

The Acornbasket

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

September/October 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

Area Representatives

Area 1

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

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 4

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

Area 5

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

Tribal Representatives

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

Resighini Rancheria
Donald McCovey
Sunshine Watkins
(Alternate)

Big Lagoon Rancheria
Virgil Moorehead

Smith River Rancheria
Denise Padgette
Lenora Hall (Alternate)

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

Wiyot Tribe Reservation
Cheryl A Seidner
Velva Angell (Alternate)

**Cher-Ae Heights Indian
Community of the
Trinidad Rancheria**
R Joy Sundberg,
Member-at-large
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*

General Elections

United Indian Health Services, Incorporated (UIHS) is pleased to announce the 2012 General Election Day as November 14, 2012 and UIHS is seeking interested Candidates for the 2012 Board Election of Indian Community Representatives. The General Election is Vote by Mail only.

You may register to vote, at any UIHS clinic site, 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 time of election
- You reside in the voting area from which you will vote
- You have completed a Voter Registration Application/Affidavit

VOTER REGISTRATION DEADLINE

The voter registration period remains open throughout the calendar year and closes on the voter registration deadline date of October 15, 2012. However, please be advised that voters who register after the deadline date will not receive a Vote-by-Mail ballot.

USES OF VOTER INFORMATION

The information on the voter registration application/affidavit will be used by elections officials solely to administer the UIHS Vote by Mail Election. Personal items of information or voter signatures as shown on the registration application cannot be used for any purpose unrelated to the UIHS Election nor can it be released for commercial purposes. If a voter has any questions about the use of voter information or wish to report suspected misuse of such information, please call UIHS Compliance Officer at 707.825.5000.

SEEKING INTERESTED CANDIDATES

All candidates must meet the criteria for membership as an Indian Community Member. For more information about the qualifications and eligibility of a Candidate and/or to receive a Declaration of Candidacy form, please go to www.uihs.org or contact the Election Committee at PO Box 731, Arcata, CA 95521 or request the form at any UIHS clinic site. A non-refundable Candidacy filing fee of \$50.00 is required when submitting the Declaration of Candidacy form.

NEW!!! UIHS Dentist

Dr. Zachery Castiglione



Dr. Zachery Castiglione has joined UIHS Dental Clinic after having spent the past year at the Burre Dental Center in Eureka. Dr. Castiglione graduated from the UCSF School of Dentistry in 2011. Dr. Castiglione lives in Arcata with his wife Ashley, and they are expecting their first child in early August. The Castiglione's have spent the past year acclimating to life in Humboldt County. They have taken every opportunity to

enjoy the multitude of outdoor activities that are available, and as natives of Michigan they have no complaints about the weather, particularly in winter (no snow). Dr. Castiglione has made a quick transition into the hustle and bustle of work at the UIHS Dental clinic. The staff and patients are happy to have another dentist on board.

Cavity-Free Club

Submitted by: Meghan McCullough
Registered Dental Hygienist, UIHS

Congratulations to the following for being CAVITY-FREE.



Baby "D" Rock Salas	2 yrs old
Melvin Farmer	9 yrs old
Bradley Brennan	1 yr old
Robert Brennan	6 yrs old
Ahtyirahm Allen	4 yrs old
Hope Ammon	8 yrs old
Hope Smith	17 mos old
Pey-Goy Simpson Jewell	10 mos old
Geraldo Hernandez	5 yrs old
Sophia Bachman	10 mos old
Alia Sims	4 yrs old
Calleigh Smith	2 yrs old
Maley Matteoli	19 mos old
Mary Ferguson	4 yrs old
Howard Henderson	10 yrs old
Sonny Whitehurst	13 yrs old
Naomi Whitehurst	11 yrs old
Maninay Ferris	2 yrs old
Kenek Reece Thurman	5 yrs old
Ace Quinn	17 mos old
Tony Wilson Baltazar Perez	2 yrs old
Lorraine Daughtery	11 yrs old
Justin Payton	7 yrs old
Avery Bartoo	1 yr old
Ansley Bartoo	1 yr 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

Limoyusahla Knows

(Wiyot term for Blue Jay)

Limoyusahla knows everything about privacy and confidentiality

Dear Limoyusahla:

I am a client at UIHS and called in to refill my prescription at the UIHS Pharmacy on August 1, 2012. I wanted to give the pharmacy plenty of time to get the refill processed, so I went to pick it up on August 29, 2012. My prescription was not there! I am so frustrated, because I gave them so much time to do a simple refill. What can I do?

Respectfully,

Frustrated



Dear Frustrated:

You can fill out a client complaint form, available in every UIHS waiting area, any time you are not satisfied with services at UIHS. That said, the UIHS Pharmacy is obligated to follow many rules and regulations related to prescriptions.

One rule is that they are not allowed to keep prescriptions on the shelf waiting for client pick up for an extended period of time. Every third party insurance has different rules regarding the length of time a prescription can sit and wait before client pick up. The insurance company will consider that the prescription was billed improperly if the UIHS Pharmacy allows it to sit on the shelf, so when the time period expires, the pharmacy has to return the prescription to stock and refund the insurance company.

The issue you are describing could be a result of the long time period, 20 business days, between the refill request and the pick-up day. Your insurance may have a requirement that prescriptions must be returned to stock and refunded after 10 business days.

If you have a question about how long your health insurance will allow a prescription to sit and wait on the shelf before pick up, please contact the UIHS Pharmacy at (707) 825.5020.

Best Wishes,

Limoyusahla

Dear Limoyusahla:

I am a client here at UIHS and I am very happy with services I receive. I especially appreciate the way some staff members treat me. How can I express my appreciation for their kind, respectful communication and assistance?

Respectfully,

Satisfied

Dear Satisfied:

You can use the UIHS Client Complaint form, available in every waiting area, to express your satisfaction with staff and services at UIHS. The purpose of the client complaint form is to improve UIHS services to our community. It is important to us to know where we need to improve, but it is equally important to know the services our clients appreciate, so they can continue. We are grateful for all feedback from our clients.

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.

3 Top Tips if You are Thinking of Getting Fit.

By Elizabeth Edwards, Fitness Coordinator, UIHS

Make time for yourself a priority.

Schedule time in your day, because activity movement should be part of most days.

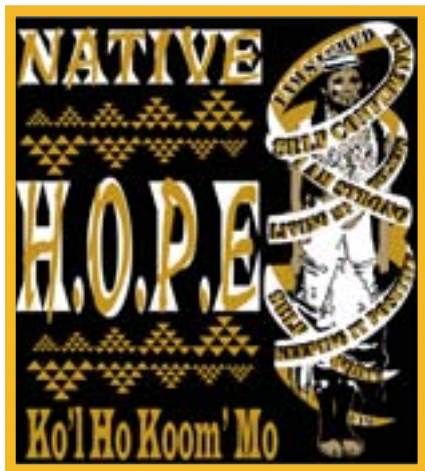
Look for ideas where you can fit in time for you within things you need to do already or that will have multiple benefits. See the ideas below to give you an idea. You can walk to work. This is a great one because you're accomplishing many things at once. You're getting exercise, you have time to think or enjoy music/audio, and you're helping to save the environment. Any appointment that you have, plan to arrive 15-30 minutes early. You can use this time to walk around the area and explore the new scenery around you

Plan fun calorie burning activities.

Exercise doesn't always have to be hard, you can play your favorite music and just get down and boogie. Whatever it is you are going to want to enjoy it or it is not going to happen often enough for you to increase your fitness.

Ask for help.

You can join an exercise group or call and set up a one on one appointment with me and let me know your concerns and see if we can plan together so new ways for you to improve your fitness. It usually helps to talk to someone if you seem to be stuck in a rut and need some new ideas or inspiration.



Native H.O.P.E.

By Angela Barnoskie-Health Promotion Specialist UIHS



A great time was had by all attendees to the summer's HOPE event, designed to prevent suicide among American Indian Youth and provide a 3-day youth leadership that builds upon the strengths of spirituality, family support, positive friends, caring adults and positive activities. The event was a 3-day encampment on the Klamath River in Klamath, Ca.

On the first day we all met at the Klamath Tribal Office and had 54 youth registered from all over Del Norte, Humboldt Counties and a few youth from visiting relatives over the summer. Clayton Small was the Key Facilitator for this event and brought out the energy in all of us throughout the week's events. We broke up into clans of 5 to 7 people which we had to stay with for the duration of the week. This was for team building, team trust and to meet new people. This also gave each person a chance to show their strengths & weakness of each clan, we found out who the great artist were, the great writers, and the great singers of each group, the thinkers, the doers and the socialites of each clan, in which all had an

important role to play while together for 3 days. Every day we opened up together in a circle for prayer of guidance and blessings and a drum call, for our clan formation. The youth did an amazing job all three days with participation, facilitating and organizing in their clans. It was great to see the presentations and skits of problem solving, reaching out for help, showing how to get help, thinking positive and showing the effects of choices one can make in life. Also noticed was the youth leadership skills and awareness to help others was very encouraging and up lifting to be a part of this event.

On the first late afternoon hour, it was sunny and HOT and we all walked to our campsite together, in our clans (close to a mile away) and put our tents up. Everyone pitched in and helped each other, so this went well.

Staff, facilitators and volunteers all worked fast and furious helping out and pitching in wherever needed. It seemed as if everyone went swimming on the first evening (yes, the pool was heated). This must have been due to trekking a mile, setting up tents and the excitement of first day at camp.

Great food was consumed, the cooks did an awesome job every day and we greatly appreciated the awesome snacks they provided each day too. Plenty of fun & games were abound in the evening. Along with basketball, jewelry making, basketry and it was awesome to hear the drum and singing of the card games. The second night was cooler than the first, this was due to fog coming in early and our bon fires got bigger. My favorite part was at dark around the bon fires eating s'mores and listening to the local Native story tellers from the area. A great time was had by all who camped out and the morning hikes to our meeting place were just as fun. There are plenty of great runners in the clans.

At the end of HOPE we all made new friends, experienced new fellowship and learn invaluable lessons. I feel that we all have a better sense of who we are and where we belong in our communities, family and life.

A HUGE THANK YOU goes out to the YUOK tribe for the use of their beautiful building and facilities.

Did You Know?

Anyone Can Get Influenza

On average, 1 out of 5 Americans suffer from influenza every year. In addition, influenza and its related complications result in approximately 226,000 hospitalizations in the US each year. Depending on virus severity during the influenza season, deaths can range from 3000 to a high of about 49,000 people.

We all are at risk for contracting influenza. The results for some will be lost work or school days. But for those at highest risk, the results can be more serious – leading to hospitalization and even death. **The best way to prevent influenza is with an annual flu shot.** Talk to your health care provider

to find out more about the vaccine option that's right for you and your family this influenza season.

Combined with pneumonia, influenza is the nation's ninth leading cause of death.

Influenza is serious – get vaccinated.

Influenza Symptoms

Influenza symptoms include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur, but are more common in children than adults.

Complications of Influenza

Complications of influenza can include viral or bacterial pneumonia and worsening of chronic medical conditions, such as asthma, congestive heart failure, and diabetes. Children may experience sinus problems and ear infections.

How Influenza Spreads

Influenza viruses spread in respiratory droplets caused by coughing and sneezing. They usually spread from person to person, though sometimes people become infected by touching something contaminated with the influenza virus and then touching their mouth, eyes, or nose.

Influenza Vaccination Clinic Schedule:

Elk Valley UIHS Office	Monday October 1st	9am-11am
Weitchpec UIHS Clinic	Thursday October 4th	11am-2pm
Potawot Health Village	Monday October 8th	10am- 12pm & 2pm-3pm
Howonquet Clinic	Tuesday October 9th	10am-12pm & 1pm-2pm
Fortuna UIHS Clinic	Wednesday October 10th	1pm-4pm
Klamath Yurok Tribal Office	Thursday October 11th	9:30am-11am
Klamath Resighini	Thursday October 11th	11:15am-12pm
Klamath UIHS Clinic	Thursday October 11th	1pm-3pm

For questions or concerns regarding these Influenza Vaccination Clinics

please contact Chanda Pifferini CHCS Nurse Manager 707-825-4168.





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

UIHS - Clinic Closures

September, 28 2012 - Indian Day



The Acornbasket
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Layout: SuWorhrom David Baldy

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

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

September/October 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
 Monday, Tuesday, Thursday, Friday 1:30-
 2:00 p.m.
 Potawot Fitness Classes
 Tuesday and Thursday 5:15-6:15

For more information contact:
 Fitness Coordinator Liz Edwards at (707) 825-5070

Del Norte County

Trail Walk Harbor
 (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

Repchem

Sept. 12 - Potawot Health Village
 11:00 a.m. - 12:30 p.m.

Sept. 19 - Smith River Elder Nutrition Site
 12:00 p.m. - 1:30 p.m.

Sept. 26 - Weitchpec Tribal Office
 11:00 a.m. - 12:30 p.m.

Oct. 10 - Potawot Health Village
 11:00 a.m. - 12:30 p.m.

Oct. 17 - Smith River Elder Nutrition Site
 12:00 p.m. - 1:30 p.m.

Oct. 24 - Weitchpec Tribal Office
 11:00 a.m. - 12:30 p.m.

Nov. 14 10:00 a.m. - 1:30 p.m. - Klamath - All area REpchem

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.