



INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness



Fall 2019

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

Volume 35 Issue 3

BEHAVIORAL HEALTH *and* DENTAL DEPARTMENTS EARN TOP AWARDS!

IHC's Behavioral Health Services Department, led by Director Cheryl Pfent, PsyD, and Dental Department, led by Director Carrie Lambert, DDS, have been recognized as 2018 top-scoring organizations by The Crossroads Group. Crossroads is a national health-care organization that tallies customer service and quality.

Directors Pfent and Lambert accepted the trophies at a July 11, 2019

Board meeting from Vice Chairwoman Carolyn Stalcup.

Behavioral Health was rated number one in terms of overall behavioral health patient satisfaction and experience, garnering a Mean Overall Score of 93.2 and 76.9% Excellent Score.

Dental won the top-scoring Crossroads award for the second consecutive year. The rating references overall dental patient satisfaction and experience.

As compared with more than 50 dental community health centers, Dental earned a Mean Overall Score of 95.8 and 83.5% Excellent Score.

Directors Lambert and Pfent say, "We are so pleased to be recognized by Crossroads and honored by the IHC Board for our accomplishments, which we share with our department teams. Together, we are Empowering Native Wellness."



Behavioral Health was rated number one in terms of overall patient satisfaction and experience.

Dental won the top-scoring Crossroads award for the second consecutive year.



IHC's Vice Chairwoman, Carolyn Stalcup, happily presents Crossroads trophies to Behavioral Health Director Cheryl Pfent (left) and Dental Director Carrie Lambert (right).



FOLLOW US



@indianhealthcouncil

www.indianhealth.com

INSIDE THIS ISSUE



William Minjares Has a Drive to Serve, page 2



Get Cookin' Down on the Farm, page 3



Cultural Creativity on Display, page 4

Key Contributor William Minjares Has a Drive to Serve

Fleet Driver William Minjares was very pleased to learn he was named IHC's 2019 Third Quarter Key Contributor. As a longtime (2002) employee with roots in the community (Santa Ysabel), this soft-spoken, earnest man says his genuine reward lies in his daily duties.

William relates, "I love my work. It's a labor of love for me to drive elders from throughout the consortium area to their on-site and off-site appointments. I enjoy getting to know each person. It makes me feel really good that I can transport them and cheer them up when they're not feeling well. I love seeing them and I think they enjoy my company," says this skilled driver and empathetic listener. IHC's Patient Transportation Service is utilized by elders age 65 and older with no means of transportation as well as younger patients with disabilities.

William says, "I feel blessed that the elders share their stories about the past and their lives with me. I consider them family. The community appreciates this service and everything Indian Health Council does for them. There are many IHC employees who make these elder services possible."

William's dedication has not gone unnoticed by his colleagues. Among the laudatory comments accompanying his selection as Key Contributor, peers said: "William is truly devoted and humble. He goes above and beyond for our patients. He not only transports them to their appointments but shows he truly cares for their well being and our elders feel it. They are completely comfortable and know William will get them to where they need to go safely. William is a blessing to Indian Health Council and his community."



Top: Fleet Driver William Minjares accepts Key Contributor plaque from IHC's CEO, Steve Gold.
Bottom: William Minjares escorts Louella Simpson of Santa Ysabel to the clinic.

Employee Recognition Program Builds Camaraderie and Excellence



Employees bond amid food and fun.

The Key Contributor awards are part of the Employee Recognition Program, currently co-chaired by Diana Romero and I'isha Adams. William was recognized at an All-Staff Celebration on July 18, 2019; one of several luncheons and other events held during the year to bring employees together and build camaraderie and morale. Get-togethers typically include fun snacks, from corn and fruit cups to nachos to ice cream.

Diana and I'isha believe that the Key Contributor recognition sets a high standard of excellence for the staff. They say, "Each employee is an IHC ambassador to our clients and the community; each is the 'face' of our clinic to the public. We are fortunate to have ambassadors like William Minjares on our team."

Annabelle Testerman Exemplifies IHC's Mission to Seek the Best

As Human Resources (HR) Generalist, Annabelle Testerman possesses a comprehensive knowledge of her department's purpose and operations; all the more impressive since she assumed this restructured position only in May. Having previously served as Admin Assistant to Chief Medical Officer Dan Calac, MD since 2015, Annabelle's familiarity with IHC and her clinical perspective help her stay on top of her demanding job.

This Generalist specializes in ensuring that each new staff member in every department and at every level is well-suited for their position. In addition to making sure applicants are qualified and competent, she screens potential hires to ascertain who will fit into the organizational culture and, most importantly, is committed to serving clients and the community.

In addition to making sure applicants are qualified and competent, Annabelle screens potential hires to ascertain who will fit into the organizational culture and, most importantly, is committed to serving clients and the community.

Buttressing the selection protocol, the Board's Personnel Committee sets rigorous guidelines. HR Director Deidra Richards approves all final hires.

The Process is Intensive and Extensive

Annabelle relates, "I handle recruiting, including internal and external job postings on several platforms. We also send job announcements to our consortium Tribal Halls. Once the applications start rolling in, pre-screening is key. I collaborate with each department's hiring manager to coordinate, set guidelines and attend interviews; typically three potential applicants for each position. Before being offered the job, the selected individual must pass stringent vetting, including FBI and specific background checks in accordance with federal Indian laws."

Once the person is fully vetted and hired, Annabelle says, "The fun begins! I welcome them and conduct a two-day on-boarding that features everything from HIPPA rules to cultural competency. I take their photo for their employee badge, introduce them around the clinic, present them with a welcome gift package and then hand them off with my good wishes to their department."

Although time-consuming, the detailed process is essential, Annabelle believes. "We want our clients and the community to be assured that we have placed the absolute best person in each position!"

Cooking on the Farm Offers Wellness at its Roots

Tomatoes, strawberries and watermelons on the vines, with other crops beyond. Horses and goats happily ensconced in enclosures. Three dogs snoozing in the shade. And a hen laying an egg on the straw in an outdoor privy.

Solidarity Farms has provided an ideal partnership and perfect setting for Public Health Programs' Cooking on the Farm weekly Wednesday summer series presented by Nutritionist Jina George, Public Health Representative Lorelei Legaspi, and Physical Activity Specialist Andy Muñoz. Funding derives from IHC's Special Diabetes Program for Indians <https://www.ihs.gov/sdpi/> grant.

Even before the 9 am session began on July 17, 2019, attendees hungry for nutritious, organic, seasonal food began arriving at the working farm owned by the Pauma Band of Luiseño Indians and managed by Ellee Igoe.

After taking a hearty, produce-picking walk through the fields led by Andy Muñoz with cultural context provided by Tribal Practices Coordinator Michele Nelson (La Jolla), the group relaxed in the shade while Nutrition Intern/ CA-NARCH student Misty Faulkner (Lumbee) began creating a colorful meal that merged indigenous food with modern techniques.

As Misty prepared tortillas crafted from fresh acorn flour for the fajitas to come, Jina animated her presentation of mouth-watering ingredients by explaining their nutritional value and sharing taste tips, such as how to infuse garlic into olive oil, and the uses and health benefits of kale.



Clockwise from top left: Jimmy Walker, Michele Nelson and Marisa Weeks enjoy their walk; Kaye Peck admires the tomatoes; Misty Faulkner (background) and Jina George (foreground) cook; and Andrea Paroli checks out the acorn flour.

Farm Fresh Reputation Spreads by Word of Mouth

Participant Jimmy Walker (Cheyenne/Arapaho) confided, "I go to the gym and try to watch what I eat, but it's not easy. Jina's class shows how to make food that is good for you and tastes great."

Kaye Peck (La Jolla) said, "I like being able to take the walk and sample the cherry tomatoes; they're so fresh and delicious."

Andrea Paroli (La Jolla) attending with Marisa Weeks (La Jolla) quipped, "Marisa told me this class was fun, so here I am: by word of mouth."

Teenager Nya Jensen (Pauma), attending with family, reported, "This is my first time being on a farm. I like being around the animals and lunch smells great!"

A new Cooking on the Farm series will begin this fall. Contact jgeorge@indianhealth.com or ext. 5392 for information. See you down at the farm!

Misty Faulkner's Tasty Acorn Tortillas



Acorn Tortillas		10 servings
		10 minutes
Ingredients		
1 cup Acorn Flour		
1 cup Masa Flour		
1/4 tsp Kosher Salt		
1 tsp Baking Powder		
1 1/4 cups Water (Warm)		
1/3 cup Avocado Oil		
Nutrition		
Amount per serving		
Calories	100	
Fat	8g	
Fiber	1g	
Protein	2g	
Carbs	15g	
Sodium	100mg	
Cholesterol	0mg	
Sugar	0g	
Total C	5g	
Calories	100	
Total	10g	
Directions		
1	Preheat cast iron skillet on medium flame.	
2	Combine acorn flour, masa flour, kosher salt, and baking powder with a whisk.	
3	Add avocado oil and warm water to the mix and form a soft dough. The dough should not be sticky or wet.	
4	Divide the dough into 1 or 2 inch balls. Roll or press the dough to the desired thickness.	
5	Place the formed dough onto the cast iron skillet and heat for 1 minute, then flip and heat another minute. Repeat until all the dough is used.	
6	Stack the cooked tortillas on top of each other and keep warm in a wrapped, clean kitchen towel.	
Notes		
Storage: The tortillas are best eaten warm. The tortillas can be stored up to 2 days in the refrigerator. Reheat them on a hot skillet or microwave for 20 seconds to make them pliable.		

Cultural Creativity on Display

Visitors to the Escondido Arts Partnership Municipal Gallery between June 7-July 5, 2019 were treated to an evocative “Contemporary Realism” multimedia exhibit featuring 15 artists from IHC’s Craft-to-Wellness and Stitch-to-Wellness Prevention and Early Intervention (PEI) cultural support groups. Funded by the County of San Diego HHS Mental Health Service Act, the groups are facilitated by PEI Health Educators and by previous Case Manager/Expressive Arts Therapist Angel Nelson, who spearheaded the exhibition and the June 8th reception attended by the artists, accompanied by friends and family.

Angel, who currently is a Licensed Marriage and Family Therapist for Behavioral Health’s R.O.A.M. program, recounts, “Our artists were excited see their work displayed among other local artists. The exhibit was well-received by the public; many people specifically came to see the art we displayed.”

Angel believes, “Art can facilitate healing and connection in a unique and powerful way. Having the opportunity to display their art in a gallery not only validates the process for our clients, but also enables them to engage with the art world with support. It opens doors for future opportunities to share their artistic endeavors.”

See the event video here. <https://www.facebook.com/indianhealthcouncil/videos/904527256578942/>



Colin Reed (top) and Catherine Nelson-Rodriguez (bottom) with their works of art.

Helping Moms and Dads Find Solutions to Parenting Challenges

Thirty years ago, moms and dads raising difficult and out-of-control children created the Parent Project®. Based on families’ experiences and successes, the program has grown to become the largest court-mandated juvenile diversion program in the country. Both Parent Project prongs are offered as effective intervention programs at IHC.

The 10-week Loving Solutions for parents of difficult/strong-willed children ages 5-10 wrapped up at the end of July. The Parent Project Sr. series of classes for parents of adolescents ages 10 and up will begin this fall. Both are taught by IHC’s competent and enthusiastic Parent & Youth Advocate Elizabeth (Lizzie) Lycett. Lizzie joined IHC’s Tribal Family Services Department in April and underwent rigorous training to become a newly certified Parent Project Facilitator in June.

Lizzie is uniquely qualified to work with IHC families searching for a behavior modification program that offers positive, lasting results. A lineal descendent of San Pasqual Band of Mission Indians, Lizzie is dedicated to learning all about her Kumeyaay language as well as the language of effective parenting.

She confides, “Ever since I was a pre-teen, I’ve been comfortable working with children. That comfort has grown into a passion. I previously taught at an Oceanside preschool; prior to that, I worked with the amazing youth at the San Pasqual Education Center as an AmeriCorps Mentor.”

Lizzie is uniquely qualified to work with IHC families searching for a behavior modification parenting program that offers positive, lasting results.



PROGRAM ADDRESSES TODAY’S ISSUES HEAD-ON

Explaining that Loving Solutions uses behavior modeling, a workbook and weekly homework assignments to create positive changes in the home, Lizzie reports, “I have received glowing feedback from parents. They have learned so much and I wish all the best for them as they implement everything they have learned. Currently, the biggest challenge they have expressed regards limiting their children’s exposure and safe practices for the Internet, as well as creating boundaries for an appropriate amount of screen time.”

This fall’s Parent Project Sr. will address challenging situations parents of teens can face, including gang involvement, drug and alcohol use, low school performance and dropping out of school. Lizzie invites parents to contact her at ext. 5292 or llycett@indianhealth.com to obtain details and register for the series. More information about the program is available at <https://parentproject.com/>

Lizzie believes, “It is a privilege to be able to give back to our communities, and bring this curriculum to those who need it most. E’yay Ahan [Thank you] for this opportunity!”

Pharmacy Patient Comments are the Rx for Success

"I've been going to the IHC Pharmacy since I was born. It's family-friendly, and they know me. I feel very welcome when I go there."

"I appreciate that the Pharmacist went through my order and made sure that I got everything on my list."

"They took extra steps to accommodate my needs."

"They have really improved by making it possible to go online to get your prescriptions."

These and other positive comments from Pharmacy's ongoing patient satisfaction telephone survey not only validate the staff's efforts, but also motivate them to continue improving their service to clients, says Director Ella Solis, PharmD. She reports, "We receive much more positive than negative feedback. We use negative comments as

'opportunities for improvement' – as suggestions to improve what is within our control."

She notes, "Some issues are beyond our control. For instance, we don't know when a prescriber will respond to a refill request when a prescription runs out of refills or is expired, so we encourage patients to call in advance before they run out of their meds."

Overall, Ella says, "Our staff appreciates the positive recognition. It's nice to hear that we are doing a good job."

Above all, the Pharmacy team loves knowing that patients feel a warm connection to the people who serve them. That bond is apparent in statements such as this: "The staff is very friendly and talk to you like they really know you; like family and friends. They are my Pharmacy."



Pharmacist Sahar Naz is one of the Pharmacy team members who make a warm connection to the people they serve.

REZolution Program a REZounding Success!



IHC's California Reducing Disparities Program (CRDP) – aka REZolution – is just two years old, and it's gathering momentum with each multifaceted, entertaining event presented at a consortium Tribal Hall.

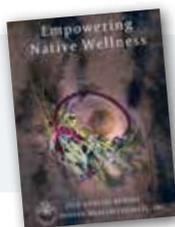
Project Coordinator Sasha Spite reports, "The program, which promotes self-expression as a healthy coping skill while sharing Behavioral Health resources, involves Reservation youth in the planning and execution of each REZolution. Members of the 'home' Tribe perform in a welcoming and fun atmosphere with families, friends and community members cheering them on. We are all amazed and inspired by the array of talent and the performers' fearlessness to get on stage and share everything from traditional birdsinging and drumming to rap, poetry readings and more."

She believes, "The supportive atmosphere encourages both the performers and audience members to connect with their cultural identity and share their personal experiences in a safe environment."



This enthusiastic PY Changers group planned the May 3, 2019 Pala REZolution.

The August 23, 2019 REZolution at Pauma marked the second successful event of the year. Dozens of people enjoyed an evening of diverse performances as well as food and a raffle. The next event takes place this fall. Typically, they are promoted and recapped on IHC's social media platforms. For more information, please contact sspite@indianhealth.com or ext. 5280.



ANNUAL REPORT COMING SOON!

IHC's 2018 Annual Report to you – our clients and the community – is currently in production. It will be available soon. Stay tuned!

CA-NARCH STUDENTS MAKE PRODUCTIVE SUMMER STRIDES

Here is a look at the research lab experience gained by three of our students this summer to further their education and advance their career goals.

Peery White (Peoria Tribe of Indians of Oklahoma) has propelled herself forward with vigor and rigor since joining NARCH in 2015. She explains, "I am in the first cohort of graduate students pursuing a Master's of Public Health (MPH) at UCSD, and will graduate in March 2020. This summer, I am serving as a full-time Research Assistant here at IHC on the SHAPing Native Health Project as a means to meet my MPH practicum requirements while gaining invaluable work experience."

Saying she enjoys being part of this important, community-based participatory research study, Peery states, "My association with NARCH has made student-participants such as me highly competitive academically, confident about our abilities and ready to seize opportunities."

Hydi Ybarra (Cherokee Nation), a NARCH member since 2018, is majoring in Neuroscience and Physiology with a minor in Ethnic Studies at UCSD. This ambitious and academically gifted student reveals, "I plan to become a Trauma/Emergency Department Physician."

As she works toward that goal, Hydi is currently serving in a neuroscience research laboratory at UCSD's medical campus on a project underwritten by the San Diego State Research Fund. She relates, "The project is researching Alzheimer's disease and traumatic brain injury (TBI). We are specifically looking at the protein CTF- and what drugs can block or inhibit the build-up of this protein which would lead to a build-up of amyloid-beta (a correlation factor of Alzheimer's and TBI)."

Samuel Lucero (Taos Pueblo) is a third-year UCSD undergrad who joined NARCH as a freshman. He plans to pursue a PhD in either Clinical Psychology or Clinical Neuropsychology. He says, "I would like to practice as a clinician while conducting research on substance abuse. I already enjoy these subjects and believe I will come to love them more and more."

Samuel is serving an internship in the Child and Adolescent Services Research Center (CASRC) in Kearny Mesa, where he is coding therapy sessions to test the effectiveness of certain evidence-based practices to improve therapeutic services. As CASRC is a consortium of investigators and staff from multiple SoCal academic institutions conducting cutting-edge research focused on improving health and developmental services for children and families, this internship will be very valuable to Samuel as he progresses along his career path.



Peery with her research project bulletin board.



Hydi Ybarra



Samuel Lucero

FALL EVENT

Plans are under way for the CA-NARCH Fall Event taking place at USCD. Stay tuned for details on the guest speaker and get ready to meet, mingle, and have a fun and fulfilling time!



Indian Health Council, Inc. is funded as a California Native American Research Center for Health by the National Institutes for Health and Indian Health Service. This innovative partnership promotes greater Tribal control over health and healthcare. IHC's donor-funded Student Development Program promotes recruitment of Native Americans into studying for health and medical science careers at San Diego State University, University of California San Diego, California State University San Marcos and Palomar Community College. By supporting research and by offering academic mentorship, nurturing and networking, CA-NARCH strives to reduce health disparities among California Native American populations.

Principal Investigator: Dan Calac, MD. Student Development Program Director: Stephanie Brodine, MD.
Student Development Program Coordinator: Geneva Lofton-Fitzsimmons: gfitzsimmons@indianhealth.com; 760-801-5590
For more information about CA-NARCH, contact 760-749-1410 or atesterman@indianhealth.com.

CA-NARCH X RESEARCH PROJECTS UPDATE

HEALTHY NATIVE NATION FAMILY SUPPORT PROJECT

Principal Investigator: Annika Montag, PhD

Purpose

This project works with families of children who have developmental disabilities or delays (DDs) to identify their needs and challenges, and determine how they can best be addressed. Findings will be used to create an intervention designed to meet the specific needs of the IHC community.

DDs are a collection of conditions that may involve physical, learning, or behavioral problems such as vision or hearing impairment, ADHD, and autism, among other issues. Approximately one in six children has one or more DD. Early identification and intervention improve a child's developmental trajectory and outcome, reduce the need for future costly interventions, and empower the family.

Progress

We are recruiting! After creating materials, we are now recruiting parents or caregivers who have children struggling with learning or behavior, or have a diagnosed DD. Participants will be asked to complete a survey with a team member about how they, their child, and the family are doing as well as questionnaires about stress and social support. There is a gift card incentive.

To find out more about the study or to make an appointment, please call Rhonda at ext. 5333 or 760-751-6055. Look for information on IHC's Facebook page, email healthynativenation@indianhealth.com or visit our Resource Library across from the gym.

Providing information, support, and training for caregivers and families is



very important to our HNNFSP team!

To kick off public awareness, a disabilities awareness workshop was held recently. Over 50 attendees were enlightened by a talk about sleep by the director of Sleep Medicine at Rady Children's Hospital and presentations about how to access help from the school system and how to take better care of yourself.

We invite all caregivers to our monthly support group meetings, held the second Tuesday of every month from 4-5 pm in the Public Health Programs Library. We offer educational programs, craft activities, conversation and support. Child care is provided and refreshments are served. Call ext. 5333 for more information.

SHAPing NATIVE HEALTH

Principal Investigator: Tommi Gaines, DrPH (Navajo/Hopi)

Co-Investigator: Richard Armenta, PhD (Yaqui)

Purpose

While a lot of progress has been made in preventing and treating the human immunodeficiency virus (HIV) in the United States, American Indians continue to be overlooked in public health prevention strategies. This project will examine awareness about HIV and other sexually transmitted infections (STIs) and identify the most effective way to deliver HIV/STI prevention strategies to American Indians.

Progress

SHAPing Native Health (Sexually Transmitted Infections and HIV Awareness & Prevention) has made significant progress in their research over the past few months. Members of this newly renamed project have given presentations for several Tribal councils, community groups and various departments at Indian Health Council to bring awareness about their project. They have also completed several interviews with community members and health providers to obtain



Research Assistant Peery White with Principal Investigator Tommi Gaines

opinions about what is happening in the community regarding STI/HIV prevention and education.

Once the interviews are complete, the research team will begin to administer anonymous health surveys. The research team will be tabling at several upcoming community events so be on the lookout for our new logo to get more information about the study. You can also contact study staff at shaping@indianhealth.com or by phone/text at 760-290-1703.

Time to Fall into Fitness

No matter what your age, weight, health concerns or current level of fitness: moving makes anyone feel, look and live better. So believes former Public Health Programs Director and current Chief Operating Officer Angelina Renteria, BS, MA, who herself is gearing up to run a half-marathon in January 2020.

The second three-month Yoga for Pain Management series in the Rincon Multipurpose Room (MPR – but the first Friday of each month is outdoors!) continues through October 18, 2019. A third series is scheduled to start later this fall. Chairs are available for modification.

Angelina notes, “The Noon-1 pm Friday sessions help people battle chronic pain. Participants have been enthusiastic about the process and the results, saying they can feel the stretching and strengthening benefits leading to balance and healing.”

Angelina adds, “The popularity of the class has led us to create a new Yoga Sculpt class taking place every Tuesday from 4-5 pm.”

EMPOWERING NATIVE WELLNESS
Yoga for Pain Management
 Follow US
 indianhealthcouncil
 #INDIANHEALTHOUNDOLOGYOGA

Fridays
 July 19 - Oct 18, 2019
 12-1 PM MultiPurpose Room
 1st FRI of month is outdoors

CONTACT: 760.749.1410 EXT. 5455
 Always consult with a medical provider and obtain full medical clearance before engaging in an exercise program

*BRING YOGA MAT, TOWEL OR BLANKET. CHAIRS AVAILABLE

*NO CLASS ON SEPT 27, 2019

More New Classes!

PHP’s Physical Activities Specialist Andy Muñoz is leading several exciting new fitness classes. In fact, we offer at least one activity every weekday, so take your pick or come sample them all.

MONDAY ... Get your week off to an energetic start with the 8-9 am **Tone Zone** in the PHP Library. Andy is eager to show you how to firm, tone and burn fat while helping you create a personalized exercise routine. Come back in the afternoon for the 4-5 pm **Band Jam** in the MPR. The bands refer not to musical groups, but this resistance band and body weight class will be music to the ears of people at any level of fitness who want to shape muscles, increase flexibility and ease into exercise.

TUESDAY ... Tai Chi Exercises offer multifaceted health benefits, as you’ll learn at this class taking place in the MPR from 9-10 am. The movements, which can be done standing or sitting, promote bone and muscle strength, enhance balance and coordination, and thus help reduce/prevent falls. The 4-5 pm **Yoga Sculpt** class is also held in the MPR.

Exercise Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8-9am Tone Zone (Public Health Lib.) 4-5pm Band Jam (IHC MPR)	9-10am Tai Chi (IHC MPR) 4-5pm Yoga Sculpt (IHC MPR)	8-9am Tone Zone (Public Health Lib.)	4-5pm Tai Chi (IHC MPR)	12-1pm Yoga for Pain Management (IHC MPR & Public Health Lib. 1st Monday of Month)

Information Contact: Physical Activity Specialist: 760-7491410 ext.5263
 *Classes Subject to Change

Follow US
 indianhealthcouncil
 www.indianhealth.com

WEDNESDAY ... The **Tone Zone** returns: same place and time.

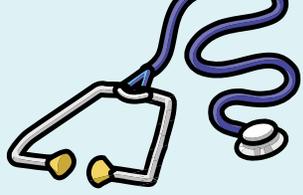
THURSDAY ... Did we mention that **Tai Chi** increases flexibility and stability, is ideal for all levels of ability and oh, BTW, is a great way to make friends. Check us out at 4-5 pm in the MPR!

FRIDAY – The aforementioned **Yoga for Pain Management** series continues.

TAI CHI EXERCISES

Come Join Us!

If you’re ready to get a move on toward a more active lifestyle, we’re here to help you make your move.



Dr. Dan's Corner



Chief Medical Officer Dan Calac, MD

CALLING ALL WOMEN: *Schedule Your Cervical Screening*

In my last column, I encouraged men ages 50 and over to schedule a screening exam for prostate cancer, which is the most prevalent type of cancer in men. We hope you have done so.

In this issue, we call out to the ladies to schedule their screening for cervical cancer, a very common cancer among women.

Longtime IHC nurse (and my mother) Esther Calac addresses the topic in her forthright manner in this video <https://www.facebook.com/watch/?v=665449790553133>.

She says, "When we ask you to put your feet in the stirrups and slide on down, we want to perform a basic procedure that can detect cancer early and can prevent abnormalities from progressing to cancer." The two-in-one PAP/HPV screening takes only five

minutes, enabling your gynecologist to obtain cervical cells for lab testing.

Guidelines are established according to age. Typically, screening should begin at age 21, with exams scheduled every three to five years thereafter, depending upon age and situation. Women older than 65 with adequate prior screening and no risk factors need not be further screened. Consult your IHC provider for specific details applicable to you.

As Nurse Esther wisely advises, "We want you to be strong and well for your family, your loved ones and your Tribe."

"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 blogan@indianhealth.com

Annual Mammograms Are Also Important

Another important women's preventive measure is an annual mammogram. October is National Breast Cancer Awareness Month, making this an ideal time to schedule your appointment for an upcoming Mammogram Clinic, held on the first Friday of the month in Medical from 8:15 am-12:15 pm. Patients attending the October 4th Mammogram Clinic will be entered in a raffle to win a gift basket. Every woman who participates is a winner for taking charge of her health!

Because We Count ... Make Sure You're Counted in 2020 Census!



According to the U.S. Census Bureau <https://www.census.gov>, nearly one in seven Native Americans living on a reservation was not counted in the 2010 Census, resulting in a loss of representation and resources. Federal and State legislature seats are determined by population, as is each reservation's slice of \$900+ billion in annual federal spending.

Additionally, IHC's COO Orvin Hanson notes, "Having census numbers for the American Indian/Alaska Native (AI/AN) population in San Diego County is important. It highlights agencies (Federal/State/County/Private Foundations) to target Funding Announcements for our area for AI/AN Projects."

In advance of the 2020 Census, which begins in April, the Census Bureau's American Community Survey is ramping up efforts to make sure all AI/AN people are counted. At a July 2019 presentation at the Rincon

Tribal Administration organized by Outreach Coordinator Brenda Guachena, Bureau representatives Barry Newman and Bernold Pollard explained the Census process. They confirmed that all information is confidential and secure, whether filled out in print, online or in person.

IHC Board Chairman Robert Smith was featured in a recent Census Bureau article <https://www.census.gov/library/stories/2019/06/complete-2020-census-count-vital-for-tribal-areas.html>. The article notes that Chairman Smith "has taken the mantle of promoting the count by linking the importance of an accurate count to the resources and economic vitality" of Indian Country San Diego.

IHC encourages everyone to participate in the 2020 Census. When you receive the Census in the mail or an official Tribal Census representative comes to your door, remember that "opportunity knocks" – so please answer the call!



Barry Newman, Brenda Guachena and Bernold Pollard at a Census presentation.

The Census Bureau is ramping up efforts to make sure all AI/AN residents are counted. Census information is confidential and secure, whether filled out in print, online or in person.

2019 | CLINIC SCHEDULES

RED CROSS BLOOD DRIVES

Periodically, **9am-3pm**. Appointments are not necessary. Call ext. 5377.

DIABETES MANAGEMENT CLINICS

Multidisciplinary approach to managing diabetes. Patients meet with their physician, Registered Dietician and Physical Activity Specialist in one appointment. Clinics at Rincon and Santa Ysabel at various days/times. Call ext. 5377.

DIABETES 101

SDPI-funded intro/refresher for patients with diabetes and those who wish to learn more about diabetes. **2nd Tuesday, 10am-12:30pm, 3rd Wednesday, 4-5:30pm**, Public Health Programs Kitchen; **1st Monday, 2-3:30pm**, Santa Ysabel. Call ext. 5455 to reserve your seat.

EYE CLINICS

Wednesdays, 8:30am-12:30pm in Medical North. Call ext. 5231 or 5265 to schedule an appointment.

MAMMOGRAM CLINICS

1st Friday of the month, 8:15am-12:30pm, in Medical. Call ext. 5231 or 5265 to schedule an appointment.

OB CLINICS

Thursdays, 8am -10:30am, in Medical. Call ext. 5231 or 5265 to schedule an appointment.

CHILD CAR SEAT SAFETY CLASSES

Classes at Rincon and Santa Ysabel demonstrate proper usage of a safety seat. Call ext. 5356.

WELL CHILD CLINICS

Five monthly clinics with Providers for children ages newborn to 17 years old to get annual physical and scheduled immunizations. **1st and 4th Wednesdays, 1:00-4:00 pm; 2nd, 3rd, 4th Fridays, 1:00-4:00 pm**. in Medical. Call ext. 5231 or 5265 to schedule an appointment.

ACUPUNCTURE CLINICS

Mondays and Thursdays, 9:00-3:30 in Medical North. Call ext. 5231 or 5265 to schedule an appointment.

CHIROPRACTIC CLINICS

Tuesdays, 1:00-5:00 pm and Thursdays, 1:00-4:30 pm. Call ext. 5231 or 5265 to schedule an appointment.

PODIATRY CLINICS

Tuesdays, 8:00am-5:30 pm, in Medical. First Monday, even months, Santa Ysabel. Call ext. 5231 or 5265.

FITNESS FUN

Tone Zone, **Mondays and Wednesdays, 8-9 am**, PHP Library. Band Jam, **Mondays, 4-5 pm**, Rincon Multipurpose Room. Tai Chi, **Tuesdays, 9-10 am, and Thursdays, 4-5 pm**, Rincon Multipurpose Room. Yoga Sculpt, **Tuesdays, 4-5 pm**, Rincon Multipurpose Room. Yoga for Pain Management, **Fridays, Noon-1 pm**, Rincon Multipurpose Room.

WELCOME TO THE IHC NEIGHBORHOOD

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



Ashley Rhodes
R.O.A.M. Patient Coordinator



Rebekah Sanders
Registered Dental Assistant



Brady Saray Logan
Medical Administrative Assistant



Carey Wolfe
R.O.A.M. Driver



no cavities club

Maija Orrantia
Bray Beresford
Luke Sanchez
Ashwet Magee
Rebecca Garcia
Robert Garcia
Nealani Quisquis
Morgann Cooper
Hailee Parada
Jahniah Parada

Scarlett Cueva
Isabella Cueva
Aria Soto
Brandon Barker
Evelynn Bliss
Lili Bliss
Eli Redfern
Dawson Mendoza
Kateri Mesa

Dillan Ruise
Donovan Redfern
Savannah Redfern
Nokamaay Ambler
Khloe Cote
Skylar Stewart
Jaxson Perez
Malachi Barnes

Fantastic job!

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
Mercedes Amavisca, Secretary	Mesa Grande
Leia Arviso, Treasurer	Inaja Cosmit
Theda Molina, Member-at-Large	La Jolla

MEMBERS

Mary L. Arviso	Inaja Cosmit
Reuben Rodriguez	La Jolla
Andrew Campbell	Los Coyotes
Dorothy Willis	Los Coyotes
Tony Gumataotao	Mesa Grande
LeeAnn Hayes	Pala
Linda Bojorquez	Pauma
Patricia Dixon	Pauma
Alfonso Kolb Sr.	Rincon
Tishmall Turner	Rincon
Patricia Ockert	San Pasqual
Cristina Williams	San Pasqual
Vanessa Christman	Santa Ysabel

Steve Gold, 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: (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

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

Lab M-F 8:00-4:30

(open 12:00-1:00 drug testing only)

X-ray M-F 8:00-6:30

Specialty Clinics (see page 10)

Health Promotion Services Department

M-F 8:00-6:30

Prevention and Early Intervention Program, Peace Between Partners, Strategies for Preventing Underage Drinking, REZolution, TANF Case Aide

SANTA YSABEL SCHEDULE

Dental Department

M-F 8:00-6:30

Specialty Hours, 8:00-4:30

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

Public Health Programs Department

M-F 8:00-4:30

Public Health Nursing, Home Health Aides, Env. Tech, Nutritionist.

Dental Department

W 8:00-4:30

First appointment 9:00 a.m.

Tribal Family Services Department

M-F 8:00-4:30

Pharmacy Department

M, W 10:00-4:00

F 10:00-12:00

Behavioral Health Department

M-F 8:00-6:30

Mental Health, Counseling, Domestic Violence, Substance Abuse, ROAM