



INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness



Winter 2017

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



Volume 33 Issue 4

Native Vets Honored at Special Luncheon

They came from Mesa Grande, Pala, Rincon, Santa Ysabel and other reservations. They journeyed to Europe, Korea, Vietnam, the Gulf and elsewhere where they courageously served in conflicts dating back to World War II as members of the Army, Marines, Navy and Air Force. And on November 8, 2017, dozens of heroes were warmly welcomed, feted and fed at IHC's Honoring Our Native Vets Luncheon.

The patriotic celebration presented by PEI was funded by the County of San Diego HHSA Mental Health Services Act. It began with a Color Guard by Paloma Valley High School Jr. ROTC, continued with a blessing by Vet Edward Reed of Rincon, who thanked "people who served and those who

supported them," a lilting welcoming song by Ami Admire, whose Navy father served on the Midway, and a spirited honor song by Many Nations Drum Group.

V.A. professionals provided useful information and resources. Vets shared their military history in a roll call and gathered for a photo before enjoying lunch and a raffle of gift baskets created by IHC departments. They departed with medicine bundles, happiness, hugs, laughter and even a few tears.

Event co-coordinator Art Calvo states, "A primary message to our honored Vets is that you are not alone. We are here for you." See more event photos on page 5.



Native Vets pose for a photo at IHC's luncheon in their honor.

CA-NARCH Star Shares Her Story of Success

"The past or present you does not define the future you." So says CA-NARCH student Mandie Baker, who faced failures, surmounted obstacles, and resolved to never give up. Today, "with support from my family, friends, and especially the CA-NARCH community," she is Mandie Baker, MD.

"Mandie is one of our many outstanding successes," confirms Student Development Program Coordinator Geneva Lofton-Fitzsimmons. We hope her story will inspire people to doggedly pursue their goals, despite negativity or doubt.

(Continued on page 6)

NEWS FLASH:

See page 2 to learn about our renamed department:

Public Health Programs

INSIDE THIS ISSUE



Life is Sacred page 3



Artful FASD Awareness page 4



PANDAmonium! page 5

Welcome to Your New Public Health Programs Department

The department formerly known as Community Health Services has a new name, new director and a renewed commitment to you, our clients. Led since July 2017 by Director Angelina Renteria, BS, MA, Public Health Programs (PHP) comprises a multi-skilled staff and operates under various grants to connect IHC's clinical and community components. Public Health Nurses, Community Health Representatives, a Registered Dietician and other staff provide on-site and out-reach health and wellness programs.

Angelina believes, "Our new department name better reflects our focus and goals. In addition to managing specific programs from planning and design through implementation and evaluation, I strive to foster collaborative partnerships among IHC departments and with Tribal and other government agencies in pursuit of community outreach opportunities that increase awareness and support for IHC services." She also identifies and leads the proposal of grant funding opportunities and works to keep the department at the cutting edge of community health initiatives.

From diabetes workshops to lifestyle programs, case management, fitness and more, PHP offers an array of culturally-sensitive activities to improve people's well-being and extend their longevity.

Exceptional Academic and Career Accomplishments

A descendent of the Navajo Nation, Angelina has amassed an impressive resume over her 18 years in the health industry. Her experience includes 15 years in direct client care, from professional and semi-pro athlete personal training programs to care plans for the prevention and treatment of T1 and T2 diabetes, cardiovascular disease, morbid obesity, depression, addiction and chronic pain. After graduating from high school at age 16, she attended CSU Long Beach, where she earned a BS in Sports Psychology & Coaching followed by an MA in Kinesiology and Physical Education.

Angelina initially served IHC as Kinesiologist/Physical Activity Specialist from 2007-2014. Prior to rejoining IHC, she was Director of Mission Delivery for the American Diabetes Association and Executive Director of Inter Tribal Sports, Inc. Earlier in her career, she managed a fitness center, was a personal training entrepreneur, served on the San Diego Golf Academy faculty and even, as National Sales Director for Dancelife USA, worked with the iconic TV show, "Dancing with the Stars."

We are delighted that our homegrown "star," Angelina Renteria, has returned to the clinic to serve as PHP Director.



Led by Director Angelina Renteria (5th from left), the Public Health Programs Department offers an array of culturally-sensitive activities to improve people's well-being and extend their longevity.



Maya Goodblanket Recognized

The American Association of State Colleges and Universities recently featured PEI Case Manager Maya Goodblanket (Cheyenne/Arapaho) as a professional "making a difference in the American Indian Community." Read her highlight here. <http://www.aascu.org/members/graduates/ReadEntry.aspx?id=26776>



Martina Portillo Leaves a Legacy of Success

After passing the leadership baton to Angelina, departing Director Martina Portillo, RN, BS, MPH, continues to serve part-time as a Public Health Nurse out in the consortium community she loves.

Martina joined IHC in 2002 after an illustrious 29-year career with Indian Health Services (IHS), where she rose to Captain and served directly under the IHS Director. As a member of the Hopi Tribe growing up in Northern Arizona, Martina gained an understanding of rural Native needs that served IHC clientele well during her 15-year tenure.

Upon joining IHC, Martina pledged to address such lifestyle challenges as diet and exercise. She said, "I want to make a difference in people's health and lives." As anyone who has attended a Living A Life in Balance class or other program implemented during Martina's time at the clinic can attest, she certainly has!

Life-Affirming Activities Support Suicide Prevention

A whirlwind of positive activities swept through our consortium area throughout September as part of 2017 Suicide Prevention Month. IHC's eloquently named "Life is Sacred" program was presented by the Prevention and Early Intervention (PEI) program, funded by the County of San Diego HHS Mental Health Services Act.

Health Promotion Services Director Beth Turner reports, "With displays in the lobby and events taking place from September 13th-26th, we reached hundreds of community members with our overarching message: that 'Life is Sacred' and that people can and should seek help and support."

Getting the topic of suicide out into the open was accomplished by literally getting out into the open, with kickoff walks held at Rincon and Santa Ysabel. Many participants wore the program's trademark yellow as a symbol of happiness and hope.

PEI staff offered "Check Your Mood" screenings at both clinics and training sessions in suicide prevention and adult mental health first aid that provided concrete ways for people to be proactive. The underlying focus of all activities was to heighten awareness of the horrific yet preventable act of suicide by offering information, resources, encouragement and support.

Beth and her team strongly believe, "Speaking openly about suicide can lead people to look within themselves, look around at the beauty and love surrounding them, and realize that life truly is sacred. It is to be cherished and preserved."



Well-attended fun walks and bright yellow attire kicked off the medley of "Life is Sacred" suicide-prevention activities.

Angel Tree Blossoms with Foster Youth Gifts



Each year before Santa comes to town, he makes a much-welcomed stop at IHC. The gaily decorated Tribal Family Services (TFS) department with its beautiful Angel Tree is brimming with Native foster youth who can barely contain their excitement and anticipation. Santa arrives, laden with gift-wrapped goodies and wow – each girl and boy receives a present appropriate to their age and gender, and, double-wow – it's just what they wanted for Christmas!

Most importantly, says TFS Director, Karan Kolb, "The kids know that someone cares about them. That connection is so important, especially at what can be a difficult season for foster youth."

Making the magic happen are IHC staff and community members. They have visited the Angel Tree, selected an Angel child ornament, then purchased and wrapped a gift for their recipient.

If you missed an opportunity to participate this year, TFS happily accepts tax-deductible donations year-round. Funds are used to purchase necessities such as supplies, school items and electronics. To donate, contact ext. 5323.

An Artful Approach to FASD Awareness

If one picture is worth 1,000 words, imagine the power of 19 pictures worth 19,000 words about the perils of moms-to-be drinking while pregnant. IHC/CA-NARCH Research Project Healthy Native Nation (HNN) invited community members to create artworks that raise awareness of the importance of an alcohol-free pregnancy in preventing Fetal Alcohol Syndrome Disorders (FASDs). (See page 7 for an HNN project update.)

HNN Coordinator Annika Montag, PhD and her staff were overwhelmed at the response to the inaugural art contest, which culminated in a September 6th reception held in sync with International FASD Awareness Day on September 9th. They said, “We received beautiful entries in a variety of media, many of which were created using traditional materials. The artists, both children and adults, are very talented. Everyone put a lot of thought into their creation.”

Reception-goers admired the pieces and messages conveyed. IHC FNP Esther Calac, who works in OB/GYN, says she has seen the devastating effects in infants. “These depictions are powerful. I want pregnant women to see them and understand the danger drinking poses to their unborn children.”

IHC Housekeeper Gina Nelson believes, “Healthy Native Nation is oriented toward education. This art is a great way to get the message out to the community.”

Captivating Creations

Eight-year-old Matwin Romero, whose graceful drawing of a lovely young pregnant woman pouring out the contents of a beer bottle, said that he thought a lot before putting pencil to paper. “I wanted to show that moms should not drink beer or their babies can be born sick.”

Justin Schlater’s “Butterfly of Hope” transformed a common shoebox into a vivid message: “Quit before the miracle happens,” it urges. Anthony Hurtado’s pastel watercolor incorporated his native Luiseño, “Posuun Loovig,” to show, “Her Heart is Good.” Anthony, a gifted 17-year-old Rincon artist, also captured third place in the National Organization on Fetal Alcohol Spectrum (NOFAS) Art Contest.

Shane Ward’s museum-quality, ethereal depiction of an infant cradled in a motherly nest captured the hearts of the contest’s three judges. IHC CEO Romelle Majel-McCauley, local artist Bonnie Salgado and Dr. Montag awarded it first place.

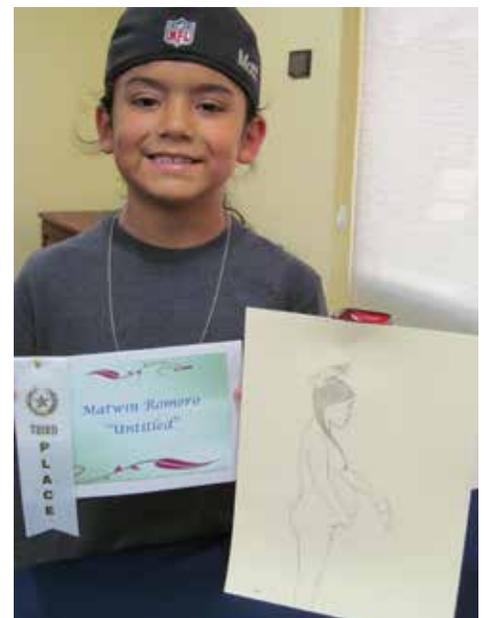
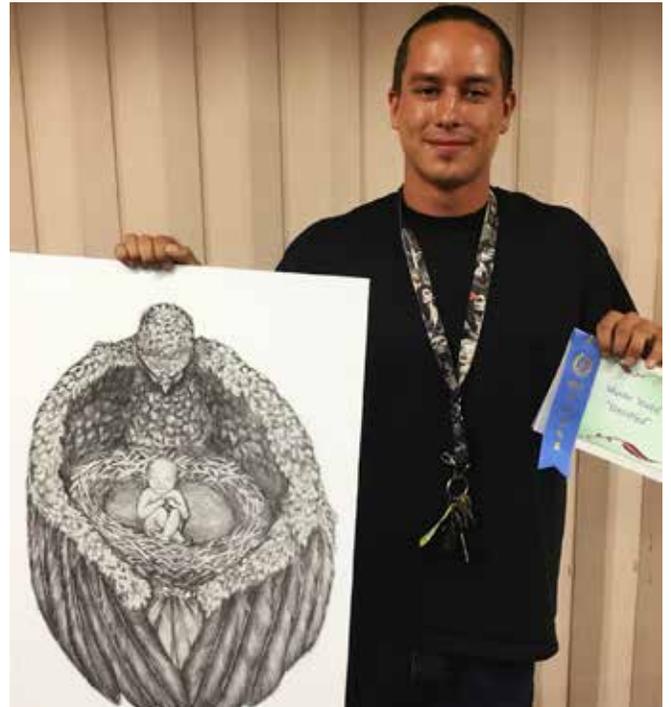
Dr. Montag says, “We plan to use the artists’ work on promotional materials to heighten awareness in the clinic and throughout the community. Art can make a difference, and these pieces will have an impact. The exhibit was a conversation-starter. We also have shared an FASD Awareness Proclamation with our nine consortium Tribes. We intend to keep the momentum going.”

FASD Art Contest Winners

1st Place (\$200):
Shane Ward

2nd Place (\$100):
John Paipa
Tiffany Wolfe

3rd Place (\$50):
Matwin Romero
Sydney Lopez
Catherine &
Eli Bojorquez
Anthony Hurtado



Shane Ward, Anthony Hurtado and Matwin Romero display their winning artworks.

PANDAmonium!



What do bicycles, bamboo and a pudgy panda named Po have in common? They were all part of IHC's spooktacular Fall Festival!

The October 25th event attracted close to 300 community members; many in costume and all eager to enjoy Kung Fu fun. The Festival was funded by the County of San Diego HHS Mental Health Services Act.

The event got off to an energetic start with a Bike Rodeo that was spearheaded by Injury Prevention Coordinator Rick Romero to provide education on the importance of wearing a helmet. To that end, 32 children between the ages of two and 18 received educational material and bike safety-related goodies. Thanks to Injury Prevention grant funding, bicycles were raffled off and 36 helmets were given to kids.

The event was a huge success, says Rick. He promises: "We will be out in the community in 2018, conducting Bike Rodeos and offering education. Look for us to be cycling to a reservation near you soon!"

Multi-Department Team Effort

Next up was the main attraction: the Festival, complete with games, a costume contest, healthy and delicious panda bowls, photo booth, helpful info and, of course, the "Kung Fu Panda" movie. Many staff members came dressed as characters from the popular film.

The event was geared toward positive attitudes and actions, says Beth Turner, Director of Health Promotion Services. She reports, "Kids wrote wonderful sayings and words of encouragement on their leaves at the bamboo 'Kindness Forest' about standing up to bullying. The fortune cookies with mental health messages were very well-received. Children earned game tickets by answering questions related to life skills, making choices and coping strategies. We also informed people where and how to get help and provided resources for those experiencing mental health issues."

All in all, she notes, "The entire event represented a great multi-department team effort. It was a lot of fun."

The wise words expressed by Kung Fu Panda are a great way to usher in the New Year: "Yesterday is history, tomorrow is a mystery, but today is a gift."



From a bike rodeo to costumed characters and a fun film with a message, the Fall Festival was spooktacular!



Honoring Our Native Vets Photos



Color Guard.



Honored guests.



David Duro with his gift basket.



About CA-NARCH

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

Principal Investigator:
Dan Calac, MD

Program Director:
Stephanie Brodine, MD

Research Project Principal Investigators:
Christina Chambers, PhD
Roland Moore, PhD

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

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

PAUMA'S GENEROUS DONATION WILL GO FAR!

We sincerely thank the Pauma Band of Luiseño Indians for its generous donation of \$15,000 to our Student Development Program. This donation will greatly benefit Native students' ability to engage in research, present at national conferences and pursue successful careers.



PAUMA BAND OF LUISEÑO INDIANS
FIRST PEOPLE IN PAUMA VALLEY

STUDENTS AND STAFF MINGLE AT FALL EVENT

The October 27nd Fall Event at UCSD was festive and fun as well as enlightening and educational. The event provided a great opportunity for students, their guests and staff to mingle. Students shared their summer research experiences. Everyone was delighted to welcome Guest Speaker Claradina Soto, PhD (Navajo/Pueblo), Assistant Clinical Professor at USC's Keck School of Medicine in the Institute for Health Promotion and Disease Prevention Research. An advocate of advancing health equity and reducing health disparities among Native communities, Dr. Soto's priorities align perfectly with those of CA-NARCH.



DR. MANDIE BAKER SHARES HER SUCCESS STORY

Mandie Baker, MD (Citizen Potawatomi Nation) says success did not come easily, but the outcome has been well worth the effort. Excerpted here is her message.

Dear You,

You can do anything. You can be anyone. Discover what you love and be that; settle for nothing less.

I struggled in college until I discovered organic chemistry. From then on it was chemistry, biology and physics. I realized I wanted to go to medical school. A counselor bluntly told me there was no chance. My grades and GPA were too low. I met with another counselor, with friends, with physicians. All told me no.

I did not take no for an answer. I studied harder, read more, volunteered, conducted research, worked at IHC, took the MCAT twice, and was finally accepted into the University of North Dakota School of Medicine via Indians Into Medicine (INMED). I completed an Emergency Medicine Residency at a top program and attained a position. I made it!

Don't take no for an answer. It may take dedication and time, but you can make anything happen. Push yourself, and never give up.



Mandie Baker, MD

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:

In the past, we have reported on the growing national public health emergency with prescription pain medications. This issue was recently highlighted in a joint investigation by the Washington Post and "60 Minutes," revealing how the drug industry lobbyist and Congress disrupted the DEA's efforts to crack down on the over-distribution of pain pills when there was no need for them.

In accordance with this recent report, IHC looks to promote safe prescribing and engage the local community



in prevention efforts. In October, the Pill Take Back Project collaborated with the San Diego County Sheriff's Department to conduct take-back events at IHC's Fall Festival and participated in an event called "Prescription for Disaster." This event was held at the Maxine Theater in Valley Center in collaboration with Oak Glen High School, Mental Health Systems, the FBI and DEA. IHC's CMO, Daniel Calac, MD, along with FBI and DEA agents, spoke to families about the harm in misusing prescription pain medications.



IHC's CMO, Daniel Calac, MD

In addition to providing education, there remains a strong continual need to engage those around us on this topic. If you are interested in learning more about our current efforts or available resources, please contact Tony Luna at ext. 5247 or at tluna@indianhealth.com.

HEALTHY NATIVE NATION

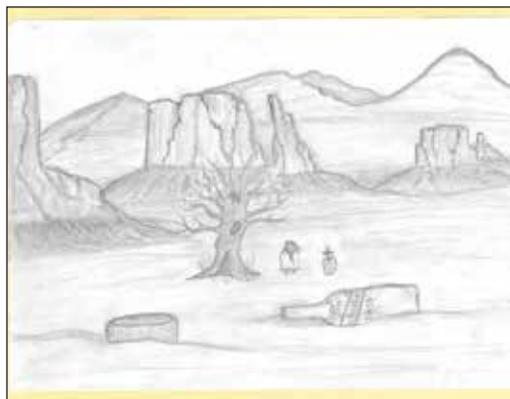
Principal Investigator: Christina Chambers, PhD

Purpose:

Healthy Native Nation (HNN) was established to spread awareness about FASD and provide support for affected families. FASD is a range of disabilities that can affect a child exposed to alcohol before birth. Mild to severe disabilities can cause lifelong challenges for the child and family members. FASD can be treated, and with support, those affected can thrive. HNN helps families understand FASD, make referrals for diagnosis, if necessary, and obtain appropriate support.

Progress:

In recognition of Fetal Alcohol Spectrum Disorders (FASD) Awareness Month, HNN held a symposium titled "FASD and the Law" on October 2, 2017. Supported by the San Pasqual Band of Mission Indians, the conference was designed for lawyers, judges, law enforcement, social workers, school staff, tribal representatives, and others who work with individuals who have developmental disabilities. The training helped participants learn about innovative approaches to better



Left: Collin Reed's "Sorrow," an FASD art contest entry, powerfully depicts the tragic toll alcohol has taken on many Indian communities.

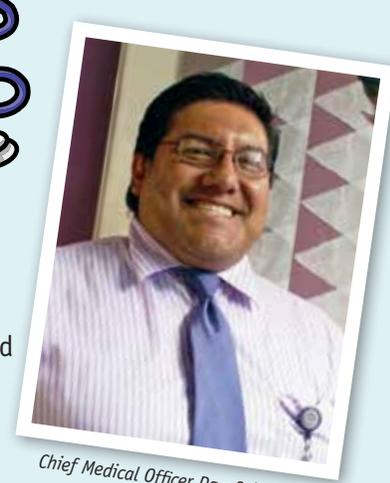
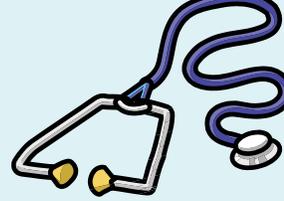
understand and more effectively represent tribal members with FASD.

More than 45 people attended the conference, which was highlighted by a talk by Dr. Kenneth Lyons Jones, UCSD Department of Pediatrics Division Chief and Co-Director of the Center for Better Beginnings. Other speakers included Rebecca Cervenak, attorney for Disability Rights California; Billy Edwards, Los Angeles County Deputy Public Defender; Karan Kolb, IHC's Tribal Family Services Director; and Superior Court Judge Marian Gaston. Symposium videos and notes are available at the HNN office.

Ask Us!

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

Dr. Dan's Corner



Chief Medical Officer Dan Calac, MD



Don't Get Bit by the Bug

Native people are more likely than other populations to get sicker from influenza (AKA, the flu). Babies, young children, elders, pregnant women and people with chronic conditions such as diabetes and heart disease are more at risk for complications that can lead to hospitalization and even death.

One of the most effective ways to protect yourself and those around you against the highly contagious flu is quick and easy, so give it a shot. Literally!

Visit our Walk-In Flu Clinics during the following days and times, from now through Spring 2018.

Walk-In Flu Clinics:

Rincon

Monday-Friday

8:00 am- 6:00 pm

(closed 12-1 daily for lunch;
closed 1-2 on Tuesdays)

Santa Ysabel

Monday and Wednesday

9:00 am-3:30pm

(closed 12-1);

Friday, 9:00-11:30am

Flu Facts

- The flu vaccine is safe for everyone at least six months old.
- The vaccine does not cause the flu, although you should not get it if you are ill. You may experience mild side effects for a day or two.
- Since different flu strains arise each year, you need to get an annual vaccination.
- In addition to getting vaccinated, wash your hands frequently to reduce the spread of germs.
- If you do come down with the flu or a cold, stay home and avoid contact with others.
- Our Pharmacy offers over-the-counter medications to ease mild symptoms such as a sore throat, cough or runny/stuffy nose.
- If your symptoms are severe – such as high fever or shortness of breath – contact Medical or our After-Hours Care Line right away.

“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.

CDC Shares Zika Info

Last summer, members from the Centers for Disease Control (CDC) Zika Response Team attended an IHC Scientific Advisory Board meeting to share information and best practices on building capacity in Tribal emergency preparedness systems, the threat of Zika virus for Tribal communities, and vector control and surveillance. Here is a recap of the Zika presentation.

CDC is committed to keeping Tribal communities informed about the Zika outbreak as it evolves. It works with the National Indian Health Board, Indian Health Service and other partners to provide Zika prevention and control capacity building to tribal leaders, tribal public health authorities and their membership, through webinars, training seminars/convening, summits and dissemination of collateral material and resources. For more info, visit www.cdc.gov/zika.



What We Know

- Zika primarily spreads through infected mosquitoes, so you should take steps to prevent mosquito bites.
- You can get Zika through sex. It can be passed from a pregnant woman to her fetus. Infection during pregnancy can cause certain birth defects.

Congrats!



IHC held a raffle at its October Mammogram Clinic to promote October Breast Cancer Awareness Month. Pictured here (left) with Medical Assistant Debbie Torres is raffle winner Louann Arviso, who was delighted to receive a basket filled with breast cancer awareness items, including scarves, socks, lanyards, coffee cup, t-shirt and bracelet. Every woman who attends a Mammogram Clinic is a winner for taking charge of her health.

Open Enrollment



It's Covered California Open Enrollment Time! IHC's team of Certified Enrollment Counselors are continuing their outreach and education activities. In addition to explaining provisions, options and exemptions, counselors can connect you to resources and screen you to ascertain the most appropriate coverage. For more information, contact Lisa at ext. 5285.



Let's Talk Dental

What are Canker Sores?

Aphthous ulcerations are commonly called "canker sores." Canker sores are ulcerations that develop inside the mouth and appear as painful, white or grey sores with a red border. There are three types of canker sores: minor, major, and herpetiform. None of them is contagious.

Minor aphthous ulcers are the most common. They measure between 3-10 millimeters in diameter. These ulcers are painful, but typically heal within 7 -14 days without any treatment.

Major aphthous ulcers measure 1-3 centimeters in diameter and can take 2-6 weeks to heal. Occasionally, they can be so severe that they heal with scarring. Depending on their frequency and severity, major aphthous ulcers may require treatment pending consultation with your dentist and physician.

Herpetiform aphthous ulcers are the smallest canker sores, measuring just 1-3 millimeters in diameter. These lesions, which typically appear in groups, are not caused by the Herpes Simplex Virus (HSV), but do have a superficial resemblance to a Primary HSV infection (hence their name). While herpetiform aphthous ulcers are small sores, they commonly coalesce to form larger, irregularly-shaped ulcers that can take 7-14 days to resolve. Like minor aphthous ulcers, most patients suffering from herpetiform aphthous ulcers require no treatment. However, some patients can experience frequent and painful outbreaks requiring palliative treatment.

If you have concerns about canker sores or any other oral issues, we're here to help!



By Chance Bodini, DDS

"Let's Talk Dental" addresses general oral health topics. If you have a question or concern you would like addressed in this recurring newsletter column, please email cbodini@indianhealth.com.

2017-2018 | 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.

BLOOD PRESSURE & ECHOCARDIOGRAM CLINICS

Blood Pressure: **4th Tuesdays, 9:00am-12:00pm** in Medical North. Echocardiogram: **3rd Tuesdays, 9:00am-12:00pm** in Medical North. 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. **1:00-4:00pm, 1st, 2nd and 4th Wednesdays; 3rd and 4th Fridays** 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 2:00-5:00pm and Thursdays, 1:00-4:00pm. Call ext. 5231 or 5265 to schedule an appointment.

CARDIOLOGY CLINICS

Fridays, 9:00am-12:00pm, in Medical North. Call ext. 5231 or 5265.

PODIATRY CLINICS

Tuesdays, 8:00am-5:30 pm, in Medical. Call ext. 5231 or 5265.

PULMONARY CLINICS

For patients with asthma, COPD and/or smokers. **1st and 3rd Thursdays of the month, 10:00am-4:00 pm**, in Medical. Call ext. 5231 or 5265 for appointment (must see primary care provider to get referral).

PAIN MANAGEMENT CLINICS

A multidisciplinary approach to managing chronic pain. Patients meet with their physician, Behavioral Health professional, Registered Dietician and Physical Activity Specialist in one appointment. **1st and 3rd Thursdays, 1:00-4:00pm**. Call ext. 5385 (Dr. Davidson) or 5365 (Dr. Calac) appts.

FITNESS FUN

Tai Chi "Moving For Better Balance" (55+), **Tuesdays & Thursdays, 9-10am**, Rincon MPR; **11am-Noon**, Santa Ysabel, **Mondays & Wednesdays, 11am-Noon**, Pala Fitness Center.

WELCOME TO THE IHC NEIGHBORHOOD

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



Chasity Myers

Physical Activity Specialist/DM Coordinator



Tashi Amaichigh

RDA



Lilloy Tjitro

Pharmacist



Dawn Roberts

PSR Eligibility and Outreach Representative



Melissa Montenez

Pharmacy Technician



Ray Almazan

Registered Nurse



no cavities club



Joseph Wier IV
Gunner Pierce
Conrad Pierce
London Pierce
Dwayne Krenz
Khloe Krenz
Ramia Prince
Alliyah Montoya
Shealey Belardes
Davisyn Yoney
Eisley Machado

Hector Torres
Drakeman Beresford
David Villalobos
Morgann Cooper
Oloa Motas
Wayne Nelson
Kolokolomay
Temanxwanvish
Leroy Salgado IV
Nawitmal Rico
Calian Revilla

Oos Sanchez
David Mendoza Jr.
Evelynn Bliss
Jalyn Tyon
Layla Duro
Aria Soto
Angel Soto
Roman Lovett
Naya Beresford

Good job!

INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness

50100 Golsh Road
Valley Center, CA 92082

Happy Holidays
from our IHC family to yours!



FORWARDING SERVICE REQUESTED



BOARD MEMBERS EXECUTIVE BOARD

Robert Smith, Chairman	Pala
Carolyn Stalcup, Vice Chairwoman	Santa Ysabel
Mercedes Amavisca, Secretary	Mesa Grande
Leia Arviso, Treasurer	Inaja Cosmit
Theda Molina, Member-at-Large	La Jolla

MEMBERS

Mary L. Arviso	Inaja Cosmit
Doris Beresford	La Jolla
Andrew Campbell	Los Coyotes
Mariah Aguayo	Los Coyotes
Tony Gumataotao	Mesa Grande
LeeAnn Hayes	Pala
Open	Pauma
Patricia Dixon	Pauma
Alfonso Kolb Sr.	Rincon
Tishmall Turner	Rincon
Patricia Ockert	San Pasqual
Melody Arviso	San Pasqual
Melanie Luna	Santa Ysabel

Romelle Majel McCauley, Chief Executive Officer

INDIAN HEALTH COUNCIL, INC.

www.indianhealth.com

Email: info@indianhealth.com

Phone: (760) 749-1410

Fax: (760) 749-1564

24/7 Comment/Suggestion Line: Ext. 5307

Patient Transportation Medical Department:

Ext. 5269

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

OFF-HOUR EMERGENCIES

Palomar Hospital: (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)

Behavioral Health Department

M-F 8:00-6:30

Mental Health, Counseling, Domestic
Violence, Substance Abuse

Health Promotion Services

Department

M-F 8:00-6:30

Outreach, PEI

SANTA YSABEL SCHEDULE

Dental Department

M-F 8:00-6:30

Specialty Hours, 8:00-4:30

Pharmacy Department

M-F 8:30-6:30

Public Health Programs Department

(formerly Community Health Department)

M-F 8:00-4:30

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

Tribal Family Services Department

M-F 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

Dental Department

W 8:00-4:30

First appointment 9:00 a.m.

Pharmacy Department

M, W 10:00-4:00

Fri 10:00-12:00