



# INDIAN HEALTH COUNCIL, INC.

*Empowering Native Wellness*



Winter 2016

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



Volume 32 Issue 4

## In Memoriam: Benjamin A. Magante, Sr.

A man with a perpetual smile on his face, kindness in his heart, a penchant for playing (and winning at) poker, and an abiding love for his country and his Native people has departed from this Earth.



Benjamin A. Magante Sr. (aka The Legend) of the Pauma Indian Reservation, a longtime IHC Board/ Executive Board member, was born on June 1, 1935 and died on September 4, 2016 at home. His daughter Lenora (Dee) Cline, who inherited her father's sense of humor, notes, "With eight children, 28 grandchildren and 50 great-grandchildren, it's safe to say The Legend will live on!"

Ben served on his Pauma Tribal Council, was instrumental on San Luis Rey Water Authority and, even on his deathbed, wanted to stand in solidarity against the Dakota Access Pipeline with his Standing Rock brethren in North Dakota, telling his family, "Get me out of this bed and I'll go!"

He was the last Tribal member to be initiated in the old ways as a spiritual leader by Chief Ray Pachito. After

serving as a celebrated "Silent Warrior" in the Korean Conflict, receiving a Purple Heart and Silver Star, he became an indefatigable advocate for Native vets. Two of Ben's proudest accomplishments were helping to develop an MOU authorizing Native vets to be treated at Indian health clinics such as IHC instead of traveling to a VA facility, and working with state government to establish California's annual Native American Day.

*(Continued on page 3)*

### INTRODUCING ... Your Dental Patient Centered Home

IHC is delighted to kick off 2017 with an innovative Dental Patient Centered Home that furthers our Mission of Empowering Native Wellness.

Dental Director Carrie Lambert, DDS, explains, "The Dental Home represents the ongoing relationship between the IHC dentist and patient. It includes all aspects of oral healthcare delivered in a comprehensive, continuously accessible, coordinated, family-centered way. In establishing a Dental Home for our patients, we create an agreement between each patient and his/her dental team."

The program expands the existing commitment IHC makes to its patients. By formalizing a Patient-Provider Partnership Agreement based on each patient's individual needs, IHC providers can work with you as a team to keep you as healthy as possible.



*Patient Services Rep Lauren Magante-Kenney is part of your Dental family.*

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### INSIDE THIS ISSUE: EVENT RECAPS



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IHC's September 6th-16th "Life is Sacred" activities shined a bright light of hope on a somber subject seldom discussed in our society: taking one's life. The events were presented as part of 2016 Suicide Prevention Month by IHC's Prevention and Early Intervention (PEI) program; spearheaded by Health Promotion Services Director Beth Turner and Tribal Family Services Director Karan Kolb; funded by the County of San Diego HHS Mental Health Services Act.

From the kickoff walk at Rincon through the culminating Skate for Life at Pala, the focus was on reaching out to the community to heighten awareness and empower people to combat this horrific, but preventable life-ending act with information, resources and support.

Community members responded to the call with heartfelt declarations of why life is sacred and beautiful skateboard depictions displayed in IHC's Medical lobby. The breathtaking exhibits left a lasting impression on hundreds of viewers.

## A Bright Yellow Start

"Life is Sacred" got off to a sunshiny start with a walk from the Rincon Tribal Hall to the Medicine Wheel. Bedecked in the program's trademark yellow, the color of happiness, people of all ages joined in support. IHC Board member Gilbert Parada noted, "The issue affects all Indian Country, including here on our reservations. It's a good step to get everything out in the open."

The beauty of nature on the Res buoyed the walkers. Joanna and Tracy Nelson of La Jolla said, "We saw the flyer and wanted to join the effort." Shonta Chaloux and Raquel Crook of San Pasqual brought six-month-old Mathias, showing how sacred young life is.

Before the walk, Pastor Robert Drum Arviso of Rincon spoke from his heart, confiding that he had attempted suicide three times and now strives to prevent the suffering that can lead to suicide, which in turn leads to immense survivor grief. Saying, "I've never seen the sun as brilliant as it was this morning," Pastor Robert related that even though suicide claims many Native lives, hope trumps hopelessness: "Every day the sun comes up, there is hope for us."



## A High-Flying Finish

Activities continued over the next several days. Amid yellow ribbons, stickers and a plethora of resource information, PEI staff conducted "Check Your Mood" screenings at Rincon and Santa Ysabel and "Question, Persuade, Refer (QPR)" Suicide Prevention Trainings on La Jolla, Pauma and Mesa Grande.

The culminating activity kicked it into high-flying fun at Skate for Life. The free Pala event featured famed proskater Pierre-Luc Gagnon (PLG) and friends, as the younger set oohed, aahed and showed off their own skills.

PLG was joined by Cara-Beth Burnside (CB), a pioneering skateboarding and snowboarding pro. PLG and CB each presented upbeat messages, telling youth to follow their dreams and stay positive. Along with speakers and skating, information booths, food and a raffle provided the perfect wrap-up to a powerful and empowering, event-filled week.

Back at the Rincon Clinic, dozens of people had shared why they believe life should be cherished. None said it better than the person who wrote, "Life is Sacred because Life is Beautiful."



# Ben Magante: A Lifetime of Dedication and Sacrifice



(Continued from page 1)

Amazingly, this towering icon had an inauspicious early life, which probably contributed to his lifelong compassion, empathy and tenacity never to give up on anyone or anything. As a teenager, young Ben often got into trouble. When he was 17 and in court, a judge sternly told him, "I'll give you jail or the Military." Ben's mother promptly signed him up for the Army.

Ultimately, Ben fulfilled the prophecy of his grandmother, who saw something deep inside him when he was six years old. She told him, "You are going to be a leader." Indeed he was, leading many Native people to sobriety (he himself was clean and sober for more than 40 years); bettering his Tribe, IHC, Native vets and Indian Country; serving as a role model in a lifetime of dedication and sacrifice. And he did it all with a smile.

Dee recalls, "During heated Tribal meetings, he'd stand up and command the members to listen to him, intoning, 'I just want to know one thing: what's for lunch?' We would all laugh and be reminded that we were there for one common goal: our Tribe's well-being." Farewell, Ben Magante: The Legend.

## An Honor to Serve Those Who Served



On November 4, 2016, IHC's Multipurpose Room had one singular purpose: celebrating Native Veterans who over the past decades served in many branches of the military during wars and conflicts in numerous locales around the world. The 8th annual Honoring Our Native Vets Luncheon was presented by PEI, funded by the County of San Diego HHSA Mental Health Services Act.

On this day one week prior to Veterans Day, dozens of vets filled the room with good humor, great stories, laughter, applause, and a few tears. Many, like nonagenarian Gilbert L. Mojado of Pala, were attired in patriotic and military apparel. Gilbert was head-to-toe Native vet, sporting a beautiful, hand-crafted cane. He and John Rodriguez of La Jolla served in WW II.

Attendees saluted the AIVA Color Guard; appreciated CEO Romelle Majel McCauley's tribute as she noted that both her father and husband were proud veterans; listened to a Vet Center presentation; shared their military history in an inspiring roll call; posed for a group photo; and won extraordinary raffle baskets created with love by IHC departments and community groups. A popular spot was I'isha Adams' "Memory Photo" area, where vets could get a keepsake print photo.

### "We will always be here for you"

A highlight of the event at which vets renewed old friendships and made new acquaintances was an outstanding lunch staff was honored to serve to those who had served our country so well. More than one person praised the courage and commitment of these vets for "serving a country that had turned its back upon them."

To help right that wrong, experts were on hand to provide resources and answer questions. Military Services Coordinator John Quichocho, who has worked with Native vets for many years, offered people who need help with obtaining benefits to contact him directly at 619-230-0393.

Most of all, as Romelle promised the vets from her heart, "We at IHC will always stand by you. We will always be here for you."



John Rodriguez



Gilbert Mojado

(Continued from page 1)

## A Welcome Dental Home



**Beginning in January, the Dental Department will create Agreements with patients and empanel patients to a primary dental care provider. The program will offer an array of benefits. Among them, we will:**

- Learn about you, your family, life situation, health goals and preferences, so that we can partner with you in optimizing your health.
- Communicate efficiently and empathetically with you, connect you to and coordinate with other members of your care team.
- Partner with you and help you make the very best decisions for your care.

**COO Orvin Hanson reports, “We are very excited to inaugurate this leading-edge healthcare approach that is both high tech and high touch. See you in 2017!”**

## Fun Fall Fest!

The entire community was invited to the October 26th Fall Festival and wow – more than 300 people showed up in costume and ready to party. They were greeted by IHC staff dressed as characters from “Finding Dory.”

The annual Festival funded by the County of San Diego HHSA Mental Health Services Act featured fun and games accompanied by positive activities. To obtain game tickets, the children answered questions related to mental health and coping skills.

In keeping with the community atmosphere, La Jolla White Oaks presented a game, Rincon United Ataaxum youth group operated a booth, the San Diego Children’s Discovery Museum offered interactive activities and even Rincon Firefighters joined the fun. A photo booth enabled participants to capture and share their excitement. Cake walk and costume prizes were won and good times abounded.

PEI Health Educator Whitney Baugher says the event achieved its purpose. She explains, “My highlight was hearing children answer questions like ‘What is love?’ and ‘How can you help someone who is sad?’ Our kids are so insightful. It was great having everyone come together as a family.”



## Hurry: RSG Recruitment Ends December 31st

If you are a Native parent of a child age 5-7 with or without learning/behavior challenges, you have until December 31, 2016 to sign up for a wonderful opportunity to help your family and our community: Ready, Set, Go! Your child will receive free developmental testing and a physical exam. You will participate in two interviews. You will receive compensation and test results; in addition, your child may be eligible for free math tutoring.

Don’t delay: contact us at 760-751-6055 or [ReadySetGo@indianhealth.com](mailto:ReadySetGo@indianhealth.com). Thank you for helping promote a Happy New Year for your family and our community.



# Behind the Scenes of Your Rx

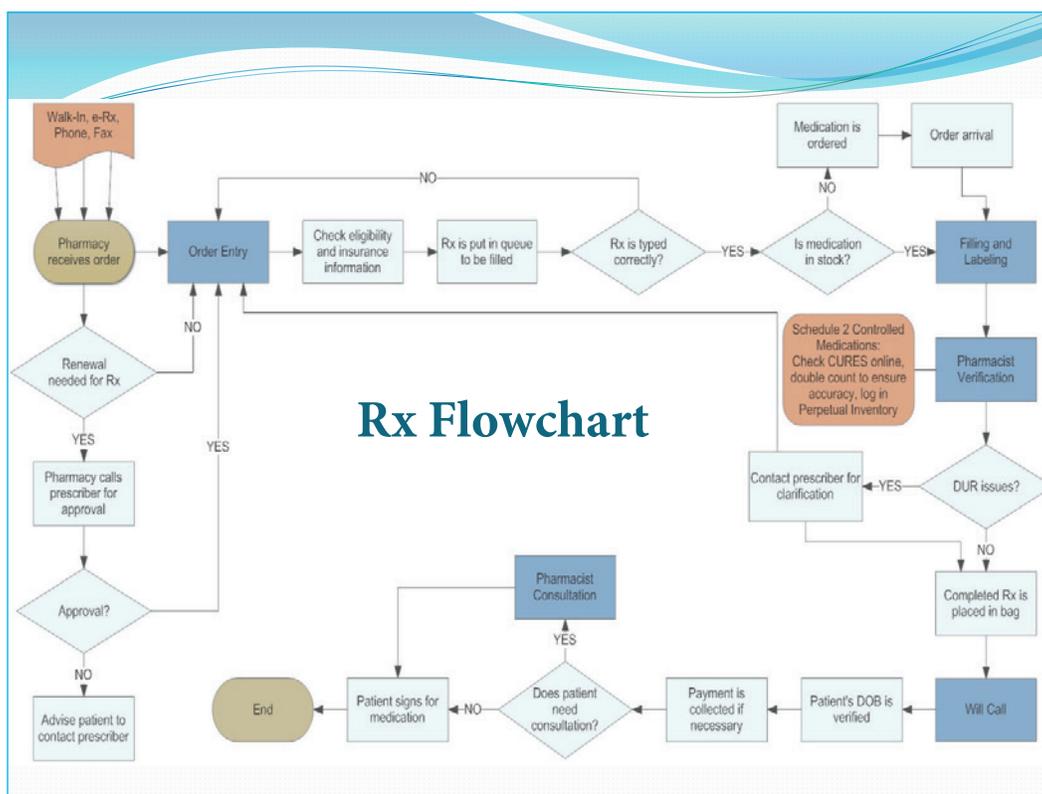


The IHC Pharmacy “goes with the flow” to fill prescriptions in a timely manner. Pharmacy Director Dr. Ella Solis explains, “We understand that people can be anxious to receive their prescriptions. The process is complex, due in part to safety parameters and state and federal regulations. Also, the Pharmacy processes and dispenses on average 300 prescriptions every day.”

She emphasizes, “We invest the time to fill each prescription accurately and to consult with each patient so they understand how, when and why to take the medication as prescribed. We discuss issues such as interactions and side effects, and answer each patient’s questions. All of us at the Pharmacy and throughout the clinic keep your best interests and optimum health uppermost in mind.”

Ella thanks clients for their patience and advises people who need refills to contact the Pharmacy three-to-five days before their prescription runs out. She notes, “If you were seen by one of our providers on the same day, please check-in with us at the Drop-Off Window so we can expedite your order.”

Here is a behind-the-scenes look at the multi-step process of filling your Rx.



## Pharmacist Larry Schallock Receives Prestigious Award

IHC clients and staff know Larry Schallock as a competent and caring Pharmacist who has served the clinic since 2012. People associated with Tri-City Healthcare District respect him as a 14-year Board member who has devoted nearly 50 years to healthcare. And now we also can take pride in his selection to receive the Jack R. Cole, PhD, Distinguished Alumnus Award from the University of Arizona College of Pharmacy.

Larry, who graduated from the U of A with Distinction in 1968, was honored at a special reception on October 28, 2016 at the Arizona Health Sciences complex. The Cole Award recognizes alumni whose professional achievements have brought honor to the College of Pharmacy. Only the 17th person honored since the Award's 1992 inception, Larry was recommended by all three Mayors of Vista, Oceanside and Carlsbad. He was heralded in high terms: “Your leadership and efforts on behalf of the profession with your community service have been unwavering.”

Larry says his work at IHC fits well into his philosophy of Pharmacists and healthcare. He notes, “We have a private consultation room and can take the time with each patient to discuss medications we dispense in terms of the person’s lifestyle and health status. I enjoy being able to connect with patients and to make a direct impact upon the people we serve.”



Larry Schallock with Dean Cole



## About CA-NARCH

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

**Principal Investigator:**  
Dan Calac, MD

**Program Director:**  
Stephanie Brodine, MD

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

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

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

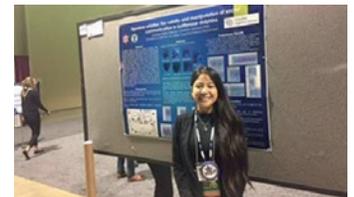
CA-NARCHers enjoyed a whirlwind autumn of enriching growth opportunities. Although all three October events were held in Southern California, students metaphorically journeyed far and wide in their quest to embark on a fulfilling career in their chosen health and medical science field. We can't wait to discover the great things awaiting our students in 2017!

## SACNAS NATIONAL CONFERENCE: OCTOBER 13-15 LONG BEACH CONVENTION CENTER

The 2016 National Diversity in STEM Conference educated and enthused Chicano/Hispanic and Native American scientists, from college students to professionals, about, as the acronym represents, the "hot" fields of Science, Technology, Engineering and Math. Attending the Conference along with IHC CMO/CA-NARCH Principal Investigator Dan Calac, MD and Program Director Stephanie Brodine, MD, were Akiko Garcia and Jade Johnson, both of whom presented, as well as Samantha Calac and Aliassa Shane.



Aliassa Shane, Dr. Brodine, Samantha Calac, Dr. Calac



Akiko Garcia presents

## CALIFORNIA INDIAN CONFERENCE: OCTOBER 20-22 SAN DIEGO STATE UNIVERSITY

Dr. Dan, Geneva Lofton-Fitzsimmons and Richard Armenta, PhD, were among 500 participants at CIC 2016, which focused on "Creations & Construction: Indigenizing the Future of California Indian Country." In accordance with this ambitious theme that explored the dynamic ways in which tradition is used to meet present needs, Richard fashioned his presentation on the Student Development Program (SDP) with which he and Geneva are deeply involved.

He reports, "As a Native (Pascua Yaqui) and a professional, I was proud and pleased to share the SDP's many accomplishments and highlight our bright stars: our students. We received much positive feedback and responded to numerous audience questions.

## FALL EVENT: OCTOBER 26 SAN DIEGO STATE UNIVERSITY

The month wrapped up with a festive CA-NARCH gathering that gave students and staff an opportunity to meet and mingle while enjoying a meal and catching up on each other's activities. Dr. Dan spoke to the large group of students, showcasing SACNAS and other opportunities available to them in networking and pursuing their professional goals.



# CA-NARCH VII RESEARCH PROJECTS



## PRESCRIPTION OPIATE PAINKILLER MISUSE (PILL TAKE-BACK PROJECT)

Principal Investigator: Roland Moore, PhD



Valley Center Sheriff Detective Barrios oversees a Medication Take-Back event at IHC at which 10 pounds of medications were collected.

### 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:

Prescription (Rx) pain medication is still a central issue to many communities across the country, including in Indian Country. IHC's Pill Take Back Project continues moving forward with initiatives that promote healthy approaches to Rx pain medications.

Because of the high addictive potential for these drugs, IHC has adopted a policy that promotes Safe Prescribing, which translates to not prescribing very strong opiate-based pain medications to patients for minor injuries or illnesses. Additionally, we are working with the community to promote eco-friendly medication take-back events. In 2016, we conducted four such events and have collected 82 pounds of medication since the program began in May.

For more information, please contact [tluna@indianhealth.com](mailto:tluna@indianhealth.com) or ext. 5247.



## HEALTHY NATIVE NATION

Principal Investigator: Christina Chambers, PhD

### Purpose:

To establish the first Native NOFAS (National Organization for Fetal Alcohol Syndrome) affiliate and bring support to community members dealing with disabilities, including the effects of prenatal alcohol exposure. Each affiliate reflects the needs and priorities of its community. Most focus on FASD education and prevention but many provide specific support services such as parent support groups.

### Progress: IHC Honored to Work with World-Renowned Pediatrician

Dr. Kenneth Lyons Jones (pictured right) has spent his long career caring for children with birth defects, including those resulting from environmental exposures. He, together with Dr. David Wehle Smith, identified Fetal Alcohol Syndrome (FAS) in 1973 as a specific pattern of physical and neurobehavioral effects caused by prenatal exposure to alcohol. Since then, Dr. Jones has been known as the "Father of FAS" and has been at the leading edge of diagnosis and prevention.

Through Dr. Jones, we are connected to all that is offered at both Rady Children's Hospital and UCSD Pediatrics. As the first Native NOFAS is the country, Healthy Native Nation is supremely pleased and proud to be associated with Dr. Jones.



### Ask Us!

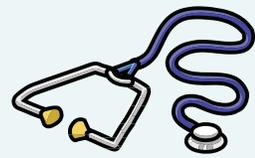
Do you have questions regarding Fetal Alcohol Spectrum Disorders (FASDs)?  
Do you or your organization want information or training? We're here to help.  
Email [healthywomen@indianhealth.com](mailto:healthywomen@indianhealth.com), call 760-751-6055, or stop in to see us at IHC.



By Chief Medical Officer Dan Calac, MD

# Dr. Dan's Corner

## Happy Travels!



Planning an exciting trip to a foreign country in 2017? Of course you will remember to take your passport. But you also want to make sure you are ready to prevent and/or manage health-related issues that may arise. *Bon Voyage!*

### International Travel Guidelines

- General information is available at [www.cdc.gov/travel](http://www.cdc.gov/travel).
- Make sure you are current on immunizations.
- Get vaccinated for any diseases common to your travel area.
- People with chronic diseases and children who visit developing countries are at an increased risk of illness. If you have questions, speak with your travel advisor or IHC Medical professional.

### Assemble a Medical Kit

- Pack all prescription drugs plus recommended specifics such as medications for diarrhea and malaria.
- Don't forget sunscreen!
- Bring OTC pain medicine such as aspirin, acetaminophen or ibuprofen.
- Also include first-aid supplies such as bandages and antibiotic ointment.

### Reduce Jet Lag

- Get a jump on your destination time zone by starting to acclimate a few days before you leave.
- Avoid drinking alcohol and caffeine on the plane. Drink plenty of water.
- Once you arrive, schedule yourself immediately on your new local time.

### Use Common Sense

- Avoid untreated water and undercooked food.
- If you travel to areas where insect-borne diseases are prevalent, apply insect repellent liberally and often.
- Wash your hands well with soap and water before eating and frequently throughout the day

"Dr. Dan's Corner" discusses common health issues. If you have a question you would like Dr. Dan to address, please email [atesterman@indianhealth.com](mailto:atesterman@indianhealth.com)



## Walk-In Flu Clinics Make Protection Quick 'n' Easy

Walk into Medical and one quick needle-prick later, walk out knowing you are protected against this year's flu strains. Native people are more likely to get sicker from the flu. In general, people more at risk for flu-related complications that can land a patient in the hospital or even put them at risk of dying are young children, elders, pregnant women and people with chronic conditions such as diabetes, asthma or heart problems.

Since the flu is a contagious virus, getting vaccinated protects not only you but those around you. So let us empower your Native Wellness with a painless shot in the arm.

Visit our Walk-In Flu Clinic, now through Spring 2017, on designated days and times, at Rincon or Santa Ysabel. Then you can ring in the New Year on a healthy note!



Robert Dela Cruz, MA and Catherine Gamble, RN are ready to give you a shot in the arm for your health.



### WALK-IN FLU CLINIC HOURS

#### Rincon:

Tuesday, 8:00am – 11:30am  
Thursday, 1:00pm – 4:00pm  
Friday, 8:00am – 11:30am

#### Santa Ysabel:

Monday, 9:00am – 3:00pm  
Wednesday, 9:00am – 3:00pm  
Friday, 9:00am – 11:30am



# Let's Talk Dental

## What in the World is Periodontitis?

In the last issue, we learned that gingivitis is a reversible, non-destructive form of gum disease that if not treated in a timely manner, can progress to periodontal disease. Periodontal disease is more commonly called "periodontitis." It literally means "inflammation around the tooth." Unlike gingivitis, periodontitis is a non-reversible and destructive form of gum disease.

While periodontitis can be painful, patients typically experience no dental discomfort. Unfortunately, without treatment, periodontal disease can lead to tooth mobility and even tooth loss despite the absence of pain. In fact, studies have shown that more teeth are lost due to periodontal disease than to cavities.

### The characteristic features of periodontitis are:

- Red or swollen gums (gingival inflammation).
- Gums that have pulled away from teeth (gingival recession).
- Bone loss between teeth (observed on dental x-rays).

### Treatment for periodontitis is dependent on the extent of the disease, but usually includes:

- Scaling and root planing (a thorough dental cleaning with local anesthesia).
- Reassessment of the patient's response to initial treatment.
- Surgical intervention (if needed).
- A more frequent maintenance protocol.

Consider scheduling an appointment with our Dental department if your adult teeth feel loose or you believe that your gums appear red and swollen or have pulled away from your teeth. In the event that you are diagnosed with periodontitis, it is important to follow your dentist's instructions and maintain a strict oral hygiene routine at home to prolong the life of your teeth.



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](mailto:cbodini@indianhealth.com).



Dan Calac, MD  
with Lindsay Martin

## Make-A-Wish Rep Visits IHC



Lindsay Martin, representing highly regarded Make-A-Wish Foundation San Diego, recently visited IHC to meet with CMO Dan Calac, MD and Medical staff. Her objective was to share information about the Foundation, which grants the wishes of children with life-threatening medical conditions, and to ascertain whether IHC had any qualifying patients to refer.

Dr. Calac reports, "Thankfully, at this time, we do not have families in that challenging situation, but we are happy to establish a connection with Make-A-Wish for any future cases that may arise. Being part of the wider community helps all IHC patients. Relationships like these raise our regional footprint."

## Blood Drive Saves Lives

Were you one of the altruistic people who donated blood at IHC's August 18th Red Cross Blood Drive? If so, please accept our gratitude. The 13 pints of blood donated can save the lives of 39 people. If you missed the event, call ext. 5377 for information on upcoming drives or visit [www.redcrossblood.org/socal](http://www.redcrossblood.org/socal) to find 2017 events to be held throughout San Diego County.



# 2017 | CLINIC SCHEDULES



IHC's mission is: **"To continually nurture a balance of physical, mental, emotional, and spiritual well-being."**

Please enable us to help you by participating in the following activities, as relevant to your needs.

## **BLOOD DRIVES**

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

## **DIABETES CLINICS**

Diabetes educational classes are geared for people with diabetes and people who want to learn more about diabetes. Topics cover a variety of issues, information and concerns. Clinics are held on the **2nd Monday/month (9am-12pm)** 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:**

Physical activity opportunities are funded through JOH and SDPI grants to improve and prevent diabetes. They are provided by Physical Activity Specialist/Diabetes Management Admin. Coordinator Alyssa Cooke and are designed to benefit the physical, mental and emotional well-being of people in the community with diabetes. Please call ext. 5263 to schedule a personal consultation or to request a group class on your reservation.

# WELCOME TO THE IHC NEIGHBORHOOD

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



**Mayra Alvarado**  
PSR II



**Nerissa Galang-Feather**  
MD, Psychiatrist



**Angelica Heredia**  
Child Abuse Case Manager



**Srinivas Iyengar**  
MD, Ophthalmologist



**Roxy Moretti**  
HR Asst/Admin Receptionist



## no cavities club



Kaleo Rivett  
Tatum Gonsalves  
Rodlynn Parada  
Cheyenne Cabrera  
Dillan Ruise  
Sherlyn Lopez  
Logan Ruise  
Jaymz Gonzales  
Charlie Gonzales

Adriana Ochoa  
Chadwick Moody  
Jase Moody  
Isabella Thompson  
Cyress Alfaro  
Aria Soto  
Mexily Stoneburner  
Wom Si Stoneburner  
Sierra Zottolo

Emiliana Patino  
Violet Garcia  
Quinten Trevino  
Jerry Ray Suarez  
Savannah Redfern  
Margie Calac  
Skarlett Holmes Cornell

*Awesome!*

# 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
Melody Arviso, Secretary	San Pasqual
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
Mercedes Amavisca	Mesa Grande
LeeAnn Hayes	Pala
Open	Pauma
Patricia Dixon	Pauma
Jim Murguia	Rincon
Gilbert Parada	Rincon
Patricia Ockert	San Pasqual
Melanie Luna	Santa Ysabel

Romelle Majel McCauley, Chief Executive Officer

## INDIAN HEALTH COUNCIL, INC.

[www.indianhealth.com](http://www.indianhealth.com)

Email: [info@indianhealth.com](mailto:info@indianhealth.com)

Phone: (760) 749-1410

Fax: (760) 749-1564

24/7 Comment/Suggestion Line: Ext. 5307  
Patient Transportation Medical Department:

Ext. 5269

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

OFF-HOUR EMERGENCIES  
Palomar Hospital: (760) 739-3000  
Temecula Hospital: (951) 331-2200  
Children's Hospital: (760) 739-1543

## INDIAN HEALTH COUNCIL, INC SCHEDULE

### Medical Department

M-F 8:00-6:30

**Doctors | Nurses** M-F 8:00-6:30

### **Obstetrics**

every other Thurs 8:30-12:00

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

**Podiatry** T, 8:30-5:30

**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.

## SANTA YSABEL SCHEDULE

### 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

M, W 8:00-4:30

First appointment 9:00 a.m.

### 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.

### Tribal Family Services Department

M-F 8:00-4:30