BENEFITS FOR CLIENTS

IMPROVING CARE WITH NHA CERTIFICATION

PHYSICAL THERAPY AND OCCUPATION THERAPY TAKES SHAPE

HAPPY RETIREMENT
JANICE ROLLINS-DEAN

"Healthy mind, body, and spirit for generations of our American Indian community."
CONTENTS

VOLUME 44 ISSUE #4

MESSAGE FROM THE CEO  PG.3

UIHS PT/OT TAKES SHAPE  PG.6

BENEFITS FOR CLIENTS  PG.8

IMPROVING CARE WITH NHA CERTIFICATION  PG.13

HAPPY RETIREMENT JANICE ROLLINS-DEAN  PG.14

EMPLOYEE APPRECIATION  PG.16

DENTAL GETS A NEW LOOK  PG.17

YOUTH AND VAPING  PG.19

BOARD MEMBER SPOTLIGHT  PG.21

GREAT AMERICAN SMOKEOUT  PG.23

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As we enter the winter months, I am reminded of our cultural tradition of resting during these months. This is a time of inside activities, when we stop gathering for many of our ceremonies. Some inside activities might include preparing basket materials for weaving, weaving baskets, beading, drying and cracking acorns, and repairing items that have broken.

One of my favorite activities is storytelling and visiting elders to listen to them and hear their life lessons. When I visit with elders it is also a time of laughter as they share their mishaps and the surprises that life brings.

During these winter months of quiet time, perhaps read a book. There are so many wonderful books about so many things. My favorites are self-help, leadership, and of course a good romance novel that puts a smile on my face. I have also discovered podcasts. These come in handy in the mornings when I am getting ready for work or on the road. These activities help to keep our minds healthy.

The Winter months are also an excellent time to come in and take care of some of those healthcare appointments you have been putting off. Mammograms, pap smears, colonoscopies, diabetic foot and eye exams, lung cancer screening, and annual preventative physical exams and tests are all essential to take good care of our bodies and detect diseases early when they are more easily treatable.

United Indian Health Services’ Vision Statement is, “Healthy mind, body, and spirit for generations of our American Indian community.” Above are wonderful ways to stay healthy and be role models to future generations on the importance of taking good care of ourselves. If you or a loved one haven’t had a visit in awhile, talk about it and call for an appointment.

We continue to provide information and vaccinations for COVID-19, monkeypox, and the flu. For an appointment, please call any UIHS clinics. This winter, we will be offering physical and occupational therapy in the new Eureka 2.0 building and expanding our behavioral health services. Visit our website, uihs.org or our Facebook page https://www.facebook.com/UnitedIndianhealthservices for updated information about these new services, and all services at UIHS.

We are very excited about our brand new Physical Therapy and Occupational Therapy (PT/OT) Program that will be offered to you this winter. (Continued on pg 4) The PT/OT team of Dr. Kathryn Biesanz and Dr. Dennis Hernandez will help you
to regain strength, maintain the ability to perform daily activities, promote tissue and muscular healing after injury and so much more. Some of you may remember Dr. Hernandez from our Diabetes Awareness Program (DAP). He worked with us as the Fitness Coordinator in the DAP, left to go to school and has returned to us as a Physical Therapist.

I am so proud of our staff for their continued commitment to our community. They worked incredibly hard through this pandemic while short-staffed and dealing with their own family illnesses. When you have a chance, please let them know how much you appreciate them and their service to our community.

At this time, we are focused on efforts to grow our excellent team at UIHS. We are hiring for multiple positions such as front office assistants, executive assistants, optometrist, clinical nurses, behavioral health counselors, dental hygienists, dentists and more. We would love for you to join our team and experience the camaraderie, friendships and benefits of being a part of the UIHS Village. To apply for any of these positions, visit the ‘careers’ tab at uihs.org.

Wokhlew.

Liz Lara-O’Rourke
CEO

Do You Have
Or Are You:

- An enrolled member of a Federally Recognized Tribe
- California Indian listed on the California Judgment Roll
- Certificate of Degree of Indian Blood (CDIB) from the Bureau of Indian Affairs (BIA)
- Certified birth certificate linking client to an eligible CA Indian with verified documentation.
- Letter from local CA Tribe, stating the entity recognizes the client as a descendent of the tribe.

All minor children need a Certified Birth Certificate or other appropriate document providing a link to an Eligible parent or guardian.

A Non-Indian Spouse or Domestic Partner of an Eligible Indian Beneficiary is currently eligible for services but they must meet the following requirements:

- Must provide a Certified Marriage or Certified Domestic Partner Certificate; and
- Must live in the same household as their spouse/domestic partner; and
- Must reside within the UIHS Service Area; and
- Must maintain valid medical insurance coverage

Please bring in all insurance cards or bring a copy of the front and back of the insurance card for which the client is eligible. Please bring in original documents, we will make a copy and return your originals.

For more information please call Member Services phone numbers:
Humboldt – 707-825-4090, Del Norte – 707-465-2960

4
Help us, help you, help your family
United Indian Health Services is ready to assist

Enrolling in medical or Covered CA has never been easier. You can apply online at benefitscal.com or contact United Indian Health Services Member Services Department.

Enroll in health coverage TODAY!

Enrolling in Medi-Cal gives you coverage for a CAL-ORE Life Flight emergency air ambulance service. If you don’t qualify for Medi-Cal, but enroll in Covered CA at UIHS, UIHS will pay for your first year of CAL-ORE membership. Gain the Peace of Mind membership provides for you and your family.

How does enrolling benefit UIHS?

The federal funding UIHS receives covers less than 50% of the services we provide to the Indian community. What that means is we receive less than $0.50 on every dollar. The rest of our funding comes from grants and our ability to bill health coverages like: Medi-Cal; Covered CA; Medicare; and other private health insurance programs. So please help us, help you and your family by enrolling in health coverage today!

Federal funding received

Recovered through third party insurance including Covered CA, Medi-Cal, and grants

UIHS Funding Gap

50%

50%

Total funding needed to serve the American Indian Community

Resolve to be Healthy!

Call any UIHS clinic to make an appointment for insurance enrollment we are here to help you. To find out if you qualify for health coverage or for more information, please call our Member Service Representatives:

Del Norte County: 707-465-2960
Humboldt County: 707-825-4090
E-mail us at: coverme@uihs.org
As many of you have heard by now, UIHS has been undergoing an exciting project this year to open a Physical Therapy and Occupation Therapy department. This program has been many months in the making and we wanted to introduce you to these new services and the providers who will be bringing them to UIHS.

**Occupational Therapy**

Occupational therapy, or “OT,” is the rehabilitative practice of restoring engagement and participation in daily activities. Therapists support people and communities to function in ways that they find meaningful, in order to live a healthy life.

**What OT is not**

OT is often misunderstood due to its name. The profession is often confused with Occupational Health, which is a profession that examines workplace safety, and Vocational Therapy, which is a profession that supports individuals in finding a job.

**How OT works**

OT uses an understanding of anatomy, development, cognition, and emotion to help clients do what they want to do and be who they want to be. For example, if a client’s goal is to live independently then an OT might ensure that they have the strength to dress and bathe themselves, the comprehension skills to read everything from recipes to safety warnings, and the coping strategies to manage the challenges of living alone.

**Physical Therapy**

Physical therapy, or “PT” is the use of rehabilitative exercises to improve tissue healing, restore strength, and optimize movement for improved quality of life and overall health. Therapists are movement experts and use their knowledge to improve individuals’ functional mobility for the completion of daily life tasks.

**What PT is not**

PT is often misunderstood for Massage Therapy, a practice in which soft tissues of the body are rubbed or kneaded to promote relaxation and stress relief, or Personal Training, the act of creating and delivering safe and effective exercise.
UIHS PT/OT
UIHS PT/OT will begin with a pilot program, operated out of Eureka 2.0 in order to begin generating the experience and revenue necessary to expand services in a sustainable way. Katy and Dennis will offer therapy to UIHS adult clients who receive a referral from their provider. UIHS values holistic health care, and due to the complementary nature of physical and occupational therapies, most clients will be referred to both PT and OT to achieve the best possible outcome.

The Physical Therapy and Occupation Therapy program will also operate under the newly developed Woven Model which represents the therapeutic process as the weaving of health through the holistic considerations of bodily structures, the mind, the environment and more.

Meet Katy
Dr. Kathryn LP Biesanz (Katy) is a board certified, and state licensed occupational therapist. While Katy enjoys practicing as a generalist adult OT, she has a particular interest and experience working with clients in neurorehabilitation as a result of strokes, spinal cord injuries, and traumatic brain injuries. In her spare time, Katy enjoys making big meals to share and goofing off with her spouse and Willow, their Labrador Retriever pup.

Meet Dennis
Dr. Dennis J Hernandez is a board certified, and state licensed physical therapist. While Dennis enjoys practicing as a General Orthopedic therapist, he has a particular interest and experience working with clients with diabetes, chronic pain, and sports related injuries. In his spare time, Dennis enjoys distance running, golfing, reading, cooking, and watching his favorite sports teams.
United Indian Health Services, Inc. (UIHS) strives to offer our clients the best possible care and services, while also offering an assortment of benefits to different groups of clients. In this article we will discuss some of the types of benefits and services available to clients of UIHS and how to attain them.

Pharmaceutical Benefits

The UIHS Pharmacy at Potawot Health Village is run by Kanako Miyamoto, who has shown an impeccable ability to keep the pharmacy running smoothly and organized. The Potawot pharmacy is available to all UIHS clients for picking up prescriptions sent-in by physicians both from UIHS clinics, and outside referring physicians. The UIHS pharmacy strives to provide our services to clients as quickly and cost-effectively as possible. Our formulary medications are almost always free for qualified clients and kept in stock at the pharmacy. Non-formulary medications may need to be ordered by UIHS or sent to an outside pharmacy, so they may not be immediately available. If you qualify for PRC coverage, your non-formulary medications may also be free. If you’re not eligible for PRC coverage, the maximum you might pay would be the pharmacy’s wholesale cost, which is a fraction of standard retail prescription prices. To determine if you are PRC eligible, call (707) 825-5080.

Traditional Healing Benefits

Although we are a healthcare facility practicing western medicine, it is in our mission to achieve wellness through health services that reflect the traditional values of the Native American and Alaskan Native communities. For clients in need of traditional healing methods, UIHS offers traditional sweats and/or purification ceremonies for women, men and co-ed. To find out more information about traditional healing methods through the Behavioral Health Department, give them a call at (707) 825-5060.

Transportation

We want to make sure that no matter your circumstances, you are able to make it to your appointments at UIHS. Whether your car is non-functional, you are unable to drive for a personal reason or something else, we are now offering clients the ability to receive a ride from one of our UIHS transportation vans. How is this done? If you need a ride to your next appointment, simply let us know when you are...
making your appointment that you will need a ride. We will schedule your appointment with a van ride. If a van ride is not available, we will connect you with a Community Health Representative (CHR), and they will schedule your appointment at a time that accommodates both you and CHR. For more information on how to get a ride to/from your next appointment, call the Tribal Public Health Department at (707) 825-5070.

PT/OT

Clients at UIHS will soon be able to be referred to the Physical and Occupational Therapy services at the Eureka 2.0 clinic. Dr. Kathryn LP Biesanz is a board certified and licensed occupational therapist who works to restore engagement and participation in a person's daily activities, and Dr. Dennis J. Hernandez is a board certified and state licensed physical therapist who can work to help rehabilitate a person before and after surgery, reduce chronic or acute pain and so much more. Clients who qualify will be able to receive a referral to the PT/OT services and begin the road to a healthier and more mobilized body.

Quick Wait Times

You have probably noticed that there are signs in the clinics asking clients to make staff aware if you have been waiting longer than 10 minutes for your appointment in the lobbies of our clinics. This is because we strive to maintain a fun staff that can accommodate being able to take clients in a very quick manner. Do you wish to become part of this amazing team of UIHS staff and gain even more benefits and help clients like yourself? Scan the QR code with your phone’s camera to check out all of the open positions available to apply for at UIHS right now!

Walking Trails at Potawot

Did you know that there is a private, beautiful, protected walking trail through the Potawot Health Village garden and grounds? This walk around the paved path is approximately .33 miles, and tours the grounds that contain the fruit orchard, protected wildlife areas and beautiful places to sit on a bench and take it all in.

There are many benefits to being a client at UIHS, and although this list of benefits is great, it is not exhaustive. There are many other benefits to being a client at UIHS - like cultural events, support for pregnant people and new babies, front-row Elder parking and elder benefits, and so much more. Come and be a part of the UIHS community with us.
NEW HIRES

Brandon Reed
FOA Dental

Shelley Tran
RDA

Candris Madison
FOA Dental

Maleha Freidenfelt
RN-CC

Susan Dager
SUD Counselor

Jessica Cornelis
FOA-CC

Krisanne Keiser
Admin Assistant

Ivan Ramirez
Scribe

Hans Hill
PRC Tech

Dennis Hernandez
Physical Therapist

Domonique Ramage
FOA Medical

Jake Gordon
Maintenance Tech

Desiree George
Night House Keeping

Chelsey Cornelis
Elder Nutrition Van Driver

Amber Christman
Medical Assistant

Nichole Sutter
Executive Assistant
Norte
Referrals
United
Indian
Health
Services
Dedicated
to
getting
our
clients
the
best
possible
care
clients
can
greatly
improve
coverage
needs

UIHS Word Scramble
Unscramble the words.

1. aminos
2. lthaeraec
3. vroabelah
4. abeskt
5. egiavnw
6. anigeihl
7. tmnuau
8. vcnntocalia
9. ggwionr
10. avitne
11. itslen
12. naroc

Smoke Fish Not Commercial Tobacco
NATIVE Tobacco Project
KICKRT
United Indian Health Services, Inc.
<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bryson Moody</td>
<td>6 Yrs Old</td>
</tr>
<tr>
<td>Artemis Kent</td>
<td>6 Yrs Old</td>
</tr>
<tr>
<td>Maybelle Mcconnell</td>
<td>6 Yrs Old</td>
</tr>
<tr>
<td>Tyler Bradfield</td>
<td>8 Yrs Old</td>
</tr>
<tr>
<td>Kechoyn Henry</td>
<td>7 Yrs Old</td>
</tr>
<tr>
<td>Emmett Randle</td>
<td>3 Yrs Old</td>
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<tr>
<td>Nova Hyden</td>
<td>7 Yrs Old</td>
</tr>
<tr>
<td>Alexa Williams</td>
<td>9 Yrs Old</td>
</tr>
<tr>
<td>Andrew Mose</td>
<td>11 Yrs Old</td>
</tr>
<tr>
<td>Calen Ponte</td>
<td>9 Yrs Old</td>
</tr>
<tr>
<td>Cherish Giovanetti</td>
<td>6 Yrs Old</td>
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<tr>
<td>Nakahi Saulque</td>
<td>10 Yrs Old</td>
</tr>
<tr>
<td>Addison Galli</td>
<td>4 Yrs Old</td>
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<tr>
<td>Kayannah Reed</td>
<td>6 Yrs Old</td>
</tr>
<tr>
<td>Jack Caouette</td>
<td>6 Yrs Old</td>
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<tr>
<td>Asher Giovonetti</td>
<td>8 Yrs Old</td>
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<tr>
<td>Abigail Claire</td>
<td>6 Yrs Old</td>
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<tr>
<td>Coso Stone</td>
<td>12 Yrs Old</td>
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<tr>
<td>Cameron Bunnell</td>
<td>11 Yrs Old</td>
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<tr>
<td>Jonathan Oliskey</td>
<td>4 Yrs Old</td>
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<tr>
<td>Freya Dunn</td>
<td>3 Yrs Old</td>
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<tr>
<td>Zoe Patapoff Pruitt</td>
<td>10 Yrs Old</td>
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<tr>
<td>Ava Avelar</td>
<td>5 Yrs Old</td>
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<tr>
<td>Luke Shumard</td>
<td>9 Yrs Old</td>
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<tr>
<td>Alia Provino</td>
<td>4 Yrs Old</td>
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<tr>
<td>Ztishia Her</td>
<td>3 Yrs Old</td>
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<tr>
<td>Jesse Ortega</td>
<td>11 Yrs Old</td>
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<tr>
<td>Alexis Cady</td>
<td>10 Yrs Old</td>
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<tr>
<td>Deandre Hostler Flood</td>
<td>3 Yrs Old</td>
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<tr>
<td>Jade Boone</td>
<td>10 Yrs Old</td>
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<tr>
<td>Isabella Deforestre</td>
<td>9 Yrs Old</td>
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<tr>
<td>Zion Deforestre</td>
<td>11 Yrs Old</td>
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<tr>
<td>Alyse Kelley</td>
<td>11 Yrs Old</td>
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<tr>
<td>Logan Leos</td>
<td>1 Yr Old</td>
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<tr>
<td>Gabriella Russell</td>
<td>4 Yrs Old</td>
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<tr>
<td>Alexander Wennerham</td>
<td>9 Yrs Old</td>
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<tr>
<td>James Spaulding</td>
<td>2 Yrs Old</td>
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<tr>
<td>Shyann Spaulding</td>
<td>1 Yr Old</td>
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<tr>
<td>Parker Shumard</td>
<td>10 Yrs Old</td>
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<tr>
<td>Zachary Edson</td>
<td>4 Yrs Old</td>
</tr>
<tr>
<td>Swasey Russell</td>
<td>2 Yrs Old</td>
</tr>
<tr>
<td>Myla Edson</td>
<td>9 Yrs Old</td>
</tr>
</tbody>
</table>

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!!
N

HA, which stands for National Healthcare Association, is a nationally recognized organization that aims to prepare the next generation of healthcare workers and students for their future in medicine. NHA has awarded over 1 million certifications to healthcare professionals during their three decades of existence, and works to certify professionals who meet a nationally recognized measures of competency. The certifications help to improve client care and make for a better overall client experience.

An NHA credential shows that you are dedicated to your chosen field, demonstrating not only a proven level of knowledge, but also a desire for excellence.

UIHS is proud to recognize two employees who have worked hard to achieve their certification; Cierra Oscar and Sherilyn Latham. Sherilyn joined the UIHS team in May 2021, and Cierra joined the UIHS team in June of 2022. Congratulations to both of them for becoming Certified Medical Assistants, keep up the great work!
As one of our most popular behavioral health therapists, Janice Rollins-Dean has been a helpful voice and listening ear to UIHS clients for 22 years. Janice has a strong connection to her family and has decided to move to Indiana to be closer to her two daughters and her multiple grandchildren.

Janice has given United Indian Health Services many years of listening and helping clients. On a random trip to Chicago because a cruise fell through, Janice found herself the owner of a brand-new home where she plans to live. She plans to work part-time at a bookstore or craft store.

Janice has a strong and easy message for future therapists that come to United Indian Health Services: “It is important to come from a place of learning and respect when engaging with others, especially when it comes to counseling. This is because it can be difficult to open up to someone you don’t know and reveal personal information. It is important to be able to trust the person you are speaking with and...
feel comfortable sharing sensitive information. When you come from a place of respect and openness, it creates a safe and welcoming environment for both parties involved. This attitude of learning and respect is essential in any counseling relationship.” Janice’s message is clear; by coming from a place of learning and respect, we can create a safe and welcoming environment for everyone involved.

Janice loves Christmas time for many reasons, but one of her favorites is that it marks the beginning of the Christmas card season. Janice and her friends Olivia Jackson, Liz Lara-O’Rourke and Tracy Crutchfield love getting together to make their own cards. They use rubber stamps and different scrapbooking materials to make each card unique.

“It was always so much fun and it really got us into the Christmas spirit,” said Janice. Over the years as more people have joined their group, Janice mentions how it has become one of her favorite traditions. She loves that Christmas cards are a great way to show your friends and loved ones how much you care. Janice is happy to be a part of such a special tradition.

UIHS will miss Janice. She was not only a great behavioral health expert, but she was also the only photographer documenting UIHS for years before the marketing team was established. Janice’s pictures are wonderful memories of her time here and she will be missed by all who worked with her. Thank you Janice for your years of service.

We are grateful for everything you have done for us. Enjoy Indiana and all it has to offer!
This year’s employee appreciation day was a great success. Thank you to all the employees who participated. Awards were given out for years of service and other contributions. The BBQ lunch was a great way to show our appreciation, and the speakers were informative. This is just one of the many ways that United Indian Health services shows its employees that we care.
DENTAL GETS A NEW LOOK

Submitted by: John Haper, John Haper Media

The Dental Department at Potawot Health Village was recently remodeled. The upgrade was completed in June of this year, and the Dental Team moved back into their space on July 7. With a newly configured front office that seats four front desk employees, the Dental Department at Potawot has more room to help you - our clients - to get better dental care.

Not only did the front desk configuration breathe new life into the office, but the floor was also re-done. New flooring was installed, along with the refacing of cabinets, and fresh coats of paint on the walls. New countertops are in the works for the future of the remodeling plan, but for now, “Staff and clients are loving the fresh new paint and flooring,” said Carla Creason, Dental Department Director.

Other upgrades are coming to Arcata, with the medical department next in line for a refreshed look that will make workflow easier and a more inviting space for our clients.
**RESOURCE LIST**

**UIHS**
- Potawot Village (Arcata)
  - All Services: (707) 825-5000
  - Dental: (707) 825-5040
  - Medical: (707) 825-5010
  - Pharmacy: (707) 825-5020
  - Vision: (707) 825-4129
  - WIC: (707) 822-9900
  - Behavioral Health: (707) 825-5060
  - PT/OT: (707) 825-5000
  - Community Health: (707) 825-5070
  - Nutrition: (707) 825-5070
  - Purchased Referred Care: (707) 825-5080
  - Client Records: (707) 822-9900

- Taa-’at-dvn (Crescent City)
  - (707) 464-2750

- Weitchpec
  - (530) 625-4300

- Eureka (Harrison St)
  - (707) 442-0380

- Eureka (Downtown)
  - (707) 296-2500

- Elk Valley
  - (707) 464-2919

- Hop’-ew Puel (Klamath)
  - (707) 482-2181

- Xaa-wan’-k’wvt (Smith River)
  - (707) 487-0215

- WIC (All clinics)
  - (707) 822-9900

**National**
- Quit Smoking: (800) 784-8669
- Domestic Violence: (800) 799-7233
- Suicide and Crisis: 9-8-8
- LGBTQ Support: (888) 743-0331
- Sexual Assault: (800) 656-4673

**Tribal**
- Yurok Health and Human Services: (707) 482-1350
- Tolowa Dee-ni’ Family Services: (707) 487-9255
- California Indian Legal Services: (707) 443-8397
- Bear River Rancheria: (707) 733-1900
- Blue Lake Rancheria: (707) 668-5101
- California Tribal TANF: (707) 476-0344
- Hoopa TANF: (530) 625-4816
- Karuk Tribe: (530) 493-1600
- NCIDC: (707) 445-8451
- STOP the Violence Coalition: (530) 230-1951
- Tolowa Dee-ni’ In A Good Way Place: (503) 230-1951
- Yurok Tribe Klamath: (707) 482-1350

**Elk Valley Office**
- 2298 Norris Ave.
- Monday-Friday 8am - 5pm

**Potawot**
- 1600 Weeot Way
  - Arcata, CA 95521
  - Monday-Friday 8am - 5pm
  - Saturday 9am - 2pm
  - Pharmacy: 8:30am - 5:30pm

**Xaa-wan’-k’wvt**
- 501 N Indian Rd.
  - Smith River, CA 95567
  - Monday-Friday 8am - 5pm

**Taa-’at-dvn**
- 1675 Northcrest Drive
  - Crescent City, CA 95531
  - Monday-Friday 8am - 5pm
  - Saturday 9am - 2pm

**Weitchpec**
- 11500 CA-96
  - Weitchpec, CA 95546
  - Monday, Tuesday, Thursday and Friday 9am - 3pm (Medical)
  - 2nd and 4th Wednesday of every month 9:30am - 3pm

**Hop’-ew Puel**
- 241 Salmon Avenue
  - Klamath, CA 95548
  - Monday, Tuesday, Thursday, Friday 8am-4pm

**Eureka Clinic**
- 2332 Harrison Ave, Suite C
  - Eureka, CA 95501
  - Monday-Friday 8am - 5pm

**Eureka Downtown**
- 434, 7th Street Eureka, CA 95501
  - By appointment only

If you know of a resource that should be added to the list, please contact us at media@uihs.org
have you heard about commercial tobacco? Commercial tobacco is manufactured by companies for recreational and habitual use in cigarettes, smokeless tobacco, pipe tobacco, cigars, hookahs, and other products.

Commercial tobacco is mass-produced and sold for profit. The tobacco industry hooks kids on vaping by using fun flavors that spark curiosity and make commercial tobacco taste good. That puts teens at risk for a lifetime of nicotine addiction, health problems, and permanent brain changes.

In the last 2 years, vaping increased by 218% among middle schoolers and 135% among high schoolers.

- 96% of high school kids in California who vape use flavors
- Teens are nearly 7 times more likely to vape nicotine than adults
- Marijuana vaping among youth increased by 58% in a single year

- Teens who vape are 3x more likely than non-vapers to become daily cigarette smokers
- The average age of youth and young adults who try smokeless tobacco, like chew or snus, for the first time is 16

Vaping and smoking weaken lung function and immunity, which might explain why youth and young adult vaping is associated with 5 – 7 times greater risk of testing positive for COVID-19. An earlier lung illness, called EVALI, also hospitalized many young people and tragically took lives. Youth may turn to vaping to try to deal with stress or anxiety, creating a cycle of nicotine dependence. But nicotine addiction can be a source of stress. What may start as social experimentation can become an addiction. The most common reason U.S. middle and high school students give for trying an e-cigarette is “a friend used them.”

The tobacco industry sells a product world-wide with zero health benefits and many known risks. Not only that, but the industry also ran disinformation campaigns for decades, lying for their own profit. Our aim is to be a place where Californians get the facts, they need to keep teens safe and healthy despite ongoing threats from the tobacco industry.

KNOW THE SIGNS:

- Are there sweet, fruity, or menthol smells coming from behind closed doors?
- Are there flash drives or other school supplies you don’t recognize in your kid’s backpack or room? How about small vials or eye dropper bottles?
- Have you come across unfamiliar chargers, coils, or batteries?
- Is your teen spending more money than usual or making unexplained purchases?
- Have there been changes in your kid’s behavior such as increased mood swings, irritability, anxiety, impulsivity, or learning difficulties?
- Is your teen suffering from more frequent headaches or nausea?

Source: flavorshookkids.org
Board Information

Board Members:
Teresa Ballew, Joseph Giovannetti, Claudia Brundin, Laura Borden, LaWanda Green, Fawn Murphy, Lana McCovey

(Not Pictured):
Shirley Laos, Carol Larsen, Susan Masten, Melissa Myers, Vanessa Rios, Paula Tripp-Allen

Alternate Board Members:
Marnie Atkins, Debbie Boardman, Gail Burcell, John Green, Ruby Rollings, Darrell Sherman, Charlene Storr, Phillip Williams

Area 1
In and around Del Norte

Area 2
In and around Orick, Trinidad, McKinleyville, and Blue Lake (North of the Mad River)

Area 3
In and around Arcata, Eureka and all points south to the Humboldt – Mendocino County Line

Area 4
In and around Hoopa and Willow Creek

Area 5
In and around Pecwan, Weitchpec and Orleans
Joe Giovanetti has been a board member of United Indian Health Services, Inc. for six years, and is the Tolowa Dee-Ni’ Nation tribal representative. Two years ago, his life was punctuated by contracting COVID-19 to the point of being on a ventilator for nineteen days. He came within a day of death, but was saved by a visiting doctor from Houston, his personal hero - Dr. Amade.

When asked what makes UIHS so special, he mentioned that when walking into Potawot Health Village he passes by his nephew, and his niece who worked at Potawot for a short time before being transferred to another clinic.

“It’s a family feeling. Doctors here have seen so much of our family profile and it helps in so many ways. There’s an organic understanding that is in the DNA of the facility. To call it a vibe would be unjust”

Joe hopes that UIHS will be able to expand its services and offer things that haven’t been offered previously been able to offer, noting that there are many things that need to be outsourced to the community, and that it will be nice once they can offer those services at the clinics.

“I’m all for opening up so that all the persons who have native ancestry or are indian beneficiaries can get the most care and have the longest and happiest lifespans possible.”

Joe and his grandson collect basketball, football and baseball cards, and when asked who his team is, he said “The Giants - I THINK!”
SATURDAY CLINICS
9 AM - 2PM

CALL FOR AN APPOINTMENT OR DROP-IN AVAILABILITY

POTAWOT
(707) 825-5000

CRESCENT CITY
(707) 464-2750

CLOSED 11/26 12/3 12/24 AND 12/31
FOR THANKSGIVING, CRAFT FAIR, CHRISTMAS AND NEW YEAR
What is the Great American Smokeout?
The Great American Smokeout event is on the third Thursday in November hosted by the American Cancer Society. This can be your day to start your journey toward a smoke-free life. You’ll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk.

Smoking causes an estimated 480,000 deaths every year, or about one in five deaths. More than 16 million Americans live with a smoking-related disease. No matter your age or how long you’ve been smoking, quitting improves health both immediately and over the long term. Giving up smoking is a journey, and it can be hard, but you can increase your chances of success with a good plan and support. Getting help through counseling and medications doubles or even triples your chances of quitting successfully.

More than one in four American Indian and Alaskan Natives (AI/AN) adults smoke cigarettes. At 26%, that’s 1.5 times greater than the U.S. smoking rate. Out of the ten leading causes of death among AI/AN, six of them have been linked to smoking.

On November 17, 2022, United Indian Health Services’ NATIVE Tobacco Project will be providing educational outreach at the following sites:

- Potawot Health Village & Taa‘at-dvn Medical Clinic (Crescent City) from 1-4pm.

This event will have free resources, face masks & quit kits that have been specifically designed for UIHS clients.

Sources: www.cancer.org www.keepitsacred.org
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: SuWohrom David Baldy
Name:___________________________________________________
Street or P.O. Box:_________________________________________
City:____________________________________________________
State:_____________________ Zip___________________________
Email:___________________________________________________

UIHS Word Scramble Answers

Need a ride to your next appointment at UIHS?
Let our staff know when you are making your appointment that you will need a ride, and they will schedule it according to our driver’s availability.

We are now able to transport more than one household at a time.

We have van drivers in Arcata, Crescent City and Weitchpec! Call 707-825-5070 for more information.