Kosher Dills
Submitted by: Jude Marshall, Nutrition Manager, UIHS

**Ingredients:**
- 30 to 36 cucumbers (3 to 4 inches long)
- 3 cups vinegar (5%)
- 3 cups water
- 6 tablespoons canning salt
- Fresh or dried dill
- Mustard Seed

**Preparation:**
Wash the cucumbers. Slice 1/16-inch from blossom end and discard. Leave ¼-inch of stem attached. Make a brine of the vinegar, water and salt. Bring to a boil. Place a generous layer of dill, ½ to 1 clove of garlic (sliced) and ½ teaspoon of mustard seed in bottom of each pint jar. Pack the cucumbers into the hot jar. When the jars are half-filled with cucumbers add more dill and complete the packing of the jars. Fill the jars ½ inch from top with the boiling bring. Remove air bubbles. Wipe jar rims. Adjust lids. Process 10 minutes in a Boiling Water Bath. Pickles will shrivel after processing. They will later plump in sealed jar.

*Remember to Make Altitude Adjustments*
Congratulations to Marian Seidner on her retirement
Congratulations to Marian Seidner on her retirement from UIHS. For over 20 years Marian has worked with UIHS to help provide health and happiness to her community. Everyone At United Indian Health Services would like to wish Marian a long and happy retirement.
**UIHS Board of Directors * 2018**

*Board Members (pictured top row from left to right)*

Teresa Ballew, LaWanda Quinnell, Leann McCallum, John Green, Ruby Rollings, Tracy Mahoney, Wendy George

*(pictured bottom row from left to right)*

Shirley Laos, Claudia Brundin, Lana McCovey, Launa Borden, Denise Padgett, Deborah Markussen

*(Not Pictured)*

Velva Angell, Madison Flynn, Joseph Giovannetti, Delmer Keisner, Susan Masten, Donald McCovey, Richard Myers, Mindy Natt

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<table>
<thead>
<tr>
<th>Clinic Sites</th>
<th>UIHS Clinic Hours</th>
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<tbody>
<tr>
<td><strong>Potawot</strong></td>
<td>Monday-Friday 8:00 a.m. to 5:00 p.m. Closed for lunch 12:00 p.m. to 1:00 p.m.</td>
</tr>
<tr>
<td>(Arcata)</td>
<td>Pharmacy: Monday-Friday 8:30 a.m. to 5:30 p.m.</td>
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<tr>
<td>For an appointment call:</td>
<td>All Other Services: (707) 825-5000</td>
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<td></td>
<td>Behavioral Health: (707) 825-5060</td>
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<td></td>
<td>Community Health: (707) 825-5070</td>
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<td></td>
<td>Dental: (707) 825-5040</td>
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<td></td>
<td>Medical: (707) 825-5010</td>
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<td></td>
<td>Nutrition: (707) 825-5070</td>
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<tr>
<td><strong>Taa’at-dvn</strong></td>
<td>Monday-Friday 8:00 a.m. to 5:00 p.m. Closed for lunch 12:00 p.m. to 1:00 p.m.</td>
</tr>
<tr>
<td>(Crescent City)</td>
<td>WIC-Crescent City: (707) 822-9900</td>
</tr>
<tr>
<td>For an appointment call:</td>
<td>Toll-free number: 1-800-233-2919</td>
</tr>
<tr>
<td><strong>Elk Valley</strong></td>
<td>Monday-Friday 8:00 a.m. to 5:00 p.m. Closed for lunch 12:00 p.m. to 1:00 p.m.</td>
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<tr>
<td>(Elk Valley)</td>
<td>WIC-Fortuna: (707) 822-9900</td>
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<tr>
<td>For an appointment call:</td>
<td>Toll-free number: 1-800-233-2919</td>
</tr>
<tr>
<td><strong>Tish-non</strong></td>
<td>Monday-Friday 8:00 a.m. to 5:00 p.m. Closed for lunch 12:00 p.m. to 1:00 p.m.</td>
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<tr>
<td>(Bear River)</td>
<td>WIC-Fortuna: (707) 822-9900</td>
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<tr>
<td>For an appointment call:</td>
<td>Toll-free number: 1-800-233-2919</td>
</tr>
<tr>
<td><strong>Hop’-ew Puel</strong></td>
<td>Tuesday, Thursday, Friday 8:00 a.m. to 4:00 p.m. Closed for lunch 12:00 p.m. to 1:00 p.m.</td>
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<tr>
<td>(Klamath)</td>
<td>WIC-Klamath: (707) 822-9900</td>
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<tr>
<td>For an appointment call:</td>
<td>Toll-free number: 1-800-233-2919</td>
</tr>
<tr>
<td><strong>Xaa-wan’-k’wvt</strong></td>
<td>Monday-Friday 8:00 a.m. to 5:00 p.m. Closed for lunch 12:00 p.m. to 1:00 p.m.</td>
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<tr>
<td>(Smith River)</td>
<td>WIC-Witchpec: (707) 822-9900</td>
</tr>
<tr>
<td>For an appointment call:</td>
<td>Toll-free number: 1-800-233-2919</td>
</tr>
<tr>
<td><strong>Weitchpec</strong></td>
<td>Monday, Thursday, Friday 9:30 a.m. to 3:00 p.m. Closed for lunch 12:00 p.m. to 1:00 p.m.</td>
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<tr>
<td>(Weitchpec)</td>
<td>OB Care and Same Day Access Care 1st and 4th Tuesday 9:30 a.m. to 3:00 p.m.</td>
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<tr>
<td>Anonymous Syringe “Points” Exchange</td>
<td>WIC-Weitchpec: (707) 822-9900</td>
</tr>
<tr>
<td>2nd and 3rd Tuesday</td>
<td>10:00 a.m. to 3:00 p.m.</td>
</tr>
</tbody>
</table>

**WIC-Willow Creek** Phone #: 707-822-9900 **WIC-Hoopa** Phone #: 707-822-9900
Word Search

AMBER  BEADLE  DANIEL  FIGAS  GLASS  JENNIFER  JONES  LUCINDA  MIRANDA  NURSE  OROURKE  SALAS  SAVANNA  TRIAGE  LISA  MCCLELLAND  NICKOLS  PATRICK  SARA  TISHA  WOODY

NADNICALUARATAATOPVACANTBESRUNZMADOLINEGLASSNFITZGERALDINENALKRBLLDMICPDAOVLFIIELILATANTRDIAGICZEASSISTANTS

Whats the Diff!!!

Can you find the 12 differences?
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.

Cavity-Free
Submitted by: Meghan McCullough, Registered Dental Hygienist, UIHS

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

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.

Potawot Health Village
Cavity Free Club Members

Malorie Pontes  3 Yrs Old  Joseph Reeves  5 Yrs Old
Kylee Secor     8 Yrs Old  Donte Salas   9 Yrs Old
David Denton Smith 7 Yrs Old  Maleah Frank 9 Yrs Old
Xander Edson    3 Yrs Old  Braelyn Frank 8 Yrs Old
Seth Mannix     8 Yrs Old  Marissa Robinson 9 Yrs Old
Naiya Castillo  7 Yrs Old  Madeleine Sherman 6 Yrs Old
Sophia Castillo 8 Yrs Old  Macy Sherman 8 Yrs Old
Krysdon Cearley 6 Yrs Old  Tyson Green Hadrian 7 Yrs Old
Annabelle Bocock 14 Yrs Old  Sophie Green Hadrian 5 Yrs Old
Aubree Saunderson 12 Yrs Old  Coso Stone  8 Yrs Old
Mya Toate       7 Yrs Old  Hudson Holt   6 Yrs Old
Lafayette Donahue 4 Yrs Old  Hendrix Holt  5 Yrs Old
Jacob Morehead  8 Yrs Old  Micah Lakey  9 Yrs Old
Freedom Jenkins 5 Yr Old  Lilly Moore   9 Yrs Old
                           Maverik Ammon 1 Yrs Old
                           Gracelyn Gruetzmacher 5 Yrs Old
                           Everett Gruetzmacher 8 Yrs Old
It’s time for the New Year, quit tobacco!

Submitted by: Travis Vale, Health Promotion Education Technician, UIHS

It’s time for the New Year, new you. What better way to start than with a journey to quit tobacco? Tobacco use has been on the rise with teens and young adults in the last few years at a very alarming rate. This increase isn’t related to smoking cigarettes, but rather smoking Electronic Cigarettes, or E-cigs. According to the CDC, from 2017 to 2018 the use of e-cigarettes among high schoolers rose 78%, with more than 3 million high school aged kids reporting that they regularly vape.

So, why the increase of use amongst teens and young adults? Vape companies target a younger audience in efforts to create lifelong customers. One company, Juul, had used advertisements on social media featuring bright colors and younger adults who looked as if they were teenagers. By using this strategy the company puts effort into making the product seem cool and harmless, while in fact it is highly addictive with negative health effects. Flavors are also marketed in a way that is more appealing to kids, with no cautionary message of the side effects. The company had put a tweet out in 2017 advertising a new flavor, “RT if you enjoy dessert without the spoon with our Crème Brulee #Juulpods.” Only recently has Juul agreed to stop producing flavors such as Mango, Fruit, Crème, and Cucumber amongst the claims that these flavors attracted teens.

Have the conversation with your kids and loved ones. Educate and empower them to quit, now’s the time!

Here at UIHS the NATIVE Tobacco project can help provide quit kits, health brochures/information pertaining to tobacco, and assist someone in finding quit medication, please call Travis Vale at (707) 825-4124.

1-800-NO-BUTTS is a quit hotline that can email, text message, or direct call for quitting resources.

From the Community Health and Wellness division, we wish you a Happy and Healthy New Year!

It’s Flu Season

Submitted by: Sandra Jones, Nurse Manager, UIHS

It is flu season, and the flu can be picked up anywhere. Going out in public during flu season without getting vaccinated is risky. We ask that our community to please continue to do your best with hand hygiene and health practices. Cover your cough and sneeze, wash hands with soap and water or an alcohol-based hand sanitizer, disinfect your work station, especially if you share space with others.

If you have any symptoms of influenza please stay away from work and notify your supervisor. Symptoms are fever, cough, sore throat and runny nose and usually have a rapid onset.

American Indians and Alaskan natives are at higher risk for complications from the flu. Anyone 6 months or older can be vaccinated. It is not too late!

It is not too late to be vaccinated against the flu. Just visit your nearest UIHS clinic nurse. If you have further questions, please contact our infection prevention nurse, Michelle Lewis-Lusso, at 707-825-4068.
New Year New Day New You.

2019 Fitness Fobs are here!
The UIHS Diabetes Awareness Program wants to support your new years fitness resolutions. UIHS clients and staff can take advantage of free access to fitness equipment and gain tools to start the year on a path towards a healthier you.

1. Register
   Complete a PAR-Q form.

2. Orientation
   • Provided by the Fitness Coordinator or PALS person.
   • Learn equipment use & safety.

3. Get Fitness Fob
   • This lets the front desk know you have been cleared for 2019 access.
   • Please remember to sign-in.

Not sure where to start?
Contact Ryan Matteri, Fitness Coordinator, at 707-825-4162.

• Individualized goal setting, planning, and tracking.
• Information and suggestions on physical activity and movement.
Language Matters
Submitted by: Alissa Leigh, Health Promotion Education Project Supervisor, UIHS

Suicide is the most preventable death, yet in 2017, over 47,000 people died by suicide in the United States. In order to encourage openness and a shift in how we approach suicide prevention, it’s imperative that we examine the language that we use to talk about it. Choosing compassionate and accurate language creates a safe and respectful way to talk about suicide openly. When helping those who are having thoughts of suicide or who have lost a loved one, we need to remember to be aware of how our words may impact them. Lead by example and know that your language matters. To learn more on compassionate and accurate language about suicide, please take a look at the picture below or visit NowMattersNow.org.

If you know someone in need of help, please call the toll-free National Suicide Prevention Lifeline at 1-800-273-TALK (8255), 24 hours a day, 7 days a week. We all can play a role in preventing suicide within our community. For more information please call the Ko’I Ho Koom’ Mo (Working Together) Youth Suicide Prevention Project at 707-825-5070.

Environmental Considerations
Submitted by: Sandra Jones, Nurse Manager, UIHS

Many patients, staff and clinicians have sensitivities to scents, perfumes/colognes, lotions and smoke. For some individuals, exposures to these elements can bring on life threatening reactions. For these reasons, we ask that all visitors to the clinics and riders on our vehicles refrain from the use of any scented lotions, perfumes or colognes, essential oils, body sprays or similar items on the day of their visit. We ask that everyone refrain from smoking of any substance within the hour prior to a visit. Maintaining a neutral environment is an essential element of respiratory health.
People know it’s important to be physically active…. Right?

Submitted by: Megan Warren, Diabetes Awareness Program, UIHS

But how do you get motivated? How do you start new activities? How do you keep going? And why?

UIHS Diabetes Awareness Program (DAP) is rolling out a series of events to motivate younger adults (18 to 35 years) to get active, have fun and find out why incorporating daily physical activity is important for wellness.

Born between the early 1980s and early 2000s, Millennials are in prime position to activate life-long healthy habits that can effect other generations, both young and old. DAP wants to assist this generation to develop regular fitness habits. Those who already have an active lifestyle are also encouraged to participate. After all, everyone is at a different stage of their wellness journey. Sharing unique insights with each other provides motivation, support, and inspiration.

To accommodate the busy schedule of young adults, and to make things a little more fun, DAP has incorporated a smartphone app as part of this rolling out series. The app is basically a pedometer that tracks steps using your phone’s accelerometer or through a wearable fitness tracker (Fitbit, Garmin, Jawbone, Apple Watch, and others). Aside from tracking steps, the app provides a platform for participants to engage in challenges and games, get regular motivation/tips from the DAP team, and receive peer support in a way that’s easy to access throughout the day.

Most of us have numerous work, family and community obligations so in addition to the app our program is looking forward to providing activities during the evening and on weekends. If you’re interested in participating give us a call (707-825-4128) or send us a message on Facebook. Search "UIHS Diabetes Awareness Program"

Feeling left out? There’s no need to!

UIHS Diabetes Awareness Program maintains being community driven and will continue to provide educational opportunities throughout the year. The classes have the same names but the topics and presentations have been updated. Keep an eye out for Diabetes 101 classes and our Start H.E.R.E. series. Class announcements will be posted on the UIHS website as well as our UIHS Diabetes Awareness Program Facebook page.
YEAR IN REVIEW
And the winner is!!!

Employee of the Year
Best Acorn
Best Fish Cook
Best Doctor
Best Rapper Alive
Best Face Paint
Best Jump Center
Best Blood Draw
Best Smile
Smallest Pic
Best Apple Worker
Greatest Acorn Sifter Team
Gourdgeous Art
Ultimate Father and Son
Cutest Baby
Best Mother and Son
Coworkers of the Year

For questions about the winners, contact Wendy Rinkel at (707) 825-5000.