The AcornBasket

"Healthy mind, body, and spirit for generations of our American Indian community.

Newsletter of United Indian Health Services, Inc.

Volume 41, No. 3
July/Aug/Sept 2019

If you would like the Acornbasket Newsletter mailed to your home or emailed to you please fill in this form and return to: United Indian Health Services, Inc., 1600 Weeot Way, Arcata, CA 95521
Attention: SuWorhrom David Baldy

Name:___________________________________________________
Street or P.O. Box:_________________________________________
City:____________________________________________________
State:_____________________ Zip___________________________
Email:___________________________________________________

It's coming!
The California WIC Card

Shopping with your WIC Card will be easier than using paper checks.

Flexible shopping
Get your WIC foods as you need them.

Easier checkout
Shopping with your WIC Card will be like using a debit card.

Convenient benefits
Carry all your family’s WIC food benefits on one card.

Message from the CEO
Natives Are The Original Environmentalist
CalFresh Updates
UIHS Board of Directors * 2019
Board Members (Pictured top row from left to right)
LaWanda Quinnell - Chairperson, Madison Flynn, Tracy Mahoney, Teresa Ballew, Mindy Natt, Yvonne Guido, Lisa Sundberg - Treasurer, Richard Myers - Member At-large, John Green
(Rubric bottom row from left to right)
Ruby Rollings, Velva Angel, Laura Borden, Lana McCovey - Vice Chairperson, Donald McCovey, Shirley Laos, Fawn Murphy
(Claudia Briden, Wendy George, Joseph Giovanni, Delmer Keiser, Deborah Markussen, Susan Masten, Leann McCallum, Denise Padgett - Secretary)

Clinic Sites

UIHS Clinic Hours

Potawot (Arcata)
Monday-Friday 8:00 a.m. to 5:00 p.m.
Pharmacy Monday - Friday 8:30 a.m. to 5:30 p.m.
For an appointment call (707) 825-5000
All Other Services
(707) 825-5000
Behavioral Health
(707) 825-5000
Community Health
(707) 825-5070
Dental
(707) 825-5040
Medical
(707) 825-5010
Nutrition
(707) 825-5070

Taa'-at-dvn (Crescent City)
Monday-Friday 8:00 a.m. to 5:00 p.m.
For an appointment call (707) 464-2750
WIC-Crescent City (707) 822-9900

Elk Valley (Ekle Valley)
Monday-Friday 8:00 a.m. to 5:00 p.m.
For an appointment call (707) 464-2919

Tish-non (Bear River)
Monday-Friday 8:00 a.m. to 5:00 p.m.
For an appointment call (707) 725-7988

Hop'-ew Puel (Klamath)
Tuesday, Thursday, Friday 8:00 a.m. to 4:00 p.m.
For an appointment call (707) 725-7988

Xaa-wan'k'wet (Smith River)
Monday-Friday 8:00 a.m. to 5:00 p.m.
For an appointment call (707) 487-0215

Welchpec (Welchpec)
Monday, Thursday, Friday 9:30 a.m. to 3:00 p.m.
For an appointment call (530) 625-4300

Anonymous Syringe "Points" Exchange
2nd and 3rd Tuesday 10:00 a.m. to 3:00 p.m.
WIC-Welchpec (707) 822-9900

WIC-Willow Creek Phone # : (707) 822-9900
WIC-Hoopa Phone # : (707) 822-9900
Beginning June 1, 2019
SSI recipients may be eligible for CalFresh Food benefits.

What is CalFresh Food?
CalFresh Food helps people with low-income buy the nutritious food they need for good health. Recipients can buy food any grocery store or farmers market that accepts EBT.

How do I know if I am eligible?
- Click, Call or Come in to your local county office.
- Complete an application – by phone, on-line, or in person.
- Complete an interview – by phone or in person
- Provide proof of income and expenses, if needed.
- The county will determine your eligibility in 30 days or less.

Does CalFresh Food change my SSI benefits?
There is NO CHANGE or reduction to SSI/SSP amounts.

Submit by: Jude Marshell, Community Nutrition Manager, UIHS

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New Client?
Your care is very important to us! Our medical providers work hard to create a positive experience for all clients. Often, many of our providers are responsible for the care of several hundred to even one thousand clients. Currently, we have four providers that are now accepting new clients. If you are looking at becoming a new client, please call 707 - 825 - 5010 to request an appointment with one of the four providers below:

- Roxanne Alsbury, MD in Crescent City
- Katie Cassel, MD in Klamath
- Hugh Kent, MD in Weitchpec and
- Marty Kimble, PA in Fortuna

Save the Date
Saturday, August 10th
2019 HAWC Walk & Run
in Arcata at Potawot Health Village
Enjoy your summertime gatherings and food, and use these precautions:

Clean: Wash your hands with soap and water before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.

Separate: When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bag.

Cook: Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at 225°F to 300°F to keep meat at safe temperature while it cooks.

Chill: Keep meat, poultry and seafood refrigerated until ready to grill. When transporting, keep below 40°F in an insulated cooler.

Temperatures inside meat to ensure it is cooked hot enough:
- 145°F beef, pork, lamb, veal (then let rest 3 minutes before serving)
- 145°F fish
- 160°F hamburgers and other ground meat
- 165°F poultry

Don’t cross-contaminate: Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.

Food poisoning: Anyone can get food poisoning some people are more likely to get sick because their bodies can’t fight germs as well. People with higher risk of food poisoning include adults age 65 and over, children younger than 5 years, people with weakened immune systems, and pregnant women. Choose and prepare food carefully to help prevent food poisoning.

If you have these symptoms, see a doctor!
- Bloody diarrhea, fever higher than 102°F, frequent vomiting, dehydration, diarrhea for more than 3 days.

www.cdc.gov/foodsafety
September is National Food Safety Month!
Submitted by: Roxanne Johnson, Maternal and Child Nutrition Manager, UIHS

**WIC Clients:** Visit us on Potawot Farmer’s Market days between 12-2 pm once during the season to pick up a FREE $10 Voucher! You can also use your WIC $11 fruit/veg voucher each month. We will also have recipe taste testing and fun kid activities and prizes.

**Buy Local Food**
- Less expensive
- Sold fresher- better taste, more nutrients
- $ stay local
- Environment protected- less pesticides.
- Involve children in growing a garden.

**Increase your Fruit and Vegetables**
- Set out a fruit bowl
- Keep veggies cut up and ready to eat in the fridge.
- Hide veggies in other foods (saues, meatloaf)

**Roast Veggies**
Toss cut veggies with a little olive oil, salt, and black pepper. Roast in a 425 degree oven.
- Carrots (30-40 min)
- Zucchini (10-15 min)
- Squash (20-30 min)
- Broccoli (10-15 min)
- Green Beans (10-15 min)

**Create a Summer Fruit Bowl**
Top your favorite WIC yogurt with fruit that is in season at the market.
- Strawberries, diced apples and crushed graham crackers.
- Kids can scoop yogurt, add fruit to bowl and crush graham crackers.

**Kids can help you shop and prep!**
- When kids see others excited about fresh fruits and vegetables, they will want to eat them too!
- Let them pick a fruit or veggie.
- Try a new recipe.

**Farmer’s Market Pizza**
Top a pizza crust with pizza sauce and shredded WIC mozzarella cheese.
Add veggies from the market. Bake in 400 degree oven for 10 to 15 minutes. Try chopped tomato/broccoli, or red pepper/spinach, or cherry tomato/basil

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**Message from the CEO**
Submitted by: John R Reeves III, CEO, UIHS

you wish to see your provider, they can appropriately schedule your appointment based upon the time slots available.

**When is Weitchpec Dental going to be open?**
While I do not have an exact date for when Weitchpec Dental will open, we are anticipating this will be in September of this year. To date, we have completed the majority of space re-construction, and recently acquired new cabinetry. Upon installation of the cabinets, we will then be put on a list to receive dental equipment. Once the equipment is installed, we will be a step closer to opening. Stay tuned for more updates.

**Where is the clinic in the process of hiring an additional dentist?**
We are working very hard to recruit and are currently in the process of hiring multiple dentists. We hope to have 2 more dentists hired by August.

It seems it is harder to get a dentist appointment now that we see “non-Indians”, what happened to the “waiting list?” Please look into this situation. / People Need Appointments (dentist)

The current challenges that we face regarding dental appointments is due to the lack in Dental providers that are currently staffed. We are working very hard to recruit and are currently in the process of hiring multiple dentists. We hope to have 2 more dentists hired by August. As soon as we have these positions filled, appointment access will open up.

We also need evening and weekend hours for working people.

We are currently having these discussions to see how we could extend our hours of operation. We will be sure to update the community about these discussions when decisions are made. First though, we must work to hire more providers in order to be fully staffed.

**Presents for the elders.**
Acknowledging our elders is so important. While I am in favor of providing presents, I would need to know more about the type of presents. Please make an appointment with me, so that we can further discuss.
Message from the CEO
Submitted by: John R Reeves III, CEO, UIHS

PRC can only pay for glasses and lenses and not for transition or antiglare. What if someone cannot afford it? Why is it that PRC is unable to help with the cost?

Since 2014 it has been the policy of UIHS to only pay for glasses and lenses and not for transition or antiglare. I encourage you to directly speak to our PRC representatives about why transition and antiglare are not covered, and what other options you may have to get these costs covered.

Create and encourage events that include our people who struggle with alcohol and/or drugs to feel welcome and included in traditional style events to help bring them back to the things and people that can and will help them back onto their path.

Thank you for mentioning this. As an organization, it is so important that everyone within our community feels welcomed and invited to participate in our events regardless of what challenges they face. At UIHS our purpose is “healing the whole” mind, body, and spirit. If you have any recommendations, please reach out to your Board Member and share with them suggestions in how we can better approach this.

UIHS = Health Village – This is a concept worth revisiting and discussing. The word “clinic” is not appropriate.

I appreciate your comment, and will focus on keeping “Health Village” on the forefront of our collective minds. These are key discussions to be made among our staff and community in order for us to appropriately identify ourselves.

How many board members do we have?

UIHS has 13 Primary Board Members and 11 Alternate Board Members.

I, as a community member feel totally unrepresented. There is no way to know or contact a Board Member. How can we expect representation by Board Members when we do not know who they are?

I apologize that you personally feel unrepresented; you are welcome to set up an appointment with me to discuss and identify your Board Representative. I will also bring this issue to the next Board Meeting to determine how to better communicate, and inform our community on whom their Board representative is and how to connect with them.

Also, agendas and meeting minutes should be posted so we have some idea of where we are and where we are going.

This is a great recommendation, and we have been discussing a better way to reach our clients with this information.

Updates and Reminders
AcornBasket will Become a General Mailout Service!!!
Submitted by: SuWorhrom David Baldy, Marketing Specialist, UIHS

On August 1, 2019 the AcornBasket will become a general mailout service. If you are currently receiving the AcornBasket you can expect to receive additional information on upcoming UIHS program activities and events. UIHS will not share addresses with anyone outside of our organization nor will UIHS use these addresses for political influence or any other solicitation of any kind.

UIHS believes that making this link to our members will allow us to provide better outreach and improve our connection to our community. We hope to better inform you for a better way to create a “Healthy mind, body and spirit for generations of our American Indian community.”

Sports Physicals
Submitted by: Sandra Jones, Nurse Manager, UIHS

Dear Parents,

Another school year has finally come to an end! Along with planning what to do for the summer, it’s also the perfect time to start thinking about fall sports. If your child has played sports in the past, or is showing an interest in taking up a sport this year, now is the time to call and schedule a sports physical. Clearance for participation in sports is required before your child can even tryout. The appointments we have available for these visits always fill up FAST, so please don’t hesitate to call and make an appointment for your child.

Before the start of the next school year it’s also important to make sure your children are up to date on their vaccines. Any child starting Kindergarten, Transitional Kindergarten, or Seventh grade should come in for a school physical and to make sure their immunizations are updated. Please call our Medical Department at (707) 825-5010 to schedule your child’s school or sports physical today.
Restoring the planet is more than a mantra, it is what we need to adopt as our main focus to ensure a long and healthy future for the generations to come. Our area has seen the impact of over cutting of timber, the impacts of the dams on the salmon run and the change in global climate on wildfires. We have to get beyond our single use economy and strive to reduce, reuse and recycle. Plastic is the utter essence of our problem. While it solves many practical problems, it is also the bane of our existence and it will outlive us all. Miles deep in the ocean in the Mariana’s Trench they are finding plastic deposits. In the bellies of whales and other sea creatures they are finding pounds of plastic that they consume along with their natural food. Located between the pristine beauty of the Hawaiian Islands and California lies the Great Pacific Garbage Vortex, the largest accumulation of ocean plastic in the world.

Think of how you can live more in balance with the ecosystem. Shop for local organic foods, buy products with less packaging, reduce the amount of plastics you empty out in your trash. One simple solution is to buy a sturdy metal straw to use instead of the instantly disposable ones given away at most restaurants.

Long before Iron Eyes Cody (of the Italia Tribe) cried his tears over garbage in our surroundings American Indians have been working to preserve our natural habitat. Our traditional stewardship of the natural world is part of our symbiotic relationship with creation. We try to walk lightly on mother earth. Our dances and ceremonies seek to restore balance for what we have taken out of the biosphere to survive. We need to remember our job in protecting the world. Every day is Earth Day.

Just my two dentalias worth.

As you know; the last few years we have had some intense fires across the state of California. Predictions of this fire season are above normal for the dry regions of California, and we would like to take the opportunity to remind all about the caution of a cigarette butt. 90% of wildland fires are caused by humans, with a percentage of that coming from discarded cigarettes. Studies have shown that cigarette use increases in the summer months, and a great way to manage cigarette butts is to carry a small pouch for discard. Have a great summer and remember:

- Always smoke outside and away from windows and doors.
  - Secondhand smoke can cause developmental issues in infants and children and expose individuals to cancer causing carcinogens.
  - Approximately 7,330 deaths from lung cancer and 33,950 deaths from heart disease related to secondhand smoke from nonsmokers each year.
- Discard used cigarette butts in a proper disposal area.
- Don’t smoke in cars.
  - Even with the windows down; secondhand and thirdhand smoke will linger in the vehicles upholstery.
  - Thirdhand smoke (the residual toxins settled on surfaces) has shown to cause developmental issues in children and infants due to exposure to toxic chemicals.
- Stay hydrated! One harmful effect of nicotine is that it dehydrates the body. Drinking plenty of water ensures that your body will stay hydrated during our hotter months coming.

For more information please refer to:
- Travis Vale, Health Promotion Education Technician, NATIVE Tobacco Project
- (707) 825-4124 or Travis.Vale@uihs.org

Natives are the Original Environmentalists
Submitted by: Andre Cramblit, Cultural Specialist, UIHS

Native Tobacco Project: Things to Consider in Summer
Submitted by: Travis Vale, Health Promotion Education Technician, UIHS
UIHS is a full service healthcare facility. We continue to fulfill our mission by using teamwork and providing integrated healthcare. Our divisions include: Medical, Dental, Vision, Pharmacy, Behavioral Health, and Community Health and Wellness. At UIHS we offer our staff excellent benefits, a healthy work life balance, and competitive wages. Come check out our beautiful location for yourself. We welcome the public to come enjoy our Farmers Market’s, walking trails and more.

If you want to be a member of the Cavity Free Club, 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 American Indian client, we have openings available for dental cleanings.

Call to Make an Appointment
Potawot Health Village at (707) 825-5040
Crescent City Clinic at (707) 464-2583

Did you Know:
• Cavities are a transmissible disease.
• Children with poor oral health were nearly 3 times more likely to miss school due to dental pain, according to a North Carolina study.
• Cavities are preventable by reducing or eliminating sugar and acid in the diet and good consistent homecare.
• That it is recommended children be seen by a dental provider by 1 years of age or when their first tooth is present.
• That by taking care of your teeth you can reduce your risk for heart attack and/or stroke.

Try the Eggsperiment:
Take a raw egg and place it in a jar and pour your favorite soda till it covers the egg. Cover and let it sit for 24 hours. Observe what happens. Egg shells are similar in make up to the outer layer of our teeth. You will notice that the shell will dissolve, which shows how soda can break down our teeth and cause a cavity.