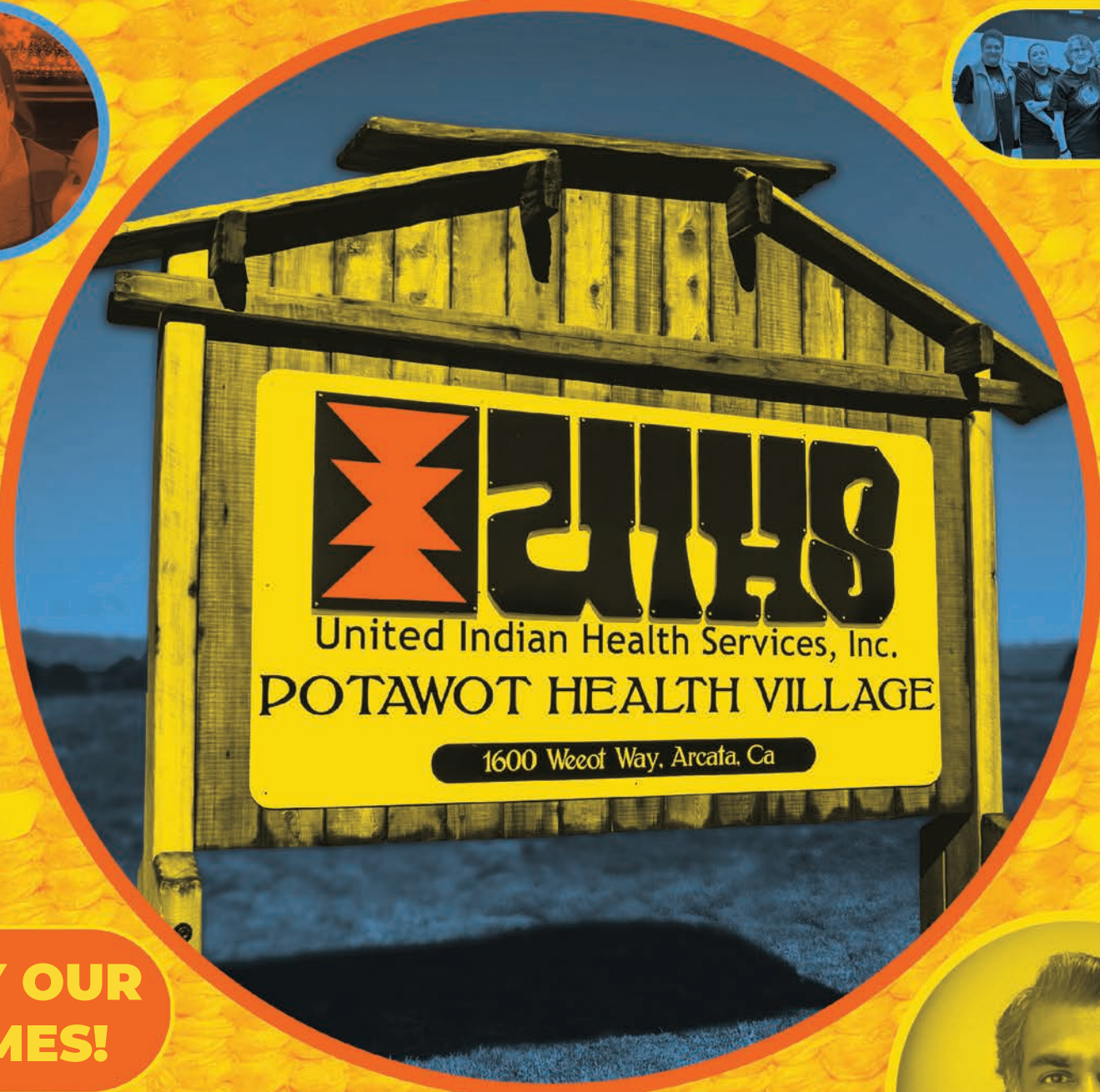




Acornbasket

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



**PLAY OUR
GAMES!**

**Therapy: It Takes Work and
Commitment, but it is Worth It**

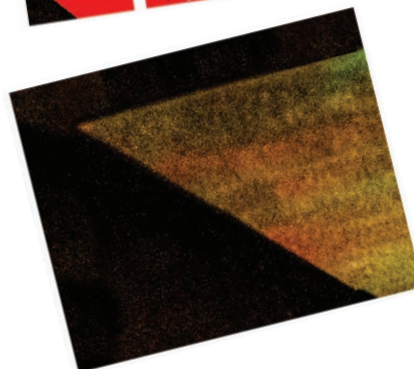
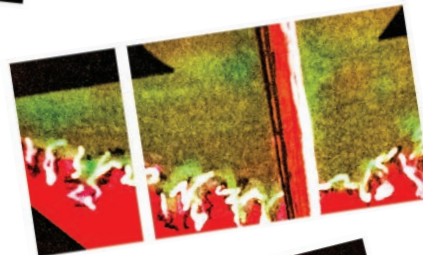
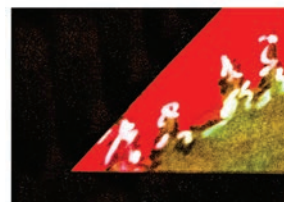
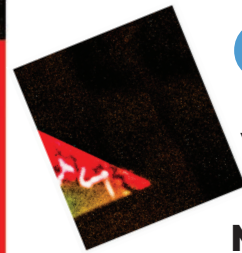
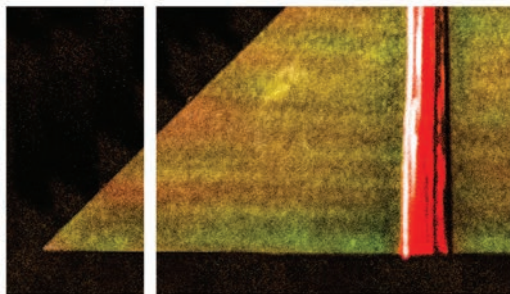


PLAY OUR GAMES!

Ready to join in some acorn-tastically amazing fun? Come play with us at the Acornbasket, snap a photo of your experience, and maybe even earn yourself an honorary spot in our Hall Of Fame! Earn loads of recognition for winning one of our specially scattered games. Don't forget to share all about it on social media - let's make sure everyone knows you're officially famous!

IG: @uihsinc

FB: facebook.com/
UnitedIndianhealthservices



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CALL (707)825-5000, OR EMAIL US AT
MEDIA@UIHS.ORG

MESSAGE FROM THE CEO

The past year continued to be filled with challenges, including the most recent earthquake that our community experienced. UIHS powered through.

I am excited about what 2023 will bring for our clients and community. We are planning for our new health care clinics to open in Eureka the latter part of 2023 and into the beginning of 2024. The new clinics will provide medical, vision, and dental services. Currently we offer medical services in Eureka 1.0 located at 2332 Harrison Ave., and behavioral health services and physical therapy/occupational health in Eureka 2.0 located at 434 7th Street.

Considering the recent earthquake, I want to take a moment to thank our staff for ensuring the safety of our health village by making sure the generators were running and that the buildings were safe to enter. Shortly after the earthquake, UIHS Staff members were onsite taking care of us! Further, UIHS pharmacy was one of three pharmacies operating on December 20, post-earthquake. This was a tremendous help to our clients who needed their medications. All services

at Potawot Health Village stayed open.

However, we did have some damage to some of our equipment, so some services were limited. Many thanks to our Community Health Representatives (CHRs) who were out in the community checking on our elders, making sure that they had what they needed. As always, we are here for you, we are a village, and we will do everything we can to take care of our clients.

We are continuing our focus on prevention and wellness. With the COVID-19 pandemic highlighting the importance of maintaining good health, more people are taking proactive steps to stay healthy and prevent disease. This includes things like exercising regularly, eating a healthy diet, and getting vaccinated. Also, as a reminder, it is flu season so please come get your flu vaccine! According to Dr. Matsuda, pediatrician at UIHS, this year is the worst flu season that he has seen. We are battling COVID-19, flu, and RSV. Please be sure that you get your COVID-19 vaccinations and/or boosters and flu vaccinations. Keep an eye out on our Facebook page (<https://www.facebook.com/UnitedIndianhealthservices/>) and on our website (<https://uihs.org/>) for updates on flu and COVID-19 vaccinations.



Finally, I am optimistic about the potential for collaboration and partnerships with many local health care organizations and our Tribal Partners. By working together, sharing knowledge, and offering resources, we can make even greater progress in improving the health of our community.

Wintertime is a time of "quiet" and "reflection". Some think about how they can be a better person. Some think about how they can make things better for others. For me, I will take this time to be grateful for this opportunity to serve United Indian Health Services and be appreciative of the wonderful people I get to work for, work with, and serve. Happy 2023!

Liz Lara-O'Rourke

Elizabeth Lara-O'Rourke,
CEO



**1600 Weeot Way
Arcata, CA 95521**

The Acornbasket

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Chief Executive Officer: Elizabeth Lara-O'Rourke
Editor / Layout: Marketing

If you would like the Acornbasket Newsletter mailed to your home or emailed to you please fill in this form and return to: United Indian Health Services, Inc., 1600 Weeot Way, Arcata, CA 95521

Attention: SuWorhrom David Baldy

Name: _____

Street or P.O. Box: _____

City: _____

State: _____

Zip: _____

Email: _____



APPLY NOW!

**WE ARE
HIRING**

JOIN OUR AMAZING TEAM

**Employment
with UIHS**

Come join United Indian Health Services in providing healthcare to our American Indian community. Our Vision of a healthy mind, body, and spirit is embraced by those who founded our organization. Positions include Clinical, Dental, Behavioral Health, Vision and Tribal Public Health. UIHS brings members of the community together so they can not only be unified in ensuring the best care is provided to their families, but also help in preserving the American Indian culture through education, community outreach and medicine.

- « **Dentist**
- « **Behavioral Health Counselor**
- « **Behavioral Health Manager**
- « **Public Health Nurse Manager**



Visit our website or call for more employment opportunities.

unitedindianhealthservices.org/
(707) 825-4049

Help us, help you, help your family

United Indian Health Services is ready to assist

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



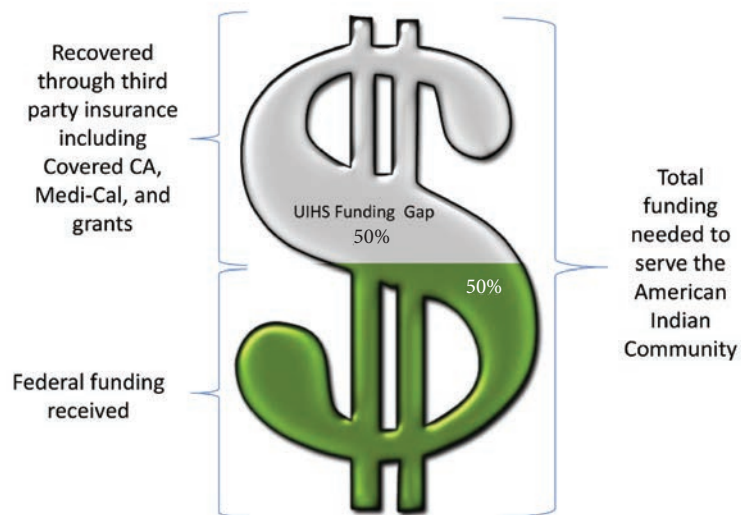
Enroll in health coverage TODAY!



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 American Indian community. What that means is we receive less than \$0.50 on every dollar spent. 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!

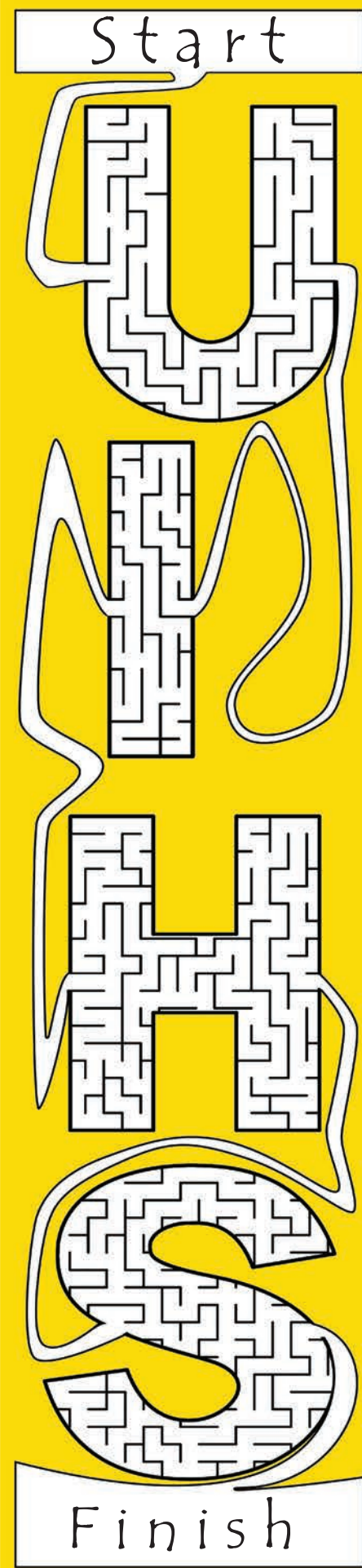


Resolve to be Healthy!



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





To lead a healthy active life, families can strive to reach these goals:

5 Fruits and vegetables



2 hours or less of screen time



2 hours or less

1 hour of exercise



0 sugar and processed foods



Email: WICprogram@uihs.org
Phone: (707) 822-9900

CHR'S: HELPING OTHERS

Submitted by: Alyssa Alvarez, for UIHS



UIHS is a community of employees and care teams that work together to help our clients live their best physical, emotional and spiritual lives. One of the parts of UIHS's care team that contribute to the lifeblood of our community's care are CHR's, or Community Health Representatives.

What is a CHR?

The CHR's from UIHS help clients to find support in their community with a wide range of services and gear themselves towards helping clients by offering a plethora of resources. This includes home visits, welfare checks, medication delivery, transportation, and finding resources which may be available to our community.



Who can utilize their services?

CHR's mostly work with moms, elders, young families or community members that are in need of a assistance. They are not excluded from helping anyone, but most of their time ends up being with obstetrics clients & elders.

What do they do?

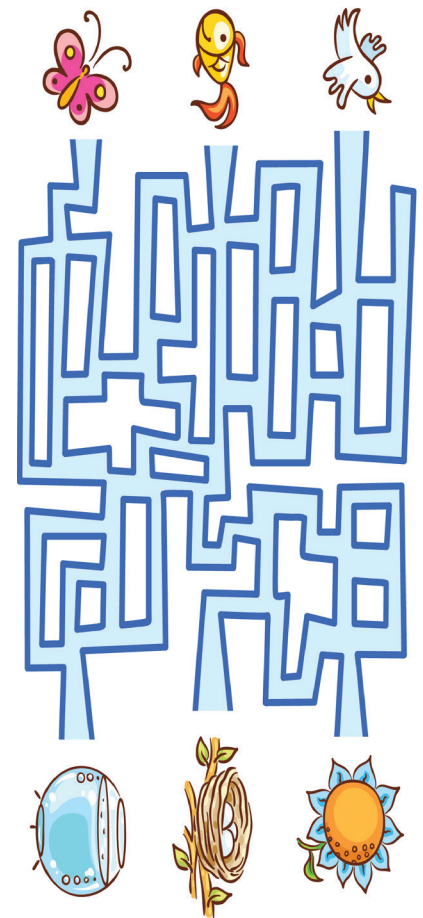
The UIHS CHR's offer a wide range of services such as:

- Collaboration with Tribal Head Starts to provide vision and hearing screenings,
- Blood pressure screenings,
- Injury Prevention Program provides information and education as well as car seats (donation requested), bike helmets, and smoke detectors when available;
- Elder services provide home visits to elders within the UIHS service area,
- Postpartum support,
- Support for families who are pregnant and/or parenting and impacted by a substance use disorder,
- Transportation to and from health care appointments for clients,
- ...and more!

CHR's reach into our community and go to them where they are at.

Rob England, Director of Tribal Public Health.

If you are reading this and would like to utilize any service that a CHR might provide, please give a call to the Tribal Public Health Department at (707) 825-5070 and let us know which area of Humboldt or Del Norte you reside in so that we may direct you towards the appropriate CHR.



FOUR GLAZES FOR ROTISSERIE CHICKEN

By Alyssa Alvarez, for UIHS

Rotisserie chicken is a low maintenance meal that can feed the family for multiple days, but you may be tired of the same old spice mix. Here are a few different glazing options to apply after your chicken has already cooked and is resting on the counter:

Apricot-Ginger Glaze:

In a microwave safe bowl, stir 2 tablespoons apricot jam, 2 tablespoons bottled horseradish and 1/2 teaspoon ground ginger until blended. Cook in the microwave for 30 seconds and then stir before glazing.

Honey-Mustard Glaze:

In a microwave safe small bowl, stir 2 tablespoons dijon mustard (with seeds), 2 tablespoons honey and 1/2 teaspoon fresh or dried thyme until mixed. Cook in the microwave for 30 seconds and then stir before glazing.

Balsamic-Soy Glaze:

In a microwave safe small bowl, 2 tablespoons balsamic vinegar, 2 tablespoons dark brown sugar, and 2 tablespoons soy sauce until blended. Cook in the microwave uncovered for 2 minutes and stir before glazing.

Moroccan-Spiced Glaze:

In a microwave safe small bowl, stir 3 tablespoons honey, 1 tablespoon fresh lemon juice, 1/2 teaspoon ground cinnamon, and 1/2 teaspoon ground cumin until blended. Cook in the microwave uncovered for 1 minute and stir before glazing. "



Indigenous Doula Training in April

Submitted by Dr Antoinette Martinez, Chumash, UIHS

On April 4-8, 2023, UIHS, in partnership with FIRST FIVE, will host an Indigenous Doula Training conducted by the Alaska Native Birthworkers. More information to be posted on Facebook in January. Training will be free and will prepare participants to work as Indigenous Doulas.

A doula is a professional labor assistant who provides physical and emotional support to Birthing People and their families during pregnancy, childbirth and the postpartum period.

Effective January 1, 2023, the California Department of Health Services will reimburse for doula services to birthing people.

THERAPY: IT TAKES WORK AND COMMITMENT, BUT IT IS WORTH IT

Submitted by: Alyssa Alvarez, for UIHS

Due to the years-long pandemic crashing into this year's flu season, stress levels all over the world are at an all time high. Our bodies are living in a constant survival mode, and it's no mystery that when your mental health suffers, your physical health can also take a hit.

"We are just seeing our therapy services being accessed in record numbers and our primary care providers are also intended with all sorts of different stress related concerns," said Isabel Fazzone, Behavioral Health Director.

The Behavioral Health team at UIHS works to heal our minds and spirits like the Medical team works to heal our physical bodies. The therapists will work with you to set goals for your future by looking six months down the road towards accomplishments you want to achieve.

Like all accomplishments,



therapy takes work. Therapists will hand you the tools, but you are putting up the drywall. They will build you a blueprint, but you must follow it. Your commitment to your well being is tied directly to your ability to stick to the blueprint.

Therapy is a commitment of no less than six months of weekly sessions, and a promise to yourself and your therapist to do your homework and work collaboratively to reduce your distress. Your first three to four sessions are spent building rapport and trust, and working to co-create goals for your treatment plan.

“There will be difficult moments, change is hard, but there are also victorious moments. We're gonna go after that distress like a bad toothache, **”**

says Fazzone.

Although waiting lists to be



seen by a behavioral health therapist are months out all over the county and all over the country, it doesn't mean that you can't start by speaking to your primary care provider and letting them know that you would like to utilize the therapy services at UIHS.

The behavioral health team at UIHS uses a wide range of different modalities to achieve the shared goals that you will set out in your treatment plan.



These different modalities include CBT (cognitive behavioral therapy), DBT (dialectical behavioral therapy), narrative therapy and EMDR (eye movement desensitization and reprocessing) among others.

With the rising rate of community members taking advantage of the therapy services at UIHS, the most important thing to remember is that you need to do the work. In order to get the most out of therapy it's important to remember to show up, stay committed, and recognize that if you don't come to your appointments, you aren't doing the work.



THErapy: IT TAKES WORK AND COMMITMENT, BUT IT IS WORTH IT...CONTINUED



Not only that, if you do not show up to a scheduled appointment, you may be unintentionally preventing another person from utilizing the therapy services of the talented Behavioral Health team.

Therapy helps you navigate through normal life stressors before small issues become larger and more difficult to manage. The idea is to work on the problem before it disrupts your ability to function effectively in your daily



Check out our website.



life. UIHS therapists work to empower you, look for your strengths and help you work through your issues. How can we capitalize on your strengths? One last note from Fazzone,

“Therapy isn’t like seeing the doctor, you don’t just go when it hurts. You need to show up, meet your goals, follow your treatment plan and work me out of a job where you don’t need to see me anymore.”

TIPS FOR A BETTER YOU!

Tip #1:

Need a quick hit of oxytocin, the love hormone? Pick up the phone and call a friend or family member. Your conversation doesn't have to be long, and it doesn't have to be about anything. In fact, you can even say, "Hey there, Friend. I don't have time to chat, but I just wanted to call and say I was thinking of you." Chances are you're making your friend's day as well!

Just making the connection to a loved one is an integral part of self-care. This means we need to have community around us during hard times. Take care of yourself by nurturing your relationships on a daily basis.

Tip #2:

Go for a long or short walk in nature. One way to recharge is through your sense of smell. Instinctively your brain picks up on natural smells and produces a sense of well-being all the way down to the cellular level. These natural smells can calm our unsettled emotions because smells can cross the blood brain barrier. Inhaling a natural smell works instantly to calm us when we feel unregulated and can restore us to a sense of health. Not to mention the exercise benefits of taking a walk. For an added boost try standing on the ground barefooted!

If your favorite smell is the salty air or a lush green forest, it doesn't matter, just get moving. Even ten minutes of walking will get your endorphins flowing!

Tip #3:

Observational studies have found that people who eat lots of fruits and vegetables, or specifically follow a Mediterranean diet, report less stress and anxiety. A diet rich in green leafy and orange veggies can reduce your anxiety and boost your overall wellbeing.

Researchers have discovered associations between high sugar and saturated fat intake and high blood levels of the stress hormone cortisol.

Tip #4:

Learn a new skill! Self-care can involve increasing your skillset in a certain area. When we get good at things we project a lot of positive self-talk, it promotes self-improvement, makes us feel useful, and that is a positive thing! Plus, think of all the positive feelings you get when you can share your newfound craft with your friends and family!

Getting away from focusing on just ourselves gives us the opportunity to make new social connections, give of ourselves, contribute to your community, and discover your amazing talents!

NEW HIRES



Rue Hughes
HPE Specialist



Karthik Viswanathan
Provider



Joe O'Connell
Optician



Misty Boquet
Medical Assistant



Haley Card
Behavior Health Counselor



Elizabeth Perry
Provider



Amy Ithurburn
Garden Technician



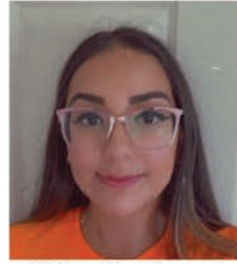
Cindy Williamson
Billing Technician



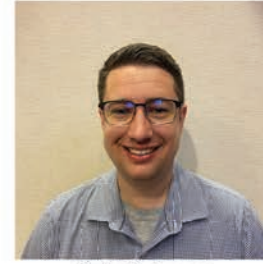
Adrienne Hawkins
Medical Assistant



Kendra Myers
Medical Assistant



Chisep Pendergast
Member Services Representative



Kyle Behrens
Behavior Health Counselor



Maria Willmond
Member Services Representative



Julia Metro
FOA Behavior Health



Bryseida Hernandez
FOA Medical



Zigi Medrud
PRC Technician

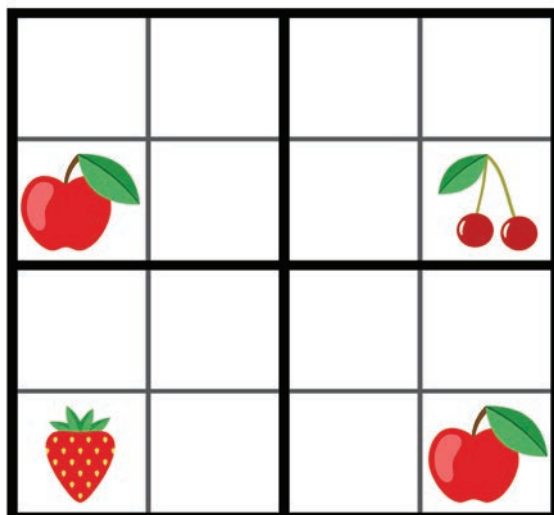


Chad Carlson
FOA Behavior Health

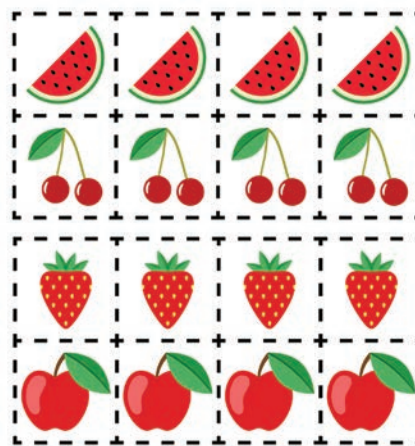


Sharlee LaBarge
Billing Technician

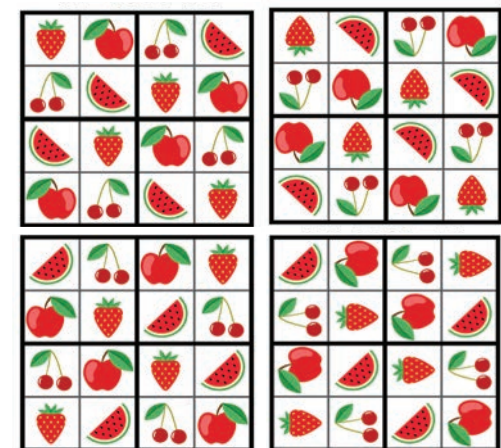
Sudoku for Kids



Cut out and Arrange



One is the Answer



Tolowa
English
Français

Chusne
Man
Homme

Trunxai
Woman
Femme

Hltsu
Yellow
Jaune

Hla'
One
Un

Hlen
Dog
Chien

Hlsrik
Red
Rouge

Naxai
Two
Deux

Xwet'e
Sun
Soleil

Hlshun
Black
Noir

Taqe
Three
Trois

Chagutlsri
Moon
Lune

Tutlxut
Water
Eau

Dunch'i
Four
Quatre

Hlki
White
Blanc

Shwela
Five
Cinq

Word Search

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



What's the Diff

Can you
find the 12
differences?

CAVITY FREE CLUB



Braxton Hufford	10 Yrs Old
Jenny Anne Lilly	3 Yrs Old
Sophia Brown	10 Yrs Old
Wyatt Waters	8 Yrs Old
Addison Galli	4 Yrs Old
Aria Reed	1 Yrs Old
Wyatt Amen	9 Yrs Old
Brooklyn Green	8 Yrs Old
Kayannah Reed	7 Yrs Old
Kaedin Davis Clewell	9 Yrs Old
Saphira Jones	15 Yrs Old
Skye Proctor	9 Yrs Old
Brooklynn Lopez	5 Yrs Old


Call to Make an Appointment
Potawot Health Village at (707) 825-5040

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!!

CONGRATULATIONS



Dr. Martinez recently received an award for “Outstanding Contributions to Our Community” from the Humboldt Del Norte Medical Society for her work in building healthcare workforces in Humboldt and Del Norte Counties.



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

PLEASE WELCOME OUR NEW AND CONTINUING PROVIDERS

Submitted by: Krisanne Keiser, Admin Assistant, UIHS



We welcome Dr. Karthikeyan Viswanathanis (who prefers to be called Karthik), a new medical provider who will act as a permanent floating provider. He is excited to travel to all UIHS medical clinics in both counties to help fill in medical provider coverage. After completing his undergraduate and graduate education in Engineering, he worked as an Industrial Engineer for a shipbuilding company in Alabama. Before becoming a physician, he helped implement supply chain management software for manufacturing companies. He graduated from the Western University of Health Sciences in Pomona, California. He then received post-doctoral training in Brooklyn and upstate New York. He has worked for FQHCs in Arkansas and Northern Marianas, a small island near Guam, providing outpatient primary care. He

believes that preventative medicine is an essential part of his practice of medicine. Outside work, he likes to hike, travel, eat at new restaurants and meet new people. He has already been mesmerized by the area's beauty and the friendly people. If you see him at a clinic near you, please welcome him by providing some hiking and restaurant recommendations.



IHS also welcomes Dr. Liz Perry who joined our UIHS team in September. Liz Perry was born and raised in San Francisco. She completed her undergraduate studies at New York University's Gallatin School of Individualized Study where her concentration was titled "Activism in Academia" with a special focus on the Study of Women and Gender. After completing her BA, she worked in a cooperatively owned feminist bookstore in New York City while completing a post-bac at City University of New

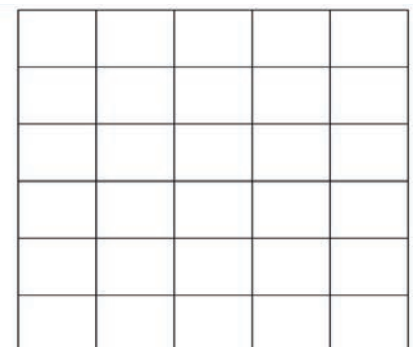
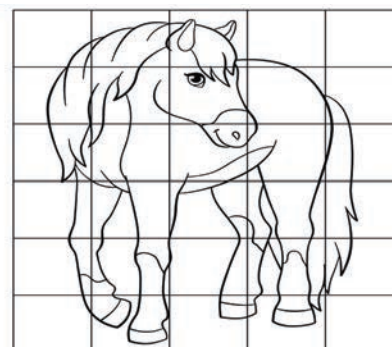
York. She also worked for a year as front desk staff at an LGBT community health center in New York City. She attended medical school at Brown University in Providence, Rhode Island, where she was an inaugural member of the first class of a dual MD/MS program completing a master's degree in "Primary Care and Population Medicine" (similar to an MPH and the first of its kind). She then completed her residency in Family Medicine at Kaiser Napa-Solano in Vallejo, CA. She is a mother to an almost 4-year-old and a 1.5-year-old (which has only been possible because of her wonderful and supportive partner who has been a stay-at-home dad since her residency started). She enjoys yoga and reading (especially feminist science fiction), and she's taking recommendations for new Hobbies.



We also welcome Joe O'Connell, certified Optician, who has been hired to work at Eureka 2.0 and Potawot Health Village, as well as Greg Carlson who is the new Vaccine Coordinator at Potawot Health Village. Following these amazing additions to our team, it is with great pleasure to announce that Dr. Kenyetta Gordon has extended her contract with UIHS: Potawot Health Village until the first week of March.

We are so proud to employ these amazing healthcare providers and look forward to having them in our UIHS village for years to come.

Copy the picture



PROGRAMS & SERVICES OFFERED AT POTAWOT HEALTH VILLAGE & SMITH RIVER

Submitted by: Krisanne Keiser, Admin Assistant, UIHS



The Tribal Public Health (TPH) department has various opportunities for community members to participate in, such as educational outreaches, virtual cultural night, and a monthly hybrid Opioid Awareness Coalition (OAC) meeting. Youth are encouraged to apply for membership in Teen Advisory Group (TAG). In addition, there are numerous items available from the HPE department, which include tobacco quit kits, medication lock boxes, self-care kits, harm reduction kits, and elder kits.

HPE also provides sharps containers for those who need to dispose of dirty needles. Further, HPE is also working on restarting meetings with Spiritual Healer, Richard Moves-Camp, who lives in South Dakota. Once the sessions begin again, they will be held on zoom.

In addition, Community Health Representative's (CHR's) play an important role within TPH. They transport people to doctor's appointments, deliver medication, help clients take their medications, and help elders find the resources they need to be happy and healthy.

CHR's also offers support group services for new mothers who need community support and are still learning how to care for their newborns. Road to Resilience is a wonderful, supportive program where new mothers can meet and support one another through motherhood. The Road to Resilience program also helps new mothers get in touch with WIC, provides baby rattles, loans out breast pumps, and more!

The WIC (Women, Infants, & Children) program offers breastfeeding support and can aid families in finding preferred formula. The Diabetes Program continues to provide activity fee support, such as swimming groups in both counties.

Another helpful resource offered at PHV is the gym training room, which is part of the Diabetes Prevention Program. Ryan Matteri, who runs the gym and program, helps employees and clients prevent diabetes by walking with them out on the PHV trails and working with them in the gym.

UIHS employee Tammy Wilson, who works in the TPH department at PHV, shared some information about the onsite gym.



"Even if you don't have diabetes, it helps prevent diabetes...they have weights, they have the whole system in there. They have the treadmill, they have the bike, they have things to stretch with."

TPH also offers a special program called the Emergency Food Program. The program helps clients with grocery shopping, and thanks to a special grant that UIHS was awarded, thirty dollars can be used for groceries. However, this money can only be used at the Grocery Outlet in McKinleyville.

Additionally, the program is only available to those who are 18 years or older, single parent households or families, have a true need or emergency, can provide income information, cannot use the food program more than once every 90 days, and must have an ID. The program requires that no snack foods, candy, bakery products, soda, cookies, chips, alcohol, tobacco products, or coffee products are bought, and it must be used within ten days. Applications can be found at the TPH front desk. Come apply today!



CUT & GLUE

CUT OUT

1



GLUE

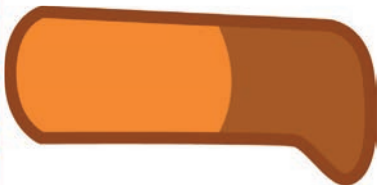
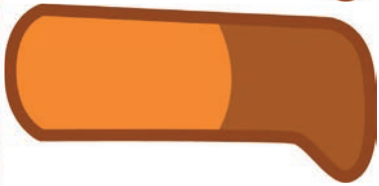
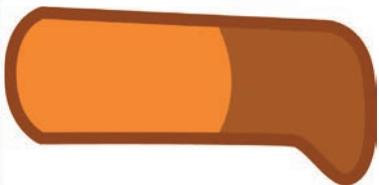
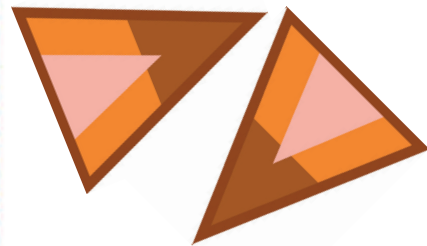
2



SMITH RIVER MEALS IN PERSON IN 2023

Submitted by: Beverly Switzler, Elder
Nutrition Supervisor, UIHS

We are happy to announce the reopening of the congregate meal site in Smith River. A sit-down meal has not been available for elders for over two years. The pandemic has restricted our ability to be able to serve our elders in many ways, we are glad to be able to offer this (with added safety guidelines) once again. We are excited to see our elders being able to visit and share a meal. It is so nice to see and hear our elder's laughter again.



POWERFUL MESSAGES

Submitted by: Mike Sanchez, HPE Specialist, NATIVE Tobacco Project

United Indian Health Services' NATIVE Tobacco Project hosted a Youth Storytelling Training for Humboldt & Del Norte County Native Youth this past summer. During the three-hour training, the youth increased their understanding and knowledge of cultural storytelling and experienced the ability of stories to teach by providing guidelines on how we should live our lives.

At times, the youth were so drawn into the stories, you could hear an acorn fall in the distance. The storyteller utilized the natural environment around them and gave voices to the animals, rocks, and trees. In doing so, the storyteller was able to create a gripping narrative and share perspectives on everyday issues in a new way. It's not every day that we get to learn from a crow, a tree, or a bear.

The stories had been passed down from generation to generation and are still applicable today. Education on smokeless tobacco was presented and focused on the different types (such as chew, snuff, snus, and dissolvable) currently being sold in stores as well as the tobacco industry's misinformation that smokeless is safer than commercial tobacco products.

E-Cigarette, vape pen, and hookah education was provided, and each participant received their own folder with additional information, brochures, and resources on each of the topics discussed.

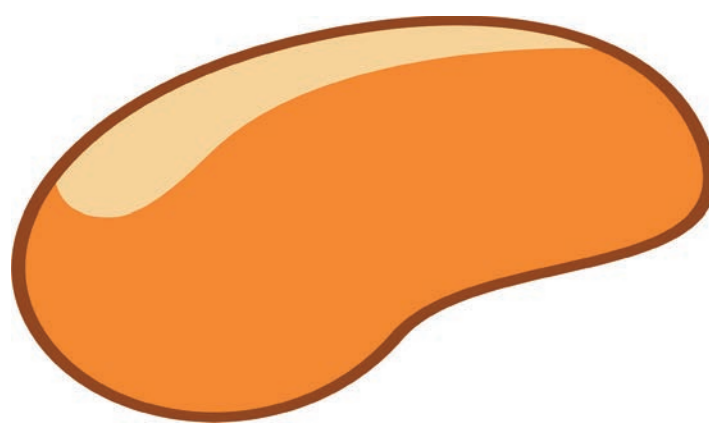
We incorporated commercial tobacco education into each game that was played as a way of reinforcing key points without sounding repetitive. The youth were encouraged to be active participants in the learning

process as questions and conversations on the topics were encouraged. Lunch was provided and allowed both staff and youth to get better acquainted as this was the first of many in-person activities planned by the NATIVE Tobacco Project in the coming months.

Other than being encouraged to develop their own tobacco prevention stories using prevention-based words and words of respect for the culture and traditions associated with traditional tobacco, the youth were encouraged to be creative.

One of the challenges almost everyone experienced was finding the right words to begin their stories. The need to use words to express feelings and communicate ideas transitioned to carefully illustrated pictures. The comic book-style approach to developing their stories became the source for words.

The stories are being featured in our monthly educational outreaches at our UIHS clinic sites. Check out our website for our monthly calendar of events.



WOOLLY BEARS AT POTAWOT

Submitted by: Krisanne Keiser, Admin Assistant, UIHS



Susan Weller, Entomologist, and director of the University of Nebraska State Museum explained,

“an insect “antifreeze” — made of

sugars, proteins, and alcohol — is produced by the insects internally and circulates in their blood, helping woolly bears survive temperatures far below zero.”

When warmer months return, the antifreeze in the caterpillar’s system will break down allowing them to move again. They will then pupate, form cocoons, and then remerge as beautiful Isabella Tiger Moths. Adult tiger moths only live about a week. During that time, they mate and lay eggs that will become the next generation of woolly bears.

Another cool fact about woolly bears is they have adapted to ward off predators!

Their hair helps protect them from predators such as yellow jackets and wasps. When threatened, the caterpillars curl into a ball to protect their internal organs. This makes it difficult for predatory insects to attack them through their pokey, stiff bristles.

On another note, woolly bear folklore says you can tell the severity of the coming winter by the position, color, and fluffiness of the caterpillar, as well as its direction of travel.

“The amount of black on the woolly bear in autumn varies proportionately with the severity of the coming winter in the locality where the caterpillar is found. The longer the woolly bear’s black bands, the longer, colder, snowier, and more severe the winter will be.

Continued on page 19.



Have you ever come across cute, fuzzy, black- and orange-colored caterpillars before? During the autumn months, woolly bear caterpillars — also known as *Pyrrharctia Isabella* — crawl out into the open to find shelter before the winter months. You may have spotted these cute caterpillars on PHV grounds or on Weeot Way as you’re leaving or coming into work.

Woolly bears hatch from their eggs in the summer, and as they grow larger by autumn, they begin to search for warmer hiding spots to prepare for winter. Fallen logs and leaf piles make an ideal home. As they prepare for winter, the caterpillars stop eating and empty their system of any waste that could crystallize inside them. These unique insects can survive in freezing temperatures by making an insect “antifreeze” compound in their system.

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

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) 625-1662
Tolowa Dee-ni' In A Good Way Place	(503) 230-1951
Yurok Tribe Klamath	(707) 482-1350

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

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

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

Taa'-at-dvn

1675 Northcrest Drive
Crescent City, CA 95531
Monday-Friday 8am - 5pm
Saturday 9:00am - 2:00pm

Xaa-wan'-k'wvt

501 N Indian Rd.
Smith River, CA 95567
Monday-Friday 8:00am - 5:00pm

Weitchpec

11500 CA-96 Weitchpec, CA 95546
Monday, Tuesday, Thursday, Friday
9am - 3pm (Medical)
2nd and 4th Wednesday of every
month 9:30am - 3:00pm

Elk Valley Office

2298 Norris Ave.
Monday-Friday 8:00am - 5:00pm

Potawot

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

Eureka Downtown (2.0)

434, 7th Street Eureka, CA 95501
By appointment only

Hop'-ew Puel

241 Salmon Avenue
Klamath, CA 95548
Monday, Tuesday, Thursday, Friday
8:00am - 4:00pm

Eureka Clinic (1.0)

2332 Harrison Ave, Suite C
Eureka, CA 95501
Monday-Friday 8:00am - 5:00pm

Board Information



Board Members:

Teresa Ballew, Joseph Giovannetti, Claudia Brundin, Laura Borden, Shirley Laos, Lana McCovey, LaWanda Green, Fawn Murphy, Carol Larsen, Melissa Myers, Gail Burcell (Alt).

(Not Pictured):

Vanessa Rios, Paula Tripp-Allen, Susan Masten.

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.



WOOLLY BEARS AT POTAWOT...COUNTIUED



Similarly, the wider the middle brown band is associated with a milder upcoming winter. The position of the longest dark bands supposedly indicates which part of winter will be coldest or hardest. If the head end of the caterpillar is dark, the beginning of winter will be severe. If the tail end is dark, the end of winter will be cold (National Weather Service)."

Additionally, if the woolly bear's coat is thicker, it will be a cold winter, and if the woolly bears are traveling in the southern direction, they're trying to escape the cold northern weather conditions.

Even though it is widely believed that the woolly bear caterpillar can predict the upcoming winter's severity, the truth is that this caterpillar can't predict what Old Man Winter has in store for us in the upcoming winter.

The woolly bear caterpillar's coloring is based on how long the caterpillar has been feeding, its age, and species.

A few ways you can support woolly bears and help them thrive are to plant native plants and wildflowers and create a butterfly garden in your yard to encourage pollination.



BOARD MEMBER SPOTLIGHT

By Alyssa Alvarez, for UIHS

Fawn Che-gere Murphy is an active board member of United Indian Health Services, Inc. She was sworn-in as Board Member in December of 2018 and has been serving on the board since then representing the Tribal Citizens of the Resighini Rancheria, located in Klamath, CA.

Fawn grew up in Klamath, where her first job was as an office assistant at the Resighini Rancheria. She was a Community Health Representative at Potawot Health Village from 2010-2017, and loved working with all UIHS clients. She specialized in Maternal Child Health and co-facilitated the Centering Pregnancy Program as well as the Family Spirit Home Visits.

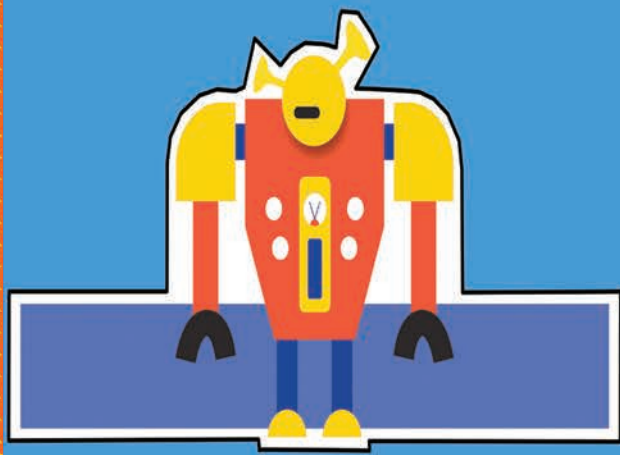
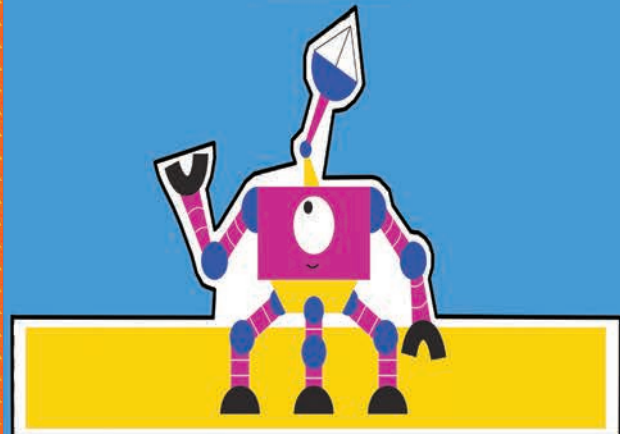
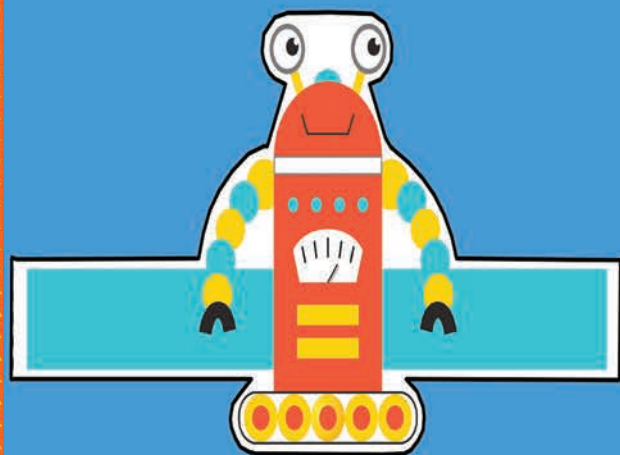
She was elected as the Tribal Chairperson of the Resighini Rancheria in 2018 and continues to serve her Tribe and advocate for her community's health and wellness.

She loves walking and hiking the beautiful beaches and trails in our local area, growing and gathering plants for medicine, reading and necklace making.

Her favorite part about UIHS is that it is like a home and the staff and clients are like her family. She especially enjoys the community events where all who attend are made to feel welcomed and a part of the UIHS community.

FINGER PUPPETS

games



Psychological Aggression

Psychological Aggression is a type of Intimate Partner Violence that relies on the use of verbal and non-verbal communication in order to harm another partner mentally or emotionally. It is used as a tool to exert control over another partner.

source: cdc.gov



Native Hearts Helpline:
1-844-762-8483
National Domestic Violence Hotline:
1-800-799-7233

Physical Violence

Physical Violence is a type of Intimate Partner Violence. Physical Violence is when a person hurts or tries to hurt a partner by hitting, kicking, or using another type of physical force.

source: cdc.gov



Native Hearts Helpline:
1-844-762-8483
National Domestic Violence Hotline:
1-800-799-7233

Sexual Violence

Sexual Violence is a type of Intimate Partner Violence. Sexual Violence is forcing or attempting to force a partner to take part in a sex act, sexual touching, or a non-physical sexual event (e.g. sexting) when the partner does not or cannot consent.

source: cdc.gov



Native Hearts Helpline:
1-844-762-8483
National Domestic Violence Hotline:
1-800-799-7233