

ACORN BASKET



VOLUME 46 | ISSUE #2

PLANTS HEALING PEOPLE

**AILEEN MEYER: A TRAILBLAZER
IN TRIBAL AFFAIRS**

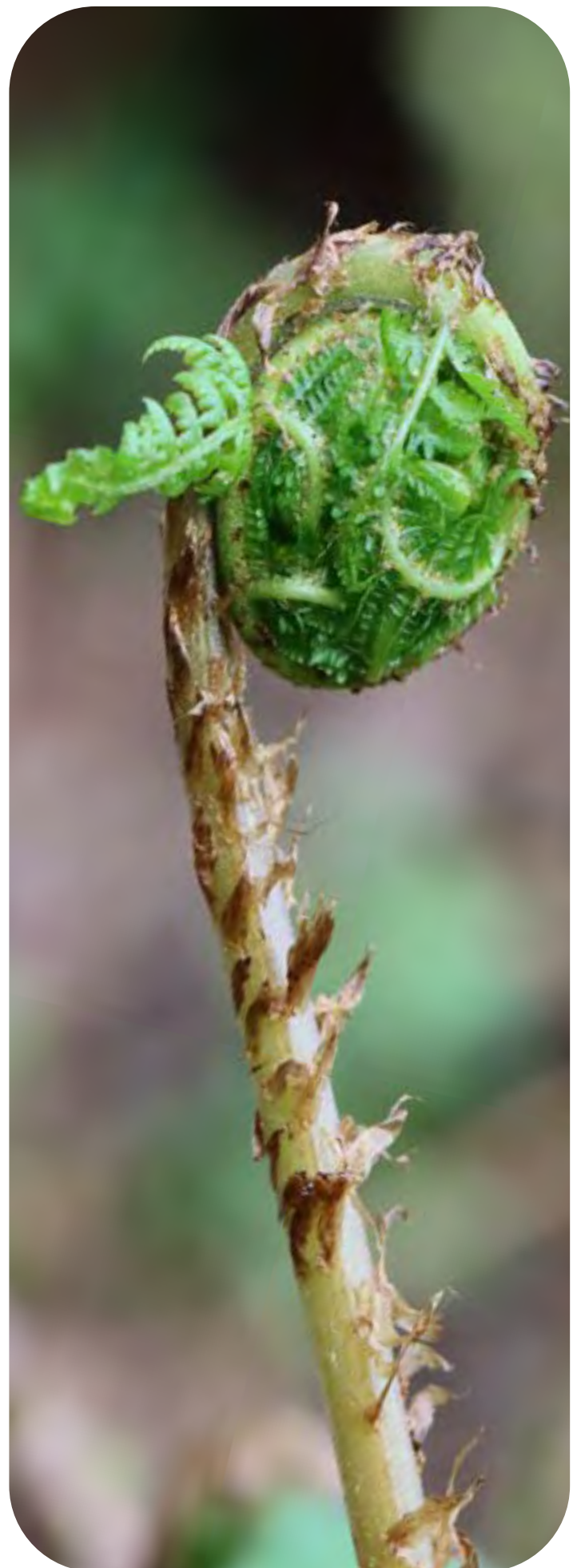
**BRIDGING GAPS IN
HEALTHCARE: THE ROLE OF
LOCUM PROVIDERS**

**MEET STEPHANIE WELDON:
THE NEW CHIEF OPERATING
OFFICER OF UIHS**



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Message from the CEO

Spring has Sprung! 2024!

We have moved our Eureka Office from 2332 Harrison Avenue to 2505 Lucas Street, Suite A. The new location is just down the street. We are still using the same phone number (707) 442-0380. By moving to this new location, we are able to add an additional provider, so double the service!

Our Multi-Use Agricultural Building located near the garden at Potawot Health Village is in full construction mode and will be completed by Summer 2024. Our site located at 525 7th Street, currently known as Eureka 3.0, will be opening in Summer 2024. This site will offer dental services. Our site located at 434 7th Street, currently known as Eureka 2.0, will be opening late Summer or early Fall and will be offering medical, behavioral health, vision, tribal public health, and quality improvement services. Soon, we will be renaming these sites with Wiyot names.

We are now able to offer additional vision services in Crescent City and dental services in Klamath until this fall. Give us a call and schedule an appointment.

During the month of March, the UIHS Board of Directors attended the Annual California Area Indian Service Tribal Consultation and participated in the March on Washington to discuss their concerns, including:

- Master Fund Planning
- Purchased Referred Care
- Electronic Health Records Modernization
- Dental Health Aide Therapy
- CMS Medicare Part B and Part D
- Adequate Funding for California
- Adequate IHS Staffing in California



Our Board of Directors is working hard to increase funding and address disparities to improve services for all of us in California and at UIHS. Great things are happening to better serve you, our clients.

Wishing you all a very happy Spring.

Elizabeth Lara-O'Rourke
Hupa/Yurok/Chilula
Chief Executive Officer

Liz Lara-O'Rourke



Join our Village

APPLY NOW!

Come join United Indian Health Services in providing Healthcare to our Native Community. Our vision of a healthy mind, body, and spirit, is embraced by those who founded our organization. Positions range from clinical, dental, behavioral health, vision and community health.

We bring community members together to be unified in ensuring the best care is provided to their families, and help to preserve the Native culture through education, community outreach, and medicine.

HEALTHY MIND,
BODY, AND SPIRIT FOR
GENERATIONS OF OUR
AMERICAN INDIAN COMMUNITY
Call us today for more info!
(707) 825-4049



VIEW
ALL
JOBS
OPPORTUNITIES!

Current Openings

- Health Promotion & Education Specialist-Eureka
- Member Services Rep-Crescent City
- Medical Assistants-Multiple Locations
- Dental Hygienist-Part Time
- Dental Front Office-Smith River
- Dental Assistant-Multiple Locations
- Dentist-Arcata & Smith River
- Behavioral Health Manager-Arcata
- Substance Use Disorder Counselor-Multiple Locations
- Behavior Health Counselors-Multiple Locations
- Diabetes Program Manager-Arcata
- Clinical RN-Crescent City & Arcata
- MD / DO-All Sites
- MD with OB Experience-All Sites

My Hail Mary- Teen Advisory Group (TAG) Member

Provided by: Michael Sanchez, Health Promotion & Education Specialist, UIHS



I am 15 years old and have lived on the North Coast with my parents and two younger siblings. I am Mono, Yurok, Wiyot, and Tolowa. At this point in my life, I am still learning who I am and where I fit in. I do not consider myself a follower, but I am not a leader. I am creative, caring, and a good problem-solver who would rather spend time on the computer than be around a group of my peers. My purpose in writing this story is to share my journey as I work on a plan to kick commercial tobacco out of my life.

By the age of fifteen, I had realized that I would have nothing to do with commercial tobacco use and that I did not want it to be in my adult life as well. If I had my way, I would make commercial tobacco disappear from my life and the lives of the people I love. And by people I love, I mean my dad. Tobacco is one thing we all learn about growing up. My people have used traditional tobacco for as long as I can remember, but it was not until I learned of commercial tobacco that I knew there was a difference. One type of tobacco was good, the other bad, and the bad tobacco alarms me the most.

My first experience with commercial tobacco was an alarming one. I was in my room sleeping when something woke me up. When my vision came into focus, I thought the house was on fire. I ran outside the house and saw my dad smoking a cigarette. He was so close to the window that smoke was coming into the house. Upon returning to my room, I closed the window and returned to bed. I could not go back to sleep as thoughts raced through my head. I felt like I should have said something to him, but I did not, and finally, I fell asleep.

Growing up, I used to think that everyone over the age of twenty smoked, but now I know this is not true. I understand that it is the way commercial tobacco wants me to think

because it makes smoking normal, and it is not. My dad has been a smoker ever since I was young. I understand that smoking is not suitable for him, and I would like to tell him, but I do not have the confidence, so for now, I will have to wait.

The first time my mom talked about The Teen Advisory Group (TAG), she explained it as a group of kids doing good things in the community, going on field trips, and learning about tobacco. In the first TAG meeting I attended, the topic was sex education. It was funny and informative, but I was interested in learning about commercial tobacco. I had to wait a few months, but it finally came around, and when it did, it was worth the wait. Much of what I already knew about commercial tobacco stayed the same, but what I did not realize was the services and programs people can go to that will help them quit. This was the first time I had heard this kind of information. This was exactly what I have been looking for and will be an important step in my plan to kick commercial tobacco out of my life.

My plan in the future is to learn what I can about addiction and commercial tobacco use so that I might be able to tell my dad confidently why he needs to stop using commercial tobacco. I care about my dad, and he needs to hear that his addiction affects us all. I know a lot of people have been addicted to commercial tobacco throughout the years. I want one person to change: my dad.



ATTENTION TRIBAL ELDERS!

~The Native Will Project~

Have your simple will written, for free. In 2017, UIHS General Counsel Neal Latt, a licensed California attorney, initiated an independent, pro bono (FREE) semiannual (twice a year) event to prepare simple wills for tribal elders, ages 60 and up.

If you are a tribal elder 60 or over, you may call Serena Brooks at (707) 825-4136 to schedule your one-hour appointment to meet confidentially with Neal to prepare your simple will. Appointments are made on a first come, first served basis, so call now!

2024 Native Will Project dates:

**Saturday, September 7
10 a.m. - 5 p.m. @ Potawot**

By appointment only. First Come, First Served

UIHS is unaffiliated with the Native Wills Project but has generously offered to provide the space for it.

Plants Healing People Through the Good Medicine Group

Written by Christine Griffin and Lana Dreyfuss

The Potawot Community Food Garden has been successfully operating an organic fruit and vegetable garden under United Indian Health Service's (UIHS) Community Nutrition Program for twenty-three years. We are very excited to announce a horticultural therapy program open to and benefiting all UIHS clients over the age of eighteen will be starting up once again in the Spring of 2024. The group will meet once a week for six weeks at the Potawot Community Food Garden to engage in activities centered around cultural knowledge and the natural rhythms of the garden. Featuring special guests from the local community such as Theresa Surbaugh, basket weaver, Ruby Bommelyn, herbalist, Lynn Risling, artist, and so many others! They will be covering topics such as gathering plants for weaving, storytelling, herbal tea making, salve making, art, and more. UIHS Behavioral Health counselor Lana Dreyfuss, LPCC (Licensed Professional Clinical Counselor), LCADC (Licensed Clinical Alcohol and Drug Counselor), and HTR (Horticultural Therapist-Registered), will oversee the pilot program with UIHS garden staff and Certified Horticultural Therapist, Christine Griffin.

Horticultural therapy is an activity-based therapy that connects people and plants to promote wellness and healing. It is complementary to other therapeutic modalities. UIHS counselor Lana Dreyfuss describes horticultural therapy as follows: "Horticultural therapy promotes activities that are based on the relationship between people and plants. It involves activating the connection between oneself and the natural world for healing to begin." Benefits to our

clients can include an increased sense of connection, ability to use expressive and creative processes, increased sense of control, use of metaphor in the recovery process, promotion of failure tolerance and flexible learning styles, increased self-esteem and a sense of belonging, and movement from a "survive" to "thrive" response. Our horticultural therapy program can serve a wide cross-section of our clients such as young adults at risk, persons with mental health concerns or substance abuse, elders, veterans, persons with diabetes and persons with developmental and physical disabilities.

Our horticultural therapy program is called the Good Medicine Group with goals focused primarily on wellness and our three main goals being:

Increase access to and use of the established trails and gardens at the Potawot Health Village for UIHS clients and promote physical activity.

Complement the group therapy program at the UIHS Behavioral Health Department by providing a culturally appropriate setting with staff trained in horticultural therapy techniques.

Increase care for and connection with mother earth in accordance with our cultural values and philosophy that the health of the environment equals the health of the people.

At UIHS Potawot Community Food Garden, wellness is our primary goal. To quote our website, "Our goals are to work together with our clients to achieve wellness through health services that reflect the traditional values of our American Indian Community. Quality healthcare

requires quality relationships. Integrating our services and focusing on the relationship between the client, their family and those who provide them care will serve to create long-term relationships. It is in these long-term relationships that trust develops, communication opens, knowledge grows, and healing takes place." We hope to see you at the garden soon!

Schedule:

Wednesday's from 1:30-3:00 PM

Week 1: May 15 – Welcome and Connecting

Week 2: May 22 – Activity/Presenter TBD

Week 3: May 29 – Native Tobacco with Loren Bommelyn

Week 4: June 5 – Calming Herbal Teas: Growing, Harvesting, and Processing with Ed and Tee

Week 5: June 19 – Activity/Presenter TBD

Week 6: June 26 – Salve Making with Atira and Closing Circle

To sign up or if you have any questions, contact Lana Dreyfuss at (707) 825-5000 extension 2816 or email lane.dreyfuss@uihs.org

No drop-ins. Sign up ends May 15 at 11:00 AM

Next Good Medicine Group will begin August 14.

What's new in Infection Prevention?

Provided by: Michelle Lewis-Lusso, Infection Prevention/Tribal Public Health Nurse, UIHS

Measles

Measles is a highly contagious respiratory disease that can be spread through the air if an infected person speaks, coughs, or sneezes. Measles starts with a fever and rash, and then leads to a cough, runny nose, and red eyes. Measles can be very serious for young children. Measles outbreaks can occur when unvaccinated people travel out of the country and then bring the disease back into the U.S. and it spreads to others.

Measles cases have increased in the United States in recent months. As of March 14, 2024, 58 cases of measles were reported in 17 states, including California. Please make sure that you and your family are vaccinated against measles. Measles vaccines are safe and effective, and available at all UIHS medical departments. Call your clinic today to make sure you and your family are up to date with your measles vaccines. Make sure you are current with your measles vaccines if you are planning any international travel.

Tuberculosis (or "TB")

Cases of tuberculosis have increased in California over the last year. Tuberculosis is a disease caused by germs that are spread from person to person through the air. TB usually affects the lungs but can affect other parts of the body as well. Not everyone infected with TB becomes sick.

Quick facts:

- Anyone can get TB--it is not a disease of the past.
- Some people have latent TB infection and TB disease may develop if not treated. Treatment is effective.
- If you are at high risk for TB, you should get tested.
- TB can happen anywhere. Cases have increased recently in California.
- Risk factors include being around a person with infectious TB disease and a

weakened immune system.

- Contact your local UIHS Medical Department for more information on getting tested for TB.

COVID-19 vaccines

Protection from prior infections and vaccinations decline over time, so stay up to date on vaccines! The COVID-19 virus is always changing, and new studies indicate that the updated 2023-2024 COVID-19 vaccine has been effective against COVID-19 during September 2023 through January 2024. The updated vaccines have been available since mid-September 2023, and if you have not yet received your updated COVID-19 vaccine, call your local UIHS clinic for vaccine options! If you are 65 years or older, or have a weakened immune system, you should receive an additional dose of the updated 2023-2024 COVID-19 vaccine. Call your local UIHS Medical Department for more information.

Respiratory virus guidelines

Even though we are almost done with flu season, COVID-19 and RSV may still linger throughout the year. Stay safe against respiratory viruses! The CDC has updated guidelines for respiratory viruses:

Hand Hygiene Day!

May 5 is World Hand Hygiene Day! Here are some fun facts about hand hygiene:

1. Some of the dirtiest places with the most germs are on everyday items, like cell phones, tablets, keyboards, grocery carts, and doorknobs.
 2. Hand washing and using hand sanitizer can protect you from respiratory viruses and nasty stomach bugs.
 3. Only 5% of people wash their hands for the recommended length of time (20 seconds)
 4. Using alcohol-based hand sanitizer in classrooms reduced absenteeism due to infection by 20%
 5. A large percentage of foodborne disease outbreaks are caused by contaminated hands.
- Save lives! Clean your Hands!

<https://www.cdc.gov/respiratory-viruses/guidance/respiratory-virus-guidance.html>

<https://emergency.cdc.gov/han/2024/han00504.asp>

<https://www.cdc.gov/measles/cases-outbreaks.html>

<https://www.cdc.gov/tb/default.html>

Respiratory Virus Guidance Snapshot

Core prevention strategies

- Immunizations
- Hygiene
- Steps for Cleaner Air
- Treatment
- Stay Home and Prevent Spread*

Additional prevention strategies

- Masks
- Distancing
- Tests

*Stay home and away from others until, for 24 hours BOTH:

- Your symptoms are getting better
- You are fever-free (without meds)

Then take added precaution for the next 5 days

Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

Aileen Meyer: A Trailblazer in Tribal Affairs

Provided by: SuWorhrom David Baldy, Marketing Specialist, UIHS



Cal Poly Humboldt is eagerly anticipating the celebration of an extraordinary individual during this year's Spring Commencement ceremony on Saturday, May 11. Aileen Meyer, Vice Chairwoman of the Bear River Band of Rohnerville Rancheria and a Board member for United Indian Health Services, is slated to be honored with an esteemed Honorary Doctorate of Humane Letters – a distinction reserved for a select few whose contributions transcend the ordinary.

Meyer's journey is a testament to resilience, determination, and unwavering dedication. Throughout her illustrious career, she has served as a beacon of hope and progress for her tribe, steadfastly preserving its cultural heritage and advocating for its recognition. From her pivotal role in securing Tribal recognition in the Tillie Hardwick Supreme Court Decision of 1983 to her tireless efforts in crafting the tribe's inaugural constitution, Meyer has been at the forefront of transformative change.

Her impact extends far beyond the confines of Tribal Affairs, resonating deeply within the Humboldt County community. Through her leadership and advocacy, Meyer has secured vital funding for housing projects and essential initiatives, leaving an indelible mark on countless lives. Her commitment to fostering positive change serves as an inspiration to all who have had the privilege of crossing paths with her.

As we prepare to pay tribute to Aileen Meyer, let us not only celebrate her remarkable achievements but also reflect on the enduring legacy she leaves behind. Her unwavering dedication to service, resilience in the face of adversity, and tireless pursuit of justice embody the very essence of the values we hold dear. Congratulations, Aileen Meyer – your recognition is well-deserved, and your impact will be felt for generations to come.

In addition to her outstanding contributions to Tribal Affairs and the Humboldt County community, Meyer has also been a driving force in promoting cultural awareness and understanding. Through initiatives such as cultural heritage preservation programs and educational outreach efforts, she has sought to bridge divides and foster greater appreciation for the rich tapestry of Indigenous cultures. Meyer's efforts in this regard have not only enriched the lives of her fellow community members but have also helped to promote greater inclusivity and mutual respect within the broader Humboldt County community.

Furthermore, Meyer's dedication to advocating for equitable access to healthcare and social services has been instrumental in addressing disparities and improving outcomes for underserved populations. As a vocal proponent for healthcare equity, she has worked tirelessly to ensure that all members of the community have access to the resources and support they need to thrive. Meyer's tireless advocacy efforts have helped to break down barriers and create a more just and equitable society for all.

In recognition of her outstanding achievements and unwavering commitment to the betterment of her community, Aileen Meyer's forthcoming receipt of an Honorary Doctorate of Humane Letters is a testament to her exceptional leadership, service, and dedication. As we come together to celebrate her accomplishments, let us also renew our commitment to building a more inclusive, equitable, and compassionate society for all.

CAVITY FREE CLUB

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.

Chyer Ery	4 Yrs Old
Nathan Boyley	12 Yrs Old
Milo Mata Camesi	8 Yrs Old
Otto Perry Gorro	5 Yrs Old
Hazel Johnson	7 Yr Old
Rhea Scott	17 Yrs Old
Michael Alvarez	5 Yrs Old
Alyssa Evenson	11 Yrs Old
Trenton Mccovey	10 Yrs Old
Kelby K.	7 Yrs Old
Lucille Mcgee	8 Yrs Old
Charlotte Epker	2 Yrs Old
Ztinyia Her	2 Yrs Old
Ztishia Her	4 Yrs Old
Chayce	7 Yrs Old
Zechariah Beer	6 Yrs Old

Hudson Gardner	8 Yrs Old	Anthony Caulder	2 Yrs Old
Lola Perry-Gordo	3 Yrs Old	Benjamin Nunez	5 Yrs Old
Alani Te'odecki	6 Yrs Old	Jordan Thompson	10 Yrs Old
Josie Jameson	4 Yrs Old	Scarlett Stodola	7 Yrs Old
Miley Mcginnis	9 Yrs Old	Skoyon Son Orow Saylor	5 Yrs Old
Kaspyn Rasmussen	1 Yrs Old	Mallory Erickson	10 Yrs Old
Skylar Vanvoltenburg	10 Yrs Old	Skye Proctor	11 Yrs Old
Robin Martin	12 Yrs Old	Abraham Camez	6 Yrs Old
Malikih Wilson	9 Yrs Old	Luke Davis	2 Yrs Old
Jayce Barnes	10 Yrs Old	Liam Downing	6 Yrs Old
Skylar V.	10 Yrs Old	Tey Poh Meyer	7 Yrs Old
Tyler Bradfield	10 Yrs Old	Layla Meyer	10 Yrs Old
Rhlyee Burrus	6 Yrs Old	Haylee Tedsen	4 Yrs Old
Joseph Lemley	9 Yrs Old	Madelyn Tedsen	5 Yrs Old
Adrianna Wilson Carlson	5 Yrs Old	Aiyana Meyer	11 Yrs Old
Charlotte Patapoff Pruitt	9 Yrs Old	Daylen Owen	7 Yrs Old
Kayannah Reed	8 Yrs Old	Ares Pendergast	2 Yrs Old
Sequoia Wilson	3 Yrs Old	Analiyah Marez Pendergast	4 Yrs Old
Chance Rowland	7 Yrs Old	Karmynn Cole	8 Yrs Old
Julio Cortez	7 Yrs Old	Maximus Webster	8 Yrs Old
Bristyn Christie	3 Yrs Old	Marion Webster	10 Yrs Old
Brinley Christie	5 Yrs Old	Evin Hall	10 Yrs Old
Caleb Albers	9 Yrs Old	John Land	7 Yrs Old
Emma Rios	4 Yrs Old	James Land	9 Yrs Old
Anika Norris Yarbrough	1 Yrs Old	Draiden Dowd	10 Yrs Old
Tuuuyship Colegrove	2 Yrs Old	Johnee Jones	10 Yrs Old
Roman Hill	4 Yrs Old	Dej Prado	3 Yrs Old
Emerald Rain May	2 Yrs Old	Mateo Rodriguez	11 Yrs Old
Tiara Johnson	4 Yrs Old	Annalee Rodriguez	8 Yrs Old
Carol Ann Caulder	1 Yrs Old	Melody Campbell	8 Yrs Old

Lily Graham	6 Yrs Old
Brielle Prado	9 Yrs Old
Rowen Richards	4 Yrs Old
Zoey Cornelis	8 Yrs Old
Gregory Blodgett	11 Yrs Old

Call to Make an Appointment
Potawot Health Village at (707)
825-5040
Xaa-wan'-k'wvt at (707) 487-0215





Do You Have Or Are You:

UIHS ELIGIBILITY

Do you qualify?

- ◆ 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

Word Search

Covered	Prescription
California	Drug
November	Insurances
January	Plans
October	Available
December	Medicare
Medical	PartD
Dental	Open
Vision	Enrollment
Insurance	Optometry
Plans	Vision
Are	Purchased
Available	Referred
	Care
	Health

P R A J J S E C N A R U S N I
 Q R R D X B L A C I D E M E O
 Z T E V I S I O N F L G P C O
 H R N S E S G L A B U C T N C
 W E W E C C I V A R T O A A F
 R F A C M R B L D T B X L R D
 E E P L Q L I S J E N I Q U E
 B R U M T A L P R A F E S S R
 M R R K V H I O T O N A D N E
 E E C A P Z T X R I Y U R I V
 C D H L G C Y N K N O J A L O
 E G A M E D I C A R E N C R C
 D N S C B A O P T O M E T R Y
 S R E B M E V O N D T R A P D
 Z M D S T I F E N E B O P E N

What's the Difference?



Can you find the
10 differences?

New Hires



Canyon Smith
- PHV -
Diabetes Admin. Asst.



Damia Flores
- PHV -
FOA Medical



Emily Smith
- PHV -
Pharmacy Tech.



Hannah Fulkerson
- CC -
Lab Assistant



Kerrie Ventre
- CC -
RN



Lila Carpenter
- PHV -
Medical Assistant



Luca Green
- PHV -
Medical Assistant



Matthew Hinshaw
- PHV - Traditional Land
Management Specialist



Paula Gardner
- PHV -
Dentist



Ruby Grubbs
- Elk Valley -
FOA
Behavioral Health



Shanice Moore
- Elk Valley -
SUD Counselor



Stephanie Weldon
- PHV -
Chief Operations Officer



Taniya Borden
- PHV -
FOA Medical



Vanessa Gonzalez
- PHV -
BH FOA

Bridging Gaps in Healthcare: The Role of Locum Providers

Provided by: Tahnee Scott, Clinic Manager – Del Norte, UIHS



Locum providers come from all over the country. They often have families wherever they call home and can't stay with us permanently. They most often sign on with a Locum agency because they love to travel and see different areas of the country.

We know that this can be difficult for a client. Our goal is to have full-time permanent providers that you can build a long-lasting relationship with and trust to provide you with the care you deserve. UIHS continues to recruit for these hard to fill positions.

Help UIHS grow our own! Students in high school can participate in the Del Norte High School health track and prepare for a career in health care.

When a full-time permanent Medical Provider position becomes available at UIHS it can take some time to recruit a high-quality provider in our beautiful but rural area.

To continue to provide our community with healthcare and keep our clinics open we supply our clinic with "Locum tenens" also known as Locum Providers or Traveling Providers.

A locum provider is a traveling provider that contracts with organizations to fill in on a temporary basis until the company can fill those positions.

Locum Providers will contract with UIHS for a set amount of time – usually for 3 months and sometimes for as long as a year! Dr. Gordon one of our locum providers has been providing exceptional care to our community for over a year! We have two new locum providers who have now started in Del Norte – Dr. Robert Jason and Dr. Judy Mc Donald. Often when we contract with locum providers, they love it here and will extend their contract a little longer or ask to come back again in the future!



Nettle Pesto Recipe

Provided by Atira Montgomery, Community Nutrition Assistant



Try tossing this pesto with pasta or quinoa, and cooked vegetables. Enjoy as a spread on crackers or bread or try preparing one of the following meals. Spread on a whole grain tortilla, add avocado, fresh greens, and choice of protein like turkey or popcorn tofu. Spread on Sean Shermans Simple Corn Cakes recipe and top with other local foods like salmon and/or sauteed fiddleheads. As mentioned in *The Sioux Chef's Indigenous Kitchen* "The base of cooked cornmeal may be stored in the refrigerator for at least a week, ready to shape into cakes for breakfast, lunch, appetizers, and snacks." As mentioned in [The Sioux Chef's Indigenous Kitchen](#),

"The base of cooked cornmeal may be stored in the refrigerator for at least a week, ready to shape into cakes for breakfast, lunch, appetizers, and snacks."

Both recipes are easy to prep ahead of time for convenient, traditional-contemporary healthy meals throughout the week.

Ingredients:

- 1 small bag of fresh young nettles, washed
- ½ cup parmesan cheese (substitute 3-4 tbsp nutritional yeast if you have a lactose intolerance)
- 1/3 cup toasted pine nuts
- 3 cloves of garlic

- 2 tbsp lemon juice
- ½ tsp salt (more to taste)
- ¼ tsp pepper (more to taste)
- about ¾ cup olive oil

Directions:

1. Boil fresh nettles in water (blanch) for 2-3 minutes to remove the sting.
2. Submerge in an ice bath immediately to cool, squeeze out as much of the water as you can, and set aside.
3. Place all ingredients except for the oil in a food processor or blender.
4. Pulse until all ingredients are finely chopped.
5. With the food processor/blender on low, add the oil in a slow steady stream until combined.
6. Store in a clean jar topped with ¼ inch of olive oil and refrigerate. This will last for about 2-3 weeks.



Planting the Seed for Potawot Garden Farmers Markets

The UIHS Community Nutrition Program includes the Potawot Community Food Garden and provides a wide range of services to clients. We prioritize Indigenous Food Sovereignty and wellness by increasing access to fresh, affordable, healthy produce and providing nutrition education and activities.

We are dedicated to creating organic and sustainable environments that foster healing of the mind, body, and spirit.

The three-acre garden provides the UIHS community with a wide range of organically grown produce. From June through December, the garden and greenhouses are filled with a variety of seasonal fruits and vegetables. Some of our produce includes carrots, cauliflower, cucumbers, summer and winter squashes, beets, broccoli, apples, pears, strawberries, raspberries, edible flowers, herbs, lettuces, and so much more.

The adjoining Herb Garden provides both culinary and medicinal herbs such as Vine Tea (Yerba Buena), Mugwort, Oregon Grape, Lavender, Rosemary, and

Lemon Balm amongst many others are clustered throughout the garden paths.

The fruit tree orchard features over sixty fruit varieties including apples, peaches, pears, cherries, plums, and figs. You can see the orchard while taking a walk on the Ku' wah-dah-wilth trails.

Our produce is distributed to the UIHS community through a weekly farmers market from June through October at the UIHS Potawot Health Village clinic.

In addition to our markets, we donate produce frequently to the Elder Nutrition Program which is distributed to elders who live in the Klamath, Crescent City, Smith River, or Elk Valley areas. We also participate in other county programs such as CalFresh and Market Match, Women, Infant and Child Program (WIC), and American Indian Infant Health Initiative programs.

UIHS offers educational opportunities through a series of workshops on nutrition, organic agriculture, and hands-on internships during the summer months. For information on



Farmers Market Dates

June - 11, 18, 25
Tuesday's Only

July - 2, 9, 16, 23, 30
Tuesday's Only

August - Tuesday's and Friday's
No Market 8/16

September - Tuesdays and Fridays
No Market on 9/3 or 9/27

October - 1, 4, 8, 11

Important Date

Kay Woi Drive
May 17 | Time TBD

Starts & Seeds Giveaways

Each event will be held from 11:30 AM – 1:00 PM or until we run out of stock for each location. Starts and seeds are given away on a first come first serve basis.

Klamath – Friday, April 26 at Yurok Discovery Village

Weitchpec – Wednesday, May 1 at the Libby Haripop Nix Community Center

Arcata – Friday, May 3 at Potawot Health Village

Crescent City – Wednesday, May 8 at Taa-'at-dvn UIHS Clinic

Smith River - Wednesday, May 8 at Location: TBD

We have onsite staff available to assist people in applying for CalFresh and provide free and low-cost food resources. Please call Atira Montgomery, Community Nutrition Assistant at (707) 825-4093 or visit getcalfresh.org.



Patient Power: Top 4 Ways to Maximize Your UIHS Clinic Visits!

Provided by: SuWorhrom David Baldy, Marketing Specialist, UIHS

United Indian Health Services (UIHS) is deeply committed to delivering outstanding healthcare to our community. As a respected client, your contribution is invaluable to our purpose. Here are four tips to ensure your clinic visits are seamless and productive.

Stay Connected: Please let us know of any changes in your contact information, like your address or phone number. Your updates enable us to reach you promptly with important reminders and updates. Help us maintain clear communication channels by setting up your voicemail and text message notifications.

Arrive Early: Arriving at least 10 minutes early gives us time to update your information and assist you with any paperwork that you must complete prior to your visit. Your help in this regard contributes to a more streamlined clinic experience for everyone.

Cancel Thoughtfully: If circumstances prevent you from keeping your appointment, please cancel as early as possible. Last-minute cancellations disrupt our schedule and may deny others the opportunity to receive timely care. Your proactive communication helps us serve our community more effectively.

Prioritize Safety: Wear a mask if you're feeling unwell or experiencing any symptoms of illness during your visit to the clinic. Your commitment to safety protects both yourself and others in our community from potential health risks.

Beyond these essential tips, we urge you to consider the broader impact of your actions on our clinic and community. Every missed appointment represents a missed opportunity to provide essential care to those in need. Please notify us at least 24 hours in advance. This consideration allows us to allocate our resources effectively and accommodate other patients in need. Your cooperation and support are vital in helping us deliver exceptional healthcare services to all members of our community.

Together, let's strive for excellence in your clinic experiences and work collaboratively to ensure the well-being of everyone at UIHS. Your assistance is invaluable, and we deeply appreciate your partnership in our shared mission to promote health and healing for all. Thank you for your support and commitment to our community's health and well-being.

As part of our commitment to providing holistic care, we encourage you to engage with our additional services aimed at enhancing your overall well-being. These services include nutritional counseling, mental health support, and community wellness programs. By taking advantage of these resources, you can further empower yourself to lead a healthier and more fulfilling life. Additionally, we welcome your feedback on our services and facilities. Your input helps us continually improve and tailor our offerings to better meet the needs of our diverse community.

In the spirit of collaboration, we invite you to participate in our community events and initiatives. Whether it's a health fair, educational workshop, or cultural celebration, your involvement strengthens our bonds as a community and fosters a sense of belonging. Together, we can create a healthier, more vibrant future for generations to come. Thank you for entrusting us with your healthcare needs, and we look forward to serving you with excellence and compassion.



Dr. Coyote

Provided by: Andre Cramblit, Cultural Resource Specialist, Traditional Resources, UIHS



Dear Doctor Coyote,
My husband has become impossible to sleep with. He snores so loud it sounds like a stock car race in our bedroom. Plus, he is gasping throughout the night. What can I do?
Signed, Silent Sufferer

Dear Silent Sufferer,
I understand your problem, I myself have a severe snoring affliction. I had to go to a specialist and have a sleep study done. Turns out I have a problem called sleep apnea. This is a problem that occurs as you sleep and your throat muscles relax which can temporarily block your airway. Your body struggles to get air which results in waking yourself up with what you described as that gasping issue. Sleep apnea is a serious health problem that can result in an increased risk of heart failure or stroke. Losing weight and drinking less alcohol are two ways to help improve this condition. Some people need a special machine that provides continuous positive airway pressure also known as CPAP. Make an appointment with your medical provider right away to see if any of these solutions are right for you.
Signed, Dr. C, Who Is Now A Silent Slumberer.

Dear Dr. Coyote;
The dams on the Klamath river are causing quite a problem with our fish. What do you know about the plan to take them down? Signed, Hungry For Pink Slammin' Salmon.

Dear Hungry,
You can always dine on canned salmon. While I know it is not the same it is at least something with the same heart healthy fish oils. Now about your questions regarding the dams. The agreement to start dam removal is being fulfilled. Draw down of reservoir levels has begun and higher levels of water are reaching the Klamath from the damns. It will take many years to completely tear down the walls

of the dams on the Klamath River. Over time a noxious collection of heavy metals and other disagreeable ingredients have collected behind the fixtures blocking the river. Rest assured the partners in the dam's closure are working together to mitigate the problems that comes with bringing them down. Hopefully a restored flow of water in the Klamath River system will enable our fish brothers to rebound with return of fine pink salmon for all of us. Signed,
Your Always Hungry Friend Dr. Coyote.

Dear Doctor Coyote,
My son has recently lost his first baby tooth. What do I need to do to ensure he keeps his teeth strong and healthy?
Signed Dad with Dentures.

Dear Dad.
Most people do not know that cavities are the most common disease in American Children. Cavities can lead to infections, pain, and may disrupt your son's playing, eating and learning. According to the Center for Disease Control (CDC):

- More than half of children aged 6 to 8 have had a cavity in at least one of their baby (primary) teeth.
- More than half of adolescents aged 12 to 19 have had a cavity in at least one of their permanent teeth.
- Children aged 5 to 19 years from low-income families are twice as likely (25%) to have cavities, compared with children from higher-income households (11%).

I recommend you make an appointment with a dentist to get your son off to a good start to oral health. Make sure you help him floss and brush with a fluoride toothpaste twice a day until he masters the skills himself. This improves the chances of him having healthy teeth and gums throughout his life. Signed Dr. C, who changes his toothbrush regularly.

Kay-Woi Program

We offer UIHS Clients and Staff the opportunity to support their wellness by joining our Kay-Woi Program. By joining the Kay-Woi Program you create a credit account at our farmers markets with an additional 10%-15% added on top of your amount paid. This helps ease shopping and gives the UIHS Community the opportunity to purchase our organic produce at even lower prices! We also work in part with the Diabetes Awareness Program to provide a \$30 Kay-Woi Membership to eligible clients' on a first come, first served basis.

Sign up starts May 17, 2024 during our Kay-Woi Drive at Potawot Health Village. Sign up continues throughout the season online, at our farmers markets, or through the Potawot Health Village Admin receptionist.



KAY-WOI MEMBERSHIP FORM 2024



FOR UIHS CLIENTS AND STAFF

Support your wellness and put produce shopping at ease by joining the Kay-Woi (Burden Basket) Membership at the UIHS Potawot Garden Farmers Market. Enjoy fresh local organic produce at even lower prices! Your account will be good through December 2024.

MEMBERSHIP OPTIONS:

- I'd like to pay in \$25-\$49 and get a 10% value added to the amount paid (\$25.00 = \$27.50)
- I'd like to pay \$50 or above and get a 15% value added to the amount paid (\$50.00 = \$57.50)

NAME: _____

HOME/CELL PHONE: _____ **TEXT OK?** YES NO

WORK PHONE: _____

EMAIL: _____

ADDRESS: _____

AMOUNT ENCLOSED: _____ CASH DEBIT/CREDIT CHECK (CHECK#: _____)

MAKE ALL CHECKS PAYABLE TO 'UIHS GARDEN'

PLEASE RETURN COMPLETED FORM ALONG WITH PAYMENT TO THE UIHS ADMIN DESK
QUESTIONS?

Jude Marshall, *Community Nutrition Manager* at (707)825-4098



Meet Stephanie Weldon: The New Chief Operating Officer of UIHS

Provided by: Stephanie Weldon, COO, UIHS



Stephanie Weldon, MSW now serves as the new COO. Stephanie began working for UIHS on January 8, 2024. Stephanie Weldon is Yurok, Tolowa, and Karuk, is enrolled

Yurok. Stephanie was raised in Klamath, on the Yurok reservation and and comes from the McQuillen and Mattz families.

Stephanie recently served as a governor appointee for the California Department of Social Services (CDSS) as the Tribal Affairs Director. Stephanie has worked in Tribal Affairs and Social Services for the last twenty two years and which also included serving as the Humboldt County Social Services and Child and Family Services Deputy Director (child welfare and children’s behavioral health) and as the Director of the Yurok Tribe Health and Human services . She received her Bachelor’s Degree in Native American Studies in 2008 with a minor in American Indian Education from Humboldt State University. Stephanie earned her Masters Degree in Social Work from Humboldt State University in 2010. Stephanie has been involved in Tribal advocacy, cultural revitalization and preservation, and raising awareness of Tribal issues throughout her personal and professional life.

TAG Goes to Sacramento

Provided by: Michael Sanchez, Health Promotion & Education Specialist, UIHS

Youth Quest is an annual event hosted by the California Youth Advocacy Network (CYAN) to celebrate and promote youth leadership in California’s movement to end the burden caused by the tobacco industry in our state.

Youth Quest provides an opportunity for youth advocates to demonstrate their commitment to a smoke and commercial tobacco-free California, learn about current tobacco prevention efforts, and build their advocacy skills by sharing their local work with legislators.

United Indian Health Services’ NATIVE Tobacco Project staff and three Teen Advisory Group members traveled to Sacramento this week to attend the 2024 CYAN Youth Quest. Youth from across California marched to the Capitol. ‘Address the Root. It’s time to address the root cause of commercial tobacco use.’ UIHS’ TAG Members and other tribal youth were able to meet with Assembly Member James C. Ramos to share the work that is currently being done in Del Norte County, Humboldt County, and all across California.

#NATIVEtobaccoProject,#YQ24, #AddressTheRoot, #BreakTheLoop, #StopBigTobacco





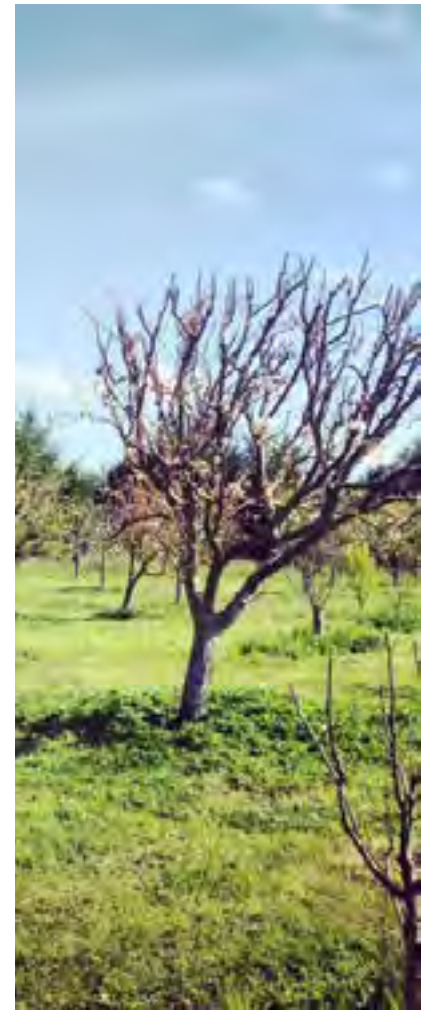
JOIN OUR VILLAGE

SUMMER VOLUNTEERS NEEDED

Join us this summer for harvesting, planting, and tending to the garden. Gardening experience is preferred but not necessary - we offer onsite learning and help along the way. Internships available for college students!



1600 WEEOT WAY
ARCATA, CA 95521



CALL OR TEXT

(707)601-6282



VOLUNTEER AT POTAWOT COMMUNITY FOOD GARDEN VIDEO



WEAVING CULTURE INTO WELLNESS VIDEO SERIES



VOLUNTEER INFO AND DISCORD SERVER

VISIT [LINKTR.EE/POTAWOTGARDEN](https://linktr.ee/potawotgarden) FOR MORE



March on Washington: UIHS Advocates for Equity in CA Indian Health Funding

Provided by: Stephanie Weldon, COO, UIHS



A small but mighty team of UIHS Board of Directors and staff participated in the annual CRIHB March on Washington. The collective group gathered for a weeklong to meet with Congress representatives and staff to advocate for parity and equity in California Indian Health Care funding. There are a range of inequities for CA Indian organizations such as UIHS and Tribal clinics in comparison to other Tribes across the nation. Additionally, Indian Health Care is funded overall at an incredibly low rate. Why is this a problem? UIHS and clinics alike depend upon federal IHS funding to operate and provide services to the American Indian community. Most importantly, the federal government is obligated because of the federal "trust responsibility" to provide health care for federally recognized Indians. This is the result of federal policy and the genocide, treaties, and taking of land of this nation's first people.

As of today, there are no Indian Health Care hospitals in California. There are no ambulatory funded facilities in CA, and the IHS facilities staffing resources are funded much lower. Purchase Referred Care (PRC), the funding to provide for specialists, is funded at a much lower rate in CA. The very successful Special Diabetes Program for Indians (SDPI) needed reauthorization and an increase in funding. The IHS budget is not protected from funding cuts or sequestration. The team advocated for ensuring Congress holds the IHS Budget harmless from Sequestration and continues to support Advanced Appropriations for the IHS. IHS does not fund Emergency Transportation services. The team requested that Congressional guidance is needed to ensure the IHS provides emergency transportation services in rural and frontier regions of the CA IHS Area. CA Tribes need access to ambulance funding and other related support provided through IHS. In addition, the UIHS team requested support in legislation for a special behavioral health program for Indians and equitable IHS Electronic Health Records

funding. The team requested that representatives support in requesting that Secretary Becerra Adhere to Tribal Consultation Policy with California (CA) Tribes. Departments and appointees have an obligation to consult with Tribes. The request is to require US Department of Health and Human Services (HHS) Secretary Xavier Becerra to uphold and honor HHS' Tribal Consultation policy and meet specifically with CA Tribes and clinic designees. UIHS Board and leadership will continue to work with Tribes, partners, and elected representatives to meet the needs of the community. The advocacy work is one of the key priorities of the UIHS Board strategic plan goals.

The UIHS team split up into groups with other CRIHB clinic representatives, CRIHB staff, and National Indian Health Board Staff. The team met with several representatives to discuss key advocacy points. The team also enjoyed visiting national monuments, great food, and adventures on the metro."

I have corrected spelling, grammar, punctuation, and formatting issues in the text. If you have any further questions or need additional assistance, feel free to ask!



Board of Directors



Top: Teresa Ballew, Joseph Giovannetti, Claudia Brundin, Laura Borden, Shirley Laos(ML), Lana McCovey
Middle: LaWanda Green(C), Fawn Murphy, Carol Larsen(VC), Melissa Myers, Susan Masten(T)
Bottom: John Green (Alt), Gail Burcell (Alt), Lezlie Heckel (Alt)
Alternate Board Members: Debbie Boardman, Aileen Meyer, Charlene Storr,
Not Pictured: Vanessa Rios, Paula Tripp-Allen(S)

INDIAN COMMUNITY REPRESENTATIVES *Elected by Community Members, term limit*

Area 1 – In and around Del Norte.
 Three Year Term

(1 year remaining) Susan Masten (2021-2024),
 Charlene Storr, Alternate (2021-2024)

Area 2 – In and around Orick, Trinidad,
 McKinleyville, and Blue Lake (North of the Mad
 River) Two Year Term, Paula Tripp-Allen
 (2023-2026), Vacant, Alternate (2023-2026).

Area 3 – In and around Arcata, Eureka and all
 points south to the Humboldt – Mendocino County
 Line, Three Year Term, Carol Larsen (2022-2025),
 Gail Burcell, Alternate (2022-2025).

Area 4 – In and around Hoopa and Willow Creek,
 Two Year Term, Laura Borden (2021-2023),
 Vacant, Alternate (2023-2026)

Area 5 – In and around Pecwan Weitchpec and
 Orleans, Three Year Term (1 year remaining),
 Melissa Myers (2021-2024), Vacant (2021-2024)

Board Members Contact

1600 Weeot Way, Arcata, CA 95521-4734
 707-825-5000
 Fax 707-825-6747

TRIBAL GOVERNMENT REPRESENTATIVES *Appointed by Tribe, no term limit*

Bear River Band of Rohnerville Rancheria

Teresa Ballew,
 Aileen Meyer (Alt)

Big Lagoon Rancheria

Vacant

Blue Lake Rancheria

Claudia Brundin
 Vacant (Alt)

Cher-Ae Heights Indian Community of the Trinidad Rancheria

Shirley Laos

Elk Valley Rancheria

LaWanda Green
 John Green (Alt)

Resighini Rancheria

Fawn Murphy
 Lezlie Heckel (Alt)

Tolowa Dee-ni' Nation

Joseph Giovannetti
 Debbie Boardman (Alt)

Wiyot Tribe Reservation

Vanessa Rios
 Vacant (Alternate)

Yurok Tribe of the Yurok Reservation

Lana McCovey

Resource List

UIHS

Potawot Health 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) 825-5030
Behavioral Health	(707) 825-5060
PT/OT	(707) 296-2540
Tribal Public Health	(707) 825-5070
Nutrition	(707) 825-5070
Purchased Referred Care	(707) 825-5080
Client Records	(707) 825-5065
Elk Valley	
Elk Valley	(707) 464-2919
Eureka 1.0 Clinic	(707) 442-0380
Eureka 2.0 Clinic	(707) 296-2500
Eureka Medical Clinic	(707) 442-0380
Gou Wen-Out Wuk	(707) 296-2540
Hop'-ew Puel (Klamath)	(707) 482-2181
Taa'-at-dvn (Crescent City)	(707) 464-2750
Xaa-wan'-k'wvt (Smith River)	(707) 487-0215
Weitchpec Health Center	(530) 625-4300
WIC (All clinics)	(707) 825-5030

Local

Rape Crisis Team Del Norte	(707) 465-2851
Rape Crisis Team Humboldt	(707) 445-2881
Victim Witness Assistance	(707) 445-7417
Child Welfare	(707) 445-6180
Elder Support Services	(707) 476-2100
Humboldt Crisis Unit	(707) 445-7715
Del Norte Public Health	(707) 464-3191
Humboldt DHHS	(707) 445-6200
DHHS Transition-Age Youth	(707) 476-4944
Planned Parenthood Eureka	(707) 442-5700
Queer Humboldt	(707) 502-2890
Hum Domestic Violence	(707) 443-6042
Health Insurance Advocacy	(707) 444-3000
Harrington House Shelter	(707) 465-3013
Bikers Against Child Abuse	(707) 496-3004

If you know of a resource that should be added to the list, please contact us at media@uihs.org

National

Kick IT CA	(800) 300-8086
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
Hoopla TANF	(530) 625-4816
Karuk Tribe	(530) 493-1600
NCIDC	(707) 445-8451
Stop the Violence Coalition	(530) 625-1662
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

Eureka 1.0 Clinic

2332 Hamson Ave, Suite C
Eureka, CA 95501
Closed for remodeling

Eureka 2.0 Clinic

434, 7th Street
Eureka, CA 95501
Closed for remodeling

Eureka Medical Clinic

2505 Lucas Street, Suite A
Eureka, CA 95501
Monday-Friday 8am-5pm

Hop'-ew Puel

241 Salmon Avenue
Klamath, CA 95548
Monday, Tuesday, Thursday,
Friday 8am-4pm

Taa'-at-dvn

1675 Northcrest Drive
Crescent City, CA 95531
Monday-Friday 8am-5pm
Saturday 9am-2pm

Gou Wen-Out Wuk

2121 Myrtle Ave
Eureka CA, 95501
Monday-Friday
8:00am-5:00pm
Closed for lunch
12:00pm-1:00pm

Potawot

1600 Weeot Way
Arcata, CA 95521
Monday-Friday
8:00AM-5:00PM
Saturday 9:00AM-2:00PM
Pharmacy 8:30AM-5:30PM

Xaa-wan'-k'wvt

501 N Indian Rd.
Smith River, CA 95567
Monday-Friday 8am-5pm

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 April, May, June Dental Services

Tuesdays & Thursdays
9:30AM - 4:00PM
241 Salmon Avenue, Klamath,
CA 95548



Schedule Today

Potawot Dental
707-825-5040

Smith River
707-487-2857

**Clearer Vision Awaits
in Crescent City!**

Appointments Available:
Tuesdays
Thursdays
Friday
Every Other Monday
(Call for details)

**CALL US TO
SCHEDULE YOUR
APPOINTMENT**

(707) 825 - 4089

EUREKA LOCATION CLOSED FOR RENOVATIONS. REOPENING LATE SUMMER!

2024 UIHS CLOSURE DATES

- 1/1/2024 - NEW YEAR'S DAY
- 1/13/2024 - MARTIN LUTHER KING DAY (SATURDAY CLINIC)
- 1/15/2024 - MARTIN LUTHER KING DAY
- 05/25/2024 - MEMORIAL DAY (SATURDAY CLINIC)
- 05/27/2024 - MEMORIAL DAY
- 7/4/2024 - INDEPENDENCE DAY
- 8/7/2024 - ANNUAL BOARD AND STAFF MEETING
- 8/31/2024 - LABOR DAY (SATURDAY CLINIC)
- 9/2/2024 - LABOR DAY
- 9/27/2024 - CALIFORNIA INDIAN DAY
- 9/28/2024 - CALIFORNIA INDIAN DAY (SATURDAY CLINIC)
- 11/28/2024 - THANKSGIVING DAY
- 11/29/2024 - AMERICAN INDIAN HERITAGE DAY
- 11/30/2024 - THANKSGIVING (SATURDAY CLINIC)
- 12/18/2024 - ANNUAL HOLIDAY PARTY
- 12/24/2024 - CHRISTMAS EVE
- 12/25/2024 - CHRISTMAS DAY

Acornbasket

©2024 United Indian Health Services, Inc.

Chief Executive Officer: Elizabeth Lara-O'Rourke

Layout/Design: SuWorhrom David Baldy

Get Acornbasket Newsletter mailed or emailed to you!

Please fill in this form and return to:

**Marketing Department
United Indian Health Services, Inc.
1600 Weeot Way, Arcata, CA 95521**

Name: _____

Street/P.O. Box: _____

City: _____

State: _____ Zip _____

Email: _____

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or scan the QR code above using a mobil device.