



INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness



Winter 2015

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



Volume 31 Issue 4

Veterans Luncheon is an Inspiring Cultural Celebration



Seven years ago, IHC created an annual event that has unfurled as brightly as the red, white and blue of “Old Glory” under which so many Native vets have so proudly served. As COO Orvin Hanson told the full house gathered in the Multipurpose Room on November 6th for the 7th Annual Honoring Our Veterans Luncheon, “Our Prevention and Early Intervention (PEI) team, along with other IHC staff, wish to serve you on this day and throughout the year to honor you for your service to our country.”

The veterans represented an array of branches, including Army, Navy, Marines and Air Force. They served in many capacities and conflicts, from the Korean War to Afghanistan. Several are second- and third-generation military. Some, such as CHS Director Martina Portillo and Savannah Stoneburner, LVN, are IHC staff. All are proud to be Native vets.

(Continued on page 3)

Life is Sacred... September Suicide Prevention Activities Reach 300+ People



Taking one’s own life – suicide – is the proverbial elephant in the room that no one likes to acknowledge or discuss. It’s a very big elephant. Suicide is the 10th leading cause of death in the U.S. Among Native Americans ages 18-34, suicide is the 2nd leading cause of death.

Suicide is a doubly tragic because of the lives lost and the emotional heartbreak to family members and loved ones. In 2013, there were a record 413 suicides reported in San Diego County. They all had one thing in common: each was preventable.

IHC’s Health Promotion Services (HPS) addressed the issue head-on during September’s Suicide Prevention Week by organizing an array of activities centering on the theme: “Life is Sacred.” The week was funded by the County of San Diego Prevention and Early Intervention (PEI) Program.

(Continued on page 4)

INSIDE THIS ISSUE



Fall Festival Offers Serious Fun
page 2



CA-NARCH Students Tour IHC
page 6



Zumba!
page 9

Fall Festival Offers Serious Fun



Costumed fun and games were highlights of IHC's annual Community Night Fall Festival on October 28th. So was the underlying message of identifying and dealing with one's emotions, making for an evening that organizers hope will have a lasting impact on young lives. The festival was funded by the County of San Diego Prevention and Early Intervention (PEI) program.

In addition to carnival-style games, food, cake walk and costume contest, this year's new activities were based on the Disney movie, "Inside Out," which focuses on emotions whirling inside a child's head. IHC staff portrayed movie characters such as Anger (Art Calvo and George Pojas), Joy (Karan Kolb), Sadness (Martina Portillo),

Fear/Anxiety (Monica Jauregui and Cori Owen-Biggs) and Disgust (Beth Turner).

At the game ticket booth, children pondered questions related to these emotions asked by PEI staff and Behavioral Health Services providers. The aim was to help them develop healthy coping skills by answering questions such as: "What things can you do to calm down when you are angry or upset?"

Another 2015 innovation featured a professional, prop-laden photo booth that enabled participants to instantly email their photos and upload them to social media. The evening was undoubtedly entertaining but also highly educational. Serious fun!



Health Fairs Reap Results

True to its name, the Community Health Services (CHS) department conducts outreach activities that extend to the consortium community. CHS coordinates multi-department Well/Health Risk Appraisal Health Fairs offered annually on reservations and at regional and national health conferences.

At the Health Fairs, staff perform an array of tests to check things such as cholesterol, hemoglobin, blood pressure and blood glucose. Public Health Nurses (PHNs) conduct exit interviews and coordinate follow-up on individual issues that need attention. Health education is provided on a variety of topics, from infant safety to cardiovascular disease, and more.

"Peggy Richards Saved My Life!"

Recently, Shauna Anton sent IHC a lovely accolade about PHN Peggy Richards. She said, "I was at the Pala Casino team member Health Fair and ran into one of your very best nurses, Peggy Richards. Peggy saved my life at a Pala Health Fair over five years ago when I was having a routine blood sugar check. Peggy noted it was extremely high and with a great deal of compassion, she let me know the next steps. Each year I look forward to seeing Peggy at the Health Fair. She is a true asset to your organization and I can honestly say, 'She saved my life!' Thank you, Peggy, for your support and education about Type 2 Diabetes. I am on a much better path today because of you."



Shauna Anton and Peggy Richards

We are gratified to know that our community outreach efforts reap such healthful rewards! For more about annual Health Fairs, visit http://indianhealth.com/community_health.htm.

Dental Department Expands SY Services



The Dental Department is pleased to have added an additional day of dental services at the Santa Ysabel clinic. Previously, Dental was at SY on Mondays and Wednesdays, but hygiene was available only on Wednesdays.

From January - June 30, 2015, Dental presented a pilot program of hygiene on Mondays and Wednesdays to assess the need and utilization of the additional service. The trial run was successful.

As of August 3, 2015, two days per week of dental hygiene services became permanent. Natalia Orosco,

RDH continues to serve SY clients on Wednesdays. A new hygienist serves clients on Mondays. For more information or to schedule an appointment, please call 760-765-4203.

Whether you visit us at Rincon or SY, Dental Director Carrie Lambert, DDS, wants you to know that prevention is key to good oral health. She says, "Staying on top of dental hygiene is so important. Whether we see you twice a year or more frequently, keeping up with your regularly scheduled appointments and following good hygiene in-between makes your smile beautiful -- and that makes us smile, too!"

(Continued from page 1)

Serving Those Who Served

The event, emceed by PEI Outreach Educator George Pojas, was a cultural celebration. It began with the All Tribes Boy Scout Troop 699 Color Guard, followed by a blessing by Edward Reed of Rincon, and the National Anthem sung by Sydney Lopez of Pala. InterTribal Birdsingers, who have become a Veterans Luncheon tradition at IHC, movingly performed, with people joining in the dance. A delicious catered lunch of Italian cuisine was accompanied by many people's favorite: Indian acorn pudding.



A VA professional was on hand to help vets understand and obtain their full benefits. Admin Assistant I'isha Adams offered a one-stop photo booth, enabling people to leave with a picture of themselves.

Orvin explained what IHC has been doing for vets and what it plans to do in the future, such as expanded care coordination between IHC and the VA, and VA outreach at the clinic. Currently, Lisa Sherman (ext. 5285) and Nancy Spence (ext. 5286) are available to answer questions on VA benefits.

Each Vet Has a Story to Share

The day's highlight was each veteran's compelling recitation. One by one, in strong voices, they rose and shared their stories of service. The camaraderie and emotion in the room were felt by all. Many said they were honored to serve, which is precisely how IHC staff felt serving veterans on this day.

The event had an effect even on the youngest attendees. After hearing their elders speak about their service, one Boy Scout said with gusto, "When I grow up, I am going to be a veteran!"





Introducing an Exciting New Program for Native Families

Ready, Set, Go! San Diego is an exciting new program that brings opportunities for parents and children in our community. This collaboration between IHC and UCSD will investigate learning and behavioral challenges among 5-7 year old children. All parents of Native children within this age range, who are clients at IHC, are eligible to join our study whether or not their child has any learning or behavioral difficulties. As part of this study, participating children will receive:

- A free exam by a pediatrician who is a specialist in child development;
- Free developmental testing to measure his/her learning strengths and weaknesses.

According to Project Director Annika Montag, "Participating parents/guardians will be asked to complete two interviews: one about the child's development and the other about the mother's pregnancy. All information provided via the study will be completely confidential. There are incentives for participation. Our local Native staff includes Brenda Walsh (Pala) and Peery White (Peoria Tribe of Indians of Oklahoma)."

For more RSG information, please contact Annika at ext. 5333.

(Continued from page 1)

Four Days, Four Positive Programs



According to HPS Director Beth Turner, activities targeted community members from children to elders. She notes, "We wanted to provide information, awareness and resources. This inaugural program reached 300+ people, whom we hope took our messages to heart and shared them with friends and family."

IHC kicked off the week on Tuesday, September 8th with a "Life is Sacred" walk up and down Golsh Road. On Wednesday, it hosted a Question, Persuade, Refer (QPR) Training conducted by QPR instructors George Pojas, Art Calvo and Whitney Baugher for IHC colleagues, community members, Tribal leaders and youth program staff. Thursday morning offered "Check Your Mood" screenings in the Medical lobby.

The week wrapped up at Friday's "Skate for Life" afternoon at Pala Skate Park; a huge crowd-pleaser. It featured professional skaters, PLG, Daniel Cuervo, and Jake Brown, who delivered powerful speeches about never giving up, finding something in life you are passionate about, and avoiding drugs and alcohol. The pros interacted with the youth, signed autographs and skated with them.

Skate merchandise donated by local vendors including Vans and Sector Nine was raffled off. Free helmets were provided to youth through the Ian Tillman Foundation and Protec to those that signed a pledge committing to always wear a helmet while skating. The Pala Fire Department provided barbecue. Resource booths provided information about suicide prevention and local mental health services.

Beth reports, "We hope the week's activities left a memorable mark on people and provided resources to call upon, such as the countywide 2-1-1 line, www.Up2SD.org and 888-724-7240 crisis line. Anyone who is concerned about themselves or someone else can also contact us for a confidential conversation. Knowing how to recognize the warning signs and where to get help can make the difference between life and death!"



Pros PLG, Daniel Cuervo and Jake Brown with La Jolla youth.



TFS Says: Thank You, Angels!



Money may not grow on trees, but IHC's Angel Tree annually blooms with wonderful gifts for Native foster youth.

Every year, Tribal Family Services (TFS) invites IHC's clients, staff and community members to be an "angel" by selecting an "angel," then purchasing an age-appropriate gift for that boy or girl. At a fun Christmas party in mid-December, the children and their families come to the clinic where they enjoy a visit from Santa (who looks a lot like IHC's Chief Medical Officer, Dan Calac) and open their presents with wide-eyed delight.



TFS Director Karan Kolb says, "We are amazed, delighted, heartened and inspired by people's generosity. These kids do not have an easy time, and the holidays can be especially difficult. Receiving the perfect gift is not only exciting in and of itself. Most importantly, it signifies to these children that people care about them."

If you missed this year's Angel Tree opportunity, you can keep the spirit of giving alive by making a tax-deductible monetary contribution at any time. The money is used to support foster children's routine and emergency needs. For information, email kkolb@indianheath.com.

We thank our 2015 Angels for helping to give our children a very Merry Christmas!



Receiving the perfect gift signifies to our Native foster children that people care about them.

Make Your Voice Heard

IHC believes in "Empowering Native Wellness." Participating in government by voting will empower Native Americans in many aspects of their lives.

So says community member Benjamin Magante III, the grandson of respected elder and former Tribal Leader of the Pauma Band of Mission Indians, Benjamin (Ben) Magante, Sr., also longtime member of the IHC Board and a proud U.S. Veteran.

To help people understand the importance of voting, Benjamin offers this information. Look for him in 2016 at a Native Vote Registration Booth at the IHC clinic and at community outreach events.

C'mon, Let's Rock the Native Vote!

By Benjamin Magante III, La Jolla Band of Luiseño Indians

According to the U.S. Department of Defense, Native Americans have the highest population per capita serving in the military of any ethnic group. As First Americans, we have a deep pride in our homeland and a strong desire to protect it. Yet, we have one of the lowest voting rates among ethnic groups.

As someone active in civic engagement, I encourage everyone who is eligible to vote to register now so you can get informed and involved in

the 2016 elections. Many important elections will be held next November: for the next President of the United States, of course, but also for key local, regional and state positions as well as ballot items that affect you and your family – and Indian Country as a whole. IHC relies on federal funds, meaning your vote can have an impact on programs such as Indian Child Welfare Act (ICWA).

Why else should you vote? To make your voice heard on tribal government

sovereignty, education, water, energy, gaming, the environment, social programs, federal budgets and local grants. You also can have a say in public education when you vote for school board members. As a parent, you can directly affect your children's education!

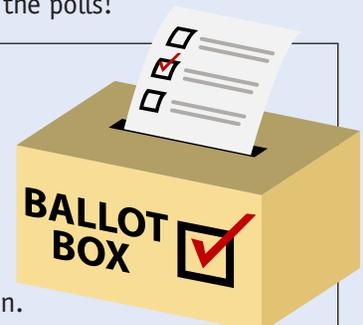
Registering to vote is easy. You can do it online at www.rockthevote.com or www.sdvote.com. You can register at many public locations such as post offices and libraries as well.

See you at the polls!

California Voter Registration Eligibility

In order to be eligible to vote in the state of California, you must be:

- A citizen of the United States.
- A California resident.
- 18 years old or older on Election Day.
- Not in prison, on parole, serving a state sentence in county jail, serving a sentence for a felony pursuant to subdivision (h) of Penal Code section 1170, or on post-release community supervision.
- Not found to be mentally incompetent by a court.





California Native American Research Center for Health

A Program of the Indian Health Council, Inc. (CA-NARCH) Winter 2015

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 or 760-233-5592.

A PRODUCTIVE FALL EVENT

SDSU's Scripps Cottage was the site of our October Fall Event, attended by nine students (including two newcomers) and three staff. In addition to a delicious Mexican dinner, the evening featured meeting and mingling, a raffle of beautiful Native items, a presentation by Dr. Brodine on Ebola and her Liberian trip, and discussion of upcoming activities.



THANK YOU, SOBOBA!

It takes money to give our ambitious students worthwhile growth opportunities such as attendance at national conferences, high-level research programs and other activities that help open the door to fulfilling careers in which they will give back to Indian Country, and the world. CA-NARCH recently received a \$5,000 donation from the Soboba Band of Luiseño Indians. The funds will be used to support students as they pursue their college and career goals. Thank you, Soboba!



We also appreciate Indian Health Service and National Institutes of Health for providing travel scholarships that enabled some students to attend the October SACNAS (stay tuned for highlights).

If you or your Tribe would like to contribute to future leaders, please call us at 760-233-5592.

STUDENTS ENJOY CULTURAL TOUR

Last August's inaugural Student Cultural Tour was such a success that participants requested a second event, which will be held in 2016. The enthusiastic group visited IHC, where researchers, including seasoned students like Tony Luna, discussed their NARCH projects.



Admin Assistant Shirleen McComack, reports, "The students were impressed by the scope and significance of ongoing research; they were able to envision themselves as Native professionals working in the medical and health sciences field." The group also enjoyed a tour of area reservations where they learned more about local Tribal cultures.

TEMET MCMICHAEL RECEIVES PRESTIGIOUS FELLOWSHIP

One of our earliest CA-NARCH students Temet McMichael (La Jolla Band of Luiseño Indians) has been awarded the Howard Hughes Medical Institute (HHMI) Gilliam Fellowship. This award, one of the most prestigious fellowships for minority scientists, covers three years of tuition, stipend, and a research allowance while he works toward his PhD at Ohio State University in Biomedical Sciences. His area of medical research focuses on virology and immunology. Once Temet completes his PhD, he will have many career options, including research, teaching, or industry.



Pictured here with Dr. Cliff Poodry, HHMI Senior Fellow for Science Education, Temet says, "I am honored to receive this fellowship. It was at a SACNAS conference several years ago where I met Ohio State's Co-Director of the Biomedical Sciences Graduate program. From that connection I was given a great opportunity at OSU, where I was able to excel and attain this fellowship. I am grateful to have support from family and NARCH staff. I am thrilled to be working in such an exciting field of study."

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:

The rise of prescription medication abuse addressed in past newsletters has recently gained more national coverage with President Obama's memorandum on Prescription Drug Abuse and Heroin Use. This memorandum to Federal departments and agencies urges more prescriber training and improved access to treatment.

According to Research Coordinator Tony Luna, "Even



before the President's direction, IHC has proactively been working to follow these steps by training our practitioners and adopting models of responsible prescribing, and by providing treatment options for those who need help."



Tony Luna at a recent take-back event.

He stresses, "This issue needs help from everyone, including you. One way that every adult can help is by disposing of their unused or expired medications at a local Sheriff's station or a take-back event. We held our most recent event at the Fall Festival (highlighted on page 2), where we collected 9.7 pounds of returned medications!"

Using the take-back method is the most eco-friendly way of disposal. Please be sure to drop off your old medications at a Sheriff's station or upcoming take-back event. For questions, please contact Research Coordinator Tony Luna at 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.



Progress:

Project Coordinator Annika Montag reports "We are thrilled to announce that Rhonda Romero (La Jolla) has joined our team! Thank you to everyone who participated in our community survey. We are still conducting interviews and focus groups to identify community needs and priorities regarding disabilities. Contact us if you would like to participate. In response to earlier focus groups, we are continuing our education outreach to raise awareness of FASD among providers, community groups, and community members. "



Ask Us!

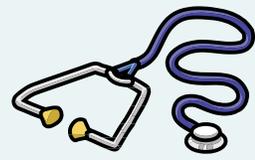
Do you have questions regarding Fetal Alcohol Spectrum Disorders (FASDs)?
Do you or your organization want information or training? We're here to help.
Email healthywomen@indianhealth.com, call 760-751-6055, or stop in to see us at IHC.



Chief Medical Officer Dan Calac, MD

Dr. Dan's Corner

Brain Fitness



As a dementia expert once said, forgetting where you put your car keys is not a cause for concern as you age. Not remembering what those keys are for is more serious.

I'm sure that I am not the only person who sometimes forgets an acquaintance's name or the location of an everyday item. When we are over 40, we jokingly call these lapses "senior moments."

Memory loss is no laughing matter, of course. It can lead to depression and can also be dangerous. An elder living alone might forget to take their medication or forget they have taken it and overdose.

Move It or Lose It

There are things we can do to keep our brains functioning at a high level as we age. The maxim, "Move it or lose it!" applies to both physical and brain fitness. Why not combine the two by resolving in 2016 to take a daily walk. Exercise is highly recommended by memory loss professionals. You can challenge your brain by shaking up your routine. If you always walk clockwise around the block, try walking your route counter-clockwise.

Other simple ways to keep your mind alert are reading, socializing with friends, and taking up a new hobby. Activities like these can do wonders for your memory, and for your entire outlook on life.

Have a happy and healthy 2016!

"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

A Quick Shot in the Arm Protects Against Flu

According to the Centers for Disease Control and Prevention, American Indians and Alaskan Natives are more likely than other populations to get sicker from influenza (the flu), be hospitalized and even die from flu-related complications.

For healthy people, the flu has the potential to cause severe illness that may require hospital care. Those more at risk are young children, elders, pregnant women and people with chronic conditions such as diabetes, asthma or heart problems.

The flu is a contagious virus. Getting your annual flu vaccine protects not only you but those around you. This fall, IHC's Medical and Community Health Services staff have vaccinated clients at the clinic, on reservations and during home health visits. If you have not yet received your flu shot, you can walk in during designated times. We have regular flu vaccines plus preservative-free vaccines for OB patients.

We strongly encourage you to "arm" yourself against the flu. Getting a shot is quick, relatively painless and can prevent a nasty illness that could harm your holiday fun.



FLU CLINIC HOURS

Rincon:

Tuesday, 8:00am – 11:30am
Thursday, 8:00am – 11:30am
Friday, 1:00pm – 4:00pm

Santa Ysabel:

Monday, 9:00am – 11:30am
Wednesday, 9:00am – 11:30am
Friday, 9:00am – 11:30am

Flu Facts

- Getting a flu vaccine each season reduces your risk of illness.
- It can prevent you from spreading the virus to others.
- The flu vaccine is safe and recommended for everyone at least six months old.
- You need to get the vaccine annually to protect against new strains that arise each year.
- Contrary to what some people think, you can't get the flu from the flu vaccine.
- A flu shot can have mild side effects, such as soreness or swelling at the site of the shot, a mild fever, or aches.
- In addition to getting vaccinated, take preventive steps against the flu and common cold by washing your hands frequently to reduce the spread of germs.

If Illness Strikes

- If you do get sick, stay home so you do not spread your illness to others.
- Our Pharmacy Department can provide you with over-the-counter medications to ease cold/flu symptoms such as a sore throat, runny/stuffy nose or mild cough.
- If your symptoms are more severe – chills, sweats, high fever, ear pain, shortness of breath, severe sore throat, etc. – call Medical.
- You can access help during non-clinic hours by calling our After-Hours Care Line: 760-749-1410, Option 1.



JOH Helps People Step up to a Healthy Track



IHC's Journey of the Heart (JOH) Diabetes program plans to begin 2016 as it ends 2015: on a healthy track! The program is designed for patients with diabetes and their families and supporters.

November 13th was a lucky day for the popular annual Turkey Trot and Chili Cook-Off. Taking place during Diabetes Awareness Month, the pre-Thanksgiving "Freaky Friday" fun run/walk was followed by a tasting/judging of healthy chili recipes. Stay tuned for an update in the Spring 2016 Newsletter.

On December 14th, the monthly JOH event traveled to Santa Ysabel for an informative Meal Planning Workshop presented by Nutritionist Jina George, RD, CDE. She explained how to plan, shop and cook for good health while preparing a deliciously nutritious lunch of butternut squash soup and salad.

Wellness Expo: January 27th

Entitled "New Year, New You," the January 27th Wellness Expo taking place from 10 am-1 pm at the Rincon clinic will give people with diabetes the tools they need to make 2016 a heart-healthy year. A variety of wellness vendors will offer their wares. A wellness panel and talks every half-hour will inform, inspire and motivate attendees to take charge of their health. The Expo culminates with a Turkey/Chicken Posole luncheon.

Both the November and January events include a \$5 fundraiser participant fee. Proceeds support ongoing JOH activities. For more information, please call ext. 5237.

Diabetes affects nearly 30 million children and adults in the U.S. today; nearly 10% of the population.

Zumba!

Here's great news: you don't have to be in perfect shape to get in better shape and have a great time doing it. You don't even have to go far. Simply dance your way over to IHC's Multipurpose Room on Wednesdays at 4:45 pm and Fridays at Noon for a full hour of Zumba.

Community member Cindy Devers is a certified Zumba instructor. She and her daughter lead the fun-filled classes

of dancing to music. They teach easy-to-follow steps and show participants how to exercise at their own pace.

Zumba classes are open to all women and men, including staff, IHC clients and the community. Each class is \$5. Suggested attire includes comfortable clothes and tennis shoes. Reservations are not required; just drop in and have fun.

How much fun? Ask IHC's Executive Admin Assistant Rocio Rodriguez, who helped get the Zumba party started and who is an active participant: "It's not just fun. It's super-fun!"



Rocio Rodriguez



Coping with Holiday Stress

Buying and wrapping gifts. Attending or giving parties. Perhaps not feeling the holiday spirit due to the death of a loved one, or the absence of friends and family. These and other things can lead to stress and depression. Here are a few ways to treat yourself well this season.

- If you are grieving a loss, allow yourself to feel sadness. Don't try to force yourself to be happy or pretend that you are not in pain.
- In addition to accepting your own feelings, acknowledge those of others. They may harbor their own stress or depression.
- Seek out support and friendship. Volunteer to help people in need. Contact a long-lost friend or repair a broken relationship. Email, call or revive the art of letter-writing.
- If you cannot afford to buy expensive (or any) gifts, don't! Homemade gifts will be appreciated. Or offer the gift of time to provide respite for a caregiver or help to a homebound relative.
- Set aside "me time" to take a walk, read a book, enjoy a relaxing bath or soothing massage.
- Stay true to healthful habits. Overindulging adds to stress and increases feelings of guilt.
- Incorporate daily physical activity into your holiday regimen. Eat a healthy snack before attending a party with tempting treats. Get a good night's sleep.
- If feelings of sadness, anxiety, depression or hopelessness persist, please contact us. We're here to help you have a merry holiday and a Happy New Year!



2015-2016 | CLINIC SCHEDULES



IHC's mission is: **"To continually nurture a balance of physical, mental, emotional, and spiritual well-being."**

Please enable us to help you by participating 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 **8 am-3 pm** at Rincon. Appointments are not necessary. Please call ext. 5275 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 generally held from **8:30-11:45 am on the second and fourth Thursday** of each month 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 ongoing in the Multipurpose Room. Please call ext. 5237 for information.

MAMMOGRAM CLINICS

Mammogram clinics are held from **8:30 am-1 pm on the first Friday** of each month in Medical. Please call ext. 5344 to schedule an appointment.

OB CLINICS

OB clinics are typically held **every other Thursday at 8 am** in Medical. For information, please call Medical.

BLOOD PRESSURE CLINICS

Clinics for Native American and family members interested in lowering their blood pressure through medications and lifestyle changes, including nutrition and exercise, are held on the **first, third and fourth Tuesday from 9am-Noon** in the CHS Department. For information, please Call ext. 5356.

CHILD CAR SEAT SAFETY CLASSES

These classes, which are 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. Please call ext. 5356 for information on classes at Rincon and Santa Ysabel.

ACUPUNCTURE CLINICS

Acupuncture clinic are held **Mondays from 9am-3 pm** and **Thursdays from 9 am-11:30 am** in Medical. For information, please call Medical.

CHIROPRACTIC CLINICS

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

PREVENTION AND EARLY INTERVENTION (PEI) PRESENTATIONS

PEI presentations funded by the County of San Diego (Agreement #528301) on a variety of topics take place at **11 am on the third Thursday** of the month in the Dream Weaver Room. Please call ext. 5284 for information.

FITNESS FUN:

Physical activity opportunities are funded through JOH and SDPI grants to improve and prevent diabetes. They are provided by Physical Activity Specialist/Diabetes Management Admin. Coordinator Alyssa Cooke and are designed to benefit the physical, mental and emotional well-being of people in the community with diabetes. Please call ext. 5263 to schedule a personal consultation or to request a group class on your reservation.

WELCOME TO THE IHC NEIGHBORHOOD

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



Michelle Andrada
RDA



Aidan Clarke
Psychiatrist



no cavities club



Audrina Montoya
Myleah Torres
Leone Torres
Shouna Ward
Tashpa Trujillo
Mukikmal Trujillo
Kawish Trujillo
Na'liya Clark
Rodlynn Parada
Bo Herrera
Penelope Verdugo
Chloe Verdugo

Autumn Nejo
Sherlyn Lopez
Jillian Horton
Nealani Quisquis
Gracee Hall
Alexander Santos
Leroy Salgado IV
Arianna Garcia
Calian Revilla
Isaiah Lopez
Damian Cervantes
Lucious Zwicker

Mexily Stoneburner
Wom Si Stoneburner
Sativa Salagdo
Nathan Edwards
Skarlett Holmes
Cornell
Niko Genis
Naylynn Howard
Max Rush
Phoenix Machado
Paa ila Devers
Elena Harvery

Good job!

INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness

50100 Golsh Road
Valley Center, CA 92082

Happy Holidays
from our IHC family to yours!



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

Email: 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

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

Obstetrics

every other Thurs 8:30-12:00

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

Podiatry T, 8:30-5:30

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

Diabetes | Ophthalmology Clinic
every other Wed 8:30-12:00

Human Services Department

M-F 8:00-4:30

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

SANTA YSABEL SCHEDULE

Medical Department

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

First appointment 9:00 a.m.

Podiatry, First Monday, even months,
9:00-3:30

Dental Department

M, W 8:00-4:30

First appointment 9:00 a.m.

Pharmacy Department

M, W 10:00-4:00

Fri 10:00-12:00

Tribal Family Services Department

M-F 8:00-4:30