



INDIAN HEALTH COUNCIL, INC.



Spring 2009

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

Volume 25 Issue 1

INSIDE THIS ISSUE



INNOVATIONS IN PLANNED CARE PROGRESSES



THE BIGGEST LOSER IS THE BIGGEST WINNER



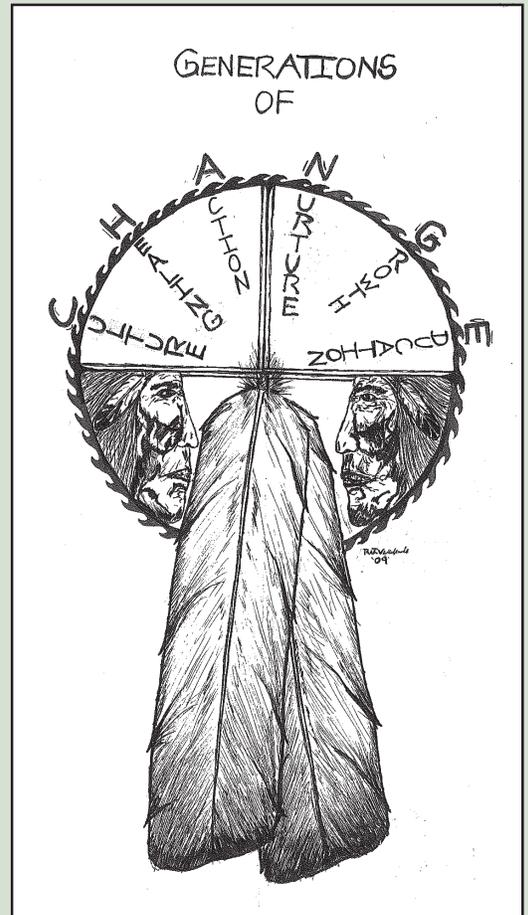
AVON GRANT FUNDS BREAST CANCER AWARENESS

JOIN "GENERATIONS OF CHANGE"

2009 Traditional Health Gathering Takes Place May 15-17

This is a year of change around the country and throughout the world. With the theme of "Generations of Change," IHC's 19th annual Traditional Health Gathering on May 15-17 captures that spirit, connecting it with Native American traditions of the past and with an optimistic, healthful outlook for the future.

Thanks to the Pala Band of Mission Indians, the Gathering will once again be held at Pala Rey Youth Camp. Offering something for everyone, last year's event attracted 450 infants to elders. This year, popular cultural activities such as weaving, beading, storytelling and peon will return. Also featured are health screenings, massage, acupuncture and presentations.



2009 Traditional Health Gathering design in progress by Robert Villalpando of San Pasqual.



This beautiful doll set donated by Karan Kolb is one of many unique raffle prizes.

When visitors participate at a booth/ activity, they will receive a raffle ticket for one of many great prizes. To donate a raffle item or obtain more information, please call ext. 5321 or 5324.

CLIENTS HAVE A “HOME” AT IHC



These and other IPI team members are working to improve the matrix of client care.

In 2007, IHC became the first (and still the only) Indian clinic in California to embark upon a pioneering program designed to attain continuous, multidisciplinary striving for improvement in Indian Country. Working with the Institute for Healthcare Improvement (IHI) and a grant from Indian Health Service (IHS), it began to benchmark Innovations in Planned Care (IPC).

IHI Team Leader, Corinna Nyquist, BSN, reports, “Beginning first in Medical and Community Health, our clinic set and achieved aggressive goals to improve efficiencies, close the gap between provider and patient, and streamline processes.” Goals set and met include cutting the prescription approval process and computerizing data entry. Recently, the project began branching out to involve all IHC departments, including Dental and Human Services.

Meeting/exceeding Government Performance Results Act (GPRA) measurements keeps staff at the top of its game, but the most significant and recognizable benefit to clients is the creation of “pods,” each consisting of two MD/PAs, three MAs and one RN. In the past, patients visiting the clinic might see one provider one day; a different provider on another day. Now, Mary Jo Strohm, NP, is delighted to say, “You have a medical home!”

HERE’S HOW IT WORKS:

- Based on your visit history, you are assigned to a specific pod.
- The pod huddles every morning to review the charts of all patients to be seen that day.
- During your appointment, your pod team members will not only address your medical needs, but also direct you to make any other necessary appointments in Medical, Dental, Community Health and/or Human Services Departments. These appointments assure you are meeting current medical standards of care. They might include a visit to the cardiologist, mammography, podiatry, ophthalmologist, social worker, community health representative, nutritionist or exercise specialist.
- IHC was one of the initial 14 pilot sites for this collaborative effort that has now spread to 40 sites. IHC’s team now teleconferences twice a month with 40 IHI/IPC Indian clinics, from Alaska to Florida. The sharing of information and insights gleaned are phenomenal, enabling each clinic, including ours, to better serve its patients.

SOUND EXCITING? IT IS!

The energy of each IHI/IPC team member becomes a “synergy” of positive flow when they get together to discuss their accomplishments over the past 18 months and goals and aspirations for improving care in the future.

Coreen Nelson, MA, confides, “I’ve been working here since 2001, but as a member of the consortium community, I’ve been an IHC client all my life. It’s so exciting to be involved with a team and project striving to continually improve patient care. It’s a lot of extra work, but it’s worth it to all of us, and so beneficial to patients.”

GREAT HEALTHCARE IS A TWO-WAY STREET

Improved self-management, enhanced client communication and increased community involvement are three key IHI/IPC prongs. “By giving patients more information and directing them to additional care sources and follow-up, we empower each person to take greater control of their health,” Corinna Nyquist believes.

Next up: the establishment of a community advisory group to work with the team and provide input on recommendations for improvement. But you don’t have to wait: we want to know right now how you feel about the care you presently receive and what you’d like to see in the future. Please make sure you fill out the questionnaire provided to you during your visit. You can always call or email us to let us know how we’re doing.

It’s no coincidence that the printout a client will receive at the end of each visit is called “I Care.” We do!

IHI TEAM MEMBERS

- Sponsor:** Romelle Majel McCauley, CEO
Team Leader: Corinna Nyquist, BSN
Members: Mary Jo Strohm, NP
 Cindy Adriano, PA
 Irene Garcia, MA
 Krystal La Plante, RDA
 Linda Mayberry, PHN
 Coreen Nelson, MA
 Martina Portillo, BSN, CHS Director
 Hector Torres, Ph.D., HS Director
 Dan Calac, MD, CMO

GENEVA LOFTON-FITZSIMMONS RECEIVES PRESTIGIOUS UCSD AWARD

Geneva Lofton-Fitzsimmons, Student Program Coordinator for Indian Health Council’s California Native American Research Center for Health (CA-NARCH), has been named one of a select group of 2008 University of California San Diego (UCSD) Equal Opportunity/Affirmative Action and Diversity Awards Program recipients. The awards program recognizes individuals, departments and organizational units who have made outstanding contributions in support of UCSD’s commitment to diversity. A review committee composed of representatives from each vice chancellor area evaluated the nominations and recommended them to UCSD Chancellor Marye Anne Fox for approval.

Geneva received her award at a February 10, 2009 university-wide ceremony hosted by Chancellor Fox, who said, “I wish to express my congratulations to the 2008 Equal Opportunity/Affirmative Action and Diversity Awards Program recipients.”

Geneva has been employed with UCSD’s Early Academic Outreach Program since 2000 and has been instrumental in a consultant capacity with CA-NARCH’s Student



Development Program since its inception in 2003. Her colleagues and the many students she has taken under her wing know Geneva as a dedicated, earnest person who gets deeply and energetically involved to further CA-NARCH’s educational goals. She has been invaluable in helping to recruit and mentor Native American students pursuing health and medical science careers.

Geneva, a member of the La Jolla Band of Luiseño Indians, says she is following in the path of her parents, Florence and Robert Lofton. “Over decades, both of them have advanced

the objectives of Native Americans and helped establish Indian Health Council and propel it forward,” she reports.

“I am honored and humbled by this award,” says Geneva, who is characteristically modest about her achievements. She believes that it is important to “walk your talk.”

No one walks their talk better than Geneva Lofton-Fitzsimmons. The UCSD award is an honor shared by IHC and CA-NARCH as our work continues to attain greater tribal control over our consortium community’s health and healthcare.

RINCON TRIBE MAKES AN “ANGEL” OF A DONATION TO FOSTER KIDS

“Thank You, Rincon!” was the chorus ringing out at Tribal Family Services’ Angel Tree Christmas party for Native American foster families last December. The Rincon Luiseño Band of Indians generously donated \$2,000 that staff used to purchase gifts for the dozens of children, from infants to age 19, in attendance. IHC employees, including all TFS staff, donated and raised money to purchase food and other goodies for the event. One individual donated \$100 in the spirit of the season.

“It was a great party,” reports TFS Director Karan Kolb. “Foster parents had a chance to meet each other and converse with staff. The kids ate, drank and made merry with gifts and gift cards while telling ‘Indian Santa’ what they wanted for Christmas. It was so rewarding to see the families together and happy.”

For information about the TFS-coordinated foster care program, please call ext. 5324. Let’s keep the Christmas spirit going all year for these valued children in our community.



The Belindas family visits Indian Santa

“NATIVES FOR THE CURE” TRAIN FOR 60-MILE WALK COME JOIN THE FEAT OF FEET!

Last November, several of IHC’s Community Health Services (CHS) staff and clients participated in a 5K (3.1-mile) Susan G. Komen Walk for the Cure in San Diego. Among them was Angie Cuevas, Luiseño, from La Jolla.

Angie recently moved from CHS to become Administrative Assistant in Human Resources. She plans to be on the move even more, as she increases her mileage twenty-fold to participate in the Komen Walk for the Cure taking place in San Diego November 20-22.

“We will walk 60 miles in three days,” says Angie, who while training is searching for additional walk-mates and sponsors for her “Natives for the Cure” team. Each participant must pay a registry fee of \$90 and raise \$2,300.

As team captain, Angie is hoping to find others to join in her quest by walking with her and/or donating to the cause. Anyone interested can visit www.the3day.org and search “Natives for the Cure” or contact her at ext. 5387.

It is said that every journey begins with the first step. If you’re ready to step up to fight breast cancer, lace up your shoes and contact Angie Cuevas!



Angie Cuevas at the November 2008 Komen 5K.

it’s a fact

Breast cancer is the most common form of cancer in women in the U.S. and the leading cause of death in women between the ages of **40** and **55**.

AVON FOUNDATION BREAST CARE FUND AWARDS GRANT FOR BREAST CANCER AWARENESS PROGRAM TO INDIAN HEALTH COUNCIL, INC.

PAUMA VALLEY, CA/ Winter 2008 – The Avon Foundation Breast Care Fund has awarded a \$25,000 one-year grant to Indian Health Council, Inc. (IHC) to increase awareness of the life-saving benefits of early detection of breast cancer. It is the fifth year the program has received Avon Foundation funding, and it is given in recognition of the excellence of IHC’s program.

The Benefit of Women at IHC program will educate consortium women and refer them to low-cost or free mammograms and clinical breast exams. The vital program will also conduct home visits to women to provide education and encouragement to have a mammogram.

Over the years, IHC’s program has reached more than 4,700 women with information about the importance of early detection of breast cancer and referred close to 2,500 women for mammograms and clinical breast exams.

“We are proud that the Avon Foundation shares our mission and has chosen to support our program,” says Peggy Richards, PHN, who administers the Benefit of Women program at IHC. “With these funds we will be able to provide education to Native American women during home visits and community health screenings, ultimately increasing the number of women who seek mammography.”

IHC staff and clients also actively participate in the fight against breast cancer. In September 2008, staff members volunteered at the sixth annual Avon Walk for Breast Cancer in Long Beach, California. The event drew 2,100 participants and raised more than \$5 million.

Since 1993, the Avon Foundation has awarded more than 1,000 grants to community-based breast health programs across the U.S. These programs are dedicated to educating underserved women about breast cancer and linking them to early detection screening services.

DIABETES DO’S AND DON’TS FOCUS: Mouth Care

People with diabetes are at greater risk for many other health conditions, including periodontal disease. Periodontal disease is an infection of the gums and tissues supporting the teeth in your mouth. These infections are caused by plaque (a sticky, whitish film formed by bacteria) and tartar (a rough yellow-brown deposit). If plaque is not removed daily from teeth, it can turn into tartar, which is harder to remove.



According to IHC Dental Director, Carrie Lambert, DDS, “Periodontal disease becomes more advanced if untreated. It eventually leads to tooth loss. In people with diabetes, it can be more severe and harder to control. Also, diabetes is more difficult to control in the presence of active periodontal disease. That’s why it’s important to prevent or control the infection with constant care.”

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.



Hygienists Kathy Fabricius and Jennifer Primrose are here to help you maintain good oral health.

- DO brush your teeth after each meal and snack.
- DO floss daily.
- DON’T smoke. In addition to being detrimental to your overall health, smoking can increase the risk of periodontal disease.
- DO tell the dentist if you have problems controlling your blood sugar.
- DON’T ignore the symptoms of periodontal disease, such as gums that bleed during brushing and flossing, persistent bad breath and swollen/tender gums.
- DO schedule regular dental check-ups with your Indian Health Council provider.

3 STAGES OF PERIODONTAL DISEASE

People who exhibit the early stages of periodontal disease may not realize they have it because they experience no or little pain. But this disease is progressive, meaning it typically worsens without treatment. In addition, periodontal disease is associated with health problems such as cardiovascular disease, stroke and bacterial pneumonia; to name a few.

For more information on how to prevent and treat periodontal disease, please contact IHC’s Dental Department. Remember: the best treatment is prevention!

Stage 1 GINGIVITIS ... No bone loss yet

Gingivitis is an inflammation of the gums caused by plaque and tartar build-up, resulting in swollen, tender gums and bad breath. Here’s the great news: at this stage, the disease is often reversible, when the patient follows a regimen of regular professional cleanings and good home hygiene.

Stage 2 PERIODONTITIS ... Some bone loss

In this stage of the disease, gums bleed and shrink back. Pockets may deepen and bone loss is evident.

Stage 3 ADVANCED PERIODONTITIS ... Severe bone loss

Advanced periodontitis results in severe bone loss as well as infected pockets. Teeth may loosen and be more sensitive to cold, air and sweets. Treatment at this stage is imperative. Left untreated, pockets become a home for more bacteria and the process can continue until the bone and other tooth-supporting tissues are destroyed, resulting in tooth loss.



NARCH MARCHES ON AT UCSD

The University of California San Diego (UCSD) is one of the top institutions of higher education; not only in California, but in the nation. It is one of the most difficult UC campuses to be accepted into and equally challenging in which to remain. Here are four stellar NARCH UCSD students who are holding their own – and then some!



Tiffany Dunbar, 32, is in her first year of pursuing a Ph.D. in biology. She is Miami on her father's side and Cherokee on her mother's. Tiffany became affiliated with NARCH in May 2008. She recalls, "I was

introduced to Geneva at our American Indian Student Alliance's Native Graduate Honoring Ceremony at CSUSM when I graduated. Everyone is very nice. I know if I need help, I can contact them!"



Junior **Chelsea Kolander, 21**, Choctaw, is majoring in human biology and health care-social issues on her path to becoming a tribal obstetrician/gynecologist. She says, "I am

very excited to begin researching health disparities so I can work on reducing them in my future practice. I am the first in my family to attend college. My brother enters Mesa College this fall, so he will be the second!" As a new NARCH student, Chelsea believes, "The program will help me immensely. I will meet other Natives interested in health care and learn more about how I can best serve the health needs of my community."

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Chelsea Kolander



Whitney Baugher, 19, is a sophomore majoring in physiology and neuroscience with the goal of becoming a doctor; possibly working in neuroscience or pediatrics. A

member of the Cahuilla Band of Indians, near Anza, Whitney currently lives on campus. She reports, "NARCH has shown me a lot of opportunities and been helpful with the graduate school workshop."



Cynthia Begay, 19, is in her second year of pre-med at UCSD, majoring in bioengineering. With Navajo and Hopi lineages, she says, "I want to become a doctor and am considering

an M.D./Ph.D. Ultimately, I want to help the underserved such as those on reservations." Cynthia credits Geneva for encouraging her to join NARCH, saying, "This program has helped me network with other Native students who are interested in health as well as introduce me to many tribal doctors who are living the life to which I aspire."

TWO STUDENTS DISCOVER A TREASURE:

Each Other

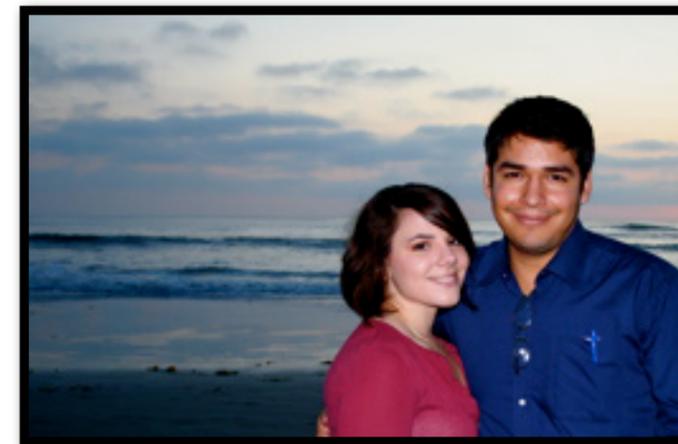
Being a NARCH student while working at Indian Health Council is quite *engaging*; one almost feels *married* to one's efforts. NARCH students and IHC employees Tony Luna and Ashleigh Campillo have taken that paradigm to an exciting new level: they are engaged to be married!

Tony, a member of the Tlingit tribe, serves as Project Coordinator for IHC's Preventing Underage Drinking Grant. Ashleigh, who is part Cherokee, is IHC's Receptionist and Human Resources Secretary.

The romance began in April 2008, when Tony met Ashleigh. "My first thought was that she was way out of my league," he confides. Nevertheless, he persisted, stopping by the reception desk frequently; sometimes looking for any excuse to pass by. A NARCH event offered Tony a prime opportunity: "I was so excited to learn she would be there. I purposely sat at her table."

Ironically, Ashleigh confesses that, although she thought Tony was "the cutest, I thought he was out of my league. He'd come up to the desk to get candy a few times a day, but he didn't say much, so I didn't think he was interested."

Tony eventually asked Ashleigh out in May. After dinner, movie and a walk in which he chivalrously lent her his jacket, he asked her out on a second date. Then, as they both agree, "The rest is history."



A SURPRISE IN THE SAND

Over Thanksgiving weekend, Tony created a treasure map that led Ashleigh and him to Tide's Beach in Solana Beach, where his cousin watched over his buried treasure: a ring in a box. Ashleigh said "Yes!" and now they plan to say "I do" in a couple years. School and career are their first priorities. Tony, who holds a B.A. in psychology, plans to earn a Ph.D. in clinical psychology. Ashleigh, a CNA, plans to transfer from Palomar College to UCSD in Fall 2010 to continue her undergraduate studies in neuroscience.

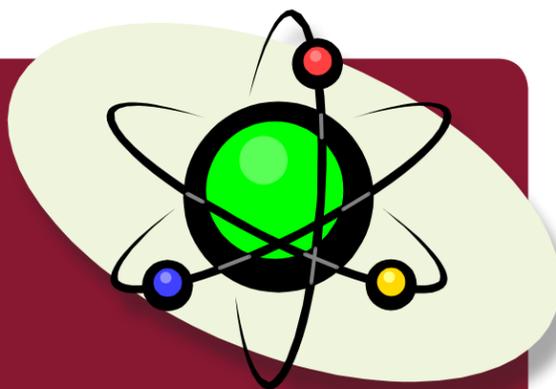
For now, they are enjoying each other's company to the fullest. "We mesh really well together. We can spend the whole day together and nothing else matters," Tony comments, saying he admires Ashleigh's drive and her sense of humor. Ashleigh admires Tony's sense of loyalty and kindness.

From a candy dish to a buried treasure on the beach to happily-ever-after, we wish Ashleigh and Tony a wonderful life together.

NARCH PARTICIPATES IN SAN DIEGO SCIENCE FESTIVAL

The Spring 2009 San Diego Science Festival is the pinnacle of participation for science-minded students and schools throughout the area. Taking place March-April, the event features field trips to the San Diego Supercomputer Center, Lockheed Martin at the Air and Space Museum in Balboa Park and Stratagene Division of Agilent Technologies as part of Science on the Mesa.

According to NARCH Student Program Coordinator, Geneva Lofton-Fitzsimmons, NARCH students may participate as volunteers. She relates, "It's one more way for our students to get connected to the wider world of health science and medicine and a great way for the outside world to learn what our Native students are accomplishing."



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



Elder Paths

This is one in an occasional series about elders making a difference and giving back to their community. Community Health Services' Linda Mayberry, PHN, meets many interesting senior community members in her work. She decided to interview some of them to learn what keeps them moving forward along a positive path.

A GOLDEN FRIENDSHIP

The word friendship has many meanings, depending on the person using the word. For two dear friends, Nelda Taylor and Bernyce Ponchetti, friendship is the golden thread that has bound their lives together for over a half century. Their friendship has withstood the test of time, crossed boundaries of several reservations, and is considered a true friendship by both ladies.

Nelda Taylor grew up and lived with her family in Mesa Grande. She met her husband, Banning Taylor, and raised their family on the Taylor Ranch in Warner Springs. Banning passed away in 1998. Nelda continues to reside in her home in Warner Springs.

Bernyce Ponchetti grew up in Warner Springs. Bernyce married her husband, Charlie Ponchetti, and raised cattle in Ranchita. Shortly after her husband's death in 1988, Bernyce moved to the Pala Reservation, where she resides today.

After I asked both ladies how they met, each replied that they met at one of the frequent "fiestas" that used to be held on the weekends. Nelda says her husband was very fond of Bernyce and her husband, and she believes that he was related to one of them.

When asked about the early years of her friendship with Bernyce, Nelda replied, "I got married young and got my wings clipped, but Bernyce did a lot more than I ever did."

Nelda Taylor and Bernyce Ponchetti have been best friends for more than half a century.



When I requested to interview each of them about their friendship, Bernyce suggested, "You'd better talk to us together, so we get the story straight." So I did.

The two friends say there isn't a day that goes by when they don't talk on the telephone. These days, they usually get to visit in person only at the Elders' Christmas events or other holiday functions.

Both women are 96 years old and continue to enjoy good health. They say they always look forward to their next visit by phone.

All of us have people who are dear to us. Hopefully, this story will inspire us to keep in touch with our friends and show them how much they mean to us.

Thank you, Nelda Taylor and Bernyce Ponchetti, for sharing this wonderful story of friendship with us.

LET YOUR SKIN AGE GRACEFULLY

Skin is the body's largest and most visible organ, making it a canvas for the effects of aging. As we get older, our skin becomes drier and more wrinkled. Spots and growths may appear. After even a mild injury, aging skin tends to heal more slowly.

So what's a "body" to do? Some skin changes are unavoidable and harmless, whereas others can cause itching or pain. Some, such as skin cancers, are serious and require prompt medical attention.

Here are a few things you can do to keep your skin as youthful and healthy as you feel. For information on sunscreens, moisturizers for flaky skin and other skin protections and remedies, visit your friendly IHC Pharmacist.

AVOID WRINKLES

Two major contributors to wrinkles are sun exposure and cigarette smoking. Genetics also plays a role; the tendency to wrinkle is inherited. Many wrinkles can be prevented, especially starting in childhood, by avoiding unprotected sun exposure.

However, it's never too late. Even adults with sun-damaged skin can benefit by starting a regimen of protection.

- Always wear sunscreen with an SPF of at least 15.
- When outdoors, wear a hat with a brim and other sun-protective clothing.
- Do not sunbathe or visit tanning salons.
- Avoid sun exposure between 10 am-3 pm when the sun is strongest and most harmful.

BIGGEST LOSER IS BIG WINNER: CONGRATULATIONS, JUANITA ELLISON!



Juanita Ellison with her "posse": Angelina Renteria, Peggy Richards and Jina Mitchell

Juanita Ellison has a big heart, big smile and a great big wonderful laugh. Now, she has achieved a big – make that huge – accomplishment. She has been crowned IHC Community Health Services' Biggest Loser in the recently completed Awesome Woman contest to lose and keep off the highest percentage of body weight. Juanita, 66, a Luiseño Indian who lives in Valley Center, lost 53 pounds (a whopping 18% of her bodyweight) by contest's end and is continuing her losing ways.

"It's become a lifelong journey for me," she confirms. "After I lose a few more pounds, I'm going to use some of my \$500 prize – thank you [donator] Earl Funk! – to buy some nice new clothes."

Juanita began the journey in Fall 2007, a few months before the year-long contest began. After years of futile dieting and tired of waking up with sugar-induced headaches, she decided to make a lasting change.

"I told my IHC doctor I wanted to quit dieting and instead find a program that works for me. She recommended I see Nutritionist Jina Mitchell." Jina helped Juanita customize a program, providing information, encouragement and advice such as: "It's not what you're eating; it's what's eating you." She sparked Juanita's determination by having her keep a journal and offered small, doable steps such as switching to light sour cream.

YOU HAVE TO KEEP MOVING

Juanita entered the Biggest Loser Contest in January 2008. Fortified by Jina, Juanita says she received lots of motivation and support from CHS Director Martina Portillo and Awesome Woman Coordinator Peggy Richards as well as energy from Physical Activity Specialist Angelina Renteria. Juanita quickly became ever-moving and never-stopping. She joined in IHC activities from cardio kickboxing to chair aerobics, from salsa to line dancing, as well as doing aqua-aerobics at an Escondido fitness center.

She jokes, "You know the saying about how it takes a village to raise a child? Well, in my case, it took an entire reservation to help me change!" On the serious side, Juanita has learned a lot: "You have to do it for yourself. You have to be good to yourself. You have to keep moving. You have to stay on your healthy track."

Congratulations, Juanita Ellison. You're an inspiration!



DR. TORRES

Q: Can you provide quick tips on dealing with stress?

A: Sometimes it seems every season has a new stressor, not to mention unplanned stressful events. What we can do?

If stress is caused by something you can control, you can:

- Define the problem.
- Set a goal: what would you like to see happen?
- Brainstorm possible solutions.
- Evaluate the pros and cons of various solutions.
- Choose the best solution.
- Make a plan to implement the solution and try it!
- Assess how well it went.
- If the first solution doesn't work, try others.

If the source of stress is beyond your control, you can:

- Get together with a friend.
- Listen to music, read a good book or watch a movie.
- Exercise or meditate.
- Consider spiritual activity such as prayer.
- Write in a journal or diary.
- Take a hot bath or shower.
- Help others in need.
- Take a "mental holiday."

If your stress continues, please call Human Services at ext. 5249.

Hector Torres, PhD, is IHC's Director of Human Services. If you have a question you would like Dr. Torres to answer in print, you can submit it, anonymously and with full confidentiality, to Human Services or via email at htorres@indianhealth.com. Although each of us is unique, many issues are shared among people. Dr. Torres' response to your question may help others in the community.

2009 | CLINIC SCHEDULES

BLOOD DRIVES

All blood drives are open to everyone. They take place from **8 AM-3 PM** at the Rincon Clinic. *Please call ext. 5313 for details.*

April 14 | June 16 | August 27 | 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.*

NEW! 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.*

3-5 pm: April 7 | May 12 | June 9 | July 7 | August 11 | September 8 | October 13 | November 10 | December 8

10am-12pm: April 8 | May 13 | June 10 | July 8 | August 12 | September 9 | 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.*

April 3 | May 1 | June 5 | July 3 | August 7 | September 4 | 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. *Please call ext. 5281 to reserve your spot.*

9 am: March 27 | April 24 | May 22 | June 26 | July 24 | August 28 | September 25 | October 23 | November 20 | December 18

3:30 pm: April 17 | June 19

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 contact Angelina Renteria, Physical Activity Specialist at ext. 5263.*

IHC Multipurpose Room exercise classes take place on **Monday, Wednesday and Friday, 11:05 am-Noon** and **12:05-1 pm**. *Classes change periodically.*

- Pala Chair Aerobics takes place on Tuesday and Thursday, 9:30-10:30 am.
- Pala Senior Water Aerobics take place Monday and Thursday, 9-11 am.
- Santa Ysabel Cardio Kickboxing takes place on Thursday, 3:30-4:30 pm.
- Pauma Chair Aerobics takes place on Tuesday, 5:15-6:15 pm.
- La Jolla Cardio Kickboxing takes place on Tuesday, 3:30-4:30.
- Other classes may be coming on board: stay tuned or call ext. 5263.

WELCOME TO THE IHC NEIGHBORHOOD

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



Stephanie Zinky
Diabetes Data Coordinator



Carolina Huerta
P.H.N.



Corinne Owen-Biggs
Family Preservation Case Manager



Debbie Marasigan
Patient Services Rep.



Mario Pallante
Family Nurse Practitioner

no cavities club



David Magante



Ransom Bojorquez



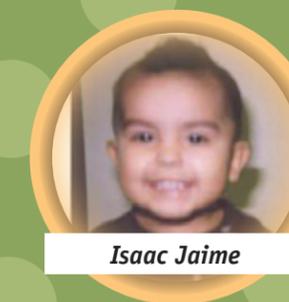
Koda Jimenez



Lily QuisQuis



Sofia Hewlett-Cook



Isaac Jaime



Ethan Thompkins



Kaya Amago



Nathan Ramos



Logan Carrillo



Alexa Lavign

NOT PICTURED:
Elijah Cook
Robert Fossel
Su'la Devers

Mia Duarte
Malia Hill
Kayla Latsha
Eliana Lopez

Roxanne Lopez
Guage Lyon
Nah-ish Mejia
Jacob Navarette

Malaya Poja
Vincent Ponce
Samantha Robinson
Wom 'Si Stoneburger

INDIAN HEALTH COUNCIL, INC.

A facility as unique and valuable as the community it serves

Newsletter

50100 Golsh Road
Valley Center, CA 92082

FORWARDING SERVICE REQUESTED

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Santa Ysabel

Romelle Majel McCauley, Chief Executive Officer

INDIAN HEALTH COUNCIL, INC.

www.indianhealth.com

Email: info@indianhealth.com

Phone: (760) 749-1410

Fax: (760) 749-1564

24/7 Comment/Suggestion Line: Ext. 5307

Patient Transportation Medical Department:
Ext. 5269

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

OFF-HOUR EMERGENCIES

Palomar Hospital: (760) 739-3000

Fallbrook Hospital: (760) 728-1191

Children's Hospital: (760) 739-1543

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*