



# INDIAN HEALTH COUNCIL, INC.

*Empowering Native Wellness*



Summer 2016

A quarterly newsletter published for the clients and associates of Indian Health Council, Inc.

Volume 32 Issue 2

## “Our Stories” Event Celebrates Native Culture and Health



*Kumeyaay Bird Singers.*



*Rhonda and Matwin Romero.*

IHC’s “Our Stories” Celebration of Native Songs and Stories entertained and enlightened hundreds of people of all ages from across our consortium area. Held al fresco from 10:00 am-3:30 pm on a picture-perfect April 13th, the feature-filled event was presented by the Prevention and Early Intervention (PEI) Program, funded by the County of San Diego HHS Mental Health Services Act.

Oral storytelling is as old as humankind. The First Americans have told stories for millennia to connect generations, hold onto their history and impart wisdom.

Throughout the day, following the blessing by Juan Ed Reed of Rincon, groups shared stories in unique expressive ways. Music-based performances featured the Kumeyaay Singers, Painiktum Bird Singers, Many Nations Drum Group, Kupa Song and Dance Group and Inter-Tribal Bird Singers.

*(continued on page 3)*

## POSITIVELY Amazing!



*Sarah Fredrickson.*

Sarah Fredrickson (Chickasaw) embodies CA-NARCH’s mission to reduce health disparities in California’s Native American population while increasing the number of Native students in health and science careers. In 2005, she became an early member of CA-NARCH, which received 2001 seed funding followed by a 2003 grant that enabled establishment of a robust Student Development Program.

Sarah graduated from San Diego City College with Associate Degrees in Biology, Social Work and Liberal Arts in 2005, then transferred to SDSU, where she earned a B.S. in Public Health and completed an LVN-to-RN program while winning the 2009 SDSU Research Symposium President’s Award and capturing second place in the State competition. She also participated in a challenging Harvard Medical School fellowship. Now, graduating with an MPH in Epidemiology from SDSU, Sarah intends to pursue a Ph.D. in Global Health and give back to her Native community. Learn more about Sarah and other great grads on page 6.

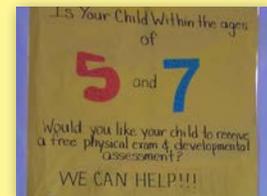
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# Martina Portillo and Art Calvo Receive Prestigious County Award

On April 8, 2016, Community Health Services (CHS) Director Martina Portillo and Elder Navigator Art Calvo were among a highly select group accepting prestigious Live Well San Diego 2016 Public Health Champion Awards. The ceremony took place at the County Administration Center. The award was presented by Wilma J. Wooten M.D., M.P.H., Public Health Officer, Director of the County's Health and Human Services Agency (HHS), and Chuck Matthews, Director of HHS's North County Regions.

The Champion Award recognizes "extraordinary achievements of individuals and organizations in areas of public health services that protect and promote the health of all County residents." The program is in keeping with Live Well San Diego's "long-term vision to build healthy, safe and thriving communities."

Martina and Art received the North Inland Region Award, joining other people and organizations who daily make a difference in San Diego County. The award recognizes their efforts in coordinating cultural community events that focus on prevention. They are the only Native Americans represented on the North Inland Region Team.

CEO Romelle Majel-McCauley says it was a thrill to watch Art and Martina accept the award. She believes, "Prestigious commendations such as this Live Well Champion Award validate the significance of IHC's 'Empowering Native Wellness' work to our clients, our community, and all of San Diego County."



Art Calvo, Romelle Majel-McCauley and Martina Portillo display the Live Well Champion Award.

## Wellness Expo a Multifaceted Hit

The April 27, 2016 Wellness Expo sponsored by IHC's Diabetes Team can be described in one word: "edutaining!" Juanita Ellison of Rincon reports, "The Expo, like other IHC events, was both entertaining and educational. We had a good time while learning a lot."

The day began with a blessing by Paul Gonzales and energetic Earth Day 2K. It concluded with a yoga class taught by Michelle Trabelsi. In-between were presenters/speakers Sonya Flores, Traditional Dancer; Bradley Guachino, Jiu Jitsu; and Marisa Wilke, Ayurvedic Medicine.

Expo-goers visited ten vendor booths and enjoyed a "Healthy Burger Bar" with burgers grilled by San Pasqual firefighters and accompanied by healthy toppings, pasta salad and water. Proceeds from the \$5/ lunch fundraiser, which attracted 81 people, support IHC's Healthy Heart Program. The top



Sonya Flores.

raffle winner was Rincon elder Gilbert Parada, who became the proud owner of a recumbent bike.

The main feature of the day was the Provider Panel, composed of Cheryl Pfent, PsyD, Behavioral Health Director;

Paul Gonzalez, Substance Abuse Counselor; Elaine Davidson, MD; Anne Bailey, Acupuncturist; Jina George, RD, CDE, Nutritionist; and Alyssa Cooke, Physical Activities Specialist. Juanita Ellison says, "The panelists shared pearls of wisdom. They were encouraging in a gentle, not overbearing way. We learned about goal-setting, taking baby steps, and being active."

Diabetes Data Coordinator/Admin Assistant Kimberly Castro says the Wellness Expo was a hit with organizers as well as participants: "As people departed, they told us how much they had enjoyed the event. To us, that's a good indicator of success!"



Jason Ockert of San Pasqual is a happy raffle winner.



## A Fun Run!

Rincon ran away with two top honors at PEI's Earth Day 2K. Rincon Firefighters won the fire department relay, and Rincon Elders triumphed over their other Reservation counterparts. Mesa Grande, powered by Phillip Espinoza, won the open relay.

PEI's George Pojas says, "Everyone who participated won. Afterward, people told us how great they felt. As we all know, exercise is a wonderful coping skill, especially if you are battling depression or other mental health concerns."

# “Our Stories” (continued from front page)

Starting off the five oral stories acted out during the event was a fire creation tale, “Why Fly Rubs His Hands Together,” eloquently performed by young Rincon Storytellers. Led by Ami Admire, a part-time CA-NARCH Research Assistant, these student storytellers learn about and share the history and traditions of their Luiseño ancestors. Seventh-graders Hannah Morrow and Ana Balderas said, “We like finding out about our culture so we can become a part of it.”

IHC departments presented stories: “The Little Boy and the Grandma Tree,” Behavioral Health Services; “Cup in the Cupboard,” Community Health Services; and “Tying up Loose Ends,” Tribal Family Services.”

Health Promotion Services’ “The Journey” vividly revealed the relationship between one’s culture and mental health. Narrated by emcee George Pojas and featuring Sydney Lopez of Pala, the story chronicles a young woman’s descent into the Deep Dark Forest of Sadness and Depression, and her journey back to the Land of Well-Being. Helped by a bird dropping stones of wisdom, she relies on her Native culture to overcome scary obstacles, such as the stigma of asking for help, to ultimately find awareness. The moral of the story: “You can be well if you ask for help.”

Ringling the area were booths from IHC departments, Tribal programs and the San Diego County Sheriff’s Department, whose officers invited excited kids to look inside the vehicle while staffing a medication take-back box. Deputy Darrel Weiss said, “We enjoy meeting people and being part of this event. It’s good to see the community out and about.”

Rhonda Romero, a part-time CA-NARCH Research Assistant from La Jolla, offered mini-gourd decorating. “Gourd art takes a lot of preparation: scraping, boiling, sanding,” she explained. The results were beautiful. Six-year-old Shaydon said, “This is fun. I’m using my favorite colors of pink, blue, purple and black. And we get to keep them!”

In keeping with April’s Earth Month, several Tribes offered environmental information. Event-goers also could register to vote, learn why early literacy is important to a child’s development and participate in health screenings.



Rincon Storytellers.



Deputy Weiss shows children the Sheriff's vehicle.

## A Storied Event

A delicious lunch grilled up by Native Riders was heartily enjoyed by all. When asked to describe their favorite part of the day, Rincon Recreation Department kids exclaimed, “Everything!”

PEI organizers said the time and thought devoted to creating “Our Stories” were well worth the effort. Health Promotion Services Director Beth Turner stated, “It was wonderful to see the large turnout, people engaged in the performances and sharing their stories. We received a lot of coordination and help from staff, community members, and various agencies to make this event possible. I am very appreciative of and thankful for this.”

As the day ended with concluding remarks by (103-year-old!) elder Amelia Contreras, event-goers left with inspiring stories to remember, stories to tell, and stories to help them navigate their own journey through life.



Native Riders grilling. Birdsinging. Shaydon and gourd. Billie Cephus screens Bernice Paipa.

# UberWoman Mary LeftHand Has a Drive to Succeed

Relentlessly optimistic, fearless and persevering; possessing a strong work ethic and incredible people skills: it is no surprise that Mary LeftHand is a successful entrepreneur.

Yet after a severe staff infection in 2008 coupled with sciatica and other health issues left this Oceanside single mother of three, with her youngest, Jacob, still at home, unable to stand for more than a few minutes or walk without extreme pain. Mary became unemployed, financially stressed and overwhelmed by seemingly insurmountable obstacles.

Not one to feel sorry for herself, Mary, whose father is Cheyenne/Arapaho and whose mother is Taos/Zuni Pueblo, resiliently soldiered on. She used her bicycle and public transportation to take advantage of every resource she could find. She relates, "Going to the IHC clinic meant a Sprinter train ride to Escondido, followed by a bus ride to



Rincon. The round trip could take six hours."

On a serendipitous May 2015 visit with Tribal Family Services' Lisa Sherman, Mary learned about a life-changing self-employment opportunity through Sycuan Inter-Tribal Vocational Rehabilitation (SITVR), with whom IHC partners to support clients with disabilities in search of employment.

Consulting with SITVR Director Marc Espino and Counselor Diana Gomez, Mary decided she wanted to be an

independent Uber driver. The fact that she did not own a car and was by her own admission, "not at all techie," did not stop her from pursuing this 21st-century, technology-driven transportation position. With SITVR's financial support, Mary leased a 2015 Nissan Sentra through Uber's Exchange Leasing program. With Jacob's help, she learned how to use her new iPhone 6+, GPS and Uber apps, and by December was picking up her first customer.

"I handle as many as 20 rides a night," says this mid-fifties woman with the energy of a 25-year-old. "I keep my car immaculate and full of creature comforts for my passengers, with whom I enjoy conversing. I couldn't be happier. I'm earning money. I love what I do. I picked my self-confidence off the floor and now feel like I'm on top of the world."

The German word *über* means super. They don't get any more super than Uber's Mary LeftHand!

## SITVR and IHC: Working Together to Help People Work

IHC and SITVR have a Memorandum of Understanding (MOU) that provides an array of supportive services to Native people with disabilities seeking employment. IHC refers appropriate people to the program. SITVR's Diana Gomez journeys to IHC twice a month to meet with clients.



She explains, "We provide vocational-related services to people enrolled in a federal- or state- recognized Tribe who have a physical or mental disability that creates a substantial impediment to employment. We focus on each person's strengths and help remove barriers, providing supportive services such as employment guidance, counseling and transportation. We have placed people in welding programs and other curriculums. Some people work in construction, at gas stations, or Goodwill." For more information, visit [www.sitvr.com](http://www.sitvr.com).

## Students' "Shots" for Success Happen Here

Backpack? Check. Lunchbox? Check. If your child starts kindergarten this fall, one of the most important things to check off your To-Do List is an appointment at IHC's Well Child Clinic.



*IHC Medical Team members at "Our Stories": back row, Nichole Minjares, Debbie Torres, Jamie Ogilvie, Cindy Adriano; Irene Garcia; front row, Tony Gastelum, Annabelle Testerman.*

Before your child can be admitted to

school, you must present an original birth certificate and proof of required immunizations, including appropriate doses of DTaP, Polio, Hep B, MMR and Varicella. We strongly encourage you to make an appointment now so you can rest assured that your little one will be ready for that exciting first day of school. We will administer the immunizations, provide the required record and perform an exam.

If your children are older, a specific regimen of shots is required at various ages. For example, a DTaP booster shot is required at the beginning of seventh grade. If your student of any age plans to play an organized sport this year, call us to schedule a Sports Physical in advance. We want to make sure that the children of our community are in tip-top shape!

# Key ICWA Protocol Established with San Diego County

IHC's Tribal Family Services (TFS) has been a significant driver in the four-year process of working with local Tribes and San Diego County's Health and Human Services Agency (HHSA) to establish a "Child Welfare Services (CWS) Protocol of Working with Indian Families, Children and Tribes" as related to the Indian Child Welfare Act (ICWA) program.

IHC's involvement has been spearheaded by TFS Director Karan Kolb. She notes, "The 42-page Protocol is more than simply a document. It reflects the common goals of Tribes and the County, and serves as a 'compass of best practices' for social workers dealing with children of Native American/Alaskan Native descent."



## The Protocol Supports the Common Goals of: Shared Responsibility

- Whenever possible, keeping Indian families together;
- Ensuring the safety of Indian children through active efforts;
- Ensuring timely permanence of Indian children by providing staff with guidelines on how to provide appropriate services to Indian families; and
- Promoting collaborative and respectful relationships among all entities serving Indian families.



The Protocol's stated objective is "to safely stabilize and preserve families while appreciating the family's culture and cultivating shared responsibility" among community partners. Karan explains, "This puts all of us on the same page and same team, with the best interests of Indian children and families at the program's heart."

Collaborative efforts between Tribal entities and CWS support the effective implementation of ICWA while protecting Indian children at risk for abuse or neglect, and improving services to Indian families. Through early identification of an Indian child, CWS can meet

ICWA's objectives (set out in a 1978 federal law to protect and preserve Tribes' most valuable resource – its children) and offer culturally-appropriate services that will maximize the family's chances of staying together.

Working together, IHC's ICWA and the County's CWS can help ensure that our children remain within the Indian community and can facilitate a team approach to improve outcomes and access resources for agencies and Tribes working with high-risk Indian families.

For more information on the newly established Protocol and other ICWA-related matters, please contact [kkolb@indianhealth.com](mailto:kkolb@indianhealth.com).

## Jennifer McLin Brings Value and Vitality to Dental Patients

On her resume, this educated, skilled and motivated Registered Dental Hygienist (RDH) expressed her desire "to obtain a dental hygiene position in a preventive and progressive dental practice providing superior care to patients."

"Jennifer McLin discovered precisely what she was looking for here at IHC, and we're very glad to have found her," says Dental Director Carrie Lambert, DDS. "Jennifer's full-time presence has helped us expand our dental services to patients and enhance our value to the community."

Sporting a personality as perky as her toothbrush-and-toothpaste earrings, Jennifer exudes enthusiasm about joining IHC in March. She declares, "This is 'Hygiene Heaven' for me! I'm thrilled to be on a team that offers quality patient care and amazing teamwork."

Born and raised in San Diego, Jennifer, her husband Tom and their three children – Jay, Jenalyn and Annalysa – spent 15 years in Virginia, where she earned a B.S. in Dental Hygiene from Old Dominion University in Norfolk.



Jennifer McLin.

For a school research project, she focused on the relationship between oral health and diabetes, an illness with which her husband copes. Another project involved the effects of Acid Reflux Disease on the oral cavity.

She notes, "I gained knowledge that enables me to assist and advise IHC patients who have diabetes. With the 'delayed healing' prevalent in diabetes, patients need to visit our clinic every three or four months to stay on top of their regimen. If periodontal disease gets out of control, it can affect blood sugar levels. Two-thirds of people who have diabetes also have gum disease," she cautions, encouraging clients to share their questions or concerns with her.

The McLins are in the process of moving to Menifee with their three Pomeranians. ("My kids call them the husband, wife and son.") Jennifer says she is looking forward to settling in and enjoying the outdoors. "The beach, bonfires, my family, our dogs – we're very happy to be back in San Diego."

We're very happy, too, Jennifer!



## About CA-NARCH

Indian Health Council (IHC), in partnership with San Diego State University (SDSU) and University of California San Diego (UCSD), is funded as a Native American Research Center for Health (NARCH) by the National Institutes for Health (NIH) and Indian Health Service (IHS). This innovative partnership offers valuable benefits for you, your family and the community, including greater tribal control over health and healthcare, and recruitment of Native Americans into studying for health and medical science careers.

## Principal Investigator:

Dan Calac, MD

## Program Director:

Stephanie Brodine, MD

## Research Project Principal Investigators:

Christina Chambers, PhD  
Roland Moore, PhD

The CA-NARCH Student Development Program (SDP) aims to increase the number of Native American students in health and science careers and ultimately reduce health disparities in California Native American populations. It offers mentorship, academic advice, research opportunities, networking, and social activities for Native American students interested in health or science at SDSU, UCSD, Cal State San Marcos and Palomar Community College.

If you are a high school or college student who wishes to learn more about the SDP, contact Geneva Lofton-Fitzsimmons at [gfitzsimmons@ucsd.edu](mailto:gfitzsimmons@ucsd.edu) or 760-233-5592.

## STUDENTS BLOSSOM AT SPRING EVENT

Mira Mesa's central location made the Spring Event convenient for the 10 CA-NARCH students attending from around the county. Guest speakers Dr. Dan Calac and Dr. Mark Lawson, Associate Professor of Reproductive Medicine at UCSD, made the gathering informative and motivational. Student Research Coordinator Richard Armenta states, "These gathering offer students an opportunity to learn from presenters and each other in a convivial setting."

## Dear Anonymous: We Thank You!

In March, Student Development Program Coordinator Geneva Lofton-Fitzsimmons was pleasantly surprised to receive a generous \$500 donation from an anonymous donor. In April, she was elated to receive another \$500. Geneva reports, "We will put this money to excellent use for current and future students. We greatly appreciate all contributions. Thank you!"

## Onward and Upward

We are so proud of these seven great grads. They have accomplished much and are poised to take the next steps to further their education and career.

- **Sean Paul Begay** (Navajo), Northern Arizona University; B.S. in Nursing. Next up: "I plan to work as an RN before enrolling in a Master's Program for Nurse Practitioner, Acute Care. I want to become a Nurse Anesthetist at Tsehootsooi Medical Center on my Reservation."
- **Alec Calac** (Luiseño), University of Arizona; B.S. in Neuroscience & Cognitive Science/Molecular & Cellular Biology with a Minor in Biochemistry. Next up: "I will complete a two-year research program at NIH while applying to a Fall 2018 Medical Scientist Training Program."
- **Erin Fletcher** (Potawatomi), Harvard; M.S. in Biological & Biomedical Sciences. Next up: "I will be the full-time director of my nonprofit Camp Casco, which provides a free, week-long summer camp to local childhood cancer patients and survivors."
- **Akiko Garcia** (Mescalero Apache); UCSD, B.S. in Biology. Next up: "Before graduating in December, I will conduct research under UCSD's CAMP Summer Research Program. I plan to take a gap year to garner field experience before applying to graduate school."
- **Maya Goodblanket** (Cheyenne/Arapaho); Cal State San Marcos, B.A. in Psychology. Next up: "I work as a research assistant and plan to apply to masters/doctorate programs. I intend to earn a Ph.D. in Clinical Psychology to conduct counseling and research, particularly in the Native community."

## 21st Century Medicine Woman

As a child, Lala Forrest (Pit River) was inspired by her great-great-aunt Florence Curl Jones, a Medicine Woman for local tribes in Shasta County. Today, Lala aspires to become a Woman of Medicine who, like her progenitor, serves her Native community.

Graduating from UCSD with a B.S. in Physiology and Neuroscience, this basketball standout declined college sports scholarships so she could pursue academics at a prestigious university. She plans to spend the next year applying to medical schools while developing her creative arts talents via an extension curriculum.

Lala discovered her direction through CA-NARCH. She confides, "I am where I am because of NARCH, which has been a major support system throughout my UCSD years. When I told Geneva I wasn't sure what post-grad field to focus on, she introduced me to Dr. Calac. I hadn't considered becoming a physician, but after I shadowed him at IHC, I realized, 'I could see myself doing this!' and so that is my goal."

We can see Lala Forrest, MD, here or anywhere she chooses to be!

## POSITIVELY Amazing! *(continued from front page)*

Sarah, a mom of two daughters ages 16 and five, has surmounted obstacles and dealt with traumatic experiences in her trademark positive manner. Perhaps it is the suffering she helped alleviate in Mexico and in Haiti, where she assisted in earthquake recovery efforts. Maybe it's closer to home, helping refugees from Sudan adapt to life in San Diego. It might be her fond remembrance of CA-NARCH's Crystal Roberts-Mesa, who tragically died at age 29 in 2008. Most likely, it's all of these elements plus Sarah's innate ability to see possibilities where others see problems.

"I credit my CA-NARCH mentors for their longstanding support," she says. "Geneva has helped me since the beginning. Dr. Calac is an active role model. Dr. Stephanie Brodine has been phenomenal. She opened doors to programs about which I would never have known. She introduced me to public health in a practical setting. She afforded me opportunity after opportunity so I can combine my nursing skills and love of community to enhance the health of Native Americans."



Dr. Stephanie Brodine addresses students at Spring Event.



Lala Forrest.



Graduate Sarah Frederickson, flanked by CA-NARCH's Geneva Lofton-Fitzsimmons and Annika Montag.

# CA-NARCH VII RESEARCH PROJECTS

## PRESCRIPTION OPIATE PAINKILLER MISUSE (Pill Take-Back Project)

Principal Investigator: Roland Moore, PhD

### Purpose

In response to the rising prevalence of prescription pain medication abuse, this project will implement and evaluate an intervention designed to reduce the availability of expired prescription pain medication in the homes of Native Americans in IHC consortium reservations.

### Progress

Research Coordinator Tony Luna says, "We have been very busy in several areas. We continue working with law enforcement by providing information to clients and the community about dropping off unused or expired prescription medications – no questions asked – at the Valley Center Sheriff's Substation, 28201 North Lake Wohlford Road. Additionally, we have worked with the La Jolla Band of Luiseño Indians and the Los Coyotes Band of Cahuilla and Cupeño Indians' law enforcement to take back medications at two community events. In total, we have collected more than 60 pounds of unused or expired medications, thus helping to make our environment safer!"

Tony notes, "We are aggressively proceeding in-house

at Indian Health Council, attacking the problem with a multi-disciplinary approach." Efforts include coordinating with Medical's Pain Management Program and also with the Pharmacy's Prescription Drug Monitoring Program (PDMP). IHC proactively trains providers and follows models of responsible prescribing as well as providing treatment options for people who need help.

For up-to-date information or questions about the project, please contact [tluna@indianhealth.com](mailto:tluna@indianhealth.com) or ext. 5247.



## HEALTHY NATIVE NATION

Principal Investigator: Christina Chambers, PhD

### Purpose

To establish the first Native NOFAS (National Organization for Fetal Alcohol Syndrome) affiliate and bring support to community members dealing with disabilities, including the effects of prenatal alcohol exposure.



HNN's Rhonda Romero and Toni Jensen conduct outreach at Valley Center Middle School.

### Progress

We continue to raise awareness and educate regarding fetal alcohol spectrum disorders. We are also conducting interviews and focus groups to identify community needs and priorities regarding disabilities. Contact us if you would like to participate or would like us to provide a presentation to your group.

FASDs are a collection of different physical and psychological disabilities that result from a mother drinking alcohol while pregnant.

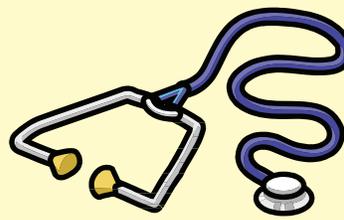


### Ask Us!

Do you have questions regarding Fetal Alcohol Spectrum Disorders (FASDs)? Do you or your organization want information or training? We're here to help. Email [healthywomen@indianhealth.com](mailto:healthywomen@indianhealth.com), call 760-751-6055, or stop in to see us at IHC.

# Dr. Dan's Corner

- Summer 2016 -



Chief Medical Officer Dan Calac, MD

## Sleepless in San Diego?

In today's fast-paced world, many of us experience occasional insomnia. You either cannot get to sleep, or you wake up in the middle of the night and are unable to go back to sleep. In general, short-lived insomnia is not a concern.

My alma mater, Harvard University, has reported that "chronic sleep loss can contribute to health problems such as weight gain, high blood pressure and a decrease in the immune system's power." Sleepless nights can result in disheveled days that make it difficult to perform everyday tasks. Poor-quality sleep has also been linked to chronic disorders including depression, substance abuse, hypertension and diabetes.

Conversely, "sleep health" can help you maintain physical and mental health, improve overall well-being and protect cognitive functioning as you age. It's no wonder that experts recommend enjoying seven to eight hours of quality sleep. Here are five tips for getting a good night's sleep from the National Institutes of Health:

- **Keep your bedroom cool and dark.**
- **Put away/turn off all electronic devices.**
- **Stick to a regular bedtime and waketime every day.**
- **Stop drinking caffeine by the early afternoon and avoid large late-night meals.**
- **Skip the late-afternoon nap, as it can make it harder to sleep at bedtime.**

*Nighty night!*



"Dr. Dan's Corner" discusses common health issues and answers your questions regarding specific topics and general overall health and well-being. If you have a question you would like Dr. Dan to address, please email [atesterman@indianhealth.com](mailto:atesterman@indianhealth.com).



## Relay for Life Funds Cancer Research

"Purple Power" returned to IHC on June 10th at the clinic's third annual Relay for Life, which raises money to fund cancer research as well as programs and services for people diagnosed with cancer. Once again, IHC staff decorated the Golsh Road entrance to the Rincon clinic in preparation for a heartfelt walk in honor of loved ones fighting cancer and those who have succumbed. The event took place while this newsletter was being printed. It will be highlighted in the Fall issue.

## IHC's Lost & Found



Della Freeman displays a commonly lost item: glasses.

Did you arrive home from a recent visit to the clinic and realize you accidentally left your sweater, book, glasses or other belongings behind? Perhaps even – yikes! – your cellphone or keys?

Not to worry: Any item found in any department is brought to our Administration Front Office desk, which serves as an informal "Lost & Found." We hold every item for six months, so make sure to check back with us if you think you may have lost something here. After safekeeping an item in our Lost & Found for six months, we dispose of it; recycling or donating it, when appropriate.

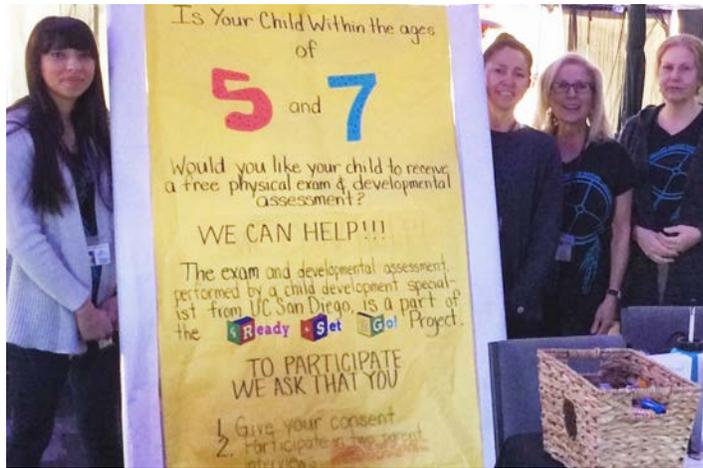
# Ready, Set, Go! Benefits Your Child and Our Community

**Ready, Set, Go!** (RSG) is a collaborative study between IHC and UCSD. Its purpose is to find out what effect things that happened before birth may have on a child's difficulty with learning or behavior. The team also wants to find out what types of services may be most helpful to the community.



## What Are the Benefits?

This is a wonderful opportunity to receive free developmental testing, designed to identify learning and behavioral strengths and weaknesses, for your child if he or she is Native and between 5 and 7 years old. You will receive a detailed report regarding your child's development and learning abilities. Your participation will enable IHC to determine the needs of the community and develop future relevant programs for its members.



Maya Goodblanket, Ami Admire, Toni Jensen and Annika Montag.

## What Will I Do?

As the parent or guardian, you will be asked to do the following: consent to the study (give your permission) and participate in two interviews; the first about your child's development and the second about the mother's pregnancy. These interviews can be given at the clinic, at your home, or by phone. Transportation assistance is available and compensation is offered for each part of the study. Your child will have a non-invasive physical exam conducted by a developmental pediatrician and an assessment by a neurobehavioral specialist.

## Make Healthy Happen: Plan Ahead!

Think it's too much work? Buy a roasted chicken. Set aside a couple of hours and voilà! You can make a few salads, meals to freeze, soups for the week, and dinner for the night.



## How Do I Join the Study?

Contact one of our **Ready, Set, Go!** Research Associates at 760-751-6055, email [ReadySetGo@indianhealth.com](mailto:ReadySetGo@indianhealth.com), or visit our office at IHC in Building B.

For more info on making healthy happen, contact Jina George, RD CDE (760) 749-1410 x5392 [www.indianhealth.com](http://www.indianhealth.com) "Empowering Native Wellness"



# 2016 | CLINIC SCHEDULES



**IHC aims to continually nurture a balance of physical, mental, emotional and spiritual well-being. Please participate in the following activities, as relevant to your needs.**

## **BLOOD DRIVES**

We invite everyone to participate in Red Cross blood drives, which take place periodically from **8am-3pm** at Rincon. Appointments are not necessary. Please call ext. 5377 for information on upcoming drives.

## **DIABETES CLINICS**

Diabetes educational classes are geared for people with diabetes and people who want to learn more about diabetes. Topics cover a variety of issues, information and concerns. Clinics are held on the **2nd Tuesday/month (9am-12pm); and 3rd Wednesday/month (1pm-4pm)** in Medical. Please call ext. 5237 for information.

## **DIABETES 101**

This Journey of the Heart/SDPI-funded workshop is designed to inform, prevent and empower. Classes are held on the **3rd Tuesday of each month from 10am-12pm** in the Community Health Kitchen.

## **EYE CLINICS**

Held **Wednesdays 8am-12pm** in Medical North. Call ext. 5345 for info.

## **MAMMOGRAM CLINICS**

Clinics are held on the **1st Friday/month (8:15am-12:30pm)** in Medical. Call Medical to schedule an appointment.

## **OB CLINICS**

OB clinics are held **every Thursday (8:30am -10:00am)** in Medical. Call ext. 5395 for info.

## **BLOOD PRESSURE CLINICS**

Clinics for Native American and family members interested in lowering their blood pressure through medications and lifestyle changes, are held on the **4th Tuesday/month (9am-12pm)** in Medical. Call ext. 5365.

## **CHILD CAR SEAT SAFETY CLASSES**

These classes, funded by an IHS Tribal Injury Prevention Cooperative Program (TICAP), demonstrate proper usage of a safety seat. Native American parents who complete the class and show they can properly install a seat in their vehicle receive a free convertible or booster child safety seat. Call ext. 5356 for information on classes at Rincon and Santa Ysabel.

## **WELL CHILD CLINICS**

Held **2nd and 4th Wednesdays, 1-4 pm** in Medical. Call Medical to schedule an appointment.

## **ACUPUNCTURE CLINICS**

Acupuncture clinic are held **every Monday & Thursday from 9am-3pm** in Medical. For information, please call Medical.

## **CHIROPRACTIC CLINICS**

Chiropractic clinics are held **every Tuesday 2pm-4:30pm and every Thursday 1-4pm**. For information, please call Medical.

## **FITNESS FUN**

Physical activity opportunities are funded through JOH and SDPI grants to improve and prevent diabetes. Call ext. 5455 to schedule a personal consultation.

# WELCOME TO THE IHC NEIGHBORHOOD

*Please join us in extending a warm welcome to these newly hired employees.*



**Jennifer McLin**  
RDH



**Sandra Toscano**  
DV/SA Program Coordinator



**Abby Ortiz**  
RDA



**Tony Gastelum**  
Medical Assistant



**Billie Cephus**  
RN/PHN Diabetes Case Manager



**Chance Bodini**  
DDS, Dentist



**Dennis Payne**  
MD, Psychiatrist



## no cavities club

Isaac Calac Mukikmal Trujillo  
June Bug  
Leilana Trevino  
Nathali Orozco  
Aaliyah Boles  
Eisley Machado  
Ariannah Turrubiarres  
Azalea Vilaysing  
Logan Ruise

Tuchily McClean  
Joda Ratliff  
Nathan Moran  
Isaiah Lopez  
Shouna Ward  
Marlyce Howard  
Christian Vargas  
Warren Paipa  
Savannah Redfern

Beau Mezzanatto  
Roselynn Albright  
Jason Albright  
Anabel McKinaly  
London Pierce  
Gunner Pierce  
Shaelynn Albright

*Great job, kids!*

# INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness

50100 Golsh Road  
Valley Center, CA 92082

FORWARDING SERVICE REQUESTED



## BOARD MEMBERS EXECUTIVE BOARD

Robert Smith, Chairman	Pala
Carolyn Stalcup, Vice Chairwoman	Santa Ysabel
Melody Arviso, Secretary	San Pasqual
Leia Arviso, Treasurer	Inaja Cosmit
Theda Molina, Member-at-Large	La Jolla

## MEMBERS

Mary L. Arviso	Inaja Cosmit
Doris Beresford	La Jolla
Andrew Campbell	Los Coyotes
Mariah Aguayo	Los Coyotes
Tony Gumataotao	Mesa Grande
Mercedes Amavisca	Mesa Grande
LeeAnn Hayes	Pala
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Patricia Dixon	Pauma
Jim Murguia	Rincon
Gilbert Parada	Rincon
Patricia Ockert	San Pasqual
Melanie Luna	Santa Ysabel

Romelle Majel McCauley, Chief Executive Officer

## INDIAN HEALTH COUNCIL, INC.

[www.indianhealth.com](http://www.indianhealth.com)

Email: [info@indianhealth.com](mailto:info@indianhealth.com)

Phone: (760) 749-1410

Fax: (760) 749-1564

24/7 Comment/Suggestion Line: Ext. 5307  
Patient Transportation Medical Department:

Ext. 5269

After Hours Care: (760) 749-1410, Option 1

OFF-HOUR EMERGENCIES  
Palomar Hospital: (760) 739-3000  
Temecula Hospital: (951) 331-2200  
Children's Hospital: (760) 739-1543

## INDIAN HEALTH COUNCIL, INC SCHEDULE

### Medical Department

M-F 8:00-6:30; closed 1-2, T

Doctors | Nurses M-F 8:00-6:30

### **Obstetrics**

every Thurs 8:30-10:00

**Pediatrician** M, W, F 8:30-4:30

**Podiatry** T, 8:30 - 6:00

**X-ray** M-F 8:30-6:30

**Lab** M-F 8:00-4:00

### Dental Department

M-F 8:00-6:30

Specialty Hours, 8:00-4:30

### Pharmacy Department

M-F 8:30-6:30

### Community Health Department

M-F 8:00-4:30

Public Health Nursing, Home Health  
Aides and Nutrition Services,  
Nutritionist.

### Human Services Department

M-F 8:00-4:30

Social Services, Child Abuse, Domestic  
Violence, Substance Abuse, Tobacco Ed,  
Parenting and Specialty Programs.

### Tribal Family Services Department

M-F 8:00-4:30

## SANTA YSABEL CLINIC SCHEDULE

### Medical Department

M, W 8:00-4:30 Fri 8:00-12:00

First appointment 9:00 a.m.

### Dental Department

M, W 8:00-4:30

First appointment 9:00 a.m.  
Hygiene Wed Only

### Pharmacy Department

M, W 10:00-4:00

Fri 10:00-12:00