The AcornBasket

Covered CA Medicare Part D

2016 Harvest Party!!!

Meet our new...

The 1st Annual Women’s Wellness Day

The Doorways to Change Project

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Newsletter of United Indian Health Services, Inc.

“Healthy mind, body, and spirit for generations of our American Indian Community.”

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:___________________________________________________
November is National American Indian Heritage Month.
Congratulations to the following for being CAVITY-FREE.

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
Potawot Health Village at 707-825-5040 or Crescent City Clinic at 707-464-2583

Submitted by: Meghan McCullough, Registered Dental Hygienist, UIHS
Carl De Lorme Larsen learned the ways of her ancestors, especially traditional stories, to respect all Tribes’ teachings, and to have integrity from a young age. She began working at United Indian Health Services (UIHS) after attending Humboldt State University and has served there for the past 18 years. Since 2003, when the sweat lodge was placed, Carol has been a purification ceremony leader and has led the community in storytelling, making handcraft items and regalia, singing, and drumming.

Laura Borden has worked for the United Indian Health Services (UIHS) for years and is responsible for effectively advocating to federal and state agencies on behalf of the Yurok Tribe. Most recently, her efforts assisted in bringing in additional financial and other resources for the Tribe to prevent and heal from suicides and behavioral health crises. Her strong efforts have enhanced and supported policies for improving health care in behavioral health, dental treatment, emergency services for rural areas, and traditional health.

John Green is highly involved in several organizations and is currently serving on boards for United Indian Health Services, Indian Health Service (California Area Tribal Advisory Committee), California Indian Manpower, Inc., California Department of Transportation Tribal Advisory Committee, and California Environmental Protection Agency Tribal Advisory Committee. John is dedicated to the best interests of the Tribe and is a lifelong resident of Del Norte County. He continues to bring a great deal of knowledge both culturally and environmentally to the different committees on which he serves. Currently, John serves on the Tribe’s Cultural Committee & NAGPRA, Housing Committee & NAGPRA, and Cemetery Committee. He and his wife are the grandparents to eight children and have adopted five ranging from four to nine years old.

Why Means Matter

Reducing access to lethal means is one of the most effective strategies for preventing suicide deaths.

Guns are the focus of most means reduction efforts because:

• They are the leading method in the US (51%)
• They are highly lethal
• There is rarely a chance to change one’s mind or for rescue
• Firearms are very accessible
• Firearms used in youth suicide usually belong to a parent
• Suicidal crises are often short-lived
• 90% who survive a suicide attempt don’t go on to die by suicide

National Suicide Prevention LifeLine Number 1-800-273-TALK (8255)
Roxanne is a Registered Dietitian who received her degree from the University of North Dakota. She is an enrolled member of the Turtle Mountain Band of Chippewa (Ojibwe) from Belcourt, North Dakota. She grew up on the Dakota plains but also spent several years in Humboldt County. She graduated from Mckinleyville High School and attended her first year of college at HSU before returning to the Midwest to pursue her career in Nutrition. She has now been working for the Leech Lake Band of Ojibwe in Northern Minnesota for ten years. She gained valuable experience in several tribal nutrition and diabetes programs, and Indian Health Service before moving to the Twin Cities. Her most recent positions include Wellness Coordinator for the Shakopee Mdewakanton Sioux Community; Diabetes Educator at HCMC, the largest acute care medical center in Minneapolis, and Diabetes Education Coordinator at the department of Indian Work in St. Paul. She is a Certified Diabetes Educator and believes Indigenous diets can help fight modern illnesses. Good food should be a priority; eat seasonally, locally, and prepare it yourself. She has a passion for the culinary side of nutrition and enjoys catering when she’s not busy with her 2 children.

Meet our new Registered Dietitian ROXANNE JOHNSON
Submitted by: Roxanne Johnson, Dietitian, UIHS

Patowat Health Village Pharmacy staff provide prescription medications and medication counselling to UIHS clients. Medications may be picked up from the pharmacy or mailed to the client. In either choice there is no fee in most cases for eligible Indian beneficiaries (EIB) and reduced costs for non-EIB clients. Clients may also receive pharmacy services from our contract pharmacies located around the UIHS service area. EIBs may use their American Health Care (AHC) card at contract pharmacies to reduce their fees. Roxanne worked for the Leech Lake Band of Ojibwe in Northern Minnesota for ten years. She gained valuable experience in several tribal nutrition and diabetes programs, and Indian Health Service before moving to the Twin Cities. Her most recent positions include Wellness Coordinator for the Shakopee Mdewakanton Sioux Community; Diabetes Educator at HCMC, the largest acute care medical center in Minneapolis, and Diabetes Education Coordinator at the department of Indian Work in St. Paul. She is a Certified Diabetes Educator and believes Indigenous diets can help fight modern illnesses. Good food should be a priority; eat seasonally, locally, and prepare it yourself. She has a passion for the culinary side of nutrition and enjoys catering when she’s not busy with her 2 children.

1st Annual Women’s Wellness Day
Submitted by: Amanda O’Connell, Smith River Community Health Representative, UIHS

Green and DN Registered Nurse, Patti Lambert offered influenza vaccinations for attendees to get vaccinated on site. We also had an interactive wall where participants were encouraged to post a pledge of something they planned to practice wellness for themselves. A light lunch was served, during which our guest presenter Wendy “Popp” George, UIHS Cultural Resource Specialist discussed traditional basket making, the historic importance of women to our local tribes and also covering the emergence of domestic violence and abuse in our communities. Participants felt this gathering was such a safe and comfortable environment many of them were inclined to share experiences and personal stories in regards to domestic violence and abuse within their own lives. Many of the women expressed how much they enjoyed the theme of this event and would like to see it continue. In fact, several individuals from Humboldt and Eastern Humboldt expressed interest in collaborating to host similar events in their areas.

October is National Breast Cancer Awareness and Domestic Violence Awareness month. All in all, this was the perfect time to gather our mothers, daughters, grandmothers, sisters, aunts and nieces to discuss and celebrate the women in our communities. The Community Health Representatives plan to continue the Women’s Wellness Day in years to come and we hope to see you next time around!

Shu’-shaa-nin~la (thank you),

Patowat Health Village Pharmacy
Submitted by: Tim Connell, Pharmacy Director, UIHS

1st Annual Women’s Wellness Day
Submitted by: Amanda O’Connell, Smith River Community Health Representative, UIHS

Dr-laa-ha~ (hello),

On October 14th the UIHS Community Health Representatives (CHR’s) held the 1st Annual Women’s Wellness Day in Smith River, CA. This event was one of the first that was exclusively dedicated to the health and wellness of the women in our community, and it was warmly received.

We started the day with a beautiful and gracious opening speech, prayer and song by Suntaya Steinruck who is the Tribal Historic Preservation Officer at the Tolowa Dee-ni’ Nation. Activities included informational booths from local agencies focused on women’s health. Breast Health-Gyn Project, UIHS Nutrition, UIHS WIC, UIHS Diabetes, North Coast Rape Crisis Team, UIHS Suicide Prevention, Elk Valley Domestic Violence and Tolowa Dee-ni’ Nation Domestic Violence Program were the programs who came to table. Attendees were encouraged to walk through the booths to gain knowledge about current women’s health and wellness issues, risks and strategies for prevention. By visiting at least 3 booths the participants were entered into a raffle drawing for some great prizes that were donated by several generous local businesses and agencies.

Throughout the event our UIHS Public Health Nurse, Theresa
We also had numerous head start programs attend including the Kepel Head Start, Klamath Head Start and Elv Valley Rancheria Head Start. We also had a great turnout of community members as well. We would like to send a shout out all the Directors, Managers, and Supervisors who let their staff attend the Harvest Party to help prep, decorate, set-up, donate prizes and work the event. The Community Nutrition staff is very grateful and happy with the turnout of this year’s event.

On behalf of the Community Nutrition Program staff, we would like to send our thanks to all the volunteers and UIHS staff who contributed to this year’s successful Harvest Party. This year’s Harvest Party would not have been made possible if our UIHS staff and volunteers did not donate their time to this event. In the 15 year history of the Harvest Party, this was the most successful and enjoyable event so far! We had over 330 attendees at the Harvest Party with multiple elementary schools attending including Big Lagoon, Margaret Keeting, Jack Norton, Weitchpec Magnet School, and Orleans.

For years the stigma associated with domestic violence and sexual assault (DV/SA) has been widespread and has a devastating effect on not only individuals but our friends, families and communities as well. The Doorways to Change project is an American Indian community art project that has been devised to support the community in healing, speaking up against domestic violence and sexual assault, and reducing stigma.

The kick off to this project was on October 22 at Potawot. Community members were invited to share their feelings and stories through the medium of art. With the high rate of trauma in our community, art is a great way to express emotion and can start the process of healing. Those that participated chose a wide spectrum of mediums in sharing how they feel about DV and SA and how we can make a positive change. Participants also shared and wrote down what they will continue to do to help fight against DV and SA. Community members had a lovely lunch provided by Behavioral Health. Special thanks to Alme Allen, Harold Horne and David Baldy for their support and assistance.

This project will continue through next year throughout all our Indian communities in Humboldt and Del Norte County where community members can come and participate in a safe and non-judgmental environment. The Doorways to Change project will continue to provide opportunities for our community to come together and express their feelings and stories. For more information, contact Korby Skoglund, DV/SA Prevention/Intervention Specialist at 825-4066.