ATTENTION CLIENTS

Prescription Fee Schedule

WIC Fresh fruit & vegetables

MayGayTohKwe UIHS
Summer Camp

G.O.N.A
Bike Rodeo

September is Suicide Prevention Month

Sept / Oct 2016  Volume 36, No. 5
The summer months are filled with many activities that bring youth and families together. In this issue, UIHS shares our work in coordinating two different summer camps (May Gay Tolh Kwe) and two different GONA (Gathering of Native Americans) events. These events are well attended by our community and inspire us to expand on traditional ways to provide services for the healing of ourselves, our families and our community. From the stories shared, the games played, and the feeling of belonging when participating in cultural activities, these events provide for a safe place of empowerment.

May Gay Tolh Kwe Summer Camp was an idea that began in the late 1980’s even when UIHS’ main office was in Trinidad. GONA events started at UIHS in the 1990’s. We thank all those originally involved who kindled the fire in getting these events started; and appreciate the efforts among many people throughout the years to keep these events growing and strong.

Sherri Provolt, CEO
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
Potowat Health Village at 707-825-5040 or Crescent City Clinic at 707-464-2583

Submitted by: Meghan McCullough, Registered Dental Hygienist, UIHS

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 95551

Attention: SuWorhrom David Baldy

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

Cavity-Free Club

Potawot Health Village
Kirsten Simpson 11 Yrs Old
Kadence Simpson 8 Yrs Old
Nickolas Nix 1 Yrs Old
Madisyn Oqua Mccovey 3 Yrs Old
Alexa Moody 6 Yrs Old
Melina Hendrickson Mcbride 4 Yrs Old
Adrina Hendrickson Mcbride 8 Yrs Old
Marlie Bailey 8 Yrs Old
Analia Garcia 5 Yrs Old
Mariah Cota Loveall 6 Mos Old

Dakota Farmer 10 Yrs Old

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Street or P.O. Box:_________________________________________
State:_____________________ Zip___________________________
Email:___________________________________________________
SEPTEMBER IS SUICIDE PREVENTION MONTH

NATIONAL SUICIDE PREVENTION LIFELINE
1 - 800 - 273 - TALK(1255)

Take These steps to save a life!!!

* Realize someone might be suicidal
* Reach out. Asking the suicide question DOES NOT increase risk.
* Listen. Talking things out can save a life
* Don’t promise secrecy and don’t worry about being disloyal.
* If persuasion fails, call your mental health center, local hotline or emergency services.
* If you believe someone is the process of making a suicide attempt, call 911.

ATTEND A QUESTION, PERSUADE, REFER TRAINING BY K’OL HO KOOM MO STAFF, CALL 825-5070 FOR THE NEXT TRAINING.
Open Enrollment Coming Soon!!

Covered CA

November 1, 2016 to January 31, 2017

Medical, Dental and Vision insurance plans are available.

Covered CA open enrollment is when Californians who need insurance cannot be denied by a health plan and many may qualify for subsidized health insurance for the upcoming year!

Medicare Part D

October 15, 2016 to December 7, 2016

Prescription drug insurance plans are available.

Medicare Part D is available to clients who are already enrolled with Medicare.

UIHS can assist you with the application process. Call today to set up an appointment.
Humboldt County 707-825-4166
Del Norte County 707-465-2967

Pharmacy Fees Have Changed!!

Submitted by: Sherri Provolt, Chief Executive Officer, UIHS

Cost of medications can be extremely high. Managing the costs of medications can be overwhelming, especially if you do not have insurance that pays for prescriptions and/or your insurance doesn’t cover the medication that works best for you.

As a non-profit Tribal Health Program funded under P.L. 93-638, UIHS is fortunate to participate in a program called 340B Drug Pricing Program. Under this program, UIHS can receive medications at a much lower cost than retail pharmacies (i.e. Safeway, Walgreens, etc.). Working to pass on these savings and to reduce the cost of medications as much as possible for our clients, the UIHS Board of Directors revised the prescription fee schedule.

Below is information regarding the new prescription fee schedule for medications picked up at the UIHS Pharmacy and for when you pick up medications at an outside contracted pharmacy. UIHS also offers the option to have regular, monthly medications mailed directly to the patient. For any questions about the new Prescription Fee Schedule, call the Pharmacy Department at 707-825-5020.

**Prescription Fee Schedule - Effective July 5, 2016**

<table>
<thead>
<tr>
<th>Eligible Indian Beneficiary (EIB)</th>
<th>Non-Indian Clients</th>
<th>Eligible Indian Beneficiary (EIB)</th>
<th>Non-Indian Clients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Formulary Medication Prescriptions filled at UIHS Pharmacy</td>
<td>Formulary Medication Prescriptions filled at UIHS Pharmacy</td>
<td>Formulary Medication Prescriptions filled at a Contracted Pharmacy</td>
<td>Formulary &amp; Non-Formulary Medication</td>
</tr>
<tr>
<td>Deductibles, co-insurance payments, and co-payments (co-pays) are WAIVED</td>
<td>Non Formulary Medication Prescriptions filled at UIHS Pharmacy</td>
<td>Prescriptions filled at a Contracted Pharmacy</td>
<td>Prescriptions filled at a Contracted Pharmacy</td>
</tr>
<tr>
<td>acquisition costs or insurance co-payment (whichever is less) or may be covered by PRC if medically necessary</td>
<td>Non Formulary Medication Prescriptions filled at UIHS Pharmacy</td>
<td>$5 / 30-days or Insurance co-payment (whichever is less)</td>
<td>$10 / 30-days or Insurance co-payment (whichever is less) if PRC Eligible. Non - PRC eligible, all costs</td>
</tr>
<tr>
<td>NO CHANGES at this time for medications filled at a Contracted Pharmacy</td>
<td></td>
<td>$10 / 30-days or Insurance co-payment (whichever is less) if PRC Eligible. Non - PRC eligible, all costs</td>
<td>All Costs</td>
</tr>
</tbody>
</table>
Fresh fruit & vegetables

Fruit: The commonly sweet ripened ovary of a seed-bearing plant that can be eaten as food.
Vegetable: Any part of a plant that can be eaten as food.

Increase your families’ intake of fruits and vegetables
Switch things up and prepare foods in new ways!
- Use of different textures
- Use of different temperatures
- Use of different colors / shapes
(roasted, grilled, boiled, raw with dip, blended in smoothies, sliced & added to salad/pasta, etc.)

Quick, Easy & Healthy Smoothie

Blend:
- 1 peeled banana
- 4 strawberries
- 2 cups of spinach
- 1 handful of ice
- 1 cup yogurt
- 14oz low-fat / skim milk

Just a few of the many benefits of fruits & veggies:
- Healthy skin & hair
- Good fiber source—which helps with digestion
- Helps prevent cancer
- Helps control diabetes / heart disease
- Quick easy snack. Comes pre-wrapped😊
- Folic acid from veggies helps the body create red blood cells
- Zero cholesterol
- Low in overall calories
- Helps build healthy bones

The community then engaged in further discussion, which led them to share other ideas and concerns.

The top five prioritized needs from the GONA included:

1) Access to food since the closure of Ray’s Food Place in Hoopa
2) The need to develop a community service program for elders (assist in chores, etc.)
3) The lack of law enforcement response in the area
4) Would like there to be more travel opportunities for youth
5) Establish a peer support group out of the Weitchpec Office (Peers Offering Wisdom Education and Respect, P.O.W.E.R.)

On the last day of the GONA, participants shared on how they could improve on their own personal wellness, and committed to assist their community in order to make it a better place. Before people went on to their respective homes, a graduation ceremony occurred with each person hearing positive affirmations from their peers and being able to select a gift that was made by their peers at the GONA.
Submitted by: Rob England, Kol Ho Koom Mo Manger, UIHS

On August 9th through the 11th, the Kol Ho Koom’ Mo Youth Suicide Prevention Project hosted a Community Gathering of Native Americans (GONA) at the Morek Won Community Center. This was the second year the youth suicide prevention project from UIHS provided this community event on McKinnon Hill. Unlike the GONA hosted at Humboldt State University that was designed specifically for local Native youth, this Community GONA invited all ages to attend and participate.

During the course of three days, participants experienced each phase of the GONA. The first day focused on belonging and Vincent Feliz lead the group through various activities and icebreakers. The GONA process is based on the philosophical assumption that it is necessary to develop and support Native people who intend to become agents of change in their community, and that community healing is a form of prevention.

Personal stories were shared by many in attendance, and various discussions occurred on issues that have impacted the community, or continue to do so. Rose Sylvia from the Yurok Tribe shared the developments and services that are now in place since the Yurok Tribal Council declared a state of emergency in December of 2015 for suicides that occurred in the immediate area.

### QUIZ

- Vegetables should only be served raw..............................................T / F
- Fruits and vegetables have **zero** cholesterol.................................T / F
- Children may not want veggies, so they **shouldn’t** be offered.........T / F
- A child might **hate** plain spinach, but **love** it in a fruit smoothie....T / F
- Fruits and vegetables are a **great source of fiber**............................T / F

**Common Misconception:** “Sugar is bad, but fruit sugar is ok”. The body knows no difference where the sugar came from. The sugar itself is still there, and it registers the same in the body as sugar would from a piece of candy. The difference here is that eating whole fruit comes with the benefits of micronutrients, along with fiber, which slows the absorption of sugar into the blood, lessening the insulin response.
May-Gay-Tolh-Kwe Annual Youth Summer Camp 1 provided a safe and positive camping experience for American Indian Youth during the month of July, 2016. Summer Camp 1 was held at Patrick’s Point State Park – Sumeg Village and served youth ages 9-12. Campers were introduced to local cultural traditions and had the opportunity to participate in many activities that promote and encourage healthy lifestyle choices. There were over 70 youth that attended Summer Camp 1 and 22 summer jobs that were created by UIHS.

Summer Camp staff spent their first day at Redwood Park Ropes Course developing their teambuilding and leadership skills. Eight adult counselors and twelve teenage counselors spent time getting to know one another and had the opportunity to endure obstacle courses that would increase their ability to work as a team. The exercises provided quality leadership tools for the counselors who would soon be instructing the 70 youth campers who were signed up to attend Summer Camp 1. “The ropes course was a chance for the counselors to get to know each other and bond, not only as co-workers but on a personal level so we could ensure a successful camp for the youth,” Said, Ty Allen.

Allen and Amanda Reed were hired to prepare healthy meals for the campers for the duration of both Summer Camps. “I really enjoyed cooking for the kids and getting to know them. Everyone is very appreciative and

Submitted by: Wendy George, Cultural Resources Specialist, UIHS
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May-Gay-Tolh-Kwe Summer Camp II provided four days of fun, healthy, and educational activities for 40 youth ages 13-17. Summer Camp II was also held at Patrick’s Point State Park – Sumeg Village and expanded off the activities that were offered during Summer Camp I. Youth who participated in Camp II had the opportunity to learn more hands on skills such as porcupine quill head wrap weaving and dress making taught by Wendy George, proper physical fitness drills taught by Joseph Marshall from the Warrior Institute, traditional gambling and etiquette by James Gensaw. Brush Dance Regalia making was taught by SuWorhrom David Baldy. Mr. Baldy reflected upon his experience by stating, "I really enjoyed working at both summer camps helping how I can. It is an easy way to show the basics of what we as a people have been doing for forever."

UIHS programs such as Nutrition, Diabetes, Health Promotion and Education, Community Health Representatives, and the Suicide Prevention program were all on site to instruct in educational lessons throughout the duration of the camp. In addition to the many cultural activities that were offered, the youth campers were also treated with a kayak trip across Stone Lagoon.

United Indian Health Services, Inc. (UIHS) is a proud sponsor of our Native American Youth. We support and encourage living a healthy lifestyle by incorporating traditional values in our everyday lives. We would like to thank everyone who made each Summer Camp a success.

During May-Gay-Tolh-Kwe Summer Camp I, activities and lessons included a local history presentation, diabetes education, health promotion awareness training, traditional gambling and stick game instruction, arrow making, a Flower Dance presentation which included many young women who shared their songs with the campers, necklace, keychain and arrow making, art projects on canvas that resulted in many beautiful pieces of artwork, story sharing by many well-known storytellers, Brush Dance etiquette and protocol, traditional food presentations, gardening and bee pollination. There were relay races, a nature walk to Agate Beach, a talent show and much more.

The Gathering of Native Americans (GONA) event came to Humboldt State University (HSU) on July 19-22, and was hosted by United Indian Health Services’ Kol ho Koom’ mo (Working Together) Youth Suicide Prevention Project. The 2016 summer “Gathering of Native Americans” (GONA) was facilitated by Maria A. Trevizo from Olympia, Washington. She is a Wellness Educator Specialist and has been facilitating GONAs for the last 22 years. She brought great energy and had the youth thoroughly engaged. Maria has been out here a number of times to facilitate GONAs and bring trainings to our local community. We definitely will be welcoming her to come back in the near future.

G.O.O.N.a
Gathering of Native Americans

Submitted by: Rob England, Kol Ho Koom Mo Manger, UIHS

The Gathering of Native Americans (GONA) event came to Humboldt State University (HSU) on July 19-22, and was hosted by United Indian Health Services' Kol ho Koom' mo (Working Together) Youth Suicide Prevention Project. The 2016 summer ‘Gathering of Native Americans’ (GONA) was facilitated by Maria A. Trevizo from Olympia, Washington. She is a Wellness Educator Specialist and has been facilitating GONAs for the last 22 years. She brought great energy and had the youth thoroughly engaged. Maria has been out here a number of times to facilitate GONAs and bring trainings to our local community. We definitely will be welcoming her to come back in the near future.

The GONA was developed in 1994 to educate scholars to examine historical trauma and the effects on youth violence, bullying, and suicide to bring a positive change within their community. It allows for culturally sensitive understanding the losses and grief from historical trauma which undermines our wellness today. Belonging, Mastery, Interdependence, and Generosity. Several positive comments were made by our scholars, “I had such a great time, I do not want it to end.” The UIHS Staff and local community speakers allowed for a positive learning experience and a successful outcome. United Indian Health Services would like to thank our Communities Offering Resources and Education Coalition (CORE) for volunteering their time and assistance in making this event a great success. Their willingness to volunteer and assist with our youth and community events is greatly appreciated.

Day one of GONA revolved around Belonging and what it meant to have a sense of connectedness to the each other. The scholars began by forming a sense of community within the group by getting a photo taken for their affirmation page followed by personalizing their name tags and water bottle. The director of the Indian Tribal & Educational Personnel Program (ITEPP), Adrienne Colegrove-Raymond welcomed the scholars to HSU and informed them about resources and opportunities offered indigenous students attending HSU. The scholars established a list of their norms and values that are to be used throughout the week, such as: “Bring your best self forward,” “Respect for each other” and “Working together.” With the norms in mind they formed into 4 separate groups and created a communal name, banner and cheer that represented their strengths which reinforce belonging. James Gensaw, Sr. enlightened the scholars by telling a creation story about belonging and always being kind to our neighbors. The second day touched on understanding the losses and grief from historical trauma which undermines our wellness today. Mastery, empowered our scholars allowing them to understand and let go of their historical trauma while embracing wellness and balance. This was done by encouraging team building activities and standing together as a community while letting go and healing together. Local storyteller Andre Cramblit, spoke about his hardships as a low income student attending Dartmouth College in New Hampshire and the struggles of culture shock while being away from a nurturing indigenous community. Cramblit spoke of his resiliency to the scholars allowing them to recognize that they can overcome historical trauma also. Rodney and Kathleen Vigil spoke of pain and cultural trauma that we have endured and spiritually supported the scholars. The third day taught we are only as strong as our community. Interdependence, encouraged the scholars to trust and depend on one another. Wendy George spoke about the water issues within the local communities such as: the fish kill and the dam removals. George expressed her concern for the need of future water warriors to work together and stand up as a community to protect the fish and keep the traditions alive for future generations. The scholars participate in many challenging activities that tested their trust and team-building skills throughout the day. The last day consisted of giving back to others and the community. Generosity, inspired the scholars to trust and depend on one another. Richard Myers spoke to the scholars about traditional ways of being altruistic and generous by giving with a good heart. Throughout the week the scholars were encouraged to make gifts that would be given at the graduation commencement to reinforce their understanding of what it means to be generous. The graduation consisted of giving away gifts and affirmation pictures which were filled with positive strengths written anonymously by their peers, concluding the 2016 summer GONA at HSU. All in all, each day allowed for positive reinforcement of Belonging, Mastery, Interdependence, and Generosity. Several positive comments were made by our scholars, “Can’t wait until the next GONA!” And “I had such a great time, I do not want it to end.” The UIHS Staff and local community speakers allowed for a positive learning experience and a successful outcome. United Indian Health Services would like to thank our Communities Offering Resources and Education Coalition (CORE) for volunteering their time and assistance in making this event a great success. Their willingness to volunteer and assist with our youth and community events is greatly appreciated.