



INDIAN HEALTH COUNCIL, INC.



Fall 2009

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

Volume 25 Issue 3

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Opening attracts many.

ELDER/YOUTH CENTER OPENS

IHC IS GOING GREEN!



Indian Health Council is excited to announce it is now a bright shining green!

“Our staff has embraced recycling,” reports CEO Romelle Majel McCauley. “Employees dispose of paper in handy desk- and department-area recycling bins and pursue electronic as opposed to print communications. Employees drink from IHC-supplied plastic mugs, avoiding waste-creating paper cups. Human Resources has eliminated many paper notices; instead, reports, schedules and other items are posted on the IHC intranet.”

The Administration Department is moving forward on many proactive, eco-friendly fronts. It has “green”lighted a carpool program to cut down on pollution, rewarding car-pooling employees with gas gift cards.

Coming Soon: Solar Generation Panels

IHC has received a \$250,000 federal stimulus grant through the American Recovery and Reinvestment Act. The money will be used to build a parking structure that wraps around the entire Rincon clinic upon which solar panels will be placed. Construction is anticipated to begin in early 2010.

Chief Operating Officer Orvin Hanson states, “Once completed, the project should result in a 15 percent savings on utility costs while offering clients covered, shaded parking.”



Dental Biller Gail Wilson says, “We recycle tons of paper in Dental. It’s so easy. These big bins make it very convenient. We’re all happy to participate.”

People who correspond with IHC may see this earth-friendly reminder in their emails:

 **Think about the impact printing this will have on the environment. If it's not necessary to print this, please don't. Thank you for caring about our earth!**



LUNCH BUNCH

Hungry To Improve Patient Care



Medical huddle, clockwise from left: Left to right Jina Mitchell, Corinna Nyquist, Nicolette Davis, Sheila Farr, Irene Garcia.



Dental huddle: Dr. Fredrick Weissich, Carissa Huerta, Araceli Arroyo.



Medical huddle, clockwise from left: Mary Jo Strom, Alisha Hulett, Corinna Nyquist, Marleny Sibrian.

On two Tuesdays a month, they arrive at the clinic library at noon; bearing lunches, laptops, pens and paper. They are eager to share their successes and concerns with each other and, via electronic teleconference, with Indian clinics across the U.S.

Who are they? Some of the many IHC people striving to improve the patient experience via Innovations in Planned Care (IPC). The program operates under the Institute for Healthcare Improvement and a grant from Indian Health Service.

In the Spring 2009 issue (posted at www.indianhealth.com), we profiled the history of IPC, which uses a multidisciplinary approach to attain health improvement. In this issue, we look at IHC's IPC accomplishments, as discussed during a recent e-conference.

Client Empowerment Is The Goal

"Self-management is the key," stresses Coreen Nelson, MA, as she and other IPC team members participate in a presentation by Chinle Service Unit. "We want to empower patients to manage their health by educating them on their conditions, involving them in their treatment plans and sharing with them the responsibility of keeping up-to-date with preventive care."

Team Leader Corinna Nyquist, BSN says that with three Medical teams and one Dental team huddling daily and staff from other departments participating as well, "We can go the extra mile to offer extremely comprehensive medical care." Nurse Practitioner Mary Jo Strom concurs, saying, "Our standard of care is very high."

IPC benefits include increased productivity, attainment of fiscal goals, less staff turnover and higher employee morale.

The primary beneficiaries are patients. "We strive to establish a partnership with each patient," confirms Corinna. "They are the key players."

Led by CEO Romelle Majel McCauley, IPC takes healthcare from a provider-driven to a team-driven matrix. Each patient "belongs" to a pod (team) consisting of two providers, one RN and three MAs.

Full Speed Ahead

IHC's IPC success earned it the 2008 California Government Performance Results Act (GPRA) Award, for superlative accomplishments in meeting and exceeding stringent measurements.

Team members are now focused on accelerating their progress. "We want to find and train community mentors to facilitate client empowerment," reveals Corinna. "We want to involve our entire clinic and client base. Continual improvement is our goal."

The primary beneficiaries of IHC's Innovations in Planned Care are patients. Continual improvement is the goal.

Seeing Eye to Eye ...

A Simple, Painless Glaucoma Exam Can Save Your Sight

Once a month, at the Rincon clinic, clients are quickly and painlessly saving their sight. The thorough test given by Mobile Glaucoma Solutions (MGS) professionals takes only about ten minutes. There is no dilation, no puff of air, no discomfort at all; just a healthy dose of technology.

Once the amount of pressure against the tissue in your eye is determined, you will know if you have or could be on your way toward getting glaucoma. If the latter is the case, you will learn how to treat the problem.

Cliff Scott of MGS explains, "Glaucoma has no symptoms except going blind. Once your eyes reach that critical stage, you cannot reverse the disease. In early stages, treatment can be as simple as putting daily drops in your eyes."



Cliff Scott administers the quick and painless exam.



Donna Lofton is happy to "pass" her glaucoma test.

People with Diabetes at Increased Risk

People with diabetes are at increased risk for glaucoma, making testing even more crucial. Cliff notes, "We can often tell five or six years in advance of onset of the disease."

Donna Lofton of La Jolla took advantage of MGS's presence at the May 2009 Traditional Health Gathering to undergo her first-ever test. Happily relieved to learn she is free of glaucoma, Donna says, "I have

diabetes, so I'm glad I had the exam and so pleased to know that I'm OK."

To obtain more information or to schedule an appointment for your glaucoma test, please contact the Medical Department.



"WEIGH" TO GO!

Every Monday from Noon-1 pm at the Rincon clinic, IHC staff and community members gather to pursue a healthier lifestyle. A 17-session Weight Watchers class is being held on-site.

If successful, the program may continue. "We're serious about promoting healthy weight loss," explains Human Resources Director Donna Rico. "Coming together in a friendly atmosphere makes it fun."

AN IMPORTANT MESSAGE FROM MEDICAL

Flu season is almost upon us. Here are some things you can do to protect yourself against various strains of influenza, including H1N1.

- See page 10 for flu shot availability and watch for information distributed at the clinic.
- Stay well by follow good nutritional and exercise programs and avoiding unhealthy practices such as excessive drinking.
- If you experience flu-like symptoms – such as a high fever, cough, sore throat, chills or body aches – stay home and avoid large gatherings until your symptoms are gone for at least 24 hours.
- Prevent spread of the virus by covering your mouth when you cough or sneeze.
- Wash your hands, wash your hands, wash your hands!

Dental Smiles Start Early And Can Last A Lifetime

The children's oral health program gives young patients and their parents lots to smile about. For starters, there's our friendly, competent, child-oriented staff, functioning under the supervision of Dental Director Carrie Lambert, DDS and led by Pediatric Dentist Kyomi O'Connor, DMD, PhD. Rounding out the team are RDAs Conchi Zuniga, Shanika Eatmon and Tracey Stenson and RDH Jennifer Primrose.

Dr. O'Connor's professional yet warm manner leads to successful results, with fun toys as rewards. Speaking in a calm, quiet voice, she reduces the level of apprehension by referring to local anesthesia, which most kids fear, as "sleepy juice that puts your teeth to sleep. I never use the word 'shot' or let children see the syringe," she emphasizes.

Dr. O'Connor introduced a full range of pediatric dental services when she joined IHC in 1998. In addition to utilizing inhalation and oral medication conscious sedation, she teams monthly with a dental anesthesiologist to perform dental work requiring deep sedation.

Dr. O'Connor serves children starting at about six months of age. She works two and one-half days each week, and says she doesn't mind the long drive from Carmel Valley.

"I love being here. We have a great team, in Dental and throughout Indian Health. The collaboration among departments enables us to provide very good service to patients. I appreciate the trust I have been given by the community."

Continual Improvement In Oral Health

Dr. O'Connor has witnessed an improvement in children's dental health. "We often used to see five-year-olds with multiple dental abscesses. Our in-clinic and outreach efforts have made a difference over the years," she believes.

No matter how busy the day or how challenging the patient, Kyomi O'Connor takes it all in stride, with a happy smile always lighting up her face. "You did so well. We filled three cavities so you may take three prizes," she tells Danika Stalcup of Santa Ysabel, there with her father, Chris. Then she hands a model of huge teeth to her next patient, Bryce Beresford, who has come from Mesa Grande with his father, Donald.

As he sits in the chair awaiting the procedure, Bryce's countenance says it all. This is a happy place where Team O'Connor put a beautiful big smile on everyone's face.



Bryce Beresford with his dental team: Dad Donald, Dr. Kyomi O'Connor, Conchi Zuniga, Dr. Carrie Lambert, Tracey Stenson.

DEAR PARENTS: We Need Your Help

Children's dental health is a team effort. You are an important part of our team. Here's how you can help:

- Present upcoming dental appointments in a positive way to your child.
- Avoid giving babies older than one year any sugary drink (including milk and natural juice) after dinner.
- Take your child off the bottle between 12-15 months old.
- Visit the clinic before the child's first birthday, and keep up to date with periodic exams.
- Make sure you arrive ten minutes prior to your child's appointment. We need to stay on schedule so we can devote sufficient time to your child, and to all our young patients.



Jennifer Primrose helps Little Feather Jeremy Redfern brush some big teeth.

On The Road For Kids' Oral Health

Jennifer Primrose and Tracey Stenson say one of the best parts of their job is performing educational outreach at local schools. "We love working with kids," says Tracey. "We bring an animal with big teeth, sit in a circle and teach the children how to brush and floss. One by one, the kids learn skills while having fun."

The program dissolves apprehension, so when these young patients later visit the clinic, they come prepared instead of scared. In August, the team visited the Rincon Child Care Development Center and Pala Little Feathers Preschool. Next up is Rincon Head Start on September 23.

DIABETES DO'S AND DON'TS

FOCUS: Food



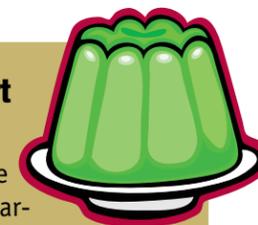
Jina Mitchell.

Almost one in every four people with a medical condition such as diabetes reads food labels to help manage their condition? Are you one of them? If so, congratulations. If not, it's time to jump on the nutrition bandwagon.

A recent study reveals that people with diabetes who get more than 25% of their daily calories at night are more likely to be depressed, become obese and suffer diabetes-related complications.

Making smart food choices can be deliciously easy. Here are some quick tips to put you on the road to healthy success. For more information and individualized assistance, contact IHC Nutritionist Jina Mitchell at ext. 5392.

- DO** choose foods that are high in fiber.
- DO** limit saturated fat to under 7% of your total daily calories.
- DO** choose smart carbs such as fruits, vegetables, whole grains and legumes.
- DO** eat two or more servings of fish per week, but **DON'T** eat fried fish.
- DON'T** snack (especially late at night) on sugar- or fat-laden treats. If you must "nosh" at night, snack on healthy foods such as plain yogurt, raisins or high-fiber cereal with non-fat milk.



Light 'n' Fruity Jell-O Dessert

Ingredients:

- 1 3-oz. box strawberry or lime sugar-free Jell-O or other sugar-free flavored gelatin
- 1 cup hot water
- 1 16-oz. can crushed pineapple (drain juice)
- 1 cup light or sugar-free cool whip, thawed
- ¼ cup chopped walnuts

Directions:

Dissolve Jell-O in hot water. Refrigerate until the mixture thickens to a thick syrup. (Check after 15 minutes.) Add crushed pineapple, cool whip and nuts. If desired, add Splenda to increase sweetness. Turn mixture into a mold or dish and refrigerate until firm, 4-5 hours or (best) overnight.

This mini-column offers ways in which people with diabetes can maintain healthy habits, avoid preventable complications and improve their physical and emotional well-being while managing their disease. For more information on how you can take control, please visit the clinic.

MEDI-CAL Changes In Effect

As of July 1, 2009, State

budget cutbacks have resulted in the elimination

of Medi-Cal coverage of

adult dental. For more

information, please contact

Nancy Spence at ext. 5285.

IN MEMORIAM: Louis Motta

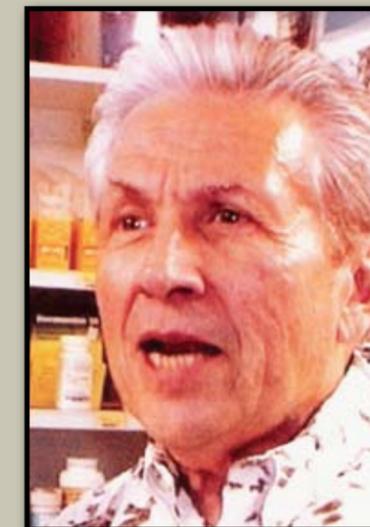
Louis Motta, IHC's longtime Volunteer Pharmacist, died in June 2009. COO Orvin Hanson states, "IHC lost a former employee and friend. Lou helped make our Pharmacy program one of the best in Indian Health Service."

After a stellar, five-decade career, Louis began volunteering at the clinic in 1992. Pharmacy Director Bob Schostag recalls, "Lou was a very engaging personality; so full of vitality and curiosity. Lou was interested in patient outcomes and patient safety. He was never afraid to question how we were doing something if he believed that it could be improved. I admired the way he enjoyed and interacted with people."

Louis volunteered until he and his wife, Kitty, moved away in 2006. After that, he stayed abreast of clinic activities by remaining in touch with Bob Schostag and Ed Wiegand.

When asked why a man who had held prestigious positions, published learned articles and developed pioneering pharmacy products would work for free, Louis replied, "Volunteering provides a satisfaction that I can give something of my experience to better IHC clients' quality of life. The satisfaction I receive improves my own quality of life."

Louis Motta was part of the IHC family. He will be missed and remembered.





IHC Welcomes YNS

July 1 was a special day for 20 Tribal 7th-12th graders from across the state as they joined in San Diego to attend the Young Native Scholars (YNS) InterTribal Youth Program administered by The BRIDGE in collaboration with Purdue University Indigenous Earth Science Program and the greater San Diego Tribal community.

During their visit to IHC's Rincon clinic, YNS students had an opportunity to explore health science careers that provide a great future while enabling them to serve their Tribal community. It's all here for you at Indian Health, was the message communicated, says YNS Coordinator Marc Chavez.

He notes, "IHC is an award-winning facility and provides the lifeline to the area's



Dr. Calac inspires YNS students during their visit to Indian Health Council.

Native community. It's important for our youth to know what it takes to keep our community healthy. We loved being hosted by CA-NARCH. The youth shared in the enthusiasm of Dr. Dan Calac, who serves on our Board of Advisors."

For more YNS information, visit [www. InterTribalYouth.org](http://www.InterTribalYouth.org) or watch the summer program videos at [www.YouTube.com/ InterTribalYouth](http://www.YouTube.com/InterTribalYouth).

Dr. Calac And Team Update IHC Board

On July 16, Dan Calac, MD, who is both IHC's Chief Medical Officer and CA-NARCH's Principal Investigator, wore both hats while leading a research-and-student team presentation to Indian Health Council's Executive Board. Joining Dr. Calac were Dr. Gottlieb, Dr. Lambert, Lucy Cunningham, Deborah Wingard, Deborah Morton, Christina Chambers and Dr. Brodine as well as students Marc Emerson and Brittany Trischler.

The team spoke enthusiastically about four upcoming research projects that will be funded through the National Institutes for Health (NIH). The exciting projects (a Student Development Program, Diabetes Acupuncture Study, Atherosclerosis-Periodontal Disease Study and Fetal Alcohol Spectrum Disorder Study) will be profiled in the next issue of this newsletter.

Dr. Calac reports, "The presentation was well-received by Board members, who also comprise the CA-NARCH Advisory Board representing IHC's consortium communities.

Board members were especially pleased to hear our students relate how CA-NARCH has helped motivate and mentor them while providing avenues to career opportunities in the field."

REMEMBERING Crystal Dawn Roberts-Mesa March 17, 1979–July 5, 2008

It is with a mixture of profound sadness and genuine affection that we remember CA-NARCH student Crystal Dawn Roberts-Mesa. July 5 marked the one-year anniversary of her death. Crystal, whose father was a Lakota Sioux Indian from South Dakota and whose mother was a Western Cherokee Indian from Oklahoma, navigated her way successfully in many worlds, focusing always on education and community. She is greatly missed by all who had the good fortune to share her all-too-brief path in life.

Students Make Healthy Progress

We at CA-NARCH are pleased and proud to watch the students we have nurtured over the years take wing and soar to their bright futures.



Brittany Trischler.

Brittany Trischler, a member of the Cherokee and Seneca Tribes, will take a two-year hiatus from school after graduating from the University of California San Diego last spring with a major in psychology and minor in ethnic studies. She says, "My goal is to obtain a PhD in psychology and serve my Native community through counseling and research." She recently joined the Veterans Medical Research Foundation in La Jolla as Project Coordinator/ Research Assistant, where she currently conducts chronic pain studies.

Brittany says, "I am grateful for NARCH's academic, social and research support. I wanted a program where I felt I was a part of something. Through NARCH, I got involved in programs and opportunities at UCSD I would not have known about. NARCH introduced me to other Native students, which helped me further develop my Native identity and create a space for Native students on the UCSD campus. The program also pushed me to reach for more than just a college degree."



Breanna at her Nursing Honors Convocation Ceremony, in which she is pinned by her parents with her RN pin.

Breanna Siva is now Breanna Siva, RN, BSN. After graduating Cum Laude in May 2009 from San Diego State University's School of Nursing, she passed the National Council Licensure Examination for Registered Nurses exam and attained her RN in July. Currently, Breanna is applying to graduate RN programs at various local hospitals.

Breanna and her mother are enrolled in the Turtle Mountain Band of Chippewa Indians. Her father is enrolled in the Rincon Band of Luiseño Indians. Breanna says, "I intend to focus on primary prevention, especially amongst the Native American population, educating all ages on how to lead a healthier lifestyle. I believe empowering people with knowledge is the key to preventing illness."

Breanna says, "NARCH helped me connect with other Natives on a similar career path and helped me recruit more Natives into healthcare. All staff made themselves completely available to assist me with my needs, from help with a resume to finding a job. I am extremely grateful."



Rose Flores celebrated her recent success at Disneyland, where she donned Mickey Mouse ears over her graduation cap.

After receiving her BA in psychology from San Diego State University in 2008, Rose Flores, a Pima Indian from Arizona who grew up in Southern California, headed east to Boston University, where she received an MA in psychology. "I plan to pursue a PhD in the near future after getting real-world experience as a research assistant in the San Diego area," Rose reports.

"NARCH and its amazing staff have been an invaluable resource. They helped me obtain my research assistant internship with the underage drinking project. They assisted with grad school applications. I could never thank them enough for their generous and caring spirit, and emotional support. They are more than just staff; they're like family to me."

To Rose, Breanna, Brittany and all our valued students: You are like family to us as well!

About NARCH

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

Principal Investigator:
Dan Calac, MD
Program Director:
Stephanie Brodine, MD

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

Academic Partners



SAN DIEGO STATE
UNIVERSITY



Elders Participate In Bettering Their Health

A Community Health Services (CHS) Public Health Nurse (PHN) Elder Case Management grant is funding an exciting multidisciplinary program designed to benefit the health of elders in IHC's consortium community by involving the people it is intended to help. A Key Stakeholder Committee (KSC) of elders from diverse reservations began meeting monthly with IHC staff in Spring 2009.

As of September 2, 2009, the clinic completed the first year of this four-year, \$150,000-per-year grant from Indian Health Service/Public Health Nursing. The project is intended to increase health indicators for Native elders and those with chronic diseases such as diabetes, cardiovascular disease and asthma. It serves people with chronic illnesses who are 55 and over as well as all people 65 and over.

According to CHS Director Martina Portillo, "We are using four phases of PHN case management: 1) assessment; 2) planning; 3) implementation of case management model; and 4) evaluation. Through home visits, we want to increase medical appointment follow-through, medication compliance and collaboration among providers."

Data obtained will be tracked electronically to measure progress. Long-term outcomes should be stabilization and reduced emergency visits related to chronic illness as well as coordinated case management of participants.

KSC Is Key To Success

Martina says the KSC meetings have been very productive. "As part of community assessment, we discuss with elders the strengths and weaknesses of their

Key Stakeholder Committee meetings have been very productive. They enable IHC staff to assess and address the strengths and weaknesses of Tribes and to improve the delivery of health care to elders.

Carolina Huerta Feels At Home At IHC



Carolina Huerta, PHN, RN, MPH possesses a strong background to be Coordinator of CHS' PHN Case Management Grant. She also has the innate desire to serve the community.

"From the moment I came here in December 2008, I felt very comfortable," she explains. "I have enjoyed getting a feel for the community's needs and strengths and I like being involved in a client-centered home visit program."

Prior to joining IHC, Carolina worked for Project Concern International, where she created a doula professional support program for pregnant women and new moms.

Carolina has been attentively listening to elders at the KSC meetings. "They're the ones who know best. We want the program to be what participants want it to be, so their input and feedback are very important."

As a Chilean of mixed ancestry – including Native – Carolina felt drawn to IHC. She says, "I'm attracted to Native American arts and traditions, which are similar to my original culture. I feel very much at home here."

respective Tribes and have asked them to assist us in forming focus groups." To date, several reservations have focus groups in operation.

IHC staff members, including Human Services Director Dr. Hector Torres, Ambulatory Services Director Corinna Nyquist, Nurse Practitioner Mary Jo Strom and Referral Coordinator Tricia Navarro, participate in monthly KSC meetings. Social Services Case Worker Nancy Spence handles referrals and helps clients. These and other staff members answers elders' questions regarding IHC's medical care and processes.

The "we're all in this together" approach is already reaping rewards, Martina reports. "We learn valuable information from the KSC that enables us to improve our health system. We find out about senior trips, meal sites, events and other key community information."

Awards Enhance TFS Visibility and Value



Left to right, COO Orvin Hanson and CEO Romelle Majel McCauley congratulate Karan Kolb, along with her TFS staff Nancy Spence, Darla Schmidt and Paula Acosta. Not pictured: Cori Biggs.

Karan Kolb, Tribal Family Services Director of Social Services, says she has been honored to receive a 2009 Stars Award from the San Diego County Commission on Children, Youth and Families. She also has become a Community Advisor for the San Diego State University (SDSU) School of Social Welfare.

Karan states, "I have been pleased to accept the award and my expanding role as a conduit to enhance Indian Health Council's reach into the wider community. My work with SDSU will enable us to bring Native American interns to the clinic. We also can take steps to ensure that TFS' Indian Child Welfare Act (ICWA) program is included in the SDSU curriculum."

PEI Open House



The Prevention Early Intervention (PEI) Elder/Youth Center in Human Services celebrated its grand opening on August 6. Pictured here are Leland Growingthunder, John T. Jehling, Erwin Osuna III and Monique Vasquez. Stay tuned to the next issue for an in-depth look at this comprehensive new program.

ask DR. TORRES
The "Ask Dr. Torres" column will return in the next issue.



HER VISION: 20-20-20

While visions of turkey legs are on many people's minds the weekend before Thanksgiving, Angie Cuevas' two strong legs will carry her 20 miles a day for three days straight. Angie, IHC's Human Resources Administrative Assistant, is participating in the November 20-22 Breast Cancer 3Day Susan G. Komen Walk for the Cure in San Diego.

Team captain of "Natives for the Cure," Angie, a Luiseño Indian from La Jolla, has received much support and encouragement. She is raising \$2,300 from colleagues, friends and family members as well as local Tribes and businesses. To donate, visit www.the3day.org, call 800-996-3day or visit Angie at the clinic to purchase one of her hand-crafted dream catchers.

Two feet. Three days. Sixty miles. One strong commitment to bettering women's health. All of us at IHC wish Angie a successful walk!



Angie Cuevas, left, joins with Exercise Specialist Angelina Renteria on weekdays to prepare for the walk.

2009 | 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.

FLU SHOTS

Standard flu shots are available to all. The H1N1 (swine flu) vaccine, if available, will be provided first to high-risk patients such as the elderly and those with poorly controlled asthma. Please contact Medical.

BLOOD DRIVES

Blood drives are open to everyone. They take place from **8 am-3 pm** at the Rincon Clinic. Please call ext. 5313 for details. Next up: **December 17.**

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 from **8:30-9:30 am** on the **second** and **fourth Thursday** of each month in Medical. Please call ext. 5392.

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. 5356 or just join us.

3:00-5:00 pm: October 13 | November 10 | December 8 **10:00 am-12:00 pm: October 14 | November 11 | December 9**

MAMMOGRAM CLINICS

Mammogram clinics are held from 9 am-2 pm on the first Friday of each month in Medical. Appointments are required. Please call ext. 5344. **October 2 | November 6 | December 4**

OB CLINICS

OB clinics are held at **8:30 am** on the **first** and **third Thursday** of each month in Medical. Please call 233-5560.

CHILD PASSENGER SAFETY CLASSES

Child passenger safety classes funded by the State of California, the American Indian Infant health Initiative "Bright Future" program, demonstrate proper usage of a safety seat. Native American parents who complete the class and show they can properly install a seat in their vehicle receive a free convertible or booster child safety seat. Classes are held in the Community Health Kitchen at 9 am on the following dates. Please call ext. 5356 to reserve your spot.

9:00 am: October 23 | November 20 | December 18

NEW! – PERIPHERAL ARTERY DISEASE CLINICS

Peripheral Artery Disease (PAD) can negatively impact circulation. IHC encourages all Native Americans 50 and older to participate in a simple, non-invasive PAD screening to detect clogging in leg arteries. Clinics are held every **Tuesday**, from **9 am-2 pm**. Please call Medical to schedule an appointment.

FITNESS FUN

Ongoing exercise classes are funded through JOH and SDPI grants to improve and prevent diabetes. They are open to everyone in the community. To request a class on your reservation, please call ext. 5263.

- IHC Multipurpose Room Exercise Class: Wednesdays, 12:00-1 pm.
- Pala Senior Water Aerobics: Mondays and Thursdays, 9:30-10:30 am.
- Santa Ysabel Group Exercise: Thursdays, 12:00 – 1 pm.
- Pauma Group Exercise: Tuesdays, 5:15-6:15 pm.
- La Jolla Group Exercise: Tuesdays, 12:00 - 1 pm.

Also ... Free personal training sessions are available to Tribal members by appointment only. Call ext. 5263.

WELCOME TO THE IHC NEIGHBORHOOD

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



Emerson Goldtooth
Injury Prevention
Coordinator



Franie McKeown
Patient Services
Representative



Leon Altamirano
Prevention Early Intervention
Consortium Psychologist



Jennifer Roberts
Preventing Underage
Drinking Coordinator



Levi Montero
Patient Services
Representative

no cavities club

NoLee Alvarado

Kaya Amago

Gage Baay

Isaac Baay

Bryce Beresford

Anpetuwitopa Blackcalf

Dominique Chaves

Torin Chavez

Seth Cook

Keanna Cote

Mahina Curley

Richelle Diaz

Marios Donate

Mia Donate

Naiomi Garcia

Janessa Genece

Sofia Hewlett-Cook

Cekala Holsey

Thomas Huber

Patricia Huber

Garman Janine

Koda Jimenez

Natalie Keefe-Quesada

Anyssa Lopez

Gauge Lyon

David Magante

Donald Magee

Noah Massell

Ramsey Molina

Winter Molina

Anthony Murillo

Kristian Nelson

Chiara Oyos-Haynes

Lucas Oyos-Haynes

Faith Pojas

Lily Quis Quis

Connor Rodriguez

Lili Rodriguez

Faith Scott

Isabella Silva

Womsi Stoneburner

Darrow Toler

Ethan Tompkins

Robert Wendruck

Isiah Whitsey



INDIAN HEALTH COUNCIL, INC.

A facility as unique and valuable as the community it serves

Newsletter

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Fax: (760) 749-1564

24/7 Comment/Suggestion Line: Ext. 5307

Patient Transportation Medical Department:
Ext. 5269

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

OFF-HOUR EMERGENCIES

Palomar Hospital: (760) 739-3000

Fallbrook Hospital: (760) 728-1191

Children's Hospital: (760) 739-1543

RINCON HEALTH CENTER SCHEDULE

M-F, 8:00 am - 6:30 pm

(unless otherwise noted)

MEDICAL – Ext. 5344

(Note: Currently, Medical is open on a pilot basis until 6:30 pm every day. These extended hours are subject to change, depending upon client demand.)

Doctors/Nurses

(including child visits) M-F, 8:00 am - 6:30 pm

Obstetrics every other

Th, 8:30 am - 12:00 pm

Pediatrician M, W, F, 8:30 am - 4:30 pm

Podiatry every other F, 8:30 am - 4:30 pm

X-Ray M - F, 8:30 am - 6:30 pm

Diabetes Clinic

every other Th, 8:30 am - 12:00 pm

DENTAL – Ext. 5255

Dentists/Hygienist

M, T, Th, F, 8:00 am - 4:30 pm

W, 8:15 am - 6:30 pm

Orthodontist and other Specialties

Call Ext. 5253 for schedule

COMMUNITY HEALTH – Ext. 5237

Public Health Nursing, Home Health Aides,
Environmental Technician, Nutritionists, etc.

M-F, 8:00 am - 4:30 pm

HUMAN SERVICES – Ext. 5249

Social Services, Child Abuse, Domestic
Violence, Substance Abuse, Tobacco
Education, Parenting and Specialty Programs

M-F, 8:00 am - 4:30 pm

TRIBAL FAMILY SERVICES – Ext. 5321

Services and Programs

M-F, 8:00 am - 4:30 pm

PHARMACY – Ext. 5251

All Services M - F, 8:30 am - 4:30 pm

OTHER PROGRAMS & SERVICES

Call for schedule

SANTA YSABEL COMMUNITY HEALTH CENTER SCHEDULE

110-1/2 School House Canyon Road

Phone (760) 765-4203 * Fax (760) 765-4208

*Temporary: General Hours of Operation
M, W, 8 am-4 pm F, 8 am-Noon*