



INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness



Fall 2017

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

Volume 33 Issue 3

American Indian Veterans Association Honors IHC



AIVA's Roger Mayberry and Tim Ravago present Recognition Plaque to IHC CEO Romelle Majel-McCauley and IHC Board Chairman/ Pala Chairman Robert Smith.

Deceased IHC Board member and proud Native Vet Benjamin Magante Sr. was at the clinic in spirit and in people's hearts on June 2, 2017 when the American Indian Veterans Association (AIVA) presented a plaque honoring IHC's efforts on behalf of the organization and its members. AIVA representatives Roger Mayberry and Tim Ravago presented the plaque to IHC Board and staff at a Special Event Luncheon in the Multipurpose Room, where the group holds monthly meetings.

The plaque reads: "Distinguished Service Award Presented to Indian Health Council In Recognition of Exceptional Leadership and Devoted Service to American Indian Veterans Association." It is displayed in the Administration Department

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A Beautiful Dental Remodel!



"Love the flooring!" "Appreciate the increased privacy in the operatories!" "The new color scheme is amazing!"

Compliments such as these have been expressed by visitors to the beautifully remodeled Dental Department at IHC's Rincon clinic. The renovations enhance both aesthetics and the patient experience. The remodel covered all General and Specialty operatories as well as back office hallways. Two marble sculptures recently donated to IHC by local artist Larry Bentley have found a happy home in the lobby.

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NEWS FLASH:

Join in IHC's September Activities for National Suicide Prevention Month.

Visit the Clinic;
Follow Us on Facebook.

INSIDE THIS ISSUE



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Make Indian Health Council Your Medical Home

Primary Care Teams at IHC



“There are many worthwhile reasons to choose IHC as your Patient-Centered Medical Home (PCMH),” says CMO Dan Calac, MD. “This ongoing partnership between patient and provider puts you at the center of your care, working closely with your healthcare team to create a personalized plan for reaching your health goals.”

The PCMH agreement formalizes the existing patient-provider relationship. You commit to relying solely on IHC and your provider team as your primary care health facility. Your team, in turn, commits to providing comprehensive, whole-person care.

Among the many benefits the partnership provides, PCMH:

- Supports patients and their families in managing healthcare plans and decisions.
- Enhances access to your medical team.
- Facilitates coordinated specialty care.
- Learns about you, listens to you, responds promptly to you, keeps you up-to-date on vaccines and preventive screenings, provides individualized information, and handles short-term illness, long-term chronic disease and well-being needs.

Teaming Up for Your Best Health

Medical providers are organized into three teams: Green, Blue, and Red. To kick off PCMH, the staff is now garbed in spiffy new uniforms; Registered Nurses in navy blue scrubs and Medical Assistants in royal blue. All scrubs sport the embroidered IHC logo on the right sleeve as a reminder that we are pursuing our mission of Empowering Native Wellness.

Along with new uniforms and a renewed commitment to you, Medical has added staff to bolster its already strong teams. Jenna Bogner and Marisol Arroyo are full-time Medical Assistants/X-ray Techs. Per Diem Registered Nurse Martha Youngren and Medical Assistant Karla Nunez are on board as substitutes.

Please ask your provider about PCMH and making IHC your Medical Home.

Cancer Walk Celebrates Power of Purple

Once again, Golsh Road was a moving sea of purple as dozens of IHC staff, clients and community members walked the walk and talked the talk at IHC’s fourth annual Cancer Awareness & Remembrance Walk on June 23rd. The poignant and powerful event, coordinated by Annabelle Testerman and Nichole Minjares, has established itself as the much-anticipated precursor to the American Cancer Society (ACS) Relay for Life weekend at Bates Nut Farm in Valley Center.

Annabelle reports, “The turnout was amazing, and so was the energy. It was wonderful to see so many people bedecked in purple to share support for those who have survived cancer, are fighting cancer or have succumbed to cancer. After the walk, we enjoyed lunch while the ACS’



Michelle and Sharon shared the ways in which ACS is making a difference. We at IHC feel that we also are making a difference. It was an inspirational and motivational day.”



Empowering Native Wellness

Patient No-Show Policy – Medical Department

Effective June 1, 2017, the Indian Health Council, Inc. Medical Department has implemented a Patient No-Show Policy to further our commitment to providing each patient with the best care and services. Please read this Policy and be prepared to sign an Acknowledgement on your next visit. Thank you!

Purpose:

The purpose of the No-Show policy is to ensure that our patients maintain a standard of care for their health and well being. Our providers are better able to monitor health conditions, manage medication(s) appropriately, and give optimal care when our patients keep their scheduled appointments. Lastly, implementing a No-Show policy will help to decrease unfilled appointment slots which could have been scheduled for other patients. It is our goal to try and accommodate everyone in a fair and efficient manner.

Policy:

“No-Show” is defined as not showing up for your appointment with no notice or not canceling/rescheduling your appointment **within 24 hours of your appointment time.** “Appointment” is defined as **1)** a regular scheduled appointment with any Primary Care Provider (PCP) and **2)** any Diabetes or Pain Management Clinic appointment. If a patient has 3 or more No-Show appointments in the previous 3 months, he or she will be put on “Restrictive Access” status for 3 months and notified by letter. During the Restrictive Access period,

a patient will not be able to schedule routine visits with any Primary Care Provider (PCP) but can be seen only on a walk-in basis by any PCP based on their availability. If a patient shows for an appointment more than 5-7 minutes late, he/she is not considered No-Show, but will be subject to the appointment being rescheduled per IHC Late Policy.*

This No-Show policy applies to all adult (18 years and older) patients, seen in the Medical Department.

****Late Policy***

Patients arriving more than 5 minutes late for a 15 minute appointment or 7 minutes late for a 30 minute appointment will have their appointment moved according to the following protocol: 1) to the next available same day appointment slot with their scheduled provider, depending on nature of appointment, 2) to the next open appropriate appointment slot with another available provider with patient’s consent, or 3) put on Nurse Triage List to determine need for same day appointment.

Movies with a Message

Health Promotion Services’ 2017 Family Summer Wellness Movie Night Series kicked off June 29th at the Rincon clinic with an airing of the evocative “We Are Birds” documentary directed by Albert Chacon, who led a post-movie discussion on the historical and current significance of bird singing. Elder Walter Antone gave his input.

The series moved to Santa Ysabel on July 26th for “Edge of America.” This inspirational film based on the true story of a Utah reservation’s high school girls’ basketball team premiered at the prestigious Sundance Festival in 2004. The series concluded back at Rincon on

August 16th with Disney’s animated “Moana,” a recent release that highlights indigenous female empowerment.

All three movies could be rated “E” for Excellent, Entertaining, Educational and Enlightening. The series was funded by the County of San Diego HHS Mental Health Services Act. Snacks and raffles enlivened the family atmosphere.

Coordinator Whitney Baugher says, “It is the goal of these movie nights to not only provide a safe, fun, family-friendly environment for the community to enjoy, but to also let families know that IHC is a resource for them.”



Top, Actor Saginaw Grant joins Moana Movie Night. Bottom, Walter Antone and “We Are Birds” documentary Albert Chacon.



(continued from front page)

AIVA ... MOU Enables Native Vets to Utilize IHC

COO Orvin Hanson recalls, "Ben Magante worked with CEO Romelle Majel-McCauley and our team to host AIVA meetings and arrange for the VA to pay/reimburse IHC for care received at our clinic. This was the start of the VA/Tribal Health Clinic MOU process that authorizes Native vets to be treated at our clinic instead of having to travel to a VA facility."

In addition to the Board and executives, AIVA recognized IHC staff who have assisted Native vets with their benefits. These include Art Calvo, Martina Portillo, Lisa Sherman, Whitney Baugher, Joe Tyon, Luis Clement, Cheryl Pfent, Karen Yazzie-Meyer, Nancy Spence, Maya Goodblanket and Karan Kolb. Pala Band of Mission Indians Chairman/ IHC Board Chairman Robert Smith was also given a plaque in recognition of his leadership.

IHC is honored to serve the people who have served our country so well. As Romelle has promised vets, "We at IHC will always stand by you. We will always be here for you."

(continued from front page)

Dental Celebrates Remodel at Open House

After the culmination of the two-month construction, the Dental Department held an open house on June 23rd. Admin Assistant Eli Sanchez, RDA, says, "The event was a well-deserved celebration for everyone involved. It was great to share our joy and pride with other IHC staff and the community we serve."

The open house featured hors d'oeuvres, espresso bar, informational booths, a project video and staff-led tours. Many people commented on the colors that reflect IHC's logo, with grays and whites for the floor, walls and equipment; maroon for the patient, provider and assistant chairs.

With the completed remodel, the five-day Rincon and two-day Santa Ysabel schedules have been restored. If you have not yet seen our new "face lift," come check it out!

September is National Suicide Prevention Month

This month's "Life is Sacred" activities are hosted by Health Promotion Services in observation of National Suicide Prevention Month. We hope you are participating in the positive-spirited events. We will feature highlights in the next newsletter and on Facebook. If you need information about how to handle a mental health crisis now, you can talk to a trained counselor who can address your specific situation. Call the toll-free, 24/7 Access and Crisis Line at 888-724-7240.



Before



After



Check Us Out on Facebook!

Want to know the latest, greatest news from IHC departments? Learn about upcoming classes, events, workshops and other activities of interest to you and your family? Stay up-to-date with us on Facebook at <https://www.facebook.com/indianhealthcouncil/>.

Coming Together to Address Human Trafficking



On June 21, 2017, professionals, survivors and Tribal members came together to address a topic that often remains in the shadows: human trafficking. IHC's Peace Between Partners (PBP) program coordinated and hosted the Human Trafficking Awareness Conference at Harrah's Resort and Casino. The full-day event was funded by the Blue Shield Against Violence Initiative and Grant #2015-UW-AX-0013 Office of Violence Against Women, U.S. Department of Justice (DOJ).

Among the 120 attendees were representatives from Child Protective Services, first responders, domestic violence/sexual assault program advocates and others focused on learning more about and combatting this issue. PBP

Coordinator Sandra Toscano reports, "The mix of participants kept the receptive audience engaged in the highly informative discussion. We extend a huge 'Thank You' to Trish Martinez from the San Diego Human Trafficking Advisory Council for facilitating the great presenters."

The exceptional speakers included Summer Stephan, San Diego District Attorney; Danny Santiago, Special Agent DOJ/County Chair of San Diego Human Trafficking Task Force; Charisma De Los Reyes, MSW CSEC; and Dr. Jamie Gates, Director of Point Loma Nazarene University's Center for Justice and Reconciliation. Survivors Tom Jones and Kathi Hardy shared their stories in a candid and compelling way.

Sandra believes, "Hearing a survivor's story brings it closer to home and makes other survivors realize they are not alone. The conference was a great success because everyone left with a better sense of what Human Trafficking is and the importance of practicing safety to our children and grandchildren, not to mention the recruitment/grooming process of our youth, both female and male."

IHC hopes to host another conference in the future, with even greater consortium member attendance. For information about this topic, please contact stoscano@indianhealth.com.

Everyone left the conference with a better sense of Human Trafficking and the importance of practicing safety to our children and grandchildren.

**STAY TUNED
for the Winter
Newsletter for
a profile of new
Public Health
Programs Director
Angelina Renteria
and a career
recap of longtime
Director Martina
Portillo, who
continues to serve
the clinic.**

Sasha Spite Coordinates New Self-Expression Community Program

Armed with a Master's in Public Health (MPH) from Boston University plus boundless enthusiasm for her important work at IHC, Sasha Spite embarked upon her position as Project Manager of IHC's California Reducing Disparities Program (CRDP) entitled Resolution in June. The five-year, grant-funded program promotes self-expression as a coping skill. Community members are invited to share their life experiences through art forms such as dance, music, poetry, acting and visual art.



Sasha began volunteering at IHC in Summer 2016, then worked on projects in IHC's Health Promotion Services Department, which manages the CRDP. Currently, she is developing an evaluation plan that will lead to efforts to organize and promote community events.

She reports, "We will hold a number of events on consortium reservations to showcase talents within the community. We encourage families to come together and enjoy an art-filled night while supporting community members. We are looking for people who wish to share their talents to further self-expression. It should all be a lot of fun!"

Sasha is a well-rounded professional. She has worked for several public health organizations, domestically and internationally. Now residing in Valley Center, she notes, "I love all the dogs in my life: Mal, Marshall and Gunther. I am so excited to be part of IHC and delighted to promote the arts for self-expression throughout the community."

For more information, please contact sspite@indianhealth.com.



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.

CYNTHIA BEGAY WANTED IT, WENT FOR IT & ACHIEVED IT!

In her early college days, Cynthia Begay (Hopi/Navajo) took Student Development Program Coordinator Geneva Lofton-Fitzsimmons' wise advice -- "If you want it, go for it!" -- as her mantra. She went for and achieved great things, supported by what Cynthia says are "the skillset and networking techniques I learned from NARCH to pursue research and professional development opportunities."

Earning an MPH in Epidemiology from SDSU this spring, Cynthia has seized numerous opportunities. These include an NIH Diversity Fellowship through the USC Keck School of Medicine Tobacco Centers of Regulatory Science working with AI/AN tribal communities throughout California, and a UCLA Minority Training Program in Cancer Control Research Fellowship.

After enjoying a Peruvian adventure as a graduation gift to herself, Cynthia currently serves as a Program Evaluator for the United American Indian Involvement Center in Los Angeles. She confides, "I am preparing my application for PhD programs in Epidemiology with hopes of continuing my work at USC with my mentor, Dr. Claradina Soto (Navajo/Pueblo)."

We foresee a bright future for Cynthia, and are confident that as a respected medical professional, she will be an invaluable mentor to a future crop of intelligent, aspiring Native students.



Cynthia Begay shone brightly at her graduation in a traditional Hopi manta, Hopi Girl silver pendant she crafted and Hopi moccasins.

SEVEN STUDENTS ENJOY A PRODUCTIVE NIH SUMMER

Some folks like to spend their summer relaxing in the backyard or at the beach. Seven motivated CA-NARCH students opted to invest in their futures at various National Institutes of Health (NIH) Summer Programs in Bethesda, Maryland.

Peery White (Peoria Tribe of Indians of Oklahoma) and Sierra Trujillo (Kumeyaay, Mesa Grande) participated in NIH Visit Week. Alec Calac (Luiseño) attended a post-baccalaureate program while Sara Kimmich (Cherokee) pursued PhD studies. Alex Hansen (Acoma Pueblo), Akiko Garcia (Mescalero Apache) and Conner Whitten (Luiseño, Pechanga) delved into targeted Summer Research Programs.

Conner, a part-time CA-NARCH research assistant, spent two months working under a Clinical Fellow at the National Institute of Neurological Disorder and Stroke. He conducted research on using MRI scans to segment inflammatory brain lesions. In addition to enjoying an unparalleled learning experience that cemented his Neuropsychology career goals, Conner and his fellow NARCH students absorbed the Washington, D.C. experience of the National Mall, Metro, museums and culture.

Conner states, "My work gave me insight to leading research work being done by some top scientists in the world. It has shown me how biomedical research is used in clinical implications, how it benefits society, and how to do research effectively. I can use the tools and knowledge gained to become an effective scientist and researcher in the future."



Left to right, Alex Hansen, Sierra Trujillo, Sara Kimmich, Alec Calac, Akiko Garcia, Peery White and Conner Whitten take a well-deserved break from their intensive NIH summer programs.

CA-NARCH VII RESEARCH PROJECTS

IHC HOLDS ANNUAL SAB MEETING

IHC's annual Scientific Advisory Board meeting was held on July 27, 2017. Board members, visiting dignitaries and researchers presented and discussed the year's progress in the many IHC/CA-NARCH research projects. Journeying from Atlanta and Colorado to present on the Tribal Zika Response were CDC visitors Delight Satter (Confederated Tribes of Grand Ronde, OR), MPH, Jessie Hood, ScD, John-Paul Mutebi, PhD and Maleeka Glover, ScD.

Delight Satter, Jessie Hood and Maleeka Glover described the threat of Zika virus to Tribal communities, detailed CDC resources, and explained how to obtain free assistance from a CDC Emergency Response Team in dealing with a suspected/



CDC staff Jessie Hood, Maleeka Glover and Delight Satter toured the clinic and photographed what they termed "amazing Native artwork." The trio said, "IHC is performing incredible work. We are so impressed with the level of commitment and have been very well-received. We feel like we're at home." High praise!

confirmed Zika case of local transmission. John-Paul Mutebi regaled the audience with interesting and memorable information on primary Zika virus vectors: mosquitoes. A presentation recap will be featured in the Winter issue of this newsletter.

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:

The Project is collecting a second round of community surveys to help us understand trends in people's attitudes and

practices toward prescription pain medications. This type of research is helpful because it will let us know how we are doing relative to other communities.

The survey is confidential/anonymous, takes about 10 minutes, and participants receive a thank-you gift for their participation. If you are Native and over 18 years old, please contact Tony Luna at tluna@indianhealth.com or 760-749-1410, ext. 5247 to participate.



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:

HNN's expanding Resource Library in IHC's Community Health department offers good information in a variety of formats regarding FASD. Our parent and caregiver support

group is held at IHC on the first Tuesday of every month at 5:30pm. These meetings are an opportunity for parents and caregivers of children with FASD to connect with others who understand and share resources, strategies, encouragement and support. Call 760-751-6055 for more information.

On October 2nd we will hold a symposium titled "FASD and the Law" at the San Pasqual Tribal Hall. Attendees will gain understanding of FASD medical and behavioral conditions, disability rights, how FASD may affect legal and court interactions, how to best represent people affected by FASD, and more. We encourage everyone to attend.



FASD FACTS

- Prenatal alcohol exposure is the leading cause of learning disabilities.
- FASD's are permanent. They cannot be cured, but they can be managed.
- Alcohol causes more damage to an unborn baby than tobacco, cocaine, marijuana, or heroin.

ICWA Trainings Urge: Break the Cycle

The terms of their confinement on Alcatraz dictated that they were to be "held in confinement, at hard labor, until ... they shall show ..."



Judge Thorne speaks to forum attendees.

In 1978, the Indian Child Welfare Act (ICWA) was passed by Congress, working with American Indian and Alaska Native (AI/AN) officials, to protect Native children and families from biased practices. At that time, more than one quarter of AI/AN children were removed from their homes; 85% were placed outside their families and Tribal communities even when appropriate relatives were available.

In 1994, IHC established its ICWA program, now operated under Tribal Family Services (TFS). As attendees at a July 27th Tribal Training and July 28th General Forum learned in details at times almost too painful to bear from distinguished presenter Judge William Thorne, Jr., the historical context dates back centuries. After delving into new regulations, the discussion wrapped up with an optimistic imagining of a better system.

A Pomo/Coast Miwok Indian, highly regarded Judge Thorne received his J.D. from Stanford Law School, served many years as a Tribal Court Judge and was ultimately appointed by the Governor of Utah to the Third District Court. Retiring in 2013, Judge Thorne has worked unstintingly to improve

the lives of children and families and is now committed to training judges across the nation to do things differently and promoting ICWA as the gold standard.

From Biased Practices to Best Practices

Forty leaders participated in the Tribal Session. TFS Director Karan Kolb relates, "They were very interested in learning about how new regulations impact Tribes, families and the community. We discussed Active Efforts, Placements and Tribal Enrollment letters."

The Friday forum attracted a wide array of attendees. They were heartened to discover that ICWA is now becoming "best practices" for the wider community. Leah Calac Shining Elk from Pauma, a Tribal Ranger and School Resource Officer at Pechanga, said, "This information is immensely helpful. I will share it with colleagues so everyone concerned understands the steps we need to take in Indian Country."

Citing heartbreaking statistics about the cycle of foster care among Native Americans, which he has observed in families continuing for as many as three or four generations, Judge Thorne believes, "We need to work cross-culturally and do everything we can to break the cycle so we can help these children and future generations."

That important work moved forward in a significant way in July at IHC.

Meet Fie Gamble, FNP

Family Nurse Practitioner (FNP) Fie Gamble has a wealth of education, nursing experience and a strong commitment to her patients here at IHC, which she joined full-time in March. She notes, "I conducted my FNP training with Dr. Dan Calac as my mentor starting in 2013, then worked per diem for the past two years."

Prior to IHC, Fie served as the Director of Nursing for many years at Oak Hill Residential Care in Escondido, the city where she lives with her husband John and a son, also named John, who just graduated from Texas Christian University. Daughter Catherine, FNP is a familiar face at IHC, where she serves in Medical part-time.

Fie says, "I enjoy being at the clinic. I like the staff, the clients and the work. I look forward to many years of providing care to patients at IHC."



CORRECTION



In the Summer "Journey to Wellness" article, page 3, we incorrectly identified the motorcycle group that cooked up the delicious BBQ as Rez Riders. The correct name is Native Riders. We apologize and thank the Native Riders again for devoting their time and culinary skills to our event.



Dr. Dan's Corner

Beware of Rattlesnakes



Chief Medical Officer Dan Calac, MD

Last winter's rains put our normally arid region into beautiful bloom, and also produced a bumper crop of snakes. Some may end up close to your home. Why? Because mice and other rodents follow water, and snakes follow their food supply.

Most snakes are not harmful. Bites from venomous snakes are typically low in number and not life-threatening. Of the 7,000-8,000 bites per year in the entire U.S., only about five are fatal.

Nevertheless, rattlesnakes can strike fear into humans and their bite can harm you and kill your pet. Rattlesnake venom released into the wound can result in symptoms like swelling, pain, vomiting, dizziness, muscle spasms and even shock and unconsciousness. The venom affects blood clotting; severe reactions can be life-threatening and must be treated promptly with an antivenin.

STAY ALERT

- When hiking or walking your dog, scan the path ahead of you.
- Check out shrubbery and other areas where snakes may nestle.
- Typically, if you do not bother a snake, the snake will not bother you.
- However, if a rattler feels threatened, it can lunge up to half its body length to protect itself.

WHAT TO DO IF BITTEN

- Call 911 immediately. While waiting for help to arrive:
- Calm the victim.
- Wash the area gently with soap and water.
- Apply a cold, wet cloth over the bite.
- Do NOT apply a tourniquet, pack the wound in ice, or cut it with a knife or razor.
- NEVER attempt to suck out the venom with your mouth.

"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.

Flu season (cough, sneeze) is right around the corner. Call Medical about our Walk-In Flu Clinics.



Let's Talk Dental

Why Do I Need a Filling?

Dental caries, also known as a cavity or tooth decay, is the most common preventable disease of children and adolescents ages six to nineteen. In fact, tooth decay is five times more common than asthma among young teens.

A cavity is caused by bacteria. A particular bacterium that is able to adhere to teeth has been identified as "streptococcus mutans." When streptococcus mutans adheres to a tooth, it digests sugar and secretes acid. The acid weakens teeth and causes indentations (or cavities) for the bacteria to live. This process of feeding on sugar and secreting acid is why many dentists say, "Sugar causes cavities."

Streptococcus mutans and other bacteria are found in plaque, which is easily removed with a toothbrush. However, if bacteria are allowed to remain against the tooth long enough to secrete acid and form an indentation, they can no longer

be removed by a toothbrush. At this point, the size of the cavity begins to enlarge as depicted in this image.



Cavities often enlarge without discomfort until they become large enough that the tooth breaks or the cavity touches the pulp chamber (the innermost layer of the tooth that contains a nerve ending). To prevent these occurrences, dentists often recommend fillings. To place a filling, a dentist will clean the cavity, remove the bacteria and place a restoration that mimics natural tooth structure.



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 | 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

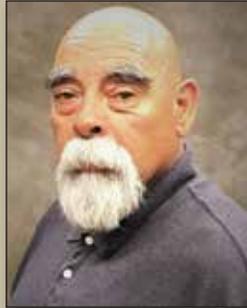
Tai Chi "Moving For Better Balance" (55+), **Tuesdays & Thursdays, 9-10am**, Rincon MPR; **11am-Noon**, Santa Ysabel, **Mondays & Wednesdays, 11am-Noon**, Pala Fitness Center.

WELCOME TO THE IHC NEIGHBORHOOD

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



Angelina Renteria
Public Health Programs Director



Max Gonzalez
Housekeeper



Kelly Roy
Accounting Specialist



Sasha Spite
CRDP Project Manager



Marisol Arroyo
MA/X-Ray Tech



Sahar Naz
Pharmacist



Jessica Cerda
Human Resources Coordinator



no cavities club

Lylah Donato
Kaiden Kolod
Nathali Orozco
Lisa Garcia
George Gallegos
Chadwick Moody
Taeya Kitchen
Monika Duro
Skarlett Homes Cornell

Quinten Trevino
Calian Revilla
Phillip Cabrera
Deena Morrow
Brian Nelson
Puuyish Edwards
Katheryne Dixon
Kaylah Chavez
Mathew Kirby

Sofia White
Maija Orrantia
Henry Ratliff
Chaeton Revilla
Kyla Osuna
Hunter Taylor
Luke Hoffman
Vaeda Villalobos

Awesome!

INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness

50100 Golsh Road
Valley Center, CA 92082

FORWARDING SERVICE REQUESTED



BOARD MEMBERS EXECUTIVE BOARD

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

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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.

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

Tribal Family Services Department

M-F 8:00-4:30