it even easier for United Indian Health Services clients to get their veggies! Beginning June 2012, anyone using their CalFresh benefits at the Potawot Community Food Garden Produce Stand will receive \$1 in free produce for every \$1 that they spend, up to \$15!

CalFresh is California's version of the federal Supplemental Nutrition Assistance Program, which provides low-income individuals and families with an additional amount of money each month for nutritious food. The program issues electronic benefits that can be used at many local retail and farmer's markets. The amount of benefits is determined by the number of people in the household, income to the household, and any allowable deductions.



To get more information, or to see if you may qualify, go to [c4yourself.com](http://c4yourself.com) or contact one of the Humboldt County Department of Health and Human Social Services Branches at the following locations:

929 Koster Street, Eureka — (707) 269-3590

Cedar Street, Garberville — (707) 923-2759

Airport Road, Hoopa — (707) 625-4251

Or

Food for People, 307 W. 14th Street, Eureka — (707) 445-3166

CalFresh Application materials can be picked up at any of these branches, Food for People, the United Indian Health Services Nutrition Department window, or the Potawot Community Food Garden Produce Stand.

Potawot Community Food Garden hours of operation:

Tuesdays & Fridays 12:00-2:00pm.

## Contract Health Services

Submitted by: Moonraven Lake, Contract Health Services Technician, UIHS

Contract Health Services (CHS) funds are used to provide services that are not available at the clinic. Eligibility follows the United Indian Health Services guidelines based on federal regulations and is limited to those eligible California Indians who reside within the defined geographic service area. **Clients are responsible to contact the CHS office to be eligible for CHS assistance.**

### Please notify the CHS Program Staff:

- If you are seen in the emergency room or admitted to the hospital within the last 72 hours (3 working days)
- If you are elderly (65 years or older) and were seen in the emergency room or admitted to the hospital within the last thirty (30) days
- If you are physically or mentally disabled and were seen in the emergency room or admitted to the hospital within the last thirty (30) days
- If you are being referred by your UIHS healthcare provider for outside services, medications, and/or supplies
- If you are referred by your referred provider for any testing, supplies, or medications
- If you need assistance with co-pays, deductibles, or out of pocket expenses
- If you are paying more than \$10.00 per prescription at the UIHS Pharmacy
- Need emergency transportation assistance to a medical appointment or facility at least 4 or more hours away

Stop by the CHS office located at Potawot Health Village in Arcata or call (707) 825-4171 if your last name starts with A-I, call (707) 825-4156 if your last name begins with J-R, or call (707) 825-4119 if your last name begins with S-Z to determine your eligibility.

Assistance is based on eligibility, medical priority, and funding available. Even if you aren't eligible for CHS, you may qualify for other alternate resource programs.





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

## UIHS Clinic Closures

**Wednesday, July 4, 2012**  
 for Independence Day

**Monday, September 3, 2012**  
 for Labor Day



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

**July/August 2012**

**21st Annual  
 HAWC Walk/Run**  
**Saturday, August 25, 2012**  
 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.

This event 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  
 Monday, Tuesday, Thursday, Friday  
 1:30-2:00 p.m.

Potawot Fitness Classes  
 Tuesday and Thursday 5:15-6:15 p.m.  
 For more information contact:  
 Fitness Coordinator Liz Edwards  
 at (707) 825-5070

### Repchem

July 11 - Potawot Health Village  
 11:00 a.m. - 12:30 p.m.  
 July 18 - Smith River Elder Nutrition Site  
 12:00 p.m. - 1:30 p.m.  
 July 25 - 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.  
 Smith River Elder Nutrition Site  
 Tai Chi  
 Wednesday 12:30 p.m.

For more information contact:  
 Donnie Green  
 at (707) 464-2919, ext. 25

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

## UIHS Clinic Hours

### 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, 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  
 Medical 12:30 p.m. to 1:30 p.m.  
 Dental & Pharmacy 1:00 p.m. to 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  
 Toll Free Number: 1-800-293-2919

### Weitchpec Site

Tuesday & Friday 9:00 a.m. to 4:30 p.m.  
 Thursday 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.