



# INDIAN HEALTH COUNCIL, INC.

*Empowering Native Wellness*



Spring 2016

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

Volume 32 Issue 1

## We Are Happy to Serve You



January 19, 2016 marked the 46th Anniversary of the Incorporation of Indian Health Council, Inc. This issue begins the 32nd year of our quarterly newsletter

published for our valued clients and associates. From IHC's inception through today, our mission has been Empowering Native Wellness.

Clients who open the door to the IHC clinic at Rincon or Santa Ysabel can be confident they are entering a state-of-the-art facility that, since 2001, has been continuously accredited by the gold standard of care: the prestigious Accreditation Association for Ambulatory Health Care (AAAHC).

We continually strive to enhance our services to you and the community. This Spring 2016 Newsletter highlights ongoing and innovative new ways for you to be well and stay healthy. It also introduces key new staff: Behavioral Health Director Cheryl Pfent (page 4), Pharmacy Director Ella Solis (page 5), and Pediatric Dentist Marian Iskander (page 9).



*Dr. Calac receives recognition from VCPUSD's Don Martin and Olivia Leschick.*

## Daniel Calac, MD Honored by School District

IHC's Chief Medical Officer Daniel Calac, MD – Dr. Dan to us – was recently honored by Valley Center Pauma Unified School District (VCPUSD). At a November 2015 VCPUSD Board meeting, Dr. Calac received a plaque from Board President Don Martin and Special Projects Administrator Olivia Leschick, whose excerpts follow. Event highlights were later circulated on the district's website.

*On behalf of the School Board, it gives me great pleasure in honoring Dr. Daniel Calac. As a former Pauma Elementary student, Dr. Calac is an exemplary role model who had a curiosity about science since a small child living on the reservation and checking out science books from the Pauma Elementary Library. His curiosity for science along with the support of his hardworking mother, a nurse, led him to pursue a medical career. Dr. Calac earned his medical degree from Harvard University Medical School*

*(continued on page 3)*

### INSIDE THIS ISSUE



Patient Surveys Improve Customer Service  
page 2



NEW Native Lifestyle Balance Classes  
page 4



And They're Off ... on a Fun Turkey Trot  
page 9

# Telephone Surveys Help Us Improve Our Service to You

Indian Health Council's goal is to be our clients' Preferred Medical and Dental Home. We want that home to be the best it can be for you, so we kicked off 2016 with a Patient Satisfaction Telephone Survey conducted by Crossroads Group. The survey is completely confidential. It consists of questions designed to ascertain customer service, treatment, and access areas in which we are doing well and any areas in which we need to improve.

The surveys will continue throughout the year. Your feedback helps us to meet our Medical and Dental Home certification and, most importantly, improves our service to you, our entire client base and the community. Please feel free to talk your Medical and/or Dental Provider(s) with any questions or concerns you may have about the survey.

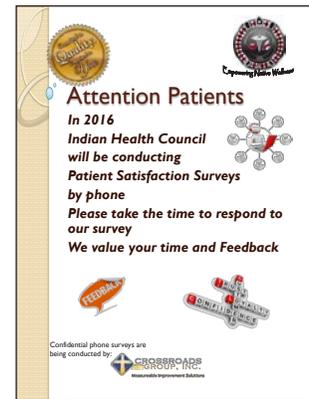
Thank you for participating.

## Two Additional Ways to Provide Feedback

As part of IHC's proactive, client-centric approach, we offer two ongoing, confidential ways to share your comments, complaints and recommendations at any time. You can remain anonymous or request a follow-up response. Comments are regularly checked and delivered to the appropriate department.

**WEBSITE:** [www.indianhealth.com](http://www.indianhealth.com): Link to a Comment Form on our homepage to share your patient experience and suggestions.

**COMMENT LINE:** 760-749-1410, ext. 5307: Call our Comment Line to provide your comments.



**Attention Patients**  
In 2016  
Indian Health Council  
will be conducting  
Patient Satisfaction Surveys  
by phone  
Please take the time to respond to  
our survey  
We value your time and Feedback

Confidential phone surveys are  
being conducted by  
**CROSSROADS GROUP INC.**  
Healthcare Improvement Solutions



The Comment Form on IHC's website.



Cynthia Kolb and Shirley Kolb at the 2015 Expo.



Rez Zumba.

## Wellness Expo Takes Place April 27<sup>th</sup>

Make plans now to attend IHC's Wellness Expo taking place on April 27, 2016 from 10am-1pm in the Rincon clinic's Multipurpose Room. Our last Expo attracted a great turnout of attendees and vendors. Our 2016 event should be even more spectacular!

The Expo is open to the public. Members of the community and their families are especially invited to participate in what will be an informative and entertaining three hours. Lunch can be purchased for a modest donation of \$5. The Expo is a fundraiser for IHC's Diabetes Program.

### The Theme: Stress Management

Based on the theme of stress management, we're planning an action-packed day of education and fun incentives. In addition to IHC staff, many local vendors will be on hand to share resources while spreading the message of health and wellness from a variety of perspectives.

Featured vendors include Little Barn Bakery, Rez Zumba, Shain Fitness, local massage therapist Dee Dee Bondy, a CPR instructor and others to come. "In-house talent" will include IHC departments and staff, such as an acupuncturist. One of the day's most significant features will be a Wellness Provider Panel staffed by professionals: an IHC Physician, Behavioral Health Specialist, Nutritionist, Kinesiologist and others. The open forum format will offer guests an opportunity to ask health-related questions.

As the event nears, more features will be added. Details will be available at the clinic and on our website. For now, put the April 27th Wellness Expo on your must-do list.

# Your ACA Indian Exemption Lasts a Lifetime ... Don't Delay – Apply Before April 15, 2016

According to the U.S. government Affordable Care Act (ACA), “Everyone must have health care insurance, have an exemption, or pay a fee (tax penalty) when you file a federal income tax return.” You will not have a tax penalty if you have health insurance.

American Indians and Alaska Natives (AI/AN) have an “Indian Exemption” through Indian Health Service (by U.S. Trust Agreement with Tribes) and are exempt from the fees for not having private insurance. This is called an “Indian Exemption.”

## It's Not Automatic, but It's Easy to Apply

Your Indian Exemption is not automatic ... you must apply for it. The good news is that you only need to apply once for the Indian exemption. Once obtained, your California Exemption Number (or your CEN) will remain with you for the rest of your life and will serve as your proof of insurance for future tax filings. For registered patients at Indian Health Council, Inc. who do not have active insurance, we can give you a letter explaining your Indian Exemption, if needed.

## This May or May Not Apply to You

If you have health insurance through your employer; Medicaid, CHIP, Medicare; health care through Veteran's Affairs (VA); your Tribe; or insurance purchased through the marketplace known as “Covered California,” you are safe from paying any penalties. Simply provide proof of this insurance (or your CCN) to your tax agent.

If you are an AI/AN eligible for IHC services, and do not have health insurance, come to the clinic to apply for your Indian Exemption. We will help you fill out the required information and give you the appropriate letter confirming your Indian Exemption status.

Social Services Director Karan Kolb, who oversees the Social Services Department, says, “As we have done since the ACA was passed, we strive to make compliance with requirements easy for our clients. We encourage people to ‘beat the rush’ and call or come in soon to get the facts and get their letter well ahead the April 15, 2016 filing date.”

To learn more, please contact IHC's Eligibility Case Manager, Lisa Sherman at [ls Sherman@indianhealth.com](mailto:ls Sherman@indianhealth.com) or ext. 5285, or simply stop by when it is convenient.

**Health Coverage Exemptions for American Indians, Alaska Native Shareholders, and Individuals Eligible for Services from an Indian Health Care Provider**

Beginning in 2014, everyone must have health care insurance, have an exemption, or pay a fee (tax penalty) if you file a federal income tax return. You will not have a tax penalty if you have any of these:

- health insurance through your employer
- Medicaid, CHIP or Medicare
- health care through Veteran's Affairs (VA)
- insurance purchased through the Marketplace or private insurance
- your income is too low to pay federal income tax

Health care provided by the Indian Health Service, Tribal programs, or urban Indian programs does not count as insurance for purposes of avoiding the fee (tax penalty). American Indians, Alaska Natives and other people eligible for services through the Indian Health Service, Tribal programs, or urban Indian programs (like the spouse or child of an eligible Indian) don't have to pay the fee for not having health coverage. This is called an Indian Exemption.

For more information about the Indian exemption, visit:  
[www.HealthCare.gov/tribal](http://www.HealthCare.gov/tribal)  
[www.HealthCare.gov/american-indians-alaska-natives/exemptions](http://www.HealthCare.gov/american-indians-alaska-natives/exemptions)  
[www.HealthCare.gov/exemptions](http://www.HealthCare.gov/exemptions)

For a list of Frequently Asked Questions, visit:  
[www.cms.gov/Outreach-and-Education/American-Indian-Alaska-Native/AIAN/Downloads/AI-AN-Exemption-FAQs.pdf](http://www.cms.gov/Outreach-and-Education/American-Indian-Alaska-Native/AIAN/Downloads/AI-AN-Exemption-FAQs.pdf)

Product # 11919-N July 2015

(continued from front page)

## Daniel Calac, MD Honored by School District

and he did his residency at the Combined Internal Medicine/Pediatrics Residency Program at USC. Today as CMO for IHC, he serves Native American students and families as a primary medical provider. Dr. Calac also serves on the board of the California Native American Research Center for Health (CA-NARCH).

Dr. Calac has agreed to continue his partnership with our district by providing his expertise with the new Science, Technology, Engineering and Math (STEM) program by assisting the district in its goal to better prepare our Native students with additional opportunities for viable and lucrative STEM careers. We look forward to many more years of Dr. Calac's continued support and community service. Thank you, Dr. Calac!

## Dr. Calac and VCPUSD: A Healthy Partnership

Dr. Calac plays a key role in VCPUSD's K-11 professional development federal grant for STEM training. According to Leschick, “Dr. Calac will assist in the district's endeavor to prepare teachers to better align their curriculum to STEM and health career applications. The grant will train 40 elementary, middle and high school teachers who will develop real-work application lessons.”

As an industry partner, Dr. Calac will provide health career information and is addressing district educators to inform them about the CA NARCH program. Noting that approximately 10% of the district's students are Native American, Leschick believes, “These activities will help groom the next Indian health professionals for the future.”

As part of this burgeoning partnership, Native 8th-graders enjoyed an enriching Shadow Day at Valley Center High in February. They glimpsed a taste of their future by attending high school classes and were motivated at an after-school assembly in which Dr. Calac explained the college admission process for STEM and medical/healthcare-related studies. They met with counselors and began picturing themselves in fulfilling careers as researchers, healthcare providers and other professionals.

Dr. Calac believes, “CA-NARCH's Student Development Program is an important element in furthering greater tribal control over health and healthcare and recruitment of Native Americans into health and medical science careers. Our goal is to reduce health disparities in California's Native American populations while offering opportunities to students as they pursue their college and career goals.”

For more information about the Indian exemption, visit:  
[www.HealthCare.gov/tribal](http://www.HealthCare.gov/tribal).

If you are an AI/AN eligible for IHC services, and do not have health insurance, come to the clinic to apply for your Indian Exemption.

# Cheryl Pfent, Psy.D., Joins IHC

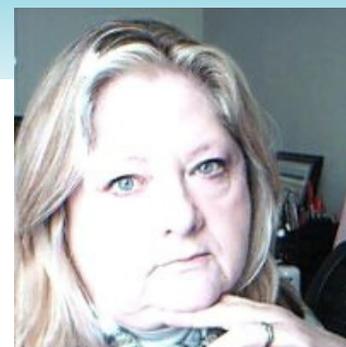
Cheryl Pfent, Psy.D, is a seasoned, accomplished and diversely experienced professional whom we at IHC were happy to welcome as our new Behavioral Health Services Director on December 13, 2015. Her department and staff provide an array of therapy and counseling services.

Among her 26 years of experience, Dr. Pfent provided mental health services to the Native American inmate population when she served as Chief Psychologist at a Federal prison in Arizona from 1990-1999. She also has taught undergraduate and graduate-level Psychology courses.

More recently, Dr. Pfent had wide-ranging responsibilities as the 1999-2007 Mental Health Services Supervisor for Riverside County Department of Mental Health and later as Senior Vice President of Anka Behavioral Health. Prior to joining IHC, she was Vice President, Inland Empire and Central Coast, for Mental Health Systems. In this position, she handled oversight of programs throughout San Bernardino, Riverside and Santa Barbara counties. She also has served as a Clinical Psychologist providing assessment, individual, family and group psychotherapy to clients across the age spectrum.

Dr. Pfent earned her B.A., M.S. and Psy.D. degrees at universities in Florida. She currently lives in Murrieta.

Her experience in results-oriented, evidence-based treatment strategies, combined with her demonstrated supervisory acumen, make Cheryl Pfent a perfect fit for IHC and the community. She says, "Working here at the clinic is the best job ever. I love serving this population and I have a dedicated, committed staff that wants to provide the best care possible."



## NEW for 2016: Native Lifestyle Balance Classes!

In healthcare, patients typically visit their providers when they are feeling ill or taking actions to keep them well. Starting in 2016, we are so excited to come to you: we are bringing our new Native Lifestyle Balance curriculum to three reservations.

The curriculum is made possible through a Special Diabetes Program for Indians (SDPI) grant targeting people ages 15-40 who are at risk for diabetes. In the past, grants focused mainly on treatment. This innovative

program involves IHC's entire Diabetes Management Team, and focuses on prevention and education via an evidence-based curriculum.

The six-week program wound up its first series on the Pala Reservation. From February 4-March 10, Pala participants gathered at the Pala Administration Building every Thursday from 10am-Noon.

Upon committing to the curriculum, participants looked forward to receiving an award certificate and graduation celebration upon completion. Most of all they looked forward to getting 2016 off to a healthy start and staying on track by being active, eating healthfully, nurturing themselves and enjoying a balanced life. Helping them succeed in their quest are a free pedometer, nutritious recipes and a wealth of health information.

Next up, the Native Lifestyle Balance Team will conduct 2016 sessions for Santa Ysabel and San Pasqual members on their reservations. The dates and times have not yet been set. For more information, please contact [kcastro@indianhealth.com](mailto:kcastro@indianhealth.com) or call ext. 5237. We're eager to get you on the path to a well-balanced life!



Alyssa Cooke, Kim Castro, Jina George, Martina Portillo, Lorelei Legaspi

INDIAN HEALTH COUNCIL presents



### Living a Life in Balance

6-Week Series using the "Native Lifestyle Balance" Curriculum & Health Services Advisory Group Materials

**6-Week Series\***  
Every Thursday  
February 4th-March 10th  
10AM-12PM  
Pala Administration Bldg.

**Your New Year's Resolution Starts Here!**

Includes:  
Hands-on Education  
Lifestyle Balance binder  
Recipes & Samples  
FREE pedometer  
Certificate of Completion

*Individuals 15 and older are Welcome to Attend  
\*No Children Please\**

You will learn how to:

- Lose Weight & Keep It Off
- Shop & Cook for Success
- Set & Achieve Goals
- Jumpstart Your Exercise Program
- Manage Stress
- Prevent Diabetes & Heart Disease

\*6 Week Commitment Required!

Call to Pre-Register @ 760/749-1410 Ext. 5237

Empowering Native Wellness | www.indianhealth.com | (760) 749-1410

## Your Native Lifestyle Balance Team:

Daniel Calac, MD; CMO  
Martina Portillo, PHN; CHS Director  
Jina George RD,CDE; Nutritionist  
Alyssa Cooke; Kinesiologist/  
Diabetes Management Coordinator  
Lorelei Legaspi, CNA- CHR  
Kim Castro, Data Coordinator  
TBD: Nurse

# A Valuable New Member of Our Healthcare Team

In her resume, Ella Solis states her career objective: "To be an instrumental Pharmacist ... serving as a valuable member of the healthcare team." Having joined IHC as Pharmacy Director in December, she is already filling that role to the fullest. Ella replaces (semi) retired Bob Schostag, who continues part-time at the clinic.

A San Diegan, Ella's outstanding academic achievements won her a full scholarship to UC Santa Barbara, where she earned a B.S. in Pharmacology, followed by a Doctorate of Pharmacy (PharmD) at prestigious USC in 2009.

She became familiar with Native American culture while serving for two years as Clinic Staff Pharmacist at Indian Health Service's Pinon Health Center on the Navajo Reservation in Arizona.

She says, "I liked working with the community, as I do here. Both clinics boast a multi-disciplinary approach, which is highly productive and makes for a great team-work environment."

After Pinon, Ella advanced to a position as a CVS Staff Pharmacist. She now puts all of her experience and enthusiasm to good use at IHC. At home, she and her husband devote their energies to their son Riley, who will be one year old in April.



## Controlled Substance Monitoring

In her new role as Pharmacy Director, Ella Solis offers the following information, which dovetails with the Prescription Opiate Painkiller Misuse project described on page 7.

According to the Center for Disease Control and Prevention (CDC), prescriptions for pain medications quadrupled from 1999 to 2013. Correspondingly, there have been significant increases in abuse, diversion and overdose, leading the CDC to declare prescription drug abuse as a national epidemic. Every day, 44 people in the U.S. die as a result of prescription pain medication overdose.

To stem the tide, California has implemented a Prescription Drug Monitoring Program (PDMP) that helps health care providers protect patients. All California-licensed prescribers and pharmacists must register for access to the Controlled Substance Utilization Review and Evaluation System (CURES) database. They utilize CURES to evaluate prescriptions for controlled substances such as hydrocodone/acetaminophen

(Vicodin, Norco); oxycodone/acetaminophen (Percocet); oxycodone (OxyContin); morphine (MS Contin); and tramadol (Ultram).

Your IHC providers strive to promote patient access to safe and effective pain management. Please bear with the Pharmacy as we meticulously review each prescription for controlled substances, check the CURES database, and accurately prepare your medications. We may need to contact your prescriber to address drug interactions, therapeutic duplications, and related issues.

Therefore, when you drop off a prescription for a controlled substance to be filled at our Pharmacy, be prepared for a wait time of one hour or more. Prescriptions dropped off after 5pm will be available for pick-up on the next business day. We appreciate your understanding and cooperation.

## Palomar Health Closes Standby Emergency Room in Downtown Escondido

March 14, 2016 marked the closing day of the Palomar Health Downtown Campus standby emergency room at 555 East Valley Parkway, Escondido. No other services in the hospital will be closing at this time. Other nearby Emergency Rooms are: Palomar Medical Center, 2185 Citracado Pkwy, Escondido, (442) 281-5000 and Pomerado Hospital, 15615 Pomerado Rd, Poway, (858) 613-4100.

Palomar Health Downtown Campus will remain open and provide Birth Center, Acute Rehabilitation, and Behavioral Health services at the same level of safe patient care. A physician-led rapid response team will be available within the hospital to provide emergency response to these inpatients, when necessary. An emergency transport team will be available 24/7 at the Campus to transfer current patients to an emergency room if needed. For more information, visit [www.PalomarHealth.org/StandbyER](http://www.PalomarHealth.org/StandbyER).

**Our Stories  
PEI Spring Event  
April 13, 2016  
10:00am - 3:30pm**

**Bird Singing, Dancing,  
Storytelling,  
Arts & Crafts,  
Information Booths  
Pill Take-Back,  
Electronic Recycling**

**Contact  
[gpojas@indianhealth.com](mailto:gpojas@indianhealth.com)**



# California Native American Research Center for Health

A Program of the Indian Health Council, Inc. (CA-NARCH) Spring 2016

## 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.

## CA-NARCH REPRESENTS AT 2015 SACNAS!

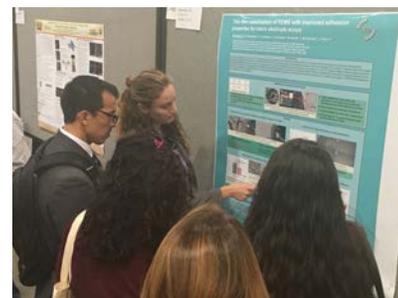
Accompanied by Dan Calac, MD, Stephanie Brodine, MD and Richard Armenta, PhD, 15 CA-NARCH students came away inspired and empowered by the October 2015 Society for Advancing Chicanos/Hispanics & Native Americans in the Sciences (SACNAS) conference outside of Washington, DC. For more than half, this marked their first SACNAS. For all, it was memorable. Attendance was made possible by support from the Soboba Band of Luiseño Indians, Indian Health Service and National Institutes of Health.

Dr. Armenta says the conference's value begins with a focus on science, but goes broader and deeper. "Students attend workshops on topics such as professional development, the grad school application process, and opportunities and options they might not have known existed. They take advantage of networking and mentoring activities. And they are extremely motivated by listening to and meeting Native and Hispanic science professionals; people 'like them' who understand where they come from and the challenges they face. These 'success stories' give our students a direction to work toward and a platform to learn what is available as they relate to people in their field of interest."

He believes, "Someday, some of our CA-NARCH alumni will be on the other side at SACNAS; taking their turn at inspiring a new generation of leaders."



See more SACNAS photos at <https://www.facebook.com/NARCH.CA/>.



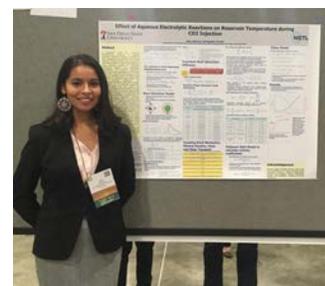
CA-NARCH student Kate Newcomer shares her presentation.

## This Jade Shines Bright

Growing up in Grand Canyon, AZ and later in Bakersfield, CA, Jade Johnson (Navajo) learned from her father to search deeper for the "why" of things. Through her mother's job, she seized an opportunity to pursue a chemistry research experience while in high school.

Both parents instilled in their only child a drive to finish college, and that drive led Jade to SDSU, where she is majoring in Chemistry with a minor in Math. It will drive her to go to graduate school, then drive this ambitious, intelligent and vivacious young woman to an innovative career in sustainable materials science – perhaps discovering the next big (environmentally friendly) thing! Jade isn't waiting to become a successful career woman before giving back. She is president of SDSU's Native American Student Association and mentors Native freshmen. "I discern and provide what they need in terms of academic and/or emotional support," she reports, confirming that she herself has found inspiration, encouragement and support through NARCH. She enjoyed a taste of her future when she made a poster-presentation on "The Effect of Aqueous Electrolytic Reactions on Reservoir Temperature during CO<sub>2</sub> Injection" at the 2015 SACNAS.

In addition to her busy campus life, Jade stays physically fit by running and hiking. We're proud and happy to support a gem of a scholar like Jade Johnson.



Jade Johnson at SACNAS

## Med School, Here They Come!

Two CA-NARCH student standouts will be off to Medical School this fall. Please join us in congratulating Tenaya Siva (Cahuilla/Luiseño) and Natalie Lomayesva (Hopi) on their acceptances.

## Grants Available

We hope students submitted their FAFSA State Financial Aid application by the March 2, 2016 deadline. Next up: file online at [www.fafsa.gov](http://www.fafsa.gov) for Additional Community College Cal Grants by September 2, 2016. Speak with your school counselor or financial aid office for info and help. Good luck!

# 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 the project is moving forward on many fronts. “We continue to work 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.”

He continues, “We are also proceeding in-house, 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) described on page 5 of this issue. He notes that IHC proactively trains providers and follows models of responsible prescribing as well as providing treatment options for people who need help.

Medication take-back opportunities will be available in 2016 at the April 13th PEI “Our Stories” and other events. 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 staff Sandra Toscano and Rhonda Romero

### 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.



### 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.



Chief Medical Officer Dan Calac, MD

# Dr. Dan's Corner



## Is It a Stroke? Think and Act FAST!

How do you know if someone is having a stroke? And what can you do about it? You need to respond quickly, because the longer the brain goes without oxygen, the higher the risk of permanent damage.

To identify a stroke, think FAST:

- F** as in **Face**: Do you notice anything abnormal about the person's face, such as drooping eyelid or mouth?
- A** as in **Arms**: Ask the possible stroke victim to raise his/her arms and observe if one arm droops.
- S** as in **Speech**: Engage the person in simple speech. Are they slurring their words? Or having difficulty repeating a simple phrase?
- T** as in **Time**: If you observe one or more of the F, A or S symptoms, time is of the essence. Call 9-1-1- immediately.

As with many health issues, the best "treatment" for stroke is prevention. To learn how to reduce your risk of stroke and other heart ailments, please contact our clinic. 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](mailto:atesterman@indianhealth.com).

## READY, SET, GO! SAN DIEGO

Principal Investigator: Christina Chambers

### Purpose

*Ready, Set, Go! San Diego* is an exciting new program that brings opportunities for parents and children in our community. It investigates learning and behavior 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 the study whether or not their child has any learning or behavioral difficulties. Participating children receive a free exam by a pediatrician who is a specialist in child development and free developmental testing to measure learning strengths and weaknesses. Participating parents/guardians will complete two interviews: one about the child's development; the other about the mother's pregnancy. They will be compensated for their time. Transportation assistance is available. All information will be completely confidential. Our local Native staff includes Brenda Walsh (Pala) and Peery White (Peoria Tribe of Indians of Oklahoma).



### Progress

Project Director Annika Montag reports, "We are actively recruiting! If you have a child between 5-7 years old, you have probably received a recruitment letter from us. To study possible causes of learning and behavior problems in children, we need children without these problems to be part of the study, too." She believes, "This is a wonderful opportunity to receive free developmental testing for your child. If your child may benefit from specific types of support, you can talk to our specialists about how to get it." For more information or to be part of the study, please call (760) 751-6055 or email [ReadySetGo@indianhealth.com](mailto:ReadySetGo@indianhealth.com).

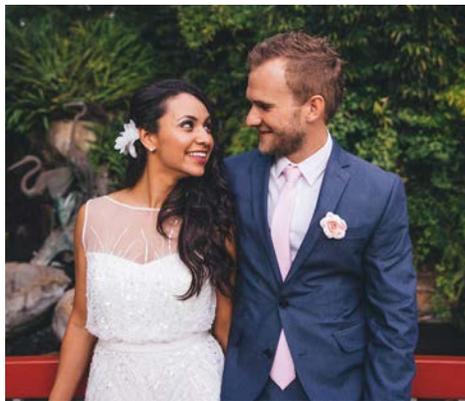


Jacquelyn Peery White and Brenda Walsh.

# Say Hi to New Pediatric Dentist Marian Iskander

Freshly minted Pediatric Dentist Marian Iskander, DMD, traveled a long way to get to IHC, and we are very happy she has arrived!

Dr. Iskander grew up in Florida, where she earned her undergraduate degree, followed by her dental degree in 2010. After working as a general dentist in Dallas, she did her Pediatrics residency at the University of Tennessee in Memphis, where she had an opportunity to serve at the world-famous St. Jude Hospital. Armed with advanced dental education and experience, and newly married to her husband, Lon, who is pursuing his Medical residency at UCSD, Dr. Iskander and Lon recently moved to San Diego. In December 2015, between the October wedding and January honeymoon, she joined IHC. In their leisure time, Marian and Lon are exploring their new Southern California environs, especially the beach. They



*Dr. Iskander and Lon at their October 2015 wedding.*



have a kitten whom they named Inigo Montoya (because she has a moustache and goatee).

This caring professional who loves dentistry and loves children works Tuesdays through Thursdays at the Rincon clinic. Her specialty is dealing with children who exhibit high dental anxiety. Her

mission is not only to allay their fears, but, whenever possible, prevent the development of anxiety.

“One way that works with very young patients is to conduct de-sensitization visits. We invite parents to bring in their youngsters for a friendly visit, where they can sit in the chair, check out the equipment and meet our staff. Then, when they come in for treatment, this positive experience lessens any anxiety. We also strongly encourage parents not to mention ‘negatives’

like shots.” Dr. Iskander reports that she can be so quick that often her patients do not know they have received an injection.

Moving up the anxiety chart, Dr. Iskander uses a variety of techniques and tools (such as nitrous oxide and oral conscious sedation) to make her patients as comfortable as possible. “I don’t use a cookie cutter approach. I approach each child and situation anew. The hoped-for result is a big smile!”

“I love the public health sector,” Dr. Iskander says with great enthusiasm. “This is exactly where I believe I am meant to be.” We agree!

## Two Events in One Combine for a Day of Fun



*Turkey Trotters take off.*



*Salvador Contreras and Jakeb Castaneda.*

Nearly 100 people – from ages 12 to 83 – raced out of IHC’s starting gate on the morning of November 13, 2015 for the clinic’s annual pre-Thanksgiving Turkey Trot. Cheered on by spectators and enticed by the mouth-watering Chili Cook-Off to follow, they competed in 1K and 3K fun runs.

The top 1K winners (first, second, third) were Chris Garcia, Salvador Contreras and Jakeb Castaneda. The top 3K winners were Phillip Espinosa, Sam Powvall and Marti Reed.

A key objective of IHC’s organizing Community Health Services (CHS) Department was to involve the community. Thanks to the presence of members of All Tribes Charter School, Pala Youth Center, InterTribal Sports and other organizations, as well as individuals and families from reservations throughout our community, this goal was successfully accomplished. After the Turkey Trot, next up on the menu was the Chili Cook-Off, a fundraiser in support of IHC’s Diabetes Program. Both events are intended to raise awareness of this disease that afflicts many in our community.

### HEART HEALTHY AND DELICIOUS!

The Chili Cook-Off can be summed up on one short word: YUM! The contest challenge created by IHC Nutritionist Jina George set stringent guidelines. The chili had to be heart-healthy, meaning it contained limited salt and saturated fat. It had to be loaded with fiber from whole grains, legumes and (at least four) veggies.

Forty-eight tasters sampled the entries. Capturing first place and \$100 was Marianne Chicinicut, who was thrilled that her “Chicni’s Chili” won, as this was her very first entry. “Rico’s Chili” by Josh Rico earned him the second-place prize of \$25 and a Valley View Casino & Hotel buffet voucher. Tied for third, with each receiving a \$25 gas card, were Michael McLoughlin’s “Mclovin’s Gourmet Chili” and Roy Ellison’s “3Bean Chili.”

Jina says the cook-off proves, “Basing your chili on lean meat and incorporating vegetables not only improves the nutritional quality of the dish, but makes it even more delicious!”



*Marianne Chicinicut*



*Josh Rico*



*Roy Ellison and Michael McLoughlin*

# 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 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 ongoing in the Multipurpose Room. Please call ext. 5237 for information.

## **MAMMOGRAM CLINICS**

Mammogram clinics are held on the **1st Friday/month (8:15am-12:30pm)** in Medical. Please call ext. 5344 to schedule an appointment.

## **OB CLINICS**

OB clinics are held **every Thursday (8:30am -10:00am)** 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 **4th Tuesday/month (9am-12pm)** in the Medical department. Call ext. 5312.

## **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 **every Tuesday & 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 2-4pm**. 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.*



**Marty Lopez**  
Patient Services Rep.



**Mary Torres**  
RN



**Ella Solis, Pharm.D.**  
Pharmacy Director



**Cheryl Pfent, Psy.D.**  
Behavioral Health Director



**Jessica Chaloux**  
Pharmacy Clerk/Receptionist



**Carissa Huerta**  
RDA



**Johnny Magbanua**  
Facilities Manager



**Christina Villalobos**  
Patient Services Rep.



## no cavities club

Leo Cloninger  
Rebekkah Duro  
Donnavin Acosta  
Elijah Bojorquez  
Asha Raya  
Darrell Peralta  
Trisha Sanchez  
Cesar Sidon  
Issac Calac  
Matthew Duro

Vanessa Garcia  
Maximus Cueva  
Malik Hamideh  
Sara Hamideh  
Isabel Oliva  
Bronson Wendruck  
Alec Wendruck  
Mary Pojas  
Jayda McElroy  
Cheyanne Majel

Naheylish Calac  
Lilly Agneta  
Colin Dixon  
Joselynn Dixon  
Delilah Whitman  
Justus Kole  
Rayley Belardes  
Asa Rutledge  
Nixon Schmidt

Paige Stehley  
Aaliyah Hamideh  
Tatiana Murillo  
Sean Lopez  
Kaiden Kenney  
Edward Rummel  
Lailoni Lopez  
Ramson Bojorquez

*Awesome job!*

# INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness

50100 Golsh Road  
Valley Center, CA 92082

FORWARDING SERVICE REQUESTED



## BOARD MEMBERS EXECUTIVE BOARD

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Carolyn Stalcup, Vice Chairwoman	Santa Ysabel
Melody Arviso, Secretary	San Pasqual
Leia Arviso, Treasurer	Inaja Cosmit
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Andrew Campbell	Los Coyotes
Mariah Aguayo	Los Coyotes
Tony Gumataotao	Mesa Grande
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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: (442) 281-5000

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

Th 8:30-10:00

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

Podiatry T 8:00-6:30

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

### Diabetes

2nd Tue/month 9am-12pm

3rd Wed/month 1pm-4pm

### Ophthalmology Clinic

2nd Wed/month 8:20am-12:20pm

### Behavioral Health Department

M-F 8:00-6:30

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

### Tribal Family Services Department

M-F 8:00-6:30

## 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

### Community Health Department

M-F 8:00-4:30

Public Health Nursing, Home Health Aides and Environmental Tech, Nutritionist.

### Pharmacy Department

M-F 8:30-6:30

### Dental Department

M-F 8:00-6:30

Specialty Hours, 8:00-4:30