



1600 Weeot Way Arcata, CA 95521

View the Acornbasket ONLINE! www.uihs.org

Check out the newsletter and other important information.

The Acornbasket
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Chief Executive Officer: Sherri Provolt
Editor / Layout: SuWorhrom David Baldy

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:

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

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

Howonquet 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 8:00 a.m. to 4:00 p.m.
Closed for lunch 12:00 p.m. to 1:00 p.m.

For an appointment call: (707) 482-2181

Weitchpec Site

Medical Clinic

Monday, Thursday and Friday 9:30 a.m. to 3:00 p.m.

OB Care and Same Day Access Care

1st and 4th Tuesday 9:30 a.m. to 3:00 p.m.

Health Education Services

2nd and 3rd Tuesday 10:00 a.m. to 3:00 p.m.

WIC (Jan., Mar., May, July, Sep., Nov.)

Last Wednesday every other month 10:00 a.m. to 3:00 p.m.

Closed for lunch 12:00 p.m. to 1:00 p.m.

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

INSIDE THIS ISSUE

Join Tag	Page 2	Rethink Your Drink	Page 5
Cavity-Free Club.....	Page 2	Turkey Noodle Casserole.....	Page 5
UIHS RN in DN	Page 3	Junior Bee Keeping Workshop	Page 6
UIHS Cultural Specialist	Page 3	UIHS CHR in Smith River.....	Page 7
Diabetes Program Activities	Page 4	UIHS Board of Directors	Page 7
MAke a Shift.....	Page 4	UIHS Clinic Hours	Back Page

Join TAG

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 Stone Wallace
at 707-825-5070 in Humboldt
County or Wendy Rinkel at
464-2919 in Del Norte county

Cavity-Free Club

Submitted by: Meghan McCullough,
Registered Dental Hygienist, UIHS
being CAVITY-FREE.
Congratulations to the following for



- Potawat Health Village**
Clio Sautsbury-Bruck 5 Yrs Old
Hannah Baker 10 Yrs Old
Braelyn Frank 5 Yrs Old
William Hufford 8 Yrs Old
Quintin Donahue 1 Yr Old
Keshan Davidson 9 Yrs Old
Chayce McGinnis 5 Mos Old
Adelaide Armstrong 1 Yr Old
Aneekah Hostler 5 Yrs Old
Segep Bates 8 Yrs Old
Karter Quinn 2 Yrs Old
Rylie Stevens 7 Yrs Old
Zackery Brown 4 Yrs Old
Emmett Brown 1 Yr Old
Marielle Lawrence 2 Yrs Old
Autumn Bowie 6 Yrs Old
Chance Mccarty 2 Yrs Old
Ryall Furber 4 Yrs Old
Joseph Oneill Jr 2 Yrs Old
Maleah Frank 6 Yrs Old
Paula Lopez 11 Yrs Old
Marissa Bergen 5 Yrs Old
Kokoy McConnell 5 Yrs Old
- Del Norte September**
Adison Hodges 7 Yrs Old
Preston Gerovac 7 Yrs Old
Cadence Travis 6 Yrs Old
Neela Travis 8 Yrs Old
Able Davis 6 Yrs Old
Kyra Thompson 4 Yrs Old
Alexia Mitchell 9 Yrs Old
Salvador Venegas Ochoa 6 Yrs Old
Gustavo Venegas Ochoa 6 Yrs Old
DeAnna Rock Salas 5 Yrs Old
Jacob Rinkel 8 Yrs Old
Alexander Rinkel 8 Yrs Old
Del Norte October
11 Yrs Old
Bryon Remington 4 Yrs Old
Damian Parras 3 Yrs Old
Shania Escarcega 8 Yrs Old
Aldaron McCovey 11 Yrs Old
Mia Gregg 5 Yrs Old
Del Norte November
4 Yrs Old
Brandon Moore 4 Yrs Old
Scarlet Proctor 5 Yrs Old
Emily Hampton 10 Yrs Old
Michael Winn 12 Yrs Old

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 Indian client, we have openings available for dental cleanings.

Call to Make an Appointment
Potawat Health Village at 707-825-5040 or
Crescent City Clinic at 707-464-2583

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: _____
Email: _____

UIHS CHR in Smith River

Submitted by: Amanda O'Connell, Community Health Representative (CHR) for Smith River



Dv-laa-ha~,
My name is Amanda O'Connell and I would like to introduce myself as the new Smith River area Community Health Representative (CHR) for United Indian Health Services. I am of Tolowa, Yurok, Chetco, Tututni and Hupa blood but am officially a Tolowa Dee-ni' Nation Tribal Citizen. Many of you may already know me, as I have been raised in Smith River and have resided here most of my life. My grandparents are Frank and day-sri Lestie Norris- Richards; my mother is Denise Richards-Padgette. My office is currently located at the Elk Valley UHS site on Norris Avenue in Crescent City until the Smith River Clinic re-opens. For the next several weeks I will continue my training by shadowing the other CHR's and taking all appropriate classes and workshops to become certified. This will entail me learning to do Blood Glucose Testing, Blood Pressure Readings,

Car Seat Safety, Vitals and various other skills. CHR's act as a liaison and advocate for our clients within the Del Norte and Humboldt County service area; we provide clients with outreach health care services and health promotion/disease prevention services. A few of these services would include: blood pressure and blood sugar screenings, injury prevention, family health – pre-natal and postpartum, home visits, infection control, transport services to local health appointments, etc. Often times you will see us at community events with a booth, so please make sure to stop and see us! I am very excited to be servicing my community in this capacity. If you have any questions or would like to contact me for assistance please see my information listed below. Again, please note for the first several weeks I am undergoing training so I will be limited on what I can do; however, I will do my best to help with any needs.

UIHS Board of Directors ~ 2016
All Board Members can be contacted at
1.800.675.3693 or 707.825.5000 or Fax 707.825.6747

Board Members

Velva Angell
Theresa Ballew ~ Treasurer
Laura Borden ~ Vice-Chairman
John Green
E. Diane Holliday ~ Member At-Large
Lorna Johnson Stanley
Shirley Laos
Donald McCovey
Denise Padgette
LaWanda Quinnell ~ Chairperson
Lisa Sundberg ~ Secretary

Alternates

Barry Brenard
Claudia Brundin
Joseph Giovannetti
Deborah Markussen
Gary Markussen
Mindy Natt
Ruby Rollings
Charlene Storr

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

Junior Bee Keeping Workshop Series
Potawot Community Food Garden
Mondays 2:00pm-4:00pm
March 14th, 21st, 28th,
April 4th and 18th

5th - 8th Grade Students
Sign-up by March 10th
Honey Taste Testing!
Snacks provided!

Potawot Community Food Garden staff will provide hands-on bee keeping education

For more information contact: Ed or Tee, Garden Production Specialists
707-826-8476 (Blue House)

UIHS United Indian Health Services, Inc. Cal Fresh

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.

UIHS RN In DN

Submitted by: Patti Lambert, Community Health RN for Del Norte County

Greetings Everyone! My name is Patti Lambert and I will be filling the new position as Community Health RN for Del Norte County. I will have an office in Elk Valley. I am excited to meet all of you and really get my feet wet in this new job. I will be honored to work side by side with CHRs and they will be my guides to understanding the traditions and culture. Currently I am training



with Theresa Green , RN, UIHS' Public Health nurse for Humboldt and Del Norte county, and my supervisor. When my training is complete I will move to Del Norte county and settle in, and my husband will sell our home in Colorado and join me. We love this area and plan to spend the rest of our lives here.

Thank you all for the warm welcome!

UIHS Cultural Specialist

Submitted by: Wendy George, Cultural Resources Specialist

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 Chameriko 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

Rethink Your Drink!

How much sugar is in your drink?

Grams (g) of sugar ÷ 4 = teaspoons of sugar

Example: 40 g ÷ 4 = 10 teaspoons of sugar

Check the number of servings per container!



Nutrition Facts	
Serving Size 1 can (12 fl. oz.)	
Servings Per Container 1	
Sugars 40g = 10 teaspoons of sugar	
Dietary Fiber 0g 0%	
Amount Per Serving	
Calories 140 Calories from Fat 0	
% Daily Value*	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 39g	

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!

Try different combinations of flavors:

Thin slices: lemon, lime, orange, grapefruit, cucumber,

apple, berries, melon, pineapple, fresh ginger. Fresh whole

leaves or sprigs: mint, basil, rosemary, or parsley.

Tips for drinking more water:



- Add lemon or lime to your water

- Try the spa water recipe above

- Cold water may taste better

- Have a glass of water at the table for every meal

- Have a glass of water near you when you are working

- Drink water when you feel like snacking

- Drink water when you eat out – it's free!

- Go green and save money – take a refillable bottle of water with you

Source: California WIC Program, California Department of Public Health

Turkey Noodle Casserole



Ingredients:

- 2 tsp. olive oil
- 1 medium white onion, peeled and chopped, about 1 1/2 cups
- 1 bell pepper, seeded, ribs removed, finely chopped, about 1 cup
- 3 cloves garlic, minced, about 1 tsp.
- 1 28-ounce can whole peeled or crushed tomatoes
- 1 1/2 pounds of ground turkey
- 4 ounces mushrooms, sliced
- 12 ounces whole wheat egg noodles
- 1 1/2 cups frozen corn, defrosted
- 1 15-ounce can of black olives, strained and chopped
- 8 ounces cheddar cheese, grated

Method

1. Preheat oven and start heating water. Preheat the oven to 350°F and start to heat a large pot of water for cooking the egg noodles.

2. Make tomato sauce base: Heat 1 tsp. of oil on medium-high heat in a large, heavy bottomed pot or skillet. Add the onions and bell pepper and sauté until softened, about 4 minutes. Add garlic and cook for a minute more. Add the tomatoes, breaking them up. Bring to a simmer and let cook for 10 minutes.

3. Brown the ground turkey: In a separate skillet, add 1 tsp. of oil and heat to medium-high. Working in batches, so you do not crowd the pan, add the ground turkey, breaking it up with your fingers as you add it to the pan. 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 onion mixture.

4. Sauté the mushrooms: Add the mushrooms to the same pan you had the ground turkey in and sauté the mushrooms in the remaining oil. Once browned, add the mushrooms to turkey and tomato mixture.

5. Cook the egg noodles: While the mushrooms are cooking, add the egg noodle pasta to the boiling water. Cook as directed, about 4-5 minutes. Strained when cooked, but still a little firm.

6. Add everything to casserole dish: Add the cooked egg noodles to a large casserole dish. Stir in the corn, chopped olives, and about 2/3's of the cheese.

7. Bake: Sprinkle remaining cheese on top of casserole. Place in the oven. Bake uncovered at 350°F for 30 minutes.

This institution is an equal opportunity provider.

MAKE A SHIFT



Submitted by: Twila Sanchez, WIC Supervisor, UHS

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

In order for a shift in the typical American diet to become a long-term, healthy habit, small changes in our diets should be made over time. Here are some tips to increase your nutrient-dense food intake and reduce the consumption of empty calorie foods in your food pattern.

Eat the real thing

When you choose snacks with “fruit” in the title, fruit is most likely not the first ingredient. Very often, sugar, or another sweetener, is a top ingredient, providing you with empty calories and very few nutrients. When making a shift to a healthy eating pattern, choose whole fruits most often. They have natural sweetness, but also come with a nutrient-dense bonus of vitamins, minerals, and fiber.

Go for whole

Shifting to whole grains can be as simple as eating quinoa, barley, or buckwheat instead of past or white rice. When choosing bread, read the ingredients and be on the lookout for 100% whole grains such as wheat or rye. The word “whole” should appear before the name of grain. A healthy eating plan supports a healthy body weight and reduces the risk for chronic disease. Striving to make small changes over time will help you make a successful shift toward a lifetime of nutrient-dense food choices.

Source: Beth Rosen, MS, RD, CDN

Diabetes Program Activities

Humboldt County

Potawat Walking Groups
Monday and Friday 10:00-10:30

Swimming Program
Tuesday 2:00-3:00p.m.

For more information contact:
Liz Edwards at (707) 825-5070, ext. 4155

Del Norte County

Harbor Trail Walk
(various locations)
Thursday 2:00-3:00 p.m.

Smith River Elder Nutrition Site
Tai Chi
Wednesday 12:30 p.m.

For more information contact:
Nick Corvelos at (707) 464-2919, ext. 16

Rethink your drink

The guidelines recommend that no more than 10% of daily caloric intake come from solid fats, such as saturated fats and tropical oils. In order to make a shift toward a healthy eating pattern, choose oils—which are liquid at room temperature—when cooking. Another strategy to reduce solid fats is to minimize the intake of products that contain them, such as commercially-produced baked goods and snack chips.

Go liquid

Making a shift to a healthy eating pattern can be as simple as switching to unsweetened beverages like water, seltzer, and black coffee. By making a slow shift, the goal becomes attainable. Begin to mix your soda with seltzer at a 50:50 ratio, and, over time, change the ratio until you are able to drink the seltzer plain. The same technique can be used to reduce juice intake when its mixed with water.