



INDIAN HEALTH COUNCIL, INC.



Summer 2011

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

Volume 27 Issue 2

RACES ARE A “RUNAWAY” SUCCESS

Participants spanning many decades enjoyed the Earth Day 2K and Run/Walk Relay. Before the races began, Andrea Paroli of La Jolla, who teaches the Monday 12-1pm Rock ‘n’ Box cardio class at the clinic, had her game face on. A confident Laurie Gonzalez proclaimed, “Rincon elders will kick butt!” Running laps and stretching as the start time drew near, Fire Department teams said, “We’re here to win!”

Continued on page 3



A Great “Down to Earth” Event



Linda Linton and Henrietta Edwards of Santa Ysabel spin and win at the Rincon EPA booth.

To us as “First Americans,” every day is a day to honor Mother Earth. On April 20th, Indian Health Council, Inc. invited the community to join them at “Celebrate Mother Earth Day,” and what a day it was!

Early morning clouds gave way to sunshine as this second annual event got under way in the great IHC outdoors. An elated event organizer, George Pojas of the Prevention and Early Intervention (PEI) program, told the crowd, “Instead of rain, we have DJ Reign (AKA Regan Baysa, RN)!”

Chief Operating Officer Orvin Hanson welcomed the hundreds of guests. He thanked Southern Indian Health Council (SIHC) and IHC PEI for Earth Day funding support, commended consortium Tribes for their environmental efforts and described the eco-strides IHC has made, including the installation of solar panels and on-site paper recycling.

Orvin promised, “These efforts will continue. Next up, we’ll be using plants indoors to promote clean air and pursuing additional natural ways to help the environment.”

Continued on page 3



COO Orvin Hanson commends Tribes for their commitment to the environment.

INSIDE THIS ISSUE



TFS Celebrates First Customary Tribal Adoption
page 4

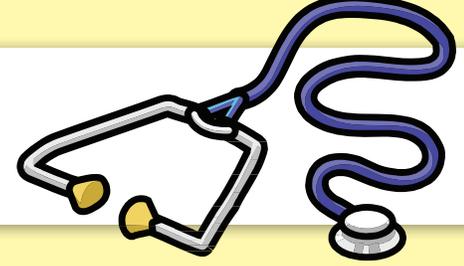


Preschoolers Enjoy Mouthfuls of Educational Fun
page 5



Teens Learn About Healthy Relationships
page 8

MEET OUR NEW PHYSICIAN: DR. SHAYNA MURDOCK



Shayna Murdock, M.D. with
Mary Jo Strom, FNP

IHC's newest physician, Shayna Murdock, M.D., has a way with a needle and thread, a paintbrush, a bike, and, most importantly, with her patients. According to Human Resources Director Donna Rico, "Before joining the clinic in May, Dr. Murdock participated in a two-month working interview. We wanted to make sure that the fit would be a good one," Donna relates, saying that the mutual suitability was evident from the start. "All the patients loved her!"

Dr. Murdock has a natural empathy for people, as demonstrated by her research involving Hurricane Katrina victims, volunteer development of a free weight loss lecture series, coordination of a holiday party for children and families with HIV, and many other community-oriented efforts. She also has experience

working with Native Americans, gained at the San Carlos Indian Hospital in Arizona.

Dr. Murdock, who serves patients at both Rincon and Santa Ysabel, is Board-Certified in Family Practice with a specialty in Obstetrics. After graduating Magna Cum Laude from the University of Pittsburgh in 2002, Dr. Murdock earned her M.D. at the University of Maryland School of Medicine, followed by a residency at St. Mary's Family Medicine in Grand Junction, Colorado.

As someone who relishes rock climbing, hiking and mountain biking, Colorado was a great place to pursue strenuous outdoor activities, but Dr. Murdock says that our beautiful, rural, North County Indian Country also will be a welcome home. In addition to outdoor challenges, she enjoys painting as well as designing and sewing clothes.

Like the clothing she designs, Dr. Shayna Murdock's professionalism and focus on the well-being of her patients are "tailor-made" for IHC.

Straight Talk is Hallmark of Teen Pregnancy Prevention Program

IHC's Teen Pregnancy Prevention Program addresses what can be a difficult topic for people of all ages, especially youth, with candor and empathy. That topic is sex.

Coordinator Veronica Gutierrez and Health Educator Janet Salgado are in their 20s and relate well to the female and male participants ages 11 to 26 whom they serve. The program currently operates under a \$100,000, state-funded Community Challenge Grant (CCG) that ends June 30, 2011.

To date, 27 youth from IHC's consortium area have completed the program's eight-week "Street-wise to Sex-wise" curriculum. In addition to absorbing information on how to prevent an unwanted pregnancy and learning about related topics such as the appropriate use of contraceptive methods, participants have a chance to discuss issues openly, learn about topics through games and speak to staff confidentially. This latter opportunity, is vital, believes Janet.

Janet relates, "Since I joined IHC in February, I have worked primarily with students at the All Tribes Charter School on Rincon Reservation. I teach lessons on sensitive subjects such as sexual anatomy and condom use. During the classes, I hear a lot of 'Oh, really?' and 'I didn't know that!' comments that make me realize the information I am presenting is often new to the listeners. Frequently, students will come up to me privately after class to ask highly personal questions of importance to them. I feel like I'm doing a good service to the teens."

Veronica concurs, saying, "Janet has worked very hard to help me with the program and I would like to publicly acknowledge her for all her efforts."



Veronica Gutierrez and Janet Salgado with their display.

Program Enjoys Support of Sponsors

In addition to the CCG grant, the program has enjoyed local support from Automotive Specialist, DJ's Pizza, Jorge Flores of JF Graphics, Frank Mazzetti of Frank Mazzetti & Sons' Mini Mart, Maui Java, Pauma Band of Mission Indians, Planned Parenthood, Rincon Band of Luiseño Indians, Ron from Stage Stop, Sam from Rincon Market, Serrato's Automotive, The Sports Closet, Valley View Casino and X's & O's Lingerie and Gift Boutique. This support has benefitted presentations and classes on area Reservations, All Tribes Charter School and the Pauma After-School Program. It also enables staff to engage in community outreach activities.

Veronica and Janet hosted a booth at IHC's Earth Day event on April 20th, offering information on STD testing. In May, they presented a National Day to Prevent Teen Pregnancy event at the Rincon Tribal Hall where they showed a documentary, "16 and Pregnant," followed by a discussion with area teens.

Veronica states, "Thanks to everyone's support, financial and otherwise, the Teen Pregnancy Prevention Program has accomplished a lot. I believe we have set an excellent framework for the future."



1st place Pala Tribal Relay runners Alex Esquivel, Luciano Gonzalez, Bruce Guachino, Bradly Guachino, Anthony Esquivel.

RACES ARE A “RUNAWAY” SUCCESS

(Continued from page 1)

Coordinator Angelina Renteria believes, “Whether you came in first or last, it doesn’t matter: everyone who participated is a true winner!”



Personal trainer Andrea Paroli is ready to rock ‘n’ run. Firefighters en route.

Top Three Results

MALES <9

Darren Mojado, 7, 12:54
Ricardo Ludwick, 9, 13:44
Chaden McCluer, 9, 14:55

FEMALES <9

Anabelle Dixon, 7, 14:18
Kohana Murrillo, 6, 15:58
Laleena McCluer, 8, 16:55

MALES 10-14

Christian Dominguez, 13, 9:25;
2nd PLACE 2K OVERALL FINISHER
Andrew Luna, 14, 10:31;
3rd PLACE 2K OVERALL FINISHER
Thunder Lopez, 10, 11:00

FEMALES 10-14

Juliana Luna, 10, 11:50
Julia Dominguez, 11, 12:00
Priscilla Ortiz, 10, 12:47

FEMALES 15-18

Ashley Towner, 18, 20:45

FEMALES 19-38

Marlené Dusek, 20, 8:36;
1st PLACE 2K OVERALL FINISHER
Angie Cuevas, 28, 13:08
Ally Mazzetti, 19, 14:09

MALES 39-59

Jimmy Walker, 42, 15:25
Mark Romero, 58, 15:56
Joe Malendez, 53, 20:54

FEMALES 39-59

Jean Duffy, 40, 11:54
Barb Amiotte, 51, 15:45
Carla Rodriguez, 43, 16:40

FEMALES 60+

Rose Bolton, 72, 17:31

ELDER RELAY

Rincon, 17:19
La Jolla, 18:01
Pala, 18:47
Santa Ysabel, 18:57

TRIBAL RELAY

Pala, 5:49
La Jolla, 6:40
San Pasqual, 8:40
Santa Ysabel, 9:00

FIRE DEPARTMENT RELAY

Pala, 6:07
San Pasqual, 6:08
Rincon, 6:15
La Jolla, 7:30
Pauma, 7:51



Clockwise from top left: 1) Andy “Call me Lightning!” Wilson, 64, of Santa Ysabel confides, “This is the first time I’ve run since I was a kid. I’m bushed, but I feel great!” 2) Rincon Elders Roy Ellison, Laurie Gonzalez and Ed Mazzetti prepare to “kick butt.” 3) George Pojas and “DJ Reign.” 4) A celebratory moment shared between generations. 5) The Aguilar family from Pala enjoys lunchtime in the shade. 6) Dean Osuna is proud to be the manager of 50 Cal: Cody Perez, 10; Dennis Beresford, 13; Jeremiah Sanchez, 12; Gunner Turner, 16; and Chance Perez, 14.

Continued from page 1

Earth Day Celebrates Environment and Individual Landscapes of Health

Orvin reiterated IHC’s commitment not only to the wider environment, but the landscape of individual health to which the clinic has been dedicated for 41 years. These two aspects mingled at the many booths. Local Environmental Protection Agencies offered information and games, such as Rincon EPA’s popular spinning wheel, with water bottles and reusable mesh bags as prizes. Temecula-based Inter Tribal Sports showcased the healthful youth and adult activities it presents.

Clinic booths informed event-goers of programs such as Tribal Family Services, TANF, CA-NARCH and Peace Between Partners. The latter’s Shyanne Boston says these community outreach events offer a great opportunity to provide important information on sensitive topics in an informal setting. She explains, “People often comment that they were not aware of the resources available to them at IHC. Frequently, people meet and talk briefly with me, then later call to discuss their situation and ask our help in exploring their options.”

In addition to the multiple run/walk relays, a big draw was the rock ‘n’ roll 50 Cal band, managed by Santa Ysabel Reservation music teacher Dean Osuna. The members, ranging in age from 10-16, are from Santa Ysabel, with the exception of guitarist Gunner Turner of Barona, who reveals the band’s intention: “We want to get noticed!” Currently, they play “anywhere and everywhere,” says Dean, who encourages people to check out the YouTube video of the day’s performance.

With the fun, food and positive energy that flowed throughout the event, IHC’s special brand of Earth Day was a day to remember!

“We do not inherit the Earth from our ancestors; we borrow it from our children.”

~ Native American Proverb



TFS IS AT THE FOREFRONT OF “TRIBAL CUSTOMARY ADOPTION”



One big happy TCA family.

Back row: Darla Schmidt, Fatima Abdullah, Judge Bowman, Dwain McGinnis, Ian McGinnis; middle row: Jessica Ramirez, Kristen McGinnis, Tahlisa Tortes-McGinnis, Corri McGinnis, Clay McGinnis, Marianne McGinnis, Casey McGinnis; front row: Wanish Tortes-McGinnis, Autumn Tortes-McGinnis. Not pictured: Tribal Attorney Tim Turner. Photo credit: Greg Mitchell Photography.



Recently, Tribal Family Services' (TFS') Indian Child Welfare Act (ICWA) Case Manager Darla Schmidt of La Jolla and her colleagues had reason to celebrate. In fact, all of IHC and all of California Indian Country can rejoice because one of Darla's families became the first in San Diego County and perhaps in California to be approved under AB 1325 (see sidebar), a law paving the way for Tribal Customary Adoption (TCA), an option to a traditional adoption.

A Los Coyotes mother of three young children made a brave decision in allowing her two sons and one daughter to be adopted. Now, through TCA, she and her relatives can continue to be in their lives, and the children's ties to their family, Tribe and culture can continue unbroken.

This TCA truly is "all in the family," relates Darla. The two eldest children, ages eight and seven, have been adopted by a couple in Temecula. The youngest, age four, has been adopted by the husband's son and daughter-in law.

TFS Director Karan Kolb says the day of approval in Vista Court was "a day of celebration. Thanks to everyone involved, including the Los Coyotes Tribe, this permanent plan keeps the Tribe, birth mother and family involved in the children's lives. No parental rights were severed as in regular adoptions. Instead, the TCA made more family members for the three siblings. No subtractions. Just wonderful additions."

Darla notes, "For our very first TCA, the fit could not have been more ideal. Not only the birth mom, but aunts, cousins and other relatives enjoy get-togethers with the adoptive families."

For more information about Customary Adoption, visit the National Indian Child Welfare website at <http://www.nicwa.org>.



TCA IS A MONUMENTAL MILESTONE

The TCA Order is a landmark piece of legislation that allows traditional forms of adoption practiced by tribes to be recognized by California courts as an addition to other permanency options. The bill, which went into effect July 1, 2010, was enacted to meet the permanency needs of dependent Indian children, consistent with tribal culture. Applicable to a ICWA-eligible child who is a dependent of the juvenile court, the law defines TCA as an adoption which occurs under the customs, laws or traditions of child's tribe, with termination of parental rights not required.

In a happy sequel to the Los Coyotes family, TFS is now pursuing a TCA with a Native family in San Bernardino.

TRIBAL STAR

Tribal Family Services has evolved and expanded through collaborative efforts. A key collaboration is with Tribal STAR, a program that focuses on the needs and challenges of Native American foster youth and foster parents. It is a unique partnership among Indian Health Council, Inc., San Diego County Health and Human Services, San Diego Youth and Community Services, Santa Ysabel Band of Diegueno Indians, South Bay Community Services, Southern Indian Health Council, Inc. Southern California Inter-Tribal Court, and YMCA Youth and Family Services.

Director Kolb reports, "The number of Native children living in foster care in the county has decreased 55% since 2007. This monumental success is primarily a result of front-line prevention. We have established an ongoing track record of assisting families with our prevention services so that SDC Child Welfare Services can step out of the picture, assured that the family has help and support."

For more information about:

Tribal STAR
Tribal Customary Adoptions
IHC's TFS/ICWA Programs
"FACES: Implementing ICWA" video



Visit:

<http://pcwta.sdsu.edu/TribalSTAR/welcome.htm>
<http://www.childwelfare.gov>
<http://www.indianhealth.com/tfs.htm>
<http://www.youtube.com/watch?v=BIQG65KFKGs>

STAY CURRENT ON DENTAL APPOINTMENT POLICIES... *Your Prompt Arrival Helps Us Serve You Better*

The Boy Scout motto is, "Be Prepared." The IHC Dental motto is, "Be Prompt." In fact, **BE EARLY**, advises Dental Director Carrie Lambert.

Dr. Lambert explains, "Anticipate possible traffic and plan to arrive at least 10-15 minutes before your scheduled appointment. That way, you will have time to sign in, complete needed paperwork and be ready to see your dental professional, who is eager to devote the full duration of the scheduled time to your needs. Patients who arrive late risk losing not only a portion of the time apportioned to them, but also the entire appointment."

She adds, "Being on time is also a matter of courtesy. Your prompt arrival helps ensure that we can run on schedule and be able to see and treat all of our day's scheduled patients in a timely manner."



Adelaide Luna and her daughter-in-law, Joanna Bigfeather, relax in Rincon's comfortable Dental lobby.

Client Joanna Bigfeather of La Jolla states, "We always aim to get here at least a few minutes early. If you're not on time, the hygienists and dentists don't have enough time to take care of you and do all that they need to do."

Here are key features of the current policy. For more information, please contact the Dental Department. We want to keep you smiling!

NEW BOARD-APPROVED POLICY FEATURES

- A patient is considered late if the patient arrives 15 minutes after a scheduled appointment that is a minimum of 60 minutes in length. An attempt will be made to complete the planned treatment or a portion thereof, depending upon the appointment time remaining; otherwise, the patient will be rescheduled.
- If the appointment time is shorter than 60 minutes, and the patient arrives more than 5 minutes after the scheduled appointment time, an attempt will be made to complete the planned treatment or a portion thereof; otherwise, the patient will be rescheduled.

Mouthfuls of Fun

Puppets with brushable teeth. Goodie bags for every girl and boy. Entertaining interactions. Who knew oral health education could be so fun? IHC's Dental staff; that's who.

Last year, the department sought and obtained a California Rural Indian Health Board (CRIHB) mini-grant to conduct children's presentations on-site during an open house. This year, a second mini-grant funded an educational outreach program that saw Dental teams going out on oral health safaris to 155 kids at five local preschools and HeadStart programs.

The project is made possible by funds received from the Dental Support Center and the California Rural Indian Health Board, Inc. Through it, children learned how to brush and floss properly while school employees received answers to their questions. In addition to reinforcing good oral health tips, Dental staff provided a number of oral health screenings and fluoride varnishes.

Dr. Lambert believes, "This program is a winner on many levels. It enables our staff to get out into the community and educate people, and it gets young children off to a great oral health start with lessons that we hope will last a lifetime."

Thanks for Welcoming Us with Open Arms and Mouths

San Pasqual Education Department
Rincon Head Start
Pala Little Feathers
Pala Child Care
Rincon Child Care



Rincon Head Start children enjoy their day of oral health.

Starting August 1st:
Extended Dental Rincon Hours

To better serve the needs of all clients, IHC's Dental Department is happy to announce that, beginning August 1, 2011, the Rincon clinic will be open from **8:00 am-6:30 pm**, Monday through Friday for General Dentistry and Hygiene services. This schedule represents an expansion of the current Wednesday schedule to all weekdays.





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). Known as NARCH, 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
Roberta Gottlieb, MD
Deborah Wingard, PhD

For more information on CA-NARCH, please contact: Student Program Coordinator Geneva Lofton-Fitzsimmons at (760) 749-1410, x5278.

Academic Partners



SAN DIEGO STATE UNIVERSITY



California State University
SAN MARCOS

WELCOME "HOME," SELISE LINTON



CA-NARCH's new Administrative Assistant Selise Linton is as fresh and enthusiastic in 2011 as she was in the 1990s when she initially worked for the clinic; first in Community Health Services (with her mom, Betty Jo Linton, who is now deceased), then in Medical. In 2002, she left IHC to join the Southern California Tribal Chairmen's Association (SCTCA), and later served the All Mission Indian Housing Authority.

Today, Selise, who continues to live on the La Jolla Reservation of which she is a member, is happy to see the many positive changes that have taken place. "The clinic has changed a lot," she notes with a smile; "all for the good."

Selise's commitment to her community has remain unchanged. "I used to be the Youth Coordinator at the SCTCA Resource Center on San Pasqual Reservation," she relates. "I helped with student programs, tutorials and culture classes, so I had the chance to interact with many youth. It's very exciting to see that some have become successful CA-NARCH college students."

CA-NARCH Student Program Coordinator Geneva Lofton Fitzsimmons says, "Having Selise, a community member and experienced youth coordinator, on our team adds a great deal to the program. She has the ability to relate to and connect with the students."

Welcome back, Selise!

Two UCSD Grads Prepare for the Next Step



Joe Hill and his wife

UCSD is not an easy university to get into or to excel in, but both Joe Hill (Mohawk/Cuyuga) and Blake Conley (Cherokee) are donning the cap and gown this spring.

Joe earned a B.S. in Human Biology and has set his sights on becoming a physician. To achieve this goal while enjoying his five-year marriage and searching for research work, he is applying for a Post Baccalaureate program at UCSD intended to help pre-med students raise their GPAs and prepare for the

medical school entrance exam. Joe says, "CA-NARCH has been invaluable on so many levels. Dr. Calac is a mentor and inspiration. Talking things over with Geneva has helped immeasurably. Networking with people, including doctors at UCSD and SDSU, is very helpful."

Blake graduates with two degrees this June: a B.S. in Biology and B.A. in Psychology. He has already been accepted at SDSU, where he will pursue his Master's of Public Health (MPH). He says, "My specific program is Epidemiology and Biostatistics. I'm very excited."



Blake Conley

Additional Advancements to Grad School



Chelsea Kolander

Tina Monguia (Cahuilla), who also was accepted at CA-NARCH partner SDSU, has opted to pursue her MPH in Community Health Sciences at UCLA.

This fall, CA-NARCH will say goodbye and good luck to departing Research Assistant and Study Coordinator Chelsea Kolander (Choctaw) and the University of North Carolina at Chapel Hill will say hello. Chelsea intends to pursue an MPH in Health Behavior and Health Education, with an eye on an eventual PhD. She says, "I feel honored to have had the opportunity to work at IHC. I have enjoyed working with community members and staff, and am so grateful for all of the support I have received from the NARCH program, both as a student and an employee. I leave with a heavy heart, but I know this is not Goodbye, but Until we meet again."

Three Students Embark on Summer Journeys

Summertime is vacation time for many students, but not for these three ambitious, goal-oriented CA-NARCH students. They are preparing themselves for futures full of options and opportunities. We'll catch up with them in the next issue to find out how their summer programs went.

Cynthia Begay (Navajo/Hopi) will pursue an exciting Four Directions program at acclaimed Harvard University. Tenaya Siva (Cahuilla/Luiseño) will participate in a Summer Research Training Program at the University of California San Francisco. As a measure of his talents, he also was accepted at Stanford and Berkeley. Natalie Lomayevsa (Hopi) is excited about her Medical/Dental Program at UCLA's School of Medicine.

UPDATE ON RESEARCH PROJECTS

THREE CA-NARCH RESEARCH PROJECTS FUNDED BY THE NATIONAL INSTITUTES FOR HEALTH (NIH) ARE PROCEEDING AS FOLLOWS IN 2011.

HEALTHY WOMEN:

HEALTHY NATIVE NATION *(Prenatal Alcohol Consumption Among Native American Women in San Diego County)*

Principal Investigator: Christina Chambers, PhD

Purpose:

To reduce risky drinking among AI/AN women who are or might become pregnant in the future to prevent babies from being born with Fetal Alcohol Spectrum Disorders (FASDs), including Fetal Alcohol Syndrome. The physical, mental, and emotional problems associated with FASDs can be completely prevented if a woman does not drink alcohol during pregnancy. We will be testing the effectiveness of both a web-based and a peer-based screening and intervention program. Both programs will give women personalized feedback about their health and how it might be affected by the amount of alcohol that they drink.



Marlené Dusek and Alexandria Mazzetti

Progress:

Annika Montag reports, "Exciting news! Our project has started to enroll participants. Research assistants Marlené Dusek and Alexandria Mazzetti (both Rincon Band of Luiseño Indians), are working hard to reach our goal of recruiting 250 Native women between the ages of 18 and 44. Participants fill out a confidential survey and, if randomized to the web-based program group, answer questions and receive feedback containing information that we hope will be interesting and helpful."

Annika notes, "We have a new office in Human Services. Look for the Healthy Women: Healthy Native Nation poster on the door. If you would like to participate in this study, please contact us via email at HealthyWomen@indianhealth.com, by phone at ext. 5333 or by visiting us at the clinic."

HEALTHY HEART = HEALTHY GUMS?

Oral Flora, Periodontitis and Vascular Dysfunction in Young Native Americans

Principal Investigator: Roberta Gottlieb, MD

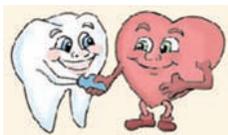
Purpose:

To increase understanding of the relationship between periodontitis and vascular function in young adults. The study, a partnership between IHC, SDSU and UCSD, will examine a population of Native American IHC clients who have had limited dental care, to determine if periodontal disease is associated with early signs of vascular dysfunction or systemic inflammation.

Progress:

The study continues to ramp up, says outgoing Study Coordinator Chelsea Kolander. She reports, "With the help of the Dental Department and Research Assistant Crystal Anderson-Antoniades, we have been able to enroll 24 participants! Those completing the project have enjoyed positive outcomes. One patient remarked, 'My gums and teeth have never looked better!' We are optimistic that we will achieve our goal of 200 participants."

To participate, patients must be Native Americans between the ages of 21-40. Eligibility also depends upon the subjects' medications and any existing health conditions. Participants undergo dental evaluation, blood work and measurement of blood vessel function. In addition to learning about the health of their gums and blood vessels, they receive small gifts and gift cards in appreciation of their time and willingness to volunteer. If you are interested, please call ext. 5330 or email healthygums@indianhealth.com.



ACUPUNCTURE AND DIABETIC PERIPHERAL NEUROPATHY AMONG NATIVE AMERICANS

Principal Investigator: Deborah Wingard, PhD

Purpose:

To determine 1) the proportion of people with diabetes in the IHC Native American community who experience symptoms of peripheral neuropathy (numbness, tingling or pain in the legs or feet) and 2) whether acupuncture is associated with improved micro circulation and reduction of these peripheral neuropathy symptoms.

Progress:

Acupuncturist Anne Bailey reports, "Since joining CA-NARCH in November 2010, the amazing Priscilla Summers has interviewed 120 people with diabetes about their peripheral neuropathy symptoms, bringing our total to 230. We are submitting abstracts to the American Diabetes Association and Native Research Network and hope to present posters at their June conferences. We continue to recruit for the prevalence study and interview people with diabetes as they come to the clinic."

Anne says that the project has evolved, noting, "We decided, since our objective is to evaluate changes in symptoms and circulation in the feet and legs after acupuncture, that our treatment protocol should include doing the LDF assessment on the leg, rather than the more conventionally used arm. We also decided to assess the LDF effect of acupuncture in controls, as this particular assessment of acupuncture has, to our knowledge, never been done or published in regard to human studies. Hopefully, these changes will clear the UCSD and IHC review boards soon and we can begin approaching people who did report significant neuropathy symptoms for participation in the treatment study."

For more information, contact Anne Bailey at 760-586-6230.

Well-Traveled, Well-Schooled, Well-Rounded ... Crystal Anderson-Antoniades Does Everything Well



Research Assistant Crystal Anderson-Antoniades (Caddo Nation of Oklahoma) has a richly patterned background. She is a trained architect, artist, writer, keeper of her culture and world traveler. We're fortunate that Crystal's journeys have brought her to IHC/CA-NARCH, where she uses her project management expertise and abundant people skills to guide "Healthy Heart = Healthy Gums?" research participants through the process.

Born in Oklahoma City, Crystal grew up in Albuquerque. She earned a B.S. in Architecture from the University of Texas, followed by a Master's at the University of New Mexico. In Texas, she met her former longtime companion and lived with him and their daughter, Christina, in his native Greece for seven years. "Greece was a very welcoming place," Crystal recalls. "The people greatly respected my American Indian heritage and I appreciated their rich heritage."

Crystal and Christina currently live in Valley Center. Her cultural heritage continues to inform her interests. Following up on her innovative Master's thesis on indigenous architecture, Crystal has expanded upon the efforts of her ancestors. Like her great-grandmother, she writes lovely stories. Like her grandfather, she uses metal-smithing to craft beautiful pieces of furniture and art, including a bracelet accepted at the famed Museum of Modern Art (MOMA) in New York City.

Crystal definitely has mastered the art of being the architect of a fascinating life.

IHC PROMOTES PEACE BETWEEN PARTNERS



IHC's Peace Between Partners program is based upon a combination of realism and optimism: a realization that domestic violence and sexual assault occur in our community, as in all communities, and a genuine hope that education and positive actions can halt the cycle. Here is a look at an effort to help teens. In the next issue, we'll profile a program aimed at adult women. For more information and confidential assistance, contact LaVonne Prado at ext. 5357 or Shyanne Boston at ext. 5326.

TEENS LEARN ABOUT HEALTHY RELATIONSHIPS



Shyanne Boston

What constitutes date rape? Is it abuse if your boyfriend doesn't hit you but "only" calls you bad names? How about if you break up with someone but they keep texting or following you? How do you establish and maintain boundaries? And what does a healthy relationship look and feel like?

These are not easy questions to answer, even for adults, and especially for adolescents. Human Services' Shyanne Boston, a Domestic Violence, Sexual Assault Specialist/ Advocate, helps youth navigate these sometimes difficult, rocky relationship roads by offering a six-week teen education program. Using a workbook as a guide to set the stage for discussion and revelation, Shyanne recently presented the program to a small group of female students at All Tribes Charter School on the Rincon Reservation.

"We talked about self-esteem, self-awareness and decision-making as we explored the definitions and dynamics of dating violence," she relates. "Often, girls are surprised to learn that abuse can happen even if your partner doesn't lay a hand on you. Sometimes, both girls and boys do not see a healthy familial relationship and lack a model of positive behavior. I frequently hear kids say, 'I can't talk to my parents about this,' so I serve as a surrogate. My office door is always open," I tell them. "You need to be aware of your boundaries; if they are being violated, you can get help."

Most of all, Shyanne reports, "I emphasize that they do have choices; they need to set boundaries and not allow those boundaries to be broken."

Shyanne says she feels a huge sense of fulfillment when, weeks or months after a presentation, she sees a participant at the clinic who passes by and says, "Hey, I'm OK."

That's a big OK in the day of Shyanne and the Peace Between Partners program.

What is a Healthy Relationship? If you are a person in a healthy relationship, you should feel loved, supported, listened to, empowered, valued for who you are, encouraged, respected, happy and good about yourself.

A TANF SUCCESS STORY

IHC's Tribal Temporary Assistance to Needy Families (TANF) Case Aide Lisa Sherman says she is heartened to see family success stories in the making. One such example is that of Los Coyotes' Lisa Gomez and her five Chapparosa children: Dominique, 18; Veranica, 17; Dominick, 16; Dallas, 11; and Debby, 5.

Education is the driving force for mom and kids. Last June, Dominique was salutatorian of her graduating class at NOLI Indian School in Soboba. This June,

Veranica will be graduating in good stead from Warner Springs High. The younger kids continue to benefit from TANF's grade incentive program and other forms of assistance.

Motivation, both external and intrinsic, runs in the family and it begins at the top. Lisa Gomez is setting a wonderful example for her children. She serves as Los Coyotes' Youth Coordinator and attends a Two Directions program offering a January-October 2011 Palomar College course in Early Childhood Development.



IHC's TANF team of Melissa Morales and Lisa Gomez share TANF information through outreach activities and private visits.

TRIBAL TANF WORKS TO IMPROVE PEOPLE'S LIVES

According to its website (www.sctca.net/tanf.html), "Tribal TANF was designed by Indians to meet the special and different needs of Indian people in Southern California. Tribal TANF has the flexibility to focus on and address cultural needs. Our child care services focus on serving children whose parents/guardians are in work, education, or job placement training programs. Tribal TANF has several job training activities: on the job training, work experience, job searches, subsidized and unsubsidized funding while receiving work experience at tribal, private, and public job sites. Our supportive services include career and assessment counseling, transportation, substance abuse counseling, and living expenses. Tribal TANF has the flexibility to work with clients on a case by case basis to address these needs."



Lisa Gomez with daughters Veranica and Dallas

She says, "Once I obtain my ECD certificate, I will be qualified to work as a preschool aide. I'm hoping to continue my education beyond that so I can further my career choices."

Choices. Options. Opportunity. That's what Tribal TANF – and the Gomez-Chapparosa family – are all about.

WELCOME TO THE IHC NEIGHBORHOOD

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



Barbara Gill
Marriage Family Therapist



Richard Hood
Injury Prevention Coordinator



Selise Linton
CA-NARCH Administrative Assistant



Shayna Murdock, MD
Physician



When you say "YES!" to sunscreen, you are saying "NO!" to potential skin cancer as well as "NO!" to wrinkles, age spots, broken capillaries, dry patches and other unattractive skin conditions.

Liberal and frequently applying a full-coverage sunscreen with an SPF of at least 15 (30 is better) can help prevent or slow many of these unwanted skin conditions. Avoiding prolonged sun exposure between 10am-3pm also is wise, as is wearing a hat with a brim and other sun-protective apparel.

IHC Pharmacy Director Robert Schostag advises clients to check out the many lines of sunscreen creams, gels and sprays available at area stores. He states, "You also can obtain a prescription from your IHC provider that we can fill on-site at our Pharmacy."

So have fun in the sun, but keep it safe!



no cavities club

*Edgardo Aguilar
Sophie Arrechea
Gage Baay
James Campbell
Firehawk Romero-Cloninger
Shuuluk Romero-Cloninger
Puuyish Edwards*

*Anyssa Lopez
Connor Mayer
Michael Perez
Mundy Redfern
Jay Rico
Viviana Torres*



2011 | CLINIC SCHEDULES

IHC's mission is: "To continually nurture a balance of physical, mental, emotional, and spiritual well-being."
Please enable us to help you by participating in the following activities, as relevant to your needs.

BLOOD DRIVES

We invite everyone to participate in Red Cross blood drives, which take place periodically from **8 am-3 pm** at Rincon. Appointments are not necessary. Please call ext. 5275 for upcoming dates.
Next up: **June 28**

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. Upcoming dates:
June 23 | July 14 | July 28 | August 11 | August 24 | September 8

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.
July 15 | August 5 | September 2 | October 7 | November 4 | December 2

OB CLINICS

OB clinics are typically held every other Thursday at **8 am** in Medical. Please call 760-233-5560 for information. Upcoming Dates:
June 23 | July 7 | July 21 | August 4 | August 18 | September 15 | September 29

CHILD PASSENGER SAFETY CLASSES

Child passenger safety classes funded by the State of California American Indian Infant Health Initiative "Bright Future" program, 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.

Rincon: 9-10 am, Community Health Kitchen

July 1 | August 5 | September 2 | October 7 | November 4 | December 2

Santa Ysabel: 1-2 pm

July 5 | August 1 | September 5 | October 3 | November 7 | December 5

PERIPHERAL ARTERY DISEASE CLINICS

Peripheral Artery Disease (PAD) can negatively impact circulation. IHC encourages all Native Americans 50 and older to participate in a simple, non-invasive PAD screening to detect clogging in leg arteries. Clinics are held **every Tuesday**, from **8 am-2 pm**. The schedule is subject to change. Please call ext. 5344 to schedule an appointment with Dr. Allison.

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**



THIS SURVEY WILL FIT YOU TO A "T"

We want to help you get fit doing activities you enjoy on a schedule that is convenient for you.

Please complete this survey, then return it to Community Health Services to receive a free "Just Move It" T-shirt.

GROUP EXERCISE SURVEY

Name: _____ Phone # _____

Email: _____ Diabetic? Yes No

I would most likely attend the following weekly classes (check all that apply):

- | | |
|---|--|
| <input type="checkbox"/> Chair Aerobics | <input type="checkbox"/> Pilates |
| <input type="checkbox"/> Low Impact Aerobics | <input type="checkbox"/> Exercise Ball for Abs and Back Strength |
| <input type="checkbox"/> Circuit Training | <input type="checkbox"/> Step Aerobics |
| <input type="checkbox"/> Exercise for Elders | <input type="checkbox"/> Line Dancing |
| <input type="checkbox"/> Exercise for Diabetics | <input type="checkbox"/> Weight Lifting |
| <input type="checkbox"/> Salsa Dance Aerobics | <input type="checkbox"/> Water Aerobics |
| <input type="checkbox"/> Zumba | <input type="checkbox"/> Hip Hop |
| <input type="checkbox"/> Cardio Kickboxing | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Yoga | |

I would most likely attend the following weekly outdoor activities (check all that apply):

- | | |
|--|---|
| <input type="checkbox"/> Trail Hiking Club | <input type="checkbox"/> Water Aerobics |
| <input type="checkbox"/> Walking Club | <input type="checkbox"/> Horseback Riding Club |
| <input type="checkbox"/> Jogging Club | <input type="checkbox"/> Team Sports: list type _____ |
| <input type="checkbox"/> Gardening Club | <input type="checkbox"/> Other _____ |

I would most likely attend an activity if it were located (check all that apply):

- At Indian Health Council
- My Tribal Hall located in: _____
- Other: _____

The best time of day for me to attend a weekly activity is (check all that apply):

- Morning 8:00 – 8:50am; 9-9:50am; 10-10:50am; 11-11:50am
- Noon 12-12:50pm
- Afternoon 1-1:50; 2-2:50; 3-3:50; 4-4:50
- Early Evening 4:30-5:20pm

The best day of the week for me to attend a weekly activity is (Check all that apply):

- | | |
|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Monday | <input type="checkbox"/> Friday |
| <input type="checkbox"/> Tuesday | <input type="checkbox"/> Saturday |
| <input type="checkbox"/> Wednesday | <input type="checkbox"/> Sunday |
| <input type="checkbox"/> Thursday | |

How likely are you to attend a weekly group activity class?

- Very Likely Somewhat Likely Not Likely Unsure

INDIAN HEALTH COUNCIL, INC.

A facility as unique and valuable as the community it serves

Newsletter

50100 Golsh Road
Valley Center, CA 92082

FORWARDING SERVICE REQUESTED

BOARD MEMBERS EXECUTIVE BOARD

Robert Smith, Chairman	Pala
Benjamin Magante, Sr., Vice Chairman	Pauma
Francine Kupsch, Secretary	Los Coyotes
Scott Constantino, Treasurer	Rincon
Theda Molina, Member-at-Large	La Jolla

MEMBERS

Leia Arviso	Inaja Cosmit
Viola Peck	La Jolla
Andrew Campbell	Los Coyotes
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Julia Nejo	Mesa Grande
LeeAnn Hayes	Pala
Patricia Dixon	Pauma
Gilbert Parada	Rincon
Melody Arviso	San Pasqual
Barbara Lawson-Risso	San Pasqual
Melanie Luna	Santa Ysabel
Dorothy Ponchetti	Santa Ysabel

Romelle Majel McCauley, Chief Executive Officer

INDIAN HEALTH COUNCIL, INC.

www.indianhealth.com

Email: info@indianhealth.com

Phone: (760) 749-1410

Fax: (760) 749-1564

24/7 Comment/Suggestion Line: Ext. 5307

Patient Transportation Medical Department:

Ext. 5269

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

OFF-HOUR EMERGENCIES

Palomar Hospital: (760) 739-3000

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

Medical Department

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

First appointment 9:00 a.m.

Dental Department

M, W, 8:00-4:30

First appointment 9:00 a.m.

Hygiene Wed Only

Pharmacy Department

M, W, 10:00-4:00

Fri 10:00-12:00

Community Health Department

M-F 8:00-4:30

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