



# INDIAN HEALTH COUNCIL, INC.

*Empowering Native Wellness*



Fall 2015

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

Volume 31 Issue 3



## Hundreds Honor Culture and Wellness at Traditional Gathering

Against a magnificent panorama of boulders, mountains and trees; amid the uplifting sights and sounds of Native dancing and singing; and amongst children's joyful play was the return of IHC's cultural classic.

With the theme of "Honoring Culture and Wellness," the 20th Traditional Indian Health Gathering on May 23-24, 2015 was enjoyed by hundreds of people of all ages at Pala Rey Youth Camp. It was presented by the DreamWeaver Consortium; funded by County of San Diego Agreement #548015; and supported by the Pala Band of Mission Indians, Pauma Band of Mission Indians, Sycuan Band of the Kumeyaay Nation, San Pasqual Band of Mission Indians and Rincon Band of Mission Indians.

*(continued on page 3)*

## "On the Hill" with Cynthia Begay



When IHC Research Assistant and CA-NARCH student Cynthia Begay received a National Graduate Health Fellowship from the National Congress of American Indians (NCAI), she gained a great deal: 1) a whirlwind, eye-opening NCAI trip to Washington, DC last summer; 2) funding to pursue an MPH in Epidemiology at SDSU, beginning this fall; 3) a vital perspective on Tribal health policy set at the national level and her potential within that framework; and 4) a valuable Native mentor in NCAI Policy Research Director Malia Villegas, PhD.

Already impressed by what she knew about Indian Health Council, Inc., Dr. Villegas recently visited the clinic to meet IHC leadership and learn more about our research programs and multifaceted services offered to the consortium community.

Read more about Cynthia's and other stellar students' memorable summer journeys on page 6.

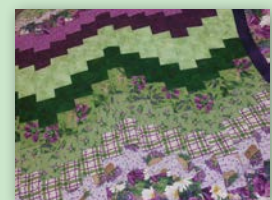
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# Celebrate. Remember. Fight Back.

The call to action was strong: "Celebrate. Remember. Fight Back." On June 19, 2015, IHC's staff did that at the clinic's second annual Relay for Life. The event preceded the following day's 24-hour Relay for Life at Bates Nut Farm. Proceeds fund cancer research as well as programs and services for people diagnosed with cancer.

IHC's Relay was spearheaded by Medical Assistant Nichole Minjares. She went all out to make the day a success, from coordinating the event to decorating the multipurpose room in purple, including gorgeous floral centerpieces.

To raise awareness among clients and community members prior to the event, IHC staff "painted" Golsh Road with purple ribbons in early June. At Noon on the 19th, the moving panorama of purple signified hope and healing as more than two dozen people walked the length of Golsh Road and back. Along the way, walkers inscribed on the ribbons the names of loved ones who are fighting cancer and those who succumbed.



*Angie Cuevas displays the ribbon inscribed with the name of her father, a cancer survivor!*

After remembering cancer victims and vowing to fight back against this deadly disease, it was time to celebrate with a potluck lunch, where people shared food and experiences. They signed a book of remembrances, naming the person(s) for whom they walked.

Valley Center Relay for Life's Sharon Briscoe spoke to the group. She said, "IHC took purple to a high new level! Nichole Minjares did a phenomenal job. CMO Dr. Calac has

been instrumental in promoting and

participating in our Valley Center Relay, including serving as a keynote speaker. Rincon Fire Station firefighters were on hand to show their support. Last but not least, the Rincon Band of Luiseño Indians donated \$5,000 to the cause."

**That's purple power in motion!**



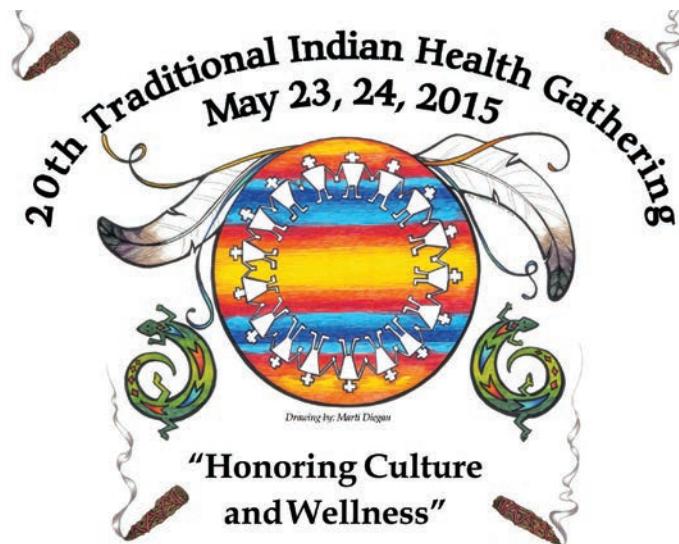
*Pharmacist and Survivor Lary Schallock completes the walk. Staff walked the walk, then talked the talk in the MPR.*

## Grief & Loss Group Sessions Begin in October

People experiencing the loss of a loved one are receiving psycho-education and compassionate support at a 10-week series facilitated by Dr. Rebekah Barratt and Dr. Michael Carlish on Mondays from 2:00-3:30 pm in the Rincon Dreamweaver Room. Currently, ten people are working through their process, individually and as a mutually supportive Grief & Loss Group, with weekly presentations, handouts, sharing of memories and experiences of grief. Each person receives a journal in which they can record their thoughts.

Dr. Barratt says the series has received positive feedback. She reports, "One participant noted, "Being able to listen to other people who are going through the same things has made me feel better."

The next Grief & Loss Group series begins in October. Please contact ext. 5249 for information and registration.



Most activities took place on Saturday, starting with an 8am breakfast and culminating with the Cahuilla Bird Singers at 7pm, after which many people took to their tents. In-between were health screenings and informational booths provided by staff, presentations on healthy spirituality and other topics, inspiring performances, games, crafts and many other activities. People met and mingled, seeing old friends and making new acquaintances – all for the health of it.

## Steeped in Tradition

The Gathering was steeped in cultural traditions. William Buchanan, a U.S. Marine veteran who is president of the American Indian Warrior Association, presented mesmerizing performances on his Native flute. Soaring Eagles in regalia performed dances. Many Nation Drummers and other groups entertained. Even the countdown to the spear-hoop game of Palomar began with a recitation in the revered Kumeyaay language.

Looking around at everyone enjoying the day, IHC's CEO Romelle Majel McCauley noted, "We feel fortunate to have received funding from the County to bring back the Traditional Gathering. The staff has worked miracles to make this a great day, and it shows."

We hope you were among the many people from throughout Indian Country San Diego who enjoyed the 2015 Traditional Gathering. We hope to see you next year!

## Gathering Comments



**"This venue is marvelous. I like the way the event helps people maintain their health and find a healing process in nature."**

– William Buchanan,  
Native flutist

**"We enjoy being able to help IHC present such a wonderful event infused with healthy activities. Everyone has a great time. The cultural focus makes it very special."**

– Rick Santos, County of San Diego HHS

**"Talking to people in this relaxed environment helps us share information about the services we provide and resources available to the community."**

– Rebekah Barratt, PhD, IHC Behavioral Health Director

**"I like being here in the outdoors. I go to the IHC clinic. That's why I look so good at 94."**

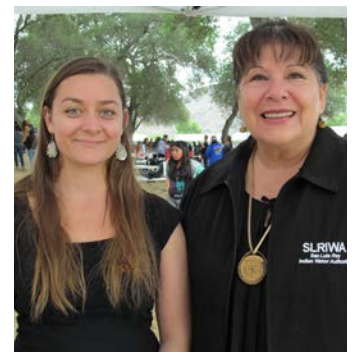
– Clara Foussat Guy,  
Participant



**"The Gathering helps CA-NARCH further its objective of immersing students in Tribal traditions. A cultural focus helps them feel grounded. We want our students to succeed in their endeavors and return to serve their community."**

– Geneva Lofton Fitzsimmons,

CA-NARCH Student Development Coordinator





# IHC's Case Management Program is Key to Sustaining Health and Promoting Recovery

Indian Health Council's Community Health Services (CHS) Department offers comprehensive, proactive Case Management Services to help elders and the chronically ill. The intent is to support client compliance with medication and appointment protocols to prevent re-hospitalization. When hospitalizations are unavoidable, adhering to the hospital's Discharge Plan is key to recovery.

It is important for everyone to adhere to their prescribed medication and appointment schedules. For elders and chronically ill patients, it is crucial to their ongoing health. Compliance can help keep them out of the hospital and comfortably at home.

IHC's Case Management Services program is spearheaded by Peggy Richards, PHN, a longtime nurse who offers professional and compassionate services to her clients. Among them are pre-hospital planning and education, and post-hospital follow-up to help improve compliance, which will increase positive health outcomes.

Here are some questions and answers about IHC's grant-funded Community-Based Model of PHN Case Management Services. For more information, please contact CHS.

## Who Does the Program Serve?

The targeted populations are the elderly with chronic diseases such as hypertension, cardiovascular disease, diabetes and lung disease being discharged from the hospital or skilled nursing facility to their home. The program also covers elders and chronically ill patients who need assistance to reduce potential health risk or hospitalization.

Some clients may have problems taking medications or keeping appointments. During home visits, our PHNs evaluate the patient's status and ensure that the patient and family understand the need to follow doctor's orders. We also assist in making appointments, including for specialty care.

## What Is a Discharge Plan and Why Is It Important?

The hospital is responsible for making sure every patient has a plan for follow-up care before they leave. In addition to arranging for durable medical equipment such as a wheelchair, the hospital gives each patient a Discharge Plan consisting of doctor-prescribed orders.

The orders may include wound care, bed rest needs and medication changes. The doctor may have given a new medication, raised the dosage or told the patient to stop taking the medication.

## When and How Does Peggy Richards Assist Patients?

Peggy says the optimal time for her to get involved with discharge planning is BEFORE the patient enters the hospital. She explains, "If someone having a scheduled surgery contacts me, I can tell them what to expect. After the procedure, I can visit them in the hospital to help them understand the Discharge Plan. If someone needs safety equipment that is not covered by insurance, I can help them obtain things such

as a shower chair, walker or bedside commode. I also help to arrange follow-up care."

She emphasizes, "For unscheduled hospitalizations, it is extremely important for the family to call us when the patient is initially admitted to the hospital. That way, their primary care physician is alerted and I can follow up with them at the hospital and coordinate the discharge process with the Discharge Planner/Social Worker."

## What Happens After the Patient Leaves the Facility?

IHC is not licensed as a home health agency. Our PHNs are focused primarily on prevention.

We teach the family to care for the patients if they are in an area where home health cannot be provided. If the patient goes to a skilled nursing facility for rehabilitation, Peggy will visit to follow their progress and help with discharge. Once they are home, their PHN will see them there (optimally within one day) to review the Discharge Plan, discuss medication needs and assist them in making follow-up appointments.

Peggy says, "The first few days are the most critical. That's when the patient's health status is the most vulnerable."

## Is IHC's Case Management Effective?

Yes! Peggy relates, "Recently, I received a nice compliment from a family saying they did not realize all the things I did. I had checked on the patient in the hospital and advocated with the social worker concerning safety and rehab. I visited the patient every week during rehab, provided input on the Discharge Plan, then visited the family at home to ensure the Plan was being followed."

Peggy confirms, "My job is very fulfilling. Helping people stay well is our goal."

*It is important for everyone to adhere to their prescribed medication and appointment schedules. For elders and chronically ill patients, compliance is crucial to their ongoing health.*

# Kids Corner



The Dental Department recently unveiled its new patient recovery room for pre- and post-operative pediatric patients and their families. Colorful and kid-friendly, the area is designed for children undergoing treatment with oral-conscious sedation. The reviews have been quite positive. One parent remarked, "Very cute!"

RDA/EDR Coordinator Stacia Thibodeaux, who coordinated the makeover of an existing pediatric room, says, "We put up a wall for privacy, installed a reclining medical chair for the patient as well as chairs for the parents, decorated the area with a Mickey Mouse theme, and now have a pleasant place for children to wait until the sedation takes effect and they are ready to undergo dental surgery. After their procedure, they return to the recovery room where they can relax until the doctor determines that it is safe and they are ready to return home with their parents."

Pediatric dentist Megan Burns, DDS, adds, "Parents find the new area a quiet place to read the literature we provide about the procedure their children are undergoing. The kids like having a space to themselves where they can relax, read books or play on their mobile device. We like having the pediatric operatory free so that we can accommodate more patients."

Dr. Burns concludes, "It's just one more way that we put our patients first."



## A Brush with Success

The Dental Department is all smiles, and so are many IHC elders, thanks to a six-month electric toothbrush program funded by a \$3,000 grant from the California Rural Indian Health Board (CRIHB). The program, which ran from December 1, 2014 to May 31, 2015, enabled IHC to purchase 171 electric toothbrushes that were given within an oral health regimen to patients 60 years of age and older.

Registered Dental Hygienists Natalia Orosco and Julie Trang provided the toothbrushes to eligible IHC clients; explaining features, benefits and proper usage. Patients returned for follow-up appointments, at which time critical measurements such as plaque and calculus levels were tracked.

### Positive Results

According to both the clinical analysis and anecdotal data, the program was a big success. After just four weeks of using their electric

toothbrush as directed, 87% of participants experienced an improvement in their oral health! Only 9% showed no improvement; 4% did not use the toothbrush.

Natalia and Julie say the comments were very positive. They relate, "People who said they never considered purchasing an electric toothbrush told us they wish they had tried one sooner. Over and over, we heard people say that they are never going back to a manual toothbrush again."

The grant program has ended, but good oral health is still important for people of all ages. Dental Director Carrie Lambert, DDS, encourages people to try an electric toothbrush and enjoy a noticeable improvement. The technology enables better access for hard-to-reach places and the tool is of particular benefit to patients with limited manual dexterity.

She says, "Try it. You'll like it. And your smile will show it!"

*The program was a big success. After just four weeks of using their electric toothbrush as directed, 87% of participants experienced an improvement in their oral health!*

After experiencing such positive feedback, the Dental Department is now selling two different types of electric toothbrushes: Oral-B and Waterpik-Sonic. Replacement toothbrush heads are also available for purchase. Ask about these products at your next dental visit!



# California Native American Research Center for Health

A Program of the Indian Health Council, Inc. (CA-NARCH) Fall 2015

## 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.

## "ON THE HILL" WITH CYNTHIA BEGAY

"As a future Epidemiologist and Native American, I've never seen a place for myself as a researcher at the federal level," reveals Cynthia Begay (Hopi/Navajo). "But after being 'on the hill' in Washington, DC, marveling at so many Native American health professionals working behind the scenes for Indian Country, learning about NCAI advocacy on behalf of Tribal health policy, and meeting Dr. Malia Villegas, who focuses on evidence-based research to drive policy, my eyes were opened. I realized that research with our communities could be utilized to change policy across Indian Country."

During her NCAI trip, Cynthia observed Technical Tribal Advisory Group meetings with representative from IHS' 12 regions focusing on provisions for Native Americans within the Affordable Care Act, met Tribal NIH researchers, watched governmental proceedings and found time to "do the touristy things" – all in four days!

She notes, "The biggest takeaway for me was knowing that in addition to what we do at IHC on a grass-roots level, our projects can affect Tribal health policy on a national level."

## NIH WEEK OPENS A WORLD OF POSSIBILITIES

Quipping that joining CA-NARCH and learning about options and opportunities she had not known existed was "like going from the dark ages into the light," Nicole Smith (Navajo) declares, "The program has catapulted me into my future!"

Now pursuing a career in Biochemistry, Nicole's NIH Visit Week in July introduced her to a world of possibilities, including research, academia and public health. She was among one dozen Native American students from around the U.S. who gathered for an intensive week that provided a broad overview of the health and sciences and was also tailored specifically to each participant's career path.

She met many role models: Native Americans (including women adroitly juggling career and family) with PhDs who candidly spoke about surmounting obstacles and retaining their culture within the wider community. The students also learned the importance of networking, a skill that Nicole will take with her as she packs her bags in October to move with her military husband to a new location.

## ALEX ESQUIVEL SWINGS FOR THE STARS

Homegrown talent Alex Esquivel (Pala Band of Mission Indians) is one busy and ambitious young man. This spring, he graduated from Cal State San Marcos with a degree in Medical Anthropology and was accepted into the Master of Public Health (MPH) program starting this fall at SDSU. Earlier this summer, he took an exciting trip to Wales, birth home of his girlfriend's family. Then, he hightailed it back to California to participate in the Summer Training Academy for Research Success (STARS) program, supported by CA-NARCH.

Alex's success to date is a result of the stars aligning for him as he seized a series of coincidences that, in retrospect, seem meant to be. He explains, "After graduating from Fallbrook High, I wasn't sure what I wanted to pursue in college or career. While attending Palomar Community College, I took an anthropology class, enjoyed it, and took another. I ultimately transferred to CSUSM, which is one of only a few universities to offer field work."

Last fall, Alex decided he needed real-world experience, recalled visiting IHC as a young patient, checked out the clinic's website, discovered CA-NARCH, learned about an upcoming event, was invited to participate, and voilà: here he is now, completing the STARS program and reaching for his own stars.

Alex has so much focus that we know: The sky's the limit!



Alex with his twin brother Anthony at CSUSM graduation.



Alex and Leah Sandoval in the garden at Chester Cathedral, England.

## NARCH MARCHES ON

Good things keep going and growing. Our Student Development Program is growing greater every day. We welcome our newest members:

### CSUSM

Nicole Smith (Navajo), Biochemistry  
Jacquelyn White (Peoria Tribe of Indians of Oklahoma),  
Medical Anthropology

### Palomar College

Tashina Pomani (Crow Creek Dakota Sioux), Nutrition

### SDSU

Jade Johnson (Navajo), Chemistry  
Jessica Atencio (Acagchemen), Biochemistry  
Iris Smith (Navajo), Microbiology

### UCSD

Burgundy Fletcher (Peoria Tribe of Indians of Oklahoma), Chemical Engineering



# CA-NARCH VII RESEARCH PROJECTS

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

Principal Investigator: Roland Moore, PhD

### Purpose:

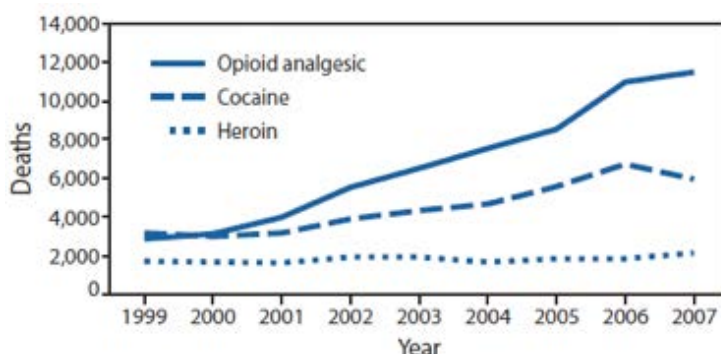
In response to the rising prevalence of prescription pain medication abuse, this project will implement and evaluate an intervention designed to reduce the availability of expired prescription pain medication in the homes of Native Americans in IHC consortium reservations.

### Progress:

According to the Centers for Disease Control and Prevention, prescription drug abuse is the fastest growing drug problem in the United States. In fact, the following figure shows the number of unintentional drug



overdose deaths involving opioid analgesics, cocaine, and heroin in the United States during 1999–2007. Since 2003, more overdose deaths have involved opioid analgesics than heroin and cocaine combined.



### What are Opioids?

They are medications that are prescribed to help relieve pain. When used as prescribed, opioids can be very helpful in controlling pain. However, when they are misused they can lead to addiction or overdose. For this reason, the Pill Take Back Project is working to promote proper use and proper disposal of these strong medications. Proper use primarily involves: 1) following your doctor or pharmacists' instructions carefully for taking the medication; 2) not sharing your medication with others; 3) safely storing your medication.

If you have unused or expired medications, it is important to dispose of them in an eco-friendly way. Flushing them or throwing them away can contaminate our local water supply. The Valley Center Sheriff Substation, 23201 North Lake Wohlford Road, has a no-questions-asked drop box in their lobby area. Also, you can drop them off at a collection site during the next National Prescription Drug Take-Back Day on September 26 from 10am-2 pm. Collections sites are on the DEA website: [http://www.deadiversion.usdoj.gov/drug\\_disposal/takeback/index.html](http://www.deadiversion.usdoj.gov/drug_disposal/takeback/index.html)

For questions, please contact Research Coordinator Tony Luna at [tluna@indianhealth.com](mailto:tluna@indianhealth.com) or ext. 5247.

## HEALTHY NATIVE NATION

Principal Investigator: Christina Chambers, PhD

### Purpose

This grant continues the momentum begun with its predecessor, Healthy Women: Healthy Native Nation. It expands the focus from women to families and the entire community because Fetal Alcohol Spectrum Disorders (FASDs) don't just make the life of the directly affected person more difficult but the lives of their family and community members as well. FASDs are a collection of physical and psychological disabilities that result from a woman drinking alcohol while pregnant.

### Progress:

We are creating the first two National Organization for Fetal Alcohol Syndrome (NOFAS) affiliates within a Native American community: one reservation-based and one urban. To ensure that each NOFAS connects community members with appropriate support and services, we are asking, "What are the needs and priorities of each community in supporting people dealing with disabilities and/or effects of prenatal alcohol exposure?"

To determine the answer, we are completing community surveys and holding focus groups. We have had favorable responses to both. We

are also raising awareness by conducting trainings for professionals and groups. We want people to know that prenatal alcohol exposure is the leading known cause of learning disabilities; in fact alcohol in pregnancy causes more damage than meth or heroin. There's no cure for FASDs but there is help. Treatment and support make a huge difference.

To obtain information regarding FASDs, make your voice known or schedule a training for your organization, email [healthywomen@indianhealth.com](mailto:healthywomen@indianhealth.com), call 760-751-6055 or stop in to see us at IHC.



### Pregnancy is a sacred time.

If you are pregnant, don't drink alcohol! If you know someone who is pregnant, help them to avoid alcohol.

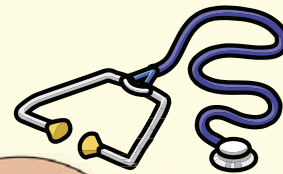


By Chief Medical Officer Dan Calac, MD

# Dr. Dan's Corner

- Fall 2015 -

## Is Your Home a Healthy Home?



From earliest times, the First Americans built many types of structures to shelter them. Structures such as the Alaskan Igloo and Anasazi Cliff Dwellings were constructed in harmony with the surrounding environment and with nature. Dwellings were more than shelter; they symbolized the spiritual universe.

Today, Native Americans continue to view our homes as spiritual sanctuaries. We need to ensure that they are safe places to live and raise our families.

Here are a few healthy home safety tips. For more information, see "Help Yourself to a Healthy Home" at [www.healthyhomespartnership.net](http://www.healthyhomespartnership.net).

- Babies crawl on the floor. Young children play on the ground. They tend

to put things in their mouths – even dusty objects and harmful chemicals – so it is up to adults to keep them safe.

- Store harmful chemicals in a cabinet, out of reach of children and pets.
- When using chemicals, open the windows to let in fresh air.
- Clean with chemical-free products when possible. Did you know that baking soda helps scrub dirty dishes? Or that vinegar cuts grease?
- Post the Poison Control Center number and call it immediately if you suspect someone has swallowed something hazardous: 800-222-1222.
- The cleaner your home, the healthier it is. Clean up spills quickly before they attract bugs and other pests.

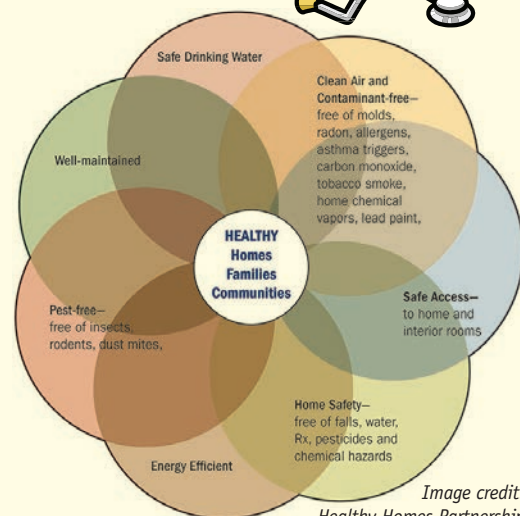


Image credit:  
Healthy Homes Partnership

Vacuum up dust mites. Wash floors and other surfaces frequently. Empty the garbage often.

- Pollutants are a health hazard, especially to people with allergies or asthma.
- Do not allow anyone to smoke inside your home.
- Remedy moisture problems in the bathroom and elsewhere to prevent mildew and mold.

"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](mailto:atesterman@indianhealth.com)

## DIABETES PROGRAM SCHEDULE

*Got Diabetes??? Get your health on track now!*

Typically, on the fourth Wednesday of every month during JOH Workshops, Nutritionist Jina George, RD, CDE, coordinates a "Lunch & Lean" presentation. The workshops offer valuable education, cooking and exercise demonstrations, complimentary lunch and wellness-inspired raffles and prizes.

On August 24, 2015, Jina took her "show" on the road to Santa Ysabel, where she presented an Interactive Grocery Store Tour and prepared a summer quinoa salad. Here is what's coming next, in September and October. For more information, call ext. 5237.

SEPT 23  
WED  
10-1pm



### 2015 WELLNESS EXPO

By: Variety of Wellness Vendors  
Wellness panel and talks on the hour  
Menu: Grilled Chicken Burrito Bowl  
Location: Indian Health Council MPR

OCT 28  
WED  
12-2pm



### INTRO TO KETTLE BELL FITNESS Burn It Off Before the Holidays

By: Alyssa Cooke, PAS  
Menu: Flatbread Pizza  
Location: Indian Health Council MPR

## Kidney Smart Classes

IHC offers a quarterly Kidney Smart Class. This introductory/refresher course covers basic chronic kidney disease concepts and dialysis options. Days and time vary. Please call ext. 5237 or 5445 for information.



# Stitch-to-Wellness Program “Quilts” People Together

A handmade quilt is a beautiful thing. Each quilt is one-of-a-kind, reflecting the unique pieces that combine to create it.

“The art of quilting is an apt metaphor for our Stitch-to-Wellness weekly sessions,” explains Tribal Family Services (TFS) Director Karan Kolb. “Each participant creates their own portions and adds their contributions to a synergistic whole that is greater than the sum of its parts. While their hands are busy, people share their thoughts on the weekly topic; discussing important topics in the community.”

The Stitch-to-Wellness program teaches people how to craft, sew, stitch, quilt and bead. It is supported by San Diego County Prevention and Early Intervention (PEI) Agreement 548015 to reduce early onset of mental health issues. The sessions take place every Wednesday from Noon-3 pm in IHC’s Dreamweaver Room. They are open to all in the community; no experience needed. To date, they attract a core group of “crafty” and chatty ladies. The results are works of art.

## Mental Health Support

Discussion topics are serious, exploring issues such as causes of mental illness and specifics of bipolar disease. But people passing by the room will hear hearty laughter as well as heartfelt conversation as participants talk freely about timely issues such as coping with back-to-school stress. They also learn how and where to obtain mental health support.

For more information about the sessions, please contact program coordinator Cori Owens-Biggs at ext. 5323. She says, “In everything IHC does, its Mission is Empowering Native Wellness. Our Stitch-to-Wellness sessions ‘quilt’ people together.”



*While people quilt, they discuss important topics in the community.*

## Lunch & Learn Thursdays Offer Food for Thought

Did you know that drinking one-half cup of green tea daily for at least one year can result in a 46% reduction in developing high blood pressure? Or that women who gain more than 20 pounds after age 18 have a five-fold increase in the risk of developing hypertension compared to those who do not?

A participant at a recent Lunch & Learn said, “I found these and other facts related by IHC physician Dr. Walter Jensen and cardiologist Dr. Charles Smith very thought-provoking.”

That is precisely the intent of these Noon-1 pm seminars that take place on the fourth Thursday of each month. The topics are diverse. In addition to fascinating facts, real-life case studies enhance the learning process. Speakers include IHC providers and specialists from throughout San Diego County.

All IHC staff as well as clients and community members are welcome to attend. Reservations are not required, but attendees should bring their own (healthy) lunch.

Lunch & Learn presentations last just one hour. The valuable information you digest can last a lifetime. For more information, please call Medical Admin Assistant Annabelle Testerman at ext. 5377.



*Dr. Jensen presented a compelling overview of hypertension at a recent Lunch & Learn.*

*Lunch & Learn  
presentations are  
thought-provoking.*

# 2015 | 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 generally held from **8:30-11:45 am on the second and fourth Thursday** of each month in Medical. Please call ext. 5237 for information.

## DIABETES 101

This Journey of the Heart/SDPI-funded workshop is designed to inform, prevent and empower. Classes are ongoing in the Multipurpose Room. Please call ext. 5237 for information.

## MAMMOGRAM CLINICS

Mammogram clinics are held from **8:30 am-1 pm on the first Friday** of each month in Medical. Please call ext. 5344 to schedule an appointment.

## OB CLINICS

OB clinics are typically held **every other Thursday at 8 am** in Medical. For information, please call Medical.

## BLOOD PRESSURE CLINICS

Clinics for Native American and family members interested in lowering their blood pressure through medications and lifestyle changes, including nutrition and exercise, are held on the **first, third and fourth Tuesday from 9am-Noon** in the CHS Department. For information, please Call ext. 5356.

## CHILD CAR SEAT SAFETY CLASSES

These classes, which are funded by an IHS Tribal Injury Prevention Cooperative Program (TICAP), demonstrate proper usage of a safety seat. Native American parents who complete the class and show they can properly install a seat in their vehicle receive a free convertible or booster child safety seat. Please call ext. 5356 for information on classes at Rincon and Santa Ysabel.

## ACUPUNCTURE CLINICS

Acupuncture clinic are held **Mondays from 9am-3 pm** and **Thursdays from 9 am-11:30 am** in Medical. For information, please call Medical.

## CHIROPRACTIC CLINICS

Chiropractic clinics are held every **Tuesday and Thursday from 1-4 pm**. For information, please call Medical.

## PREVENTION AND EARLY INTERVENTION (PEI) PRESENTATIONS

PEI presentations funded by the County of San Diego (Agreement #528301) on a variety of topics take place at **11 am on the third Thursday** of the month in the Dream Weaver Room. Please call ext. 5284 for information.

## FITNESS FUN:

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.*



**Carrie Gerdik**  
Family Nurse Practitioner



**Annabelle Testerman**  
Medical Admin Assistant



**Valerie Boyle**  
CHS Admin Assistant



**Jason Kornberg MD**  
Psychiatrist



## no cavities club

Marlene Smith  
Elena Harvey  
Michael Lira  
Avellaka Schlater  
Shaelyn Albright  
Leo Cloninger  
Jimmy Peralta  
Henry Ratliff  
Jonathan Romero  
Beverly Duro  
Vincent Lambert  
Antonio Gonzalez  
Jacob Stewart  
Leona Smith  
Colin Dixon

Jacob Barnes  
Vanessa Garcia  
Malik Hamideh  
AaliyahHamideh  
Maximus Cueva  
Robert Wendruck  
Ransom Bojorquez  
Victoria Lira  
Jayda McElroy  
Jax Greene  
Shana Greene  
Felix Linton  
Puuyish Edwards  
Naheylish Calac  
Emma Soto

Emma Beresford  
Callie Beresford  
Squishy Carlson  
Marcus Nelson  
Justus Kole  
Jasmine Duro  
Aria Luna-Cueva  
David Mendoza Jr.  
Betty Walsh  
Tatiana Reighn-Alfaro  
Temet Osuna-Favela  
Kaiden Kenney  
Nalena Garcia  
Aheyla Garcia

***Awesome!***

# INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness

50100 Golsh Road  
Valley Center, CA 92082

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*

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Doris Beresford	La Jolla
Andrew Campbell	Los Coyotes
Mariah Aguayo	Los Coyotes
Tony Gumataotao	Mesa Grande
Mercedes Amavisca	Mesa Grande
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Patricia Dixon	Pauma
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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

### Dental Department

M-F 8:00-6:30

Specialty Hours, 8:00-4:30

### Pharmacy Department

M-F 8:30-6:30

### 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

### 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.

Hygiene Wed Only

### Pharmacy Department

M, W 10:00-4:00

Fri 10:00-12:00