UIHS Clinic Hours

Potawot Site
All Services Except Pharmacy
Monday-Friday 8:00 a.m. to 5:00 p.m.
Closed for lunch 12:00 p.m. to 1:00 p.m.
Pharmacy
Monday-Friday 8:30 a.m. to 5:30 p.m.
Closed for lunch 12:30 p.m. to 1:30 p.m.
For an appointment call:  (707) 825-5000

Huenoquet Site - Closed

Crescent City Sites

Dental Clinic
785 E. Washington Boulevard, Suite 8, Crescent City
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) 464-2583

Medical Clinic
1675 Northcrest Drive, Crescent City
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) 464-2750

Klamath Site
Tuesday, Thursday, Friday 9:30 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

Weitchpec Site

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

Fortuna Site
Mon. Tues. Thurs. and Fridays 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) 725-7988

Toll-free number:   1-800-675-3693

View the Acornbasket ONLINE! www.uihs.org
Check out the newsletter and other important information.

March/April 2016
Volume 36, No. 2

The Acornbasket
NEWSLETTER OF UNITED INDIAN HEALTH SERVICES, INC.
"Healthy mind, body, and spirit for generations of our American Indian Community."

Seeking Nominees

The United Indian Health Services, Incorporated (UIHS) Board of Directors are seeking interested Indian community members in serving as potential appointment nominees to be members of the UIHS Board of Directors. Potential nominees must be a registered eligible Indian beneficiary client at UIHS, eighteen years of age on or before April 26, 2016, and reside in and around the UIHS Service area within one of the following areas:

Area 3:  Arcata, Eureka, Table Bluff, and all points south (within Humboldt County)

Area 4:  Hoopa and Willow Creek

Area 5:  Weitchpec, Johnson's and Orleans

All interested Indian community members may request an Appointment Nominee form at www.uihs.org or call 707.825.4123 or 707.825.4121 to receive a form.

The Appointment Nominee form must be mailed to the following address and post marked no later than March 31, 2016:
UIHS Election Committee
PO Box 731
Arcata, CA 95521

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Often times you will see us at local health appointments, etc. in infection control, transport services, natal and postpartum, home visits, blood sugar screenings, injury services. A few of these services are: blood pressure and health promotion/disease prevention outreach health care services and advocate for our clients within the Del Norte and Humboldt County service area; we provide clients with other skills. CHR's act as a liaison for Car Seat Safety, Vitals and various classes and workshops to become certified. This will entail me learning to do Blood Pressure Readings, Glucose Testing, Blood Pressure Readings, and have received most of my My 4 Grandchildren have been raised in the Smith River area. My mother is diverse: a housewife, rancher, my mother is diverse: a housewife, rancher, and love being outdoors. I have very close friends,包括 Close Friends and my best friends. I enjoy hiking, biking, going to the beach, fishing, and camping. I also enjoy being outdoors. I have very close friends, including Close Friends and my best friends. I enjoy hiking, biking, going to the beach, fishing, and camping. I also enjoy being outdoors.

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Junior Bee Keeping Workshop Series

Submitted by: Elizabeth Lewis, Community Nutrition Assistant

Dear Parent/Guardian,

Hi everyone! The United Indian Health Services-Community Nutrition Program, Potawot Community Food Garden staff is starting a pilot program: Junior Bee Keeping Workshop Series for students 5th-8th grade. Students need to sign-up by Thursday, March 10th, 2016. We have limited spots available; parents will be notified if your child was selected to be part of the Junior Bee Keeping Workshop Series.

Junior Bee Keeping Workshop Series Schedule:

March 14- 2:00pm-4:00pm -Student Orientation- UIHS – Potawot Health Village Clinic 4:00pm-4:15pm- Parent/Guardian Orientation at Potawot Community Food Garden

March 21- 2:00pm-4:00pm- Student Bee Keeping Workshop at Potawot Garden

March 28- 2:00pm-4:00pm- Student Bee Keeping Workshop at Potawot Garden

April 4- 2:00pm-4:00pm- Student Bee Keeping Workshop at Potawot Garden

April 18- Bee Keeping Presentation with students

Youth will learn introductory bee keeping skills and will have a hands-on learning experience. The location for our bee keeping workshops will be at our Potawot Community Food Garden, at United Indian Health Services, 1600 Weeot Way, Arcata, CA 95519, take access road towards barn and Potawot Community Food Garden.

For more information on bee keeping details, please call Christine “Tee” Griffin (707) 267-0091 or 707-826-8476.

For an application please call, Jude Marshall (707) 825-4098. You can turn in an application to UIHS Clinic at the CHW window, or by email at jude.marshall@crihb.org, or fax (707) 825-5029.

Reminder.

UIHS Offers Emergency After Hour Services.
If you need to speak to a provider, please call 825-5000 or 1-800-675-3693. You will be connected to a provider access/nurse call center. UIHS is available 24 hours a day, 7 days a week.

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Greeting to All-

My name is Wendy “Poppy” George and I am the new Cultural Resources Specialist for United Indian Health Services, Community Health and Wellness Program. I am a descendent of the Hupa, Karuk, Yurok, and Chamferko People. My parents are Dwayne and Patricia Marshall-Ferris from the Hoopa and Orleans area. I am married to Merv George, Jr. and together we have four children, Pateisha, Deja, Merv, III, and Evelyn; Son-in-law Talbert Alvarado and a four month old granddaughter named Gigi Adalyn.

I am a cultural arts teacher, specializing in basketry and dressmaking. I owe my ability to produce regalia to my parents as they are very artistic and have taught me to apply the lessons nature has to offer. I had the opportunity to study anthropology at Sonoma State University and plan on returning to college in the fall to seek my Masters in Cultural Resources Management.

The biggest joy of my life is spending time with my children, family and friends on the river and in the mountains. The Cultural Resources Program here at Potawot offers many opportunities for me to teach the importance of living a healthy lifestyle through our local belief systems. I look forward to seeing you
Tips for drinking more water:

Rethink Your Drink!
Check the number of servings per container!

How much sugar is in your drink?
Example: 40 g ÷ 4 = 10 teaspoons of sugar

Try different combinations of flavors:

Fill a pitcher with cool water. Add ½ cup thinly sliced cucumber and ½ cup fresh mint leaves. Chill in refrigerator. Enjoy!

Get a PSW hot plain. Change the ratio until you are able to drink your soda with seltzer at a 50:50 ratio, and, over time, change the ratio until you are able to drink your water.

Go Whole

Eat the real thing

Whole foods, such as fruits and vegetables, nuts and seeds, legumes, and whole grains, provide the nutrients our bodies need. Choose whole grains instead of refined grains.

Go Liquid

Drinks should be water or milk. Juice is a good choice, but be aware that some juices have added sugars. Water is the best choice of all. Don’t drink sugary drinks—like soda—every day. A weekly limit of zero drinks is a good start.

Go Small

Eat smaller portions of food. When making a shift in the typical American diet, choose smaller portions of all foods and limit your portions. When you’re hungry between meals, choose a low-calorie snack, like a piece of fruit or a handful of nuts.

Go More

Take small steps on the road to creating a healthy eating pattern

Turkey Noodle Casserole

Ingredients:
- 1 1/2 pounds of ground turkey
- 4 ounces mushrooms, sliced
- 1 28-ounce can whole peeled or crushed tomatoes
- 1 1/2 cups water
- 1/2 cup chicken broth
- 1 can corn
- 12 ounces whole wheat egg noodles
- 8 ounces cheddar cheese, grated

Method:
1. Preheat oven and start heating water:
2. Cook the egg noodles:
3. Make tomato sauce base:
4. Sauté the mushrooms:
5. Crow the pan, add the ground turkey, breaking it up with your fork:
   - Cook until browned on one side, then turn pieces over to get browned on the other side until done. Remove the turkey from the pan and add to the tomato mixture.
6. Add the cooked egg onion mixture.
7. Bake:

Spa Water Recipe

Fill a pitcher with cool water. Add ½ cup thinly sliced cucumber and ½ cup fresh mint leaves. Chill in refrigerator. Enjoy!