

The Acornbasket

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

May/June 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

Bear River Band of the Rohnerville Rancheria

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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

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

AREA REPRESENTATIVES

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**Treasurer* (2yr term)

Florine Fern Bates,

**Secretary* (1yr term)

Marva Jones Scott

(1yr Alternate term)

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**Chairperson* (3yr term)

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*

UIHS

ELECTION NOTICE

You Must Now Register to Vote for 2012 Election

QUALIFICATIONS TO REGISTER TO VOTE IN UIHS ELECTION

You may register to vote if you meet the following criteria:

- You are an American Indian eligible for services at UIHS and are registered as an Eligible Indian Beneficiary
- You are eighteen years of age or older at the closing date for voter registration
- You reside in the voting area from which you will vote
- You have completed a Voter Registration Application/Affidavit

You will need to re-register to vote when:

- You move
- You change your name

VOTER REGISTRATION DEADLINE

The voter registration period remains open throughout the year except after the voter registration deadline date. The deadline date for registration is October 19, 2012. The 2012 Election counting day is set for November 14, 2012.

Submitted by UIHS Election Committee

Produce Stand Back Tuesday, June 12th

Well, it's that time of year again... United Indian Health Services Community Nutrition Program is getting excited about Garden Season 2012. The rains are late again this year, but the first produce stand on *Tuesday, June 12th* will still have plenty to offer!



Here are a few of the other things you have to look forward to:

- 1) The Potawot Community Food Garden now accepts **CalFresh** benefits! **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. To get more information, or to see if you may qualify go

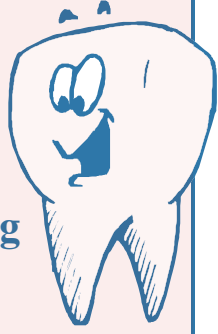
- to c4yourself.com or contact the Humboldt County Department of Health and Human Services Social Services Branch located at 929 Koster St., Eureka-(707)269-3590. You may pick up application materials at the UIHS Nutrition Department Potawot.
- 2) **Weitchpec Starts** will take place on *Wednesday, May 23rd* at 12:00pm at the UIHS Weitchpec clinic. This event includes a workshop on how to care for crops that typically do well in that specific climate. Clients are encouraged to interact with the gardeners, ask questions, and receive vegetable starts of their choosing to help them establish their own home gardens.
- 3) The Kay-Woi Membership Drive is scheduled for *Friday, May 25th* from Noon-2:00pm in the Potawot Health Village Gathering Room. This is your opportunity to sign up for the program in order to receive discounted produce until the last produce stand of 2012 on *October 23rd*. Of course you can sign up and establish your line of credit anytime, applications are available at the UIHS Nutrition Department Potawot. **Here's to a healthy, happy season!**

Submitted by Alison Aldridge, Community Nutrition Manager, UIHS



Cavity-Free Club

Submitted by: Meghan McCullough, Registered Dental Hygienist, UIHS



Congratulations to the following for being CAVITY-FREE!

Josie Rollings	10 months old
Ethan Shelly	9 years old
Justyn Gensaw Crum	22 months old
Iverson Crockett	2 years old
Shia Marquez	14 months old
Marie Lewis	1 year old
Axel Tripp	1 year old
Teddy Yarbrough	4 years old
Jenna Collins	6 years old
Cesar Bravo Hillman	17 years old
Teryn Palmer	5 years old
Raina Palmer	6 years old
Kyra Cook	5 years old
Patricia Bartoo	5 years old
Emily Watson	17 months old
Natalya Turner	5 years old
Estrella Olivares	4 years old
Riley Frank	4 years old
Preslie Miller	6 years old
Tsenikyaw Van Pelt	4 years old
Deagan Miller	4 years old
Julia Jackson	5 years old
Joseph Jackson	2 years 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



(Wiyot term for Blue Jay)

Dear Limoyusahla:
I saw my neighbor's daughter here at UIHS. I think she was here for a medical appointment and I am really concerned about her. Can I ask my neighbor about her daughter's health?
Respectfully, Concerned

Dear Concerned:
Please do not ask your neighbor about her daughter's health! We honor every client's privacy. If your neighbor wishes to discuss her daughter's health, let her start the discussion.
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.

Dates Changed



Our Native youth are full of "Hope and Promise" and need access and opportunity to develop their leadership potential. This model helps Native youth realize that suicide is a permanent solution to temporary problems and that they can help each other to find solutions, break cycles, and model wellness and leadership.



Wellness Through Humor, Traditions, Ceremonies, and Spirituality

- Camping • Games • Prizes
- Night activities • Learn Strengths • Meet others

July 10, 2012 Special Adult Facilitator Training Day

For more information or to register for the training contact Donnie Green:
(707) 464-2919 ext. 25; Donald.Green@carih.net; UIHS Elk Valley Office.



Client Complaints

Please look for client complaint forms in the waiting areas at all UIHS sites. We appreciate our clients completing these forms because they show us where we need to improve our service and help us identify our progress towards our goals of providing excellent, culturally sensitive customer service and achieving excellence in quality of care.

Submitted by Jennifer Kiff, CHCC Compliance Officer/Operations Auditor, UIHS

Cooking for One or Two

Submitted by Bailey Peterka, Registered Dietitian, UIHS

When you live alone or with just one other person, it can be hard to plan and cook healthy meals. Your choices can seem limited. Either you make a big batch of something and eat it all week (boring!), or you reach for frozen dinners, boxed meals, and other “convenience” foods that are not always a healthy choice. With a little planning and creativity you can make healthy, easy meals for one or two people.

Start with a Plan

Set aside an hour each week to plan your meals. Choose meals that use some of the same fresh ingredients – you have fewer items to buy and you avoid waste. For instance you might make a roast with vegetables, and then use leftover meat in a stir fry or casserole. Make a shopping list with the foods you’ll need.

Choosing your Recipes

There are some good cookbooks that have recipes designed to serve 1-2 people. If you have the internet, you can get some free ideas by searching “healthy recipes for two.” The other option is taking a larger recipe and scaling it down. For instance you can cut a recipe in half by dividing all the ingredients by half. Be careful, because this can change the cooking time. If you have the freezer space you can also make the larger recipe, portion out the leftovers to make homemade frozen dinners. That’s often healthier than the prepackaged frozen dinners you buy at the store.

Using Your Leftovers Creatively

Leftovers usually keep for 3-5 days in the fridge. That means you can make a larger portion of something and still have an opportunity to use it. But you probably get bored simply re-heating the same dinner, so try to think of different ways you could use the same food. For instance if you marinate and cook several chicken breasts you could use them later in a pasta, sandwich, or on a salad. You can plan your whole week this way so that you’re cooking one time and using that food in two or three different ways, and adding different side dishes. Here are some examples:

Day 1: Dinner - Chicken cutlets with green beans and brown rice.

Day 2: Breakfast – Leftover brown rice w/ chopped apples, splash of milk and cinnamon, warmed in the microwave.

Lunch or Dinner - Leftover chicken in tacos w/ vegetables.

Day 1: Dinner - Pork tenderloin with broccoli and mashed potatoes

Day 2: Breakfast – Potato and broccoli “pancakes” – form the leftovers into patties and brown them in a nonstick skillet with a little cooking oil/spray.

Lunch or Dinner – Pork Sandwiches – Shred leftover pork and mix it with herb seasonings, serve on a whole wheat roll with a vegetable or salad.



What makes a Meal?

This can be hard for people who are used to cooking a large meal for a family, and now live alone or with one other person. Don’t get stuck thinking you have to prepare big meals with many dishes. Try a one-pot dish such as a stew or casserole that contains your protein, vegetables, and grain or carbohydrate all in one dish. Or you might want to think of some snack ideas that you could turn into a quick meal – for example whole grain crackers with tuna and veggie sticks, or cottage cheese with fruit and a small salad.

Stock Your Pantry

Healthy cooking starts with having the right stuff on hand. If you’re planning and using your shopping list, you should have most of what you need. But you should also keep some staples on hand – things that are easy to use in a variety of ways. See the list below for some suggestions. Since you probably don’t want to cook every single meal from scratch, make sure you have some healthy “convenience” items on hand too.

Time-Savers to Keep on Hand

Freezer

- ◆ Frozen vegetables and fruits
- ◆ Lean meat, poultry, and/or fish portioned in individual servings or patties
- ◆ Bread or rolls – you can freeze all or part of a package

Pantry

- ◆ Canned* vegetables and fruits
- ◆ Dry or canned* beans
- ◆ Low sodium jarred tomato sauce
- ◆ 100% whole grain bread
- ◆ Oatmeal
- ◆ High fiber/low sugar breakfast cereal
- ◆ Whole grain pasta
- ◆ Nuts, seeds
- ◆ Fish canned in water

Refrigerator

- ◆ Plain or low sugar yogurt
- ◆ Hard boiled eggs
- ◆ Salad greens & veggies – washed & ready to use

*Remember to drain and rinse canned foods

Exercising Outdoors

Submitted by Liz Edwards, Fitness Coordinator, UIHS

There are measureless ways to get exercise and most of them are best enjoyed outdoors. This is the time of year, to take advantage of longer days where you and or your family can get outdoors for some exercise.

Walking, jogging, hiking, a bike ride or running and playing on the beach or in the forest are all enjoyable ways to exercise outdoors, and get closer to nature.

A study published in *Environmental Science and Technology* showed that, “exercising in natural environments was associated with greater feelings of revitalization, increased energy and positive engagement, together with decreases in tension, confusion, anger and depression. Participants also reported greater enjoyment and satisfaction with outdoor activity and stated that they were more likely to repeat the activity at a later date.

Many of us try to be more regular about exercise and the more enjoyable the activity the more likely one is to repeat it. So go outside and enjoy being active again. If you’re out for a length of time, be sure to use sunscreen. Enjoy keeping your body and mind healthy.

UIHS Clinic Closures

Monday, May 28, 2012
 for Memorial Day



The Acornbasket
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 Layout: SuWorhrom David Baldy

May/June 2012

Join T.A.G!
 The UIHS Teen Advisory Group is Recruiting Meet New Friends Educate Your Peers & 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 Donnite Green at 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
 Monday & Tuesday 1:30-2:00 p.m.
 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

May 9 - Potawot Health Village
 11:00 a.m. - 12:30 p.m.
 May 16 - Smith River Elder Nutrition Site
 12:00 p.m. - 1:30 p.m.
 May 30 - 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

June 13 - Potawot Health Village
 11:00 a.m. - 12:30 p.m.
 June 20 - Smith River Elder Nutrition Site
 12:00 p.m. - 1:30 p.m.
 June 27 - 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.