



INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness



Summer 2014

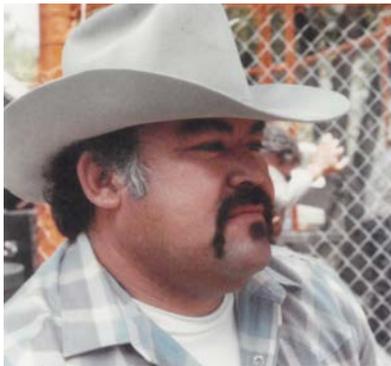
A quarterly newsletter published for the clients and associates of Indian Health Council, Inc.

Volume 30 Issue 2

– IN MEMORIAM –

Edward T. Arviso

August 23, 1946 - February 5, 2014



The death of longtime Indian Health Council, Inc. Board member and Rincon Tribal member, Edward (“Ed”) T. Arviso, or “Mejito” as many called him, marked the end of an era. According to his widow, Pam Arviso, Ed was a man of many interests, talents

and involvements. How many? A seemingly endless array.

Pam describes him thusly: “Rincon Tribal leader (including 11 years as Chairman); cowboy (participated in cattle roundups at Rincon and from Campo to La Jolla), rancher (raised pigs and cattle); entrepreneur (owned and operated two businesses simultaneously); Special Deputy with the San Diego County Sheriff’s Department; well driller; political activist (testified before Congress in the San Luis Rey water case); consummate storyteller; ambitious salesman (conducted mobile homes sales at Santa Ysabel and Rincon,

(continued on page 2)

IHC’S MOTHER EARTH DAY IS ... A Native Family Affair



Kaley Ravago, 10, performs sit-to-stand “twerks” timed by Physical Activity Specialist Angelina Renteria.



Chris Devers speaks.

Everyone gathered in the great IHC outdoors on April 17, 2014: babes in arms, happy kids, excited teenagers, parents, grandparents and of course – it was “her” day, after all – Mother Earth! IHC’s 2014 “Celebrate Mother Earth & Earth Day 2K Run” was presented by the Prevention & Early Intervention (PEI) program funded by County of San Diego Agreement #528301.

The “Grounded in Culture and Care” theme was reflected inside the tent, at the booths and in the presentations. Tribal environment departments provided information and

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In Memoriam: Ed Arviso (continued from page 1)

as well as mushroom sales throughout San Diego County); adept construction contractor (worked throughout the non-Indian community in San Diego and Riverside counties through his company, Rincon Rainman); peon player; enthusiastic gambler (well-documented visits to local casinos alongside his friends, John Mazzetti, Denis Turner and Rob Smith); family man (husband, father and grandfather); mentor (advisor and source of inspiration to his many supporters); and visionary.”

A Proud Rincon Man

Ed was a long and strong contributor to IHC, says CEO Romelle Majel McCauley. “He served as an Inaja-Cosmit representative on our Board for nine years; four of those years as Chairman. He was bright, blunt in a positive, powerful way, and always focused on what was the best thing to do for the people our clinic serves: our consortium Native community.”

Pam relates, “Ed was friendly and outgoing. He loved to reminisce about Rincon days in his youth, when the river ran, and kids played all day barefoot in the riverbed, riding horses when they could catch them.”

As Rincon Chairman, he was described as charismatic and decisive; an outspoken person with passionate feelings about Tribal government, fairness in enrollment, rights of Tribal members and allottees, water rights and the environment; and the progress of the Tribe through a strong Tribal government.

While Chairman, Ed initiated the highly successful Rincon Rodeo held in conjunction with the traditional Rincon Fiesta. He presided as Chairman when the first Rincon High Stakes Bingo opened in a tent as a precursor to

the current gaming compacts that have since been negotiated with the State.

In addition to serving IHC and his Rincon Tribe, Ed actively served on many high-profile boards, including the Southern California Tribal Chairmen’s Association, Inc. and the San Diego County Citizens’ Law Enforcement Review Board.

Pam’s words are echoed by all of us at Indian Health Council. She says, “Ed will always be remembered as a proud Rincon man with strength of character. A man who followed through on what he believed in. A forthright voice for the rights of Native American people.”

CEO Romelle concludes, “Edward T. Arviso was greatly valued by IHC and he will be greatly missed.”



Former IHC Board Member Alice Ponchetti of Santa Ysabel passed away in April. We will feature a tribute to Alice in the Fall 2014 Newsletter.

100 Candles on Melie Duenas’ Birthday Cake



Melie with her medical team: Dr. Murdock, Nurse Rae-Lynn, Medical Assistants Debbie Torres and Irene Garcia.

When Amelia (Melie) Contreras Villalobos Duenas was born on the San Pasqual Reservation in North County San Diego on March 29, 1914, life could be difficult, especially for Native Americans. Perhaps that is why she and her children did not learn of their Indian heritage until they were adults.

As Melie Duenas celebrated her 100th birthday on March 29, 2014, daughter Josie Villalobos summed up her family’s life and livelihood, saying, “My dad picked oranges. My mom packed oranges.”

Josie relates, “My parents had six kids: three boys and three girls. They pulled me out of school in the eighth grade so I could help my older sister, who is now 80 (I’m turning 76) take care of our younger siblings. We lived in Escondido and it was a hard life for us financially. I ended up taking classes later, here and there, learning to spell and read and write.”

She reveals, “We had no idea we were Native until the late 1950s when a lady named Mrs. Wolfe told us we were and that we should enroll to receive certain benefits. That’s when we learned we were from the San Pasqual Band of Mission Indians. My mother was born on San Pasqual, but moved to Escondido as a child. My mom’s mother had never mentioned anything about being Indian but after my mother found out, she did a lot of research and discovered she had many full-blooded San Pasqual ancestors. We all began learning about our Native culture.”

After Melie and her first husband and father of her children, Joe Villalobos, divorced, she married Hector Duenas. Both men are now deceased.

Native Resilience and a Strong Spirit

Despite, or possibly because of her hard early life, which forged a spirit of resilience in her, Melie is hale and hearty for her age. Josie says, “She has an enlarged heart, but other than that, her health is perfect!”

Melie continues to live in a home on the reservation where she has resided since the early 1970s. She has a caregiver on weekdays. Josie stays with her mother on weekends and takes her to her healthcare appointments at Indian Health Council’s Rincon clinic and elsewhere.

A few days before her birthday, Melie’s daughter, Josie, brought her to Indian Health Council so the staff could surprise her with a birthday cake and some spring flowers. According to Medical Assistant Gwendolyne Jenkins, “We had the pleasure of watching her walk (yes, walk!) into our breakroom where her Medical team broke out singing Happy Birthday. It was a great surprise.”

The stories of elders such as Melie Duenas comprise important threads of the fabric of life in Indian Country San Diego and the entire United States. People such as her carry the past, present and future of Native Americans within themselves. Their resilience is an example to us all.



Happy 100th birthday, Melie Duenas!

Melie at 18 and 99

Earth Day (continued from page 1)

giveaways on how to protect and preserve precious resources such as clean water and air. IHC department booths showed how to protect and preserve another precious resource: one's health.

Recycled paper hat-making, JOH health wheel challenges (including "twerking" – performing 20 sit-to-stands in 30 seconds) and other interactive activities kept the energy level high. Relay races were enjoyed by individuals, teams and elder groups such as Rincon Roadrunners. A healthy Subway lunch fortified guests as they took a journey to "Empowering Native Wellness." With passport in hand, they visited each booth and completed a survey to be eligible for great raffle prizes.



Emcee George Pojas thanks Stan Rodriguez for his presentation on the importance of keep our Native languages and culture alive.

Mother Earth Day Puts Individual and Environmental Health in the Bag

Integral to the celebration were insightful, inspiring presentations and performances, all ably emceed by PEI's George Pojas. Chris Devers got the day off to a motivating start by saying, "Think about what you can do for the Earth, not just today, but every day. With water shortages, pollution and other problems here on our reservations and around the globe, we need to make sure we are doing enough for generations to come. Ask yourself, "Am I doing my part?"

Doing her part was five-year-old Paaila Rivas of Rincon. She said, "We take care of the earth to help us live. I planted a watermelon today!"

Also planting seeds of environmental awareness were 15 bouncy kids ages three to five from the Rincon Community Child Development Center. They learned a lot through hands-on activities. "Look," said Nico Lyons. "I made a rock friend!"

Throughout the event, participants greeted old acquaintances and made new friends while renewing their strong commitment to our planet's most important friend: Mother Earth.



Paaila Rivas with friend.

Think about what you can do for the environment, not just today at our Mother Earth Day celebration, but every day.



Hengeemao of Rincon looks dapper in his recycled paper hat.



Calac family and Rincon Roadrunners prepare for the 2K relay.



Nico Lyons rocks out with his handmade friend.

Dr. Dan's Corner

Dear Tribal Members:



Dr. Dan and Jon Hernandez

As IHC's Chief Medical Officer and a fellow Tribal member, I humbly ask that you consider joining me in the American Cancer Society (ACS) Relay for Life (www.relayforlife.org) on June 21, 2014 at Bates Nut Farm. Cancer

is a disease that affects me daily through my work and all of us as community members on a personal level.

This year will mark my third consecutive Relay. I have participated in the walk and served as a speaker. I met cancer survivors and listened to their stories. I walked and talked with people whose loved ones had passed. Their resilience and my hope that one day cancer will be eliminated inspire me to participate in this charity.

Last year, IHC was well-represented. In addition to my family and Medical Administrative Assistant Gwendolyne



Kerbs Custom Photography

Jenkins' Girl Scout Troop, we were honored to have IHC's CEO, Romelle Majel McCauley, join our group. We also have the support of firefighter and two-time cancer survivor Jon Hernandez and local members from the consortium of our nine tribes serviced here at Indian Health.

Proceeds fund ACS research, education, prevention, advocacy and patient services. Relay for Life events around the country raise more than 40% of ACS funds. That's an amazing reason to join us on June 21st. To register with our team or to donate, please contact gjenkins@indianhealth.com.

I hope to see you at the Relay for Life.

AN ILLUMINATING JOURNEY

When you see people wearing a purple shirt at the overnight Relay for Life where teams take turns walking or running around a track, salute them. They are cancer survivors. These courageous people walk the initial lap, typically to cheers and tears from onlookers.

Gwendolyne Jenkins says that, for her, one of the most moving event elements is the "luninaria." She explains, "I was honored to be last year's team captain for Jon Hernandez. The candles light the path. When you walk around it during the night, it is beautiful and inspirational. It reminds us of the people who survived, and those who did not. For me, it is a symbol of hope."

A Notice to Parents from Your Dental Department

Did you know that all children under the age of 18 must be accompanied by their mother, father or legal guardian when they visit the IHC dentist? (The same rule applies in Medical.)

If you cannot accompany your child to his/her next visit, or if you simply want to prepare for any future contingency, please obtain two important forms from the front office Dental staff: 1) Absent Parent Consent Form for Treatment of a Minor; and 2) Authorization for a Caretaker (Non-Legal Guardian) to Accompany a Minor to an Appointment. Complete the forms and return them to the front office staff before you depart.

We must have these forms in advance of seeing any child who is unaccompanied by a parent or legal guardian.



Angelita Molina brought her seven-year-old granddaughter, Cadence, and consent forms to Cadence's scheduled dental visit. "We know we have to be prepared," explains Angelita, saying that Cadence's mother often takes a relative to chemo treatments so she is always ready to step in.

WHY IS THIS?

Dental Office Manager Shanika Eatmon, RDA, explains, "Sometimes, a certain treatment may surface or change in the midst of an appointment. At that point, we will need to speak to the parent (or, with the signed consent forms, the designated representative) so we can proceed with a procedure. In some cases, where a fee may apply, we need to determine who is responsible for payment and for setting up any necessary payment plan."

Shanika advises, "It's best to be prepared. We suggest that everyone fill out these two forms so that we have them on file should the need arise. That way, we can continue your children's treatment uninterrupted."

Thank you!

Your Dental Department suggests that everyone fill out consent forms so they are on file should the need arise. That way, we can continue your children's treatment uninterrupted.

Employee Roundup

Quite a Quack-Up!

During IHC's recent open enrollment period, the AFLAC insurance company's famous car visited the Rincon clinic. Full of bells and whistles, the car attracted staff members, including COO Orvin Hanson and CFO Bill Gallagher, who took pictures of each other standing beside the car.



When Data Entry Coordinator Hannah Ratliff came to check out the action, the AFLAC representative gave her an offer she couldn't refuse: to get into the tricked-out vehicle.

"It was so cool," Hannah relates. "For five minutes, I felt like a race car model." Only one thing was missing: "I didn't see a duck."

Worth His Weight in Gold

Human Resources Director Donna Rico relates this incredible story: "An employee (who wishes to remain anonymous) recently found a large sum of cash in the employee parking lot. The person immediately turned it in. We learned that a patient had just cashed his check and dropped the money in the lot. When the patient arrived to collect the money, he asked to meet the person who had turned it in. The patient offered the employee a \$100 reward for his integrity. Our employee courteously refused the gift and suggested that the patient instead use the \$100 'to buy something for your kids.'"

Donna says, "We are proud of the response of this employee and of Nichole Minjares, whose story follows. These behaviors model the type of individuals IHC seeks; who possess not only job skills but true compassion and empathy for the people we serve."

Our exemplary employees go above and beyond, both on and off the job.

When Challenged, She Delivers

Medical Assistant Nichole Minjares doesn't play professional baseball, but in late February she made the catch of a lifetime. She describes what happened:

"On a Friday evening after work, still wearing my scrubs top, I accompanied my mother-in-law to the urgent care center of Palomar Hospital, which also contains a birthing center. While I waited in the reception area, I saw a pregnant woman whose husband had dropped her off at the front door and gone to park the car. The mom-to-be, obviously in the later stages of contractions, approached the window to speak to the receptionist, then suddenly grabbed the back of a chair and let out a huge scream, crying out that her water had broken and delivery was imminent. The receptionist notified nurses in the back, but no one came for a few minutes and in the meantime, the first-time mom gave birth.

"I saw the baby fall into her pants to knee-level. I quickly ran across the room, pulled down her pants and grabbed the baby, who hadn't started crying, so I started patting her on the back while yelling for someone to get me a blanket. The nurses came out and put the woman on a gurney, telling her she'd given birth to a girl and the baby was OK. Someone finally gave me a blanket for the baby, which I continued to hold. I think with my scrubs they figured I was supposed to be there. Just minutes after depositing his wife at the front door, the father walked in from the parking lot to this amazing scene of his wife on a gurney and me holding his newborn daughter.

"I was calm throughout the event, but after it was over, I started shaking and crying to have been part of such a beautiful thing: a baby delivered in a waiting room. I went back the next day to bring gifts. It still makes me cry to remember it. I've worked for IHC for three years and have four children of my own, ranging in age from two to nine. But I've never been part of a delivery like this one!"



Safe Medicine Disposal

The San Diego Sheriff's Department has installed secure prescription collection dropboxes at several facilities, including Fallbrook and Valley Center substations. Most sites are open weekdays from 8 am-5 pm. Unwanted medications can be turned in anonymously. For more information, visit www.sdsheriff.net.

To safely dispose of medications at home while reducing unintended drug use and keeping pollutants out of our waters, do not flush medicines down the toilet. Instead, follow these simple steps.

- Keep medicine in its original container; scratch out patient info.
- Pour water into the container and add something non-toxic but unpalatable like sawdust or kitty litter.
- Seal the lid tightly with tape.
- Place the container in unobtrusive packaging such as a cardboard box.
- Place the box in your trash close to collection time.

For information on CA-NARCH's Prescription Opiate Painkiller Misuse research project, see page 7. For more on safe disposal of meds, contact the IHC Pharmacy.

1. Keep medicine in its original child-resistant container. Scratch or mark out the patient information on the label.
2. Place some water into solid medications, such as pills or capsules. Then add something nontoxic and unpalatable such as sawdust, kitty litter, charcoal, Comet® or powdered spices (like, cayenne pepper).
3. Close and seal the container lids tightly with packing or duct tape. If discarding blister packs of unused medicines, wrap in multiple layers of duct tape.
4. Place medicine containers in durable packaging that does not show what's inside (like, a cardboard box).
5. Remember to keep medicines away from children and pets. Place in the trash close to garbage pickup time.

Other ways to properly dispose of unused medicine

- **Pharmacy Take-Back Program:** Ask your pharmacist if the pharmacy will accept old medicines back from patients.
- **Household Hazardous Waste Collection:** Find the phone number of your local HHW collection site in the government section of your local white pages of the telephone directory.



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 P.I.s:

Christina Chambers, PhD
Roberta Gottlieb, MD
Deborah Wingard, PhD
Roland Moore, Ph.D

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.

UNIVERSITY NEWS



Michelle Hoptowit



Lillian Greenheck



Carolina Johnson

Three CA-NARCH students are graduating from college and one is embarking on a new journey. **Natalie Lomayesva** (Hopi), who was profiled in the Spring 2014 newsletter, earned her BS in Bioengineering at UCSD. **Michelle Hoptowit** and **Lillian Greenheck** are graduating from Cal State University San Marcos with degrees in Psychology. Both plan to take a break year before proceeding to graduate studies.

Michelle (Yakama) has packed a lot of punch into her life. Corporal Hoptowit served the Marines as a helicopter mechanic, with three Iraq deployments. Summers find her fighting wildfires on her Washington reservation. This independent, strong woman says, "CA-NARCH has provided a support system to me."

Lilly (Pechanga) who hails from Temecula, is happy that CA-NARCH will continue to bolster her. She relates, "I'm sure I will use their resources for grad school."

Carolina Johnson (San Pasqual Band of Mission Indians) is transferring as a junior to Humboldt State University to major in Biology after completing her first two years at Palomar College. Carolina confides, "It's challenging to go to school while working with young students in San Pasqual Education Department's Americorps program, but it's good experience as I am mulling a career as a biology teacher. I joined CA-NARCH while still a senior at Valley Center High. Geneva has been my saving grace. She knows what I need to be involved in. She keeps me on track. I'm very excited for this next phase of my life."

We are excited to watch all of our students move forward!

A MOTIVATING SPRING EVENT

More than 20 students and staff attending the May 1st CA-NARCH Spring Event at UCSD were treated to a presentation by Dr. Melissa Deer, Chief Medical Officer at San Diego American Indian Health Center (SDAIHC). Personable and passionate about her career and Native community, Dr. Deer, from the Menominee reservation, spoke about growing up in a family of health providers and Indian activists. She talked about finding and following her passion for medicine, and about maintaining her cultural identity while pursuing her university studies. She mingled with all and answered students' questions with candor and enthusiasm.

Noting that a summer event is in the works, Student Research Coordinator Richard Armenta says, "Dr. Deer was wonderful and the entire event was very motivating!"



DIVING INTO SUMMER RESEARCH

While some folks head to the beach or the mountains or their own backyard to relax this summer, these ambitious students are furthering their knowledge and gaining career experience at prestigious university research programs. Very impressive!

Lala Forrest, UCSF Summer Research Training Program

Sara Kimmich, MIT Summer Research Program

Aliassa Shane, Shoshone Paiute Tribe Summer Research Program

Sierra Warren, University of Arizona Summer Research Program

Tenaya Siva, Minority Health and Health Disparities International Research Training

Alec Calac, NIH Summer Research Lab Program

Gwen Jenkins, Rollena Guachino, NIH Visit Week

SUMMER 2014 UPDATE ON CA-NARCH VII RESEARCH PROJECTS

PRESCRIPTION OPIATE PAINKILLER MISUSE

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. The project will assess the community's attitudes toward using and discarding of prescription pain medications and look at the effectiveness of a culturally-tailored drug take-back program.



Cynthia Begay and Tony Luna staff a booth to raise awareness of prescription drug misuse.

According to the Centers for Disease Control and Prevention (CDC), abuse of prescription painkillers is rampant. In 2010, 16,651 Americans died from opioid-related drug overdose deaths. The CDC reports that drugs such as hydrocodone and oxycodone now kill more adults than heroin and cocaine combined.

Progress:

Project Manager Tony Luna reports, "Although we are still in the beginning stages, we are already expanding our perspective, collaborating with all IHC departments and have finalized our initial survey. We are excited to move forward!"

Participants 18 years of age and older are currently being recruited to take an anonymous, confidential, 10-minute survey, which will be administered primarily at IHC. Each person who completes the survey will receive a token of appreciation plus the satisfaction gained from participating in a cutting-edge program that aims to encourage positive community collaboration in reducing prescription medication abuse among adults in Indian Country and throughout the U.S.

Tony explains, "Prescription medication abuse is reaching epidemic proportions around the country. Our survey is designed to reveal what people do with their expired medications and to explore their perceptions of prescription drug use and illegal drug use. In addition to the survey, which we hope to complete by the end of summer, we are working with other IHC departments to promote pain management for minor injuries and illnesses through support groups, physical activity and proper nutrition and acupuncture."

To make an appointment to take the brief but vital survey, please email tluna@indianhealth.com or call ext. 5247. For information on safely disposing of unused medications, see the article on page 5.

FASD MODEL SUPPORT NETWORK

Principal Investigator: Christina Chambers, PhD

Purpose:

This grant continues the momentum begun with the Healthy Women: Healthy Native Nation project. Fetal Alcohol Spectrum Disorders (FASDs) are lifelong disabilities that make life more difficult for the affected person, their family, and the community. The National Organization for Fetal Alcohol Syndrome (NOFAS) strives to prevent FASDs and to support people and families dealing with FASDs. This grant enables the establishment of two local NOFAS chapters: one within the reservation community and one within the urban community. Each will respond to the specific needs of that community. There are currently no NOFAS chapters designed within Native communities.

Progress:

Project Coordinator Annika Montag reports, "We are working to establish a local, Native-specific NOFAS chapter to provide support to families dealing with FASDs. FASDs comprise a range of persistent disabilities, all of which result from a woman drinking alcohol while she is pregnant.

Our project team is collecting information about community access to FASD services, attitudes, knowledge, strengths, priorities and specific needs. We are conducting focus groups and interviews to help us gather this information."

Your input is needed and valued. To obtain information or to participate, please call 760-751-6055, email healthywomen@indianhealth.com, or stop by CA-NARCH offices at IHC.

Annika notes that the predecessor grant-sponsored project, Healthy Women: Healthy Native Nation, is closed to recruitment but follow-up phone calls are continuing, with tokens of appreciation being provided to participants. She says, "We had wonderful feedback from participants. Many women made healthy changes in the way they consume alcohol. We found that women identified as depressed were more likely to engage in risky behavior than non-depressed women. Fortunately, they were also more likely to reduce those risky behaviors over the six-month follow-up period."

March 26th a Red Letter Day



"We saved 66 lives today!" That's the calculation made by Medical Administrative Assistant Gwendolynne Jenkins, reporting on the success of IHC's first blood drive of 2014.

She says, "We hoped to attract 18 clinic staff and community members. On March 26th, we exceeded our goal, with 22 people donating blood between 9 am-3 pm."

One donor was Chief Medical Officer Dan Calac, MD. Dr. Calac says, "When I donate blood, I am always thinking about the lives I'm saving. For each blood donation, you can save three lives and the gravity of that just makes my day every time I donate. Interestingly, Native Americans are one of the lowest donors of blood and often they have O type blood products that make them especially critical to blood banks because of the general ease in giving their blood to recipients as universal donors."

Our thanks to all who donated. Please see page 10 for more information on our periodic blood drives. We hope to see you soon!

Eager to donate now? Visit www.redcrossblood.org/socal for a list of upcoming countywide events.



Dr. Dan Calac and Gwendolynne Jenkins give a thumbs-up while donating blood.

Take a Bite out of West Nile VIRUS



Barbecuing outdoors this summer? Use insect repellent to avoid becoming a bug's delicious dinner.

Infected mosquitoes spread West Nile Virus (WNV), a serious illness that can lead to meningitis and encephalitis. North County Indian Country has its share of mosquitoes. Thus, we are all at risk for WNV, especially when mosquitoes are prevalent in the summertime. Here are some simple precautions.

How To Prevent WNV

- Apply insect repellent before spending time outdoors.
- Mosquitoes tend to be most active at dawn and dusk. In addition to insect repellent, wear pants and long-sleeved tops at these times.
- Install screens on doors and windows. Repair/replace damaged screens.
- Mosquitoes breed in standing water. Remove possible breeding sites by emptying water out of buckets, barrels, wading pools and other sources.
- Birds may become infected with WNV and pass along the disease. If you find a dead bird, do not touch it with your bare hands. Call Health & Human Services at 858-514-4600.

The best way to prevent West Nile virus is to avoid getting bitten by a mosquito!

Symptoms and Treatment

Most people who become infected with WNV typically develop mild symptoms such as a slight fever and some aches, which pass quickly. Medical attention generally is not needed.

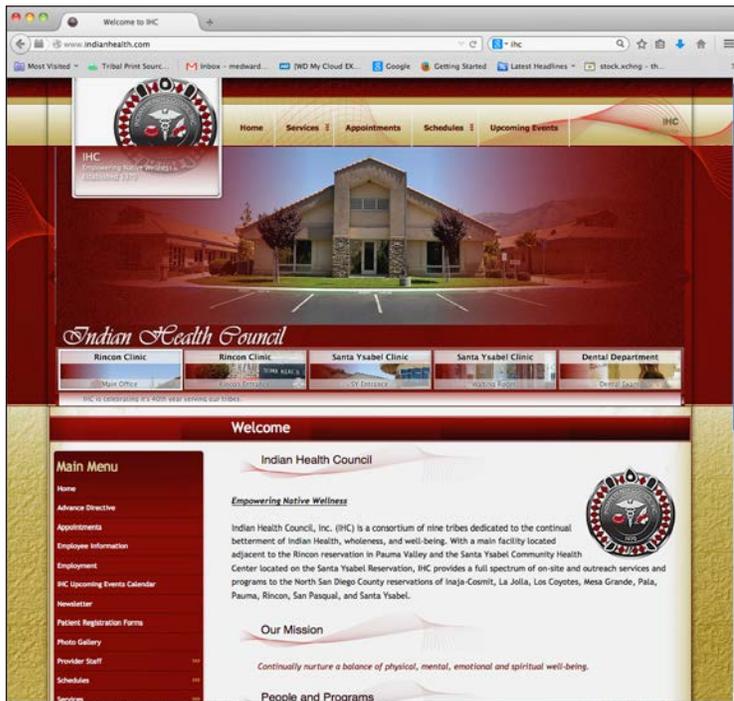
People over 50 are more likely to suffer more serious problems such as severe headaches and confusion. If severe symptoms arise/persist in someone of any age, call IHC's Medical Department. You can anonymously report mosquito breeding sites and other WNV-related issues at www.sdcounty.gov/appcenter.

Gym Dandy

On a recent Thursday morning, IHC's fitness facility, with the beautiful mountain view from the window, was alive with people of all ages burning off fat and stress while getting healthier by the minute. Among them was Noah Tortes, age 14, of Rincon. Typically, Noah works out every afternoon after he completes his day at Valley Center Middle School but this was Spring Break week.

"I do it all here," Noah reported as he continued his powerful pedaling. "I do cardio and lift weights. For about one hour every day. I eat healthy food, too. I love it. It makes me feel good and it keeps me in shape for all my sports: basketball, baseball and football. I want to go to college and I hope to get an athletic scholarship," he confided, saying that he strives to do well academically as well as physically.

That's what our IHC gym is doing for Noah Tortes. What can it do for you?



Have You Seen Our Website Lately?

There are two ways to visit IHC. You can walk through the doors of our Rincon and Santa Ysabel facilities. You also can enter our virtual doors at www.indianhealth.com. Our website is always open!

IHC was one of the first Indian health clinics in the country to create a full-fledged website. We have steadily upgraded the site, making it engaging, easy to navigate, brimming with information and interactive as well.

You can learn about departments, staff and schedules, then make an appointment with fingertip ease. Looking for a job? Click Employment to find out about current positions, then fill out an online application.

One of the website's best features is an Upcoming Events section that starts on the homepage and continues, with one-click convenience, to a day-by-day listing of offerings. Get the schedule on everything from blood pressure, diabetes and mammogram clinics to pain management support groups to specialized programs such as Fathers are Warriors and Craft to Wellness. Access important materials on patient registration, advance directives and other key information to read and download. You can even sign up to get this newsletter via email.

So when you're looking for a good "read," visit us online. Our Mission is Empowering Native Wellness, 24 hours a day.

Be Fire-Safe This Summer

Santa Ana season arrived early this year with hot, dry, windy conditions throughout Southern California starting in late April and several fires raging in North County in mid-May. All that, added to another year of extreme drought, makes creating "defensible space" around your home critical to preventing and fighting wildfires.

The California Department of Forestry and Fire Protection recommends that residents follow the three Rs to create 100 feet of defensible space around homes and other structures.

- R1: Remove dead and dying grass, shrubs and trees.**
- R2: Reduce vegetation density by pruning, mowing and thinning.**
- R3: Replace flammable vegetation with drought-tolerant, less-combustible plants.**

When humidity is very low and temperatures are very high, it doesn't take a lot to spark a wildfire. Use powered equipment such as lawn movers and weed trimmers early in the morning when conditions are less conducive to fires sparking and spreading.

More information on preventing and preparing for wildfires, as well as updates on the status of area fires, can be found at www.readyforwildfire.org. To learn why to compile a family emergency preparedness kit and what to put in it, visit www.readysandiego.org.

Have a safe and fun summer.



2014 | 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 **9am-3pm** at Rincon. Appointments are not necessary. Please call ext. 5275.

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

Most ongoing exercise classes are funded through JOH and SDPI grants to improve and prevent diabetes. They are open to everyone in the community. You also are invited to consult with Physical Activity Specialist Angelina Renteria to create a training program that is right for you. Call ext. 5263 to schedule an appointment, to request a group class on your reservation and to find out the current schedule (days, times, locations) for the following group activities.

**Rock 'n' Box • Circuit Training • Walk-in Circuit Training • Walking Club • Salsa Aerobics, Zumba Style
Biggest Loser Weigh-In • Senior Chair Aerobics • Line Dancing • Cardio Kickboxing • Beginners' Yoga**

WELCOME TO THE IHC NEIGHBORHOOD

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



Paula Sorrentino
FNP/PA



Nelletta Reed
Housekeeper



Della Freeman
Receptionist



Tony Luna
Project Manager



Maxine Phillips
AP/Payroll Clerk



Nancy Andrade
RDA



no cavities club

Shaelyn Albright
Rayden Castillo
Sofia White
Valerie Nelson
Jacob Lawson
Marlene Smith
Noah Scales
Joda Ratliff
Cekala Holsey
Felix Linton

Kai Flores
Katheryne Dixon
Mahoss Sass Jr.
Dustin Sykes
Alejandro Trujillo
Nakaylah Merlin
Autumn Massell
Jaleel Hasan
Auliana Edwards
Nicholas Suarez

Ramsey Molina
Sumiko Koda
Michael Lira
Elena Harvey
Edward Calac
Khloe Cote
Jayna Sevier
Malaki Zwicker
Lucious Zwicker

Great job, kids!

INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness

50100 Golsh Road
Valley Center, CA 92082

FORWARDING SERVICE REQUESTED



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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

Fallbrook Hospital: (760) 728-1191

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, Th 8:30-4:30

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.

Tribal Family Services Department

M-F 8:00-4:30

SANTA YSABEL CLINIC SCHEDULE

Dental Department

M-F 8:00-6:30

Specialty Hours, 8:00-4:30

Pharmacy Department

M-F 8:30-6:30

Specialty Hours, 8:00-4:30

Community Health Department

M-F 8:00-4:30

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

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