



# INDIAN HEALTH COUNCIL, INC.

*Empowering Native Wellness*



Summer 2013

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

Volume 29 Issue 2

## Thank You, Mother Earth!



Mother Earth smiled down with bright sunshine upon the hundreds of people attending IHC's fourth annual Celebrate Mother Earth Day on April 26th.

The daylong event, presented by IHC's Prevention and Early Intervention Program (PEI) funded by County of San Diego Agreement #528301, offered inspiration, entertainment and active fun.



The outdoor tented venue, which included video screens, was ringed with signage reminding the audience of what is vital to IHC's Mission of Empowering Native Wellness: values such as HOPE, FAMILY, PEACE, PRIDE, FAITH and LOVE. The perimeter was populated by informational booths staffed by IHC departments and environmentally related Tribal organizations.

Emcee George Pojas got the ball rolling and kept it moving. CEO Romelle Majel McCauley welcomed guests, including IHC Board Chair Robert Smith of Pala. Chris Devers of Santa Ysabel delivered the blessing. Performances by Intertribal Bird Singers, PEI Life Skill Skit and the Soaring Eagle Dance Group, and a fresh Subway lunch were enjoyed by all.

During the morning presentation, CHS Director Martina Portillo introduced Physical Activity Specialist Angelina Renteria, who introduced much-anticipated keynote speaker, Billy Mills. In honor of Mr. Mills' role as national spokesperson for Running Strong for American Indian Youth, IHC's Team Running Strong members wore their yellow TRS singlets.

*(continued on page 3)*

## From Palomar to PhD!



*Shown here (front row, left) with fellow students and staff at a CA-NARCH graduation celebration is shining star Tiffany Dunbar. Supported by staff mentoring, Tiffany ambitiously progressed from community college to a PhD. Learn more about her and 12 other great grads on page 6.*



*Earth Day audience enjoys Billy Mills' presentation.*

### INSIDE THIS ISSUE



**Weaving a Storytelling Spell**  
page 2



**Rising From CSEC Victim To Victor**  
page 4



**He Loses 160 Pounds and Finds a Healthy New Life**  
page 5



Around-the-clock attention to your medical needs is available via IHC's triage service. Our Nurse Advice Line is operational after 6 pm Monday through Friday, and 24/7 on weekends and holidays.

To access the service, call the clinic at 760-749-1410, and press Option 1. You will be connected to a live, after-hours Triage Nurse who can provide assistance and advice.

In case of an emergency, immediately dial 9-1-1.



760-749-1410 Option 1

## Weaving Together a Better Life

Three generations of guests gathered on April 17th for a unique interactive event designed to transform their lives and that of our community. Human Services' Peace Between Partners (PBP) program presented a fulfilling "Weaving Our Life Stories" day that captivated participants, got them laughing and in some cases crying, weaving, hugging and celebrating their culture.

As a PBP brochure explains, "Domestic violence (DV) and sexual assault (SA) are NOT part of our culture." Breaking the silence is key, noted DV/SA Specialist Shyanne Boston, whose words were echoed by keynote speaker and weaver of baskets and stories, Jacque Tahuka Nunez of the Acjachemen Nation.

Jacque, an acclaimed storyteller and educator who also is Vice Chair of her San Juan Capistrano Tribe, candidly revealed her own history of emotional abuse "resulting from my mother stuffing her own pain of abuse. Storytelling is a way to learn more about yourself, your Tribe and your family; to share in a meaningful way so you can heal from and prevent abuse."

Jacque challenged attendees to promise they would tell their stories to encourage others. The first to commit was Angela Magante of Pauma, who attended with her sister, Dee Cline. "Yes, I will tell my story and that of my grandmother," Angela rose and proclaimed.

### A Storytelling Spell

After Jacque's son, Pearson Tahuka, performed hand-drumming and singing, Jacque and family members changed into traditional regalia. Against an evocative backdrop, she entranced the audience with her tale of a good woman ("more beautiful on the inside than on the outside") who finds a good man. The moral: Look beneath the surface into someone's heart.

Also on the program was an introductory blessing by IHC Substance Abuse Counselor Paul Gonzalez, bird singing, lunch, raffles and an afternoon of basket weaving led by Jacque. People talked, shared, made new friends and gained new insights. One person said, "This is what I learned today: the more you tell your story, the more you share, the better you feel and the better your life can be."

There were many take-aways, including a tote bag, t-shirt, raffle prizes and a cuddly teddy bear. Perhaps the most significant thing people took away was a renewed sense of self and the inner strength to make a difference in the lives of people – whether themselves or someone they know – experiencing domestic violence.

It is certain that many pledged in their heart to be silent no more.



*The more you tell your story, the more you share, the better you feel and the better your life can be.*



(Left to right) Team Running Strong, Chris Devers and Romelle Majel McCauley, Vets.

## Setting a Gold Standard in Life

People listened in rapt admiration as Billy Mills, an Oglala Lakota raised on the Pine Ridge Reservation, recounted his journey from a boy whose mother died when he was nine to 1964 Olympic Gold Medalist in the 10,000-meter race. The crowd cheered as his amazing come-from-behind victory in Tokyo was shown. "I felt like I had wings on my feet," he recalled.

Billy Mills' speaking skills equal his athletic prowess. Subject of the Running Brave book and movie, member of many Halls of Fame and recipient of the 2012 Presidential Citizen's Medal, he was down-to-earth ("Call me Billy") as he explained his three-part credo: 1) It's the journey, not the destination that empowers us as individuals, Tribal members and society; 2) The difficult decisions we make choreographs our destiny; and 3) Find unity through diversity.

He encouraged people, "Look beyond hurt, hate, jealousy and self-pity. Look deeper, where your dreams lie."

## Running Forward

After his presentation, Billy affably posed for photos with event-goers, signed autographs and chatted with the many people eager to shake his hand. Among them was Mesa Grande Youth Coordinator Cindy Rivera, who had brought a dozen kids ages 5-18 to hear him speak.

Cindy said, "To hear positive talk from a Native person who has accomplished so much is very helpful for our youth. He sets a powerful example."

That power was on display at 2K Run/Walk and Relay Races organized by Inter Tribal Sports. Team relays were followed by individual races by age category.

After the event ended, the words of Billy Mills continued to resonate: "By living a life in balance and harmony with oneself, others and Mother Earth, we all can have the wings of an eagle."



Above, Intertribal Bird Singers; left, an eager racer.

# Call Now to Schedule Kindergarten Appointments



Well child patients (and future doctors – note the blue medical gloves!) Shuuluk Romero, 4, and Shuulaw Romero, 9, enjoy their visit as Medical Assistant Nichole Minjares takes Shuuluk's blood pressure.

Do you have a child bound for kindergarten this fall? To be eligible, a child must be five years old on or before October 1, 2013.

To register, parents must present the child's original birth certificate and proof of immunizations to their school. In addition to DPT and polio vaccines, State immunization requirements include two doses of the MMR vaccine, three doses of the Hepatitis B vaccine, and either the varicella (chicken-pox) vaccine or proof of illness (verified by healthcare provider).

Luckily for you, IHC has it all under control. Just call Medical. We will check your child's record and make an appointment for an upcoming well child clinic.

The process takes time and you don't want your child to miss the first day of school, so call now. Here's to a great school year!

*If your child turns five on or before October 1, 2013,  
your little one is eligible for kindergarten  
and needs a well-child check-up this summer.*

# Sex Trafficking/CSEC Conference a Major First Step

On May 17, 2013, hundreds of people came together at the Pala Band of Mission Indians Administration Building to take a significant first step to stop a virulent epidemic. The first annual Sex Trafficking and Commercial Sexual Exploitation of Children (CSEC) of Native Americans in San Diego County Conference was led by IHC's Human Services Director, David Tweedy, Ph.D.

In attendance were Tribal leaders, community members and victims of this despicable crime as well as experts and law enforcement officials. The conference was funded through an Indian Health Service Domestic Violence Prevention Initiative grant #DVP11034 and IHC's Prevention and Early Intervention Program (PEI) funded by the County of San Diego Agreement #528301.

Dr. Tweedy says he felt compelled to "do something" upon discovering the severity of the problem. "I attended a workshop on the prostitution and trafficking of Native Minnesota women. It changed my life. Realizing that if we at IHC can help even one child, we must address this issue. I made it a personal mission to get informed and involved. I discovered that: 1) San Diego County has the nation's highest incidence of CSEC; and 2) Native girls and boys, especially vulnerable foster youth, are prevalent in this group."

## Awareness is Key

Dr. Tweedy states, "CSEC is an epidemic. We need to work together to develop an antidote to destroy this evil virus." To accomplish this task, conference presenters spoke candidly.

Nicole Matthews, Executive Director of the Minnesota Indian Women's Sexual Assault Coalition reported on "The Garden of Truth: Prostitution and Trafficking of Native Women in Minnesota." Hazel Mae (see sidebar) shared her story of exploitation as a foster teen. Carissa Phelps revealed how she ran away from home at age 12 into the arms of a brutal pimp. After her life was transformed by mentors, she graduated from high school and college and now, holding a law degree and MBA, she gives back to others through her foundation.

A legal panel comprised of Assistant U.S. Attorney Alessandra Serrano, San Diego Deputy Sheriff George Crysler and Oceanside Police Detective Jack Reed discussed the law enforcement approach to identifying, capturing and prosecuting criminals. A PEI presentation on mental health issues/resources by Dr. Tweedy and others followed.

## Next Steps

The event was compelling, heartbreaking, motivational and hopeful. Attendees were energized by their participation in this cutting-edge conference.

"What have we learned and where do we go from here?" was the final topic. Dr. Tweedy believes, "Starting here, our innovative community-wide approach unifies us. Armed with knowledge and the courage to move forward, together we will find an antidote to this epidemic."

To become part of the solution, contact [dtweedy@indian-health.com](mailto:dtweedy@indian-health.com).

## Meet Hazel Mae

On April 22, 2013, 51st District U.S. Representative Juan Vargas announced he was sponsoring "The Child Protection Act of 2013" – or Hazel's law, named for Hazel Mae. The bill will help ensure that child sex traffickers receive the punishment they deserve, even if they claim they didn't know the child was a minor.

Hazel Mae told her story briefly at the April 22nd press conference. On April 26th, she, her partner Anna, and her children Thomas, 17 months, and Jaxom, 2-1/2, came to IHC's Mother Earth Day, where the family rejoiced in the positive messages and relaxed on the grass.

"It's hard to tell my story, because it's so painful," a lovely and vibrant Hazel Mae revealed. "But I tell it and tell it again because people need to know that sex trafficking can happen to Native girls, even very young girls, as I was. I want my community to know that things like this are happening, so they can do something to stop it."

Now 20, Hazel Mae aims to become a social worker. She



*Hazel Mae and her partner Anna with energetic, happy children, Thomas and Jaxom.*

says, "It's amazing that a bill in Congress is named after me. I am determined to help make sure other girls don't go through what I did."

# Art Sessions a Big Draw

The process began earlier this year with elders and other clients at IHC's Rincon and Santa Ysabel facilities, and on La Jolla and Pala reservations, creating a journal and using collage to personalize it. It is moving forward with a journey of creative self-discovery that will culminate in an exhibit.

Juanita Ayson, who leads the vibrant Creative Expressive Art Program, hopes the individual journeys continue. She says the progress of the 35 participants has been incredible.

"At first, many people said, 'I'm not creative. I can't draw or sketch or write.' Now everyone is involved and engaged, including two people classified as legally blind. Knowing they can express themselves, their feelings and ideas – and learning they can do something they never thought possible – gives people confidence and self-esteem. Being able to celebrate their culture through art leads to a sense of pride about who they are."

The PEI-presented program operates via an Artist Outreach Project grant that Juanita, who previously volunteered her acupuncture expertise at IHC's Traditional Gatherings, received from the Picerne Foundation.

As someone who herself is transitioning from operating an acupuncture practice that incorporates expressive arts therapy to pursuing her lifelong dream of making a career as an artist, Juanita exemplifies the self-awareness her program inspires in participants.

She notes, "Art and beauty are everywhere around us. And inside us. You just need to look."



Juanita Ayson with Santa Ysabel artists Arlene Vargas and Michelle Baay.

## IHC's David Najera Changes His Life... and shares how you can change yours

Five years ago, David Najera, who had been laid off from his job after a 20-year career as a heavy equipment operator, weighed 385 pounds, drank too much, and suffered from hypertension and other issues necessitating eight separate medications.

Today, he's a new man. Weighing 225, this Rincon resident has lost 160 pounds, become incredibly fit and gained a new life. As profiled in the March 2013 Rez Dog, he has gone "from bar hopping to gym hopping."

How has this valued IHC employee accomplished this monumental feat? Here is David's story.

*After being laid off, I sat home and drank. My two sons urged me to come to the IHC gym. I stopped drinking, went to AA, and started working out. Whenever I wanted a drink, I'd come to the gym; sometimes two or three times a day. One day I saw a posting here for Gym Attendant. I applied and got the job. Recently, I was appointed to a new position I love: Water Operations Technician.*

*I joined the clinic's Weight Watchers program, which taught me to think about what I eat BEFORE I eat it and to ask myself if I am really hungry or just bored. I read labels, cook my own healthy food – often in a crockpot so I won't be tempted to eat out when I get home from work tired – and hit the gym twice a day: cardio at 6:00 am before work and weights at 4:30 pm after work.*



*I'm 49 and feel terrific. I'm off all my medications. I want to make sure I'm around to watch my two granddaughters grow up. I keep my 'before' and 'after' photos on my desk for motivation.*

*I want to thank everyone at IHC. Everyone has had a part in my success. When I walk down the hall, people ask me how I'm doing and tell me I'm looking great. I feel like everybody is rooting for me.*



### His Secret: Keep Moving

*When David embarked on his fitness journey, five minutes on the treadmill were difficult. Now he's training for a triathlon.*

*His advice to others is simple, but profound: "It's never too late to make positive changes. It's a matter of saying it, knowing you can do it and then doing it. You just have to keep moving."*



# California Native American Research Center for Health

A Program of the Indian Health Council, Inc. (CA-NARCH) Summer 2013

## 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  
Roberta Gottlieb, MD  
Deborah Wingard, 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.

## SPRINGBOARD FOR LEARNING

CA-NARCH students and staff gathered for an entertaining and enlightening Spring Event at UCSD on March 22, 2013. While dining and mingling, attendees enjoyed a presentation by student Ashleigh Campillo and reports from other students on their research projects.

Program Director Stephanie Brodine, MD, believes, "Our seasonal get-togethers offer an opportunity for students and staff to get to know each other. The evenings are also very motivational."



## MEET OUR GREAT GRADS!

CA-NARCH's Student Development Program (SDP) is delighted to honor 13 hard-working, ambitious students who are leaping toward health and medical science careers. Some have earned their Bachelor's, others have progressed to a Master's and Tiffany Dunbar has earned a doctorate!

Their successes will be our community's success as we all benefit from greater tribal control over health and healthcare. Congrats, grads!

### CSUSM

**Tony Luna**, Tlingit, has earned a Master of Arts in Experimental Psychology. He will pursue a PhD in Clinical Psychology and conduct research related to mental health issues.

### SDSU

**Erin Fletcher**, Potawatomi, graduated with a BS in Microbiology and minor in Public Health. She is embarking on a PhD program in Biomedical Sciences at Harvard University.

**Ginger Rogers** graduated with a Bachelor's degree.

**Kristen Brandon-Marie Regini**, Tule River Yokut, graduated with a BS in Health Science/ Public Health. Beginning this fall, she is moving to Arlington, Virginia to work in a National Institute of Health program.

**Diandra Little Dog**, Standing Rock Sioux, will receive a Master of Public Health (MPH), with a concentration in Health Promotion and Behavioral Science this fall. She plans to apply to medical school.

**Blake Conley**, Cherokee, earned his MPH in Epidemiology. He intends to pursue a full-time job, then matriculate to a professional school for the next step in his education and career.

**Katrina Flores**, Jicrilla/ Apache, earned her MPH in Epidemiology. She will work at the National Institute for Child Health and Human Development while applying to PhD programs.

### UCSD

**Kimberly Dixon**, White Mountain Apache, graduated with a BA in Sociocultural Anthropology. She is moving to Missoula, where she will apply for a Sloan Fellowship to enter the University of Montana's Health and Human Performance program.

**Tenaya Siva**, Cahuilla/Luiseño, earned his BS in Bio-Engineering. He will attend SDSU's Graduate School of Public Health beginning this fall.

**Alexis Smart**, Mohawk, earned a BA in Sociology with a minor in Psychology. She intends to pursue internship positions for two years before applying to a MPH program.

**Ashleigh Campillo**, Cherokee, graduated with a BS in Biology. While continuing to work in research, she will build her application for the next cycle of education.

**Gabrielle Rodriguez**, Rincon Luiseño/Haliwa Saponi, graduated with a BA in Linguistics: Language and Society, and two minors: Chemistry and Biology. She is taking a gap year, then applying to medical school.



**Tiffany Dunbar**, Miami/Cherokee, earned her PhD in Biological Sciences. CA-NARCH staff are particularly proud of Tiffany, who began her college career at Palomar College, then progressed to CSUSM and later to UCSD. She is a role model for all.



*Some 2013 grads, left to right, Blake Conley, Tiffany Dunbar, Kristen Regini, Alexis Smart, Tony Luna, Ashleigh Campillo, Katrina Flores, Kimberly Dixon, Tenaya Siva.*

# SPRING 2013 UPDATE ON NIH-FUNDED RESEARCH PROJECTS

EACH OF THESE THREE CA-NARCH PROJECTS IS AT A KEY JUNCTURE. READ MORE HERE.

## HEALTHY WOMEN: HEALTHY NATIVE NATION

*(Prenatal Alcohol Consumption Among Native American Women in San Diego County)*

Principal Investigator: Christina Chambers, PhD

### Purpose:

To reduce risky drinking among AI/AN women who are or might become pregnant in the future to prevent babies from being born with Fetal Alcohol Spectrum Disorders (FASDs), including Fetal Alcohol Syndrome. The physical, mental, and emotional problems associated with FASDs can be completely prevented if a woman does not drink alcohol during pregnancy. We are testing the effectiveness of two interventions: a web-based and a peer-to-peer-based program. Both programs give women personalized feedback about their health and how it might be affected by the way they drink alcohol.

### Progress:

Coordinator Annika Montag invites people to join the project's focus groups. She says, "We need your feedback about our new material and techniques."

Focus group participants will view three brief peer-interview videos, review our new material, and tell us what they think of it. Participants will receive a gift of appreciation and a nice snack. To participate, please contact Research Assistants Marina, Liana, Marlene' or Alexandria at ext. 5333.



Project staff share information with visitors to IHC's Mother Earth Day celebration.

## ACUPUNCTURE AND DIABETIC PERIPHERAL NEUROPATHY AMONG NATIVE AMERICANS

Principal Investigator: Deborah Wingard, PhD

### Purpose:

To determine 1) the proportion of people with diabetes in the IHC Native American community who experience symptoms of peripheral neuropathy (numbness, tingling or pain in the legs or feet) and 2) whether acupuncture is associated with improved micro circulation and reduction of these peripheral neuropathy symptoms.

### Progress:

Acupuncturist Anne Bailey says, "We are happy to report that 13 individuals with diabetic leg and foot symptoms have completed 10 weeks of acupuncture treatment. Four more participants are currently in the study."

The process is moving into the next stage, she says. "We are well into the data analysis for the prevalence of diabetic peripheral neuropathy study. Next up: we will begin preparing the manuscript."

## HEALTHY HEART = HEALTHY GUMS?

*Oral Flora, Periodontitis and Vascular Dysfunction in Young Native Americans*

Principal Investigator: Roberta Gottlieb, MD



### Purpose:

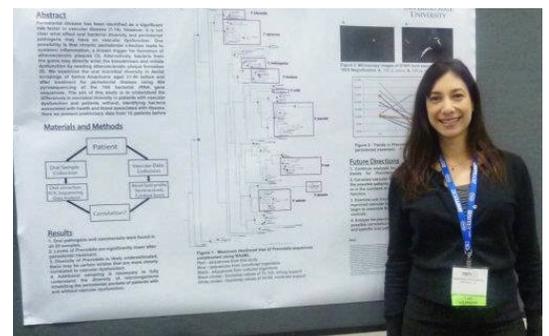
To increase understanding of the relationship between periodontitis and vascular function in young adults. The study, a partnership between IHC, SDSU and UCSD, will examine a population of Native American IHC clients who have had limited dental care, to determine if periodontal disease is associated with early signs of vascular dysfunction or systemic inflammation.

### Progress:

According to Coordinator Rosalin Le, the project is moving forward on several fronts. She notes, "We are analyzing the data from the samples we have collected. We are also in the process of writing our first scientific paper on the project." The project's PhD student, Karen Schwarzberg, presented her work on the project at the May 18-21, 2013 American Society of Microbiology's (ASM's) 113th General Meeting in Denver. Her poster presentation is titled: "Effects of Periodontal Treatment on Gum Pocket Bacterial Communities."



The recent renovation of IHC's Medical Department resulted in two restful acupuncture rooms, featuring ceiling light panels that enhance the tranquil ambience.



PhD student, Karen Schwarzberg, displays project poster at 2012 ASM meeting.

# Dr. Dan's Corner

## Join Me in the Relay for Life



As Chief Medical Officer of Indian Health Council and a fellow tribal member, I invite you to participate with me in the American Cancer Society Relay for Life on June 22nd at Bates Nut Farm. Cancer is a disease that affects me daily through my work and all of us as community members on a personal level.

Last year, as keynote speaker and walk participant, I met cancer survivors and listened to their stories. I walked and talked with people whose loved ones had passed and was inspired by their passion to participate in this charity.

Relay for Life ([www.relayforlife.org](http://www.relayforlife.org)) represents the hope that those lost to cancer will never be forgotten and those who face cancer will be supported and ONE day cancer will be eliminated. The team event celebrates cancer survivors and raises funds for the American Cancer Society research, education, prevention, advocacy and patient services. It is



a fun, outdoor and overnight fundraising event where teams take turns walking or running around a track. Participants donate \$100 per individual or \$1,200 per team.

Last year, I and many others walked, including Admin Assistant Gwendolyn Jenkins' Girl Scout Troop. This year, we have an IHC Medical/Law team (including Judge Brandenburg) plus support of two-time cancer survivor and firefighter John Hernandez and the Rincon Band of Luiseño Indians, which contributed \$1,200. On June 23rd at 8am, I will be the "Fight Back" keynote speaker.

Please join us in the walk or come out to cheer us on!

## Healthy Recipes and Cooking Class Schedule Delicious AND Nutritious!

Cut the calories, cholesterol sodium, not taste. See our Journey of the Heart vs. Restaurant comparisons, then create this culinary masterpiece in the comfort of your own home.

### Chicken Marsala

#### Ingredients:

- 4 tbsp whole wheat flour
- 1 1/2 lbs chicken cutlets (boneless, skinless)
- 3 C sliced mushrooms
- 2 tbsp of thinly sliced shallots
- 1 C Marsala wine
- 1 1/2 C low-sodium chicken broth
- 2 tbsp fresh chopped parsley
- 1/2 tsp fresh thyme leaf (optional)
- 1/4 tsp pepper



#### Directions:

1. In a shallow bowl, combine flour and pepper
2. Lightly coat large cooking pan with cooking spray and heat on medium-high heat. Add chicken and sauté until lightly browned (2-3 min per side). Then, set aside.
3. In the hot pan, add mushrooms and shallots. Cook for 1-2 min.
4. Add Marsala wine. Reduce to thicken. Scrape any loose bits from the pan.
5. Reduce heat. Add chicken broth, parsley, and thyme. Stir; and cook until reduces by half.
6. Return chicken to pan and simmer for 5 minutes. Serves 4. Enjoy!

JOH's Version: Cal 370, Fat 2.5g, Chol 82mg, Sodium 108mg, Carb 15, Pro 35g  
Restaurant Version: Calories 410, Fat 25g, Chol 150mg, Sodium 600mg, Carb 15g, Pro 30g

## COOKING 101

live well. eat well. be well.

why cook? you're in control. build some new skills.  
lose some weight. the ladies love it. save money.  
cooking is art. a gift for future generations.  
cooking is empowering native wellness.

Come Join Us  
July 25<sup>th</sup>!

Wellness Expo  
Potluck Cookoff

All are Welcome!! Transportation available to elders & those with Diabetes. Please call: (760) 749-1410 x5356  
Want More?? Personalized Cooking Consults  
also available! Call Jina George, RD CDE  
(760) 749-1410 x5392 Indian Health Council, Inc. [www.indianhealth.com](http://www.indianhealth.com)

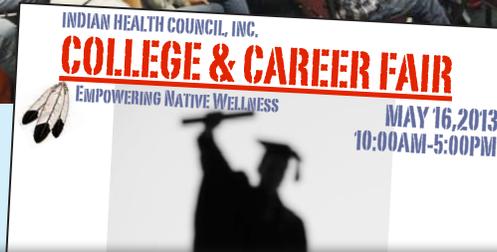


# Fair Prepares Students for Success

IHC's Tribal Family Services (TFS) department presented an exciting College and Career Fair at the Rincon clinic on May 16th. The collaborative event was designed to promote the success of Native Americans in higher education, careers and rewarding occupations.

TFS Parent and Youth Advocate Katie Ruiz reports, "We created this opportunity to connect Native Americans from all walks of life to resources that will help them pursue their educational and career goals." Representatives from local colleges, companies and home-based businesses were on hand to speak with students residing throughout IHC's consortium area.

The Fair helped give eager high school youth the information and inspiration they need to propel them to success in college, career and life.



## College and Career Fair Committee Members

Shyanne Boston, CMO Dr. Dan Calac,  
Tony Luna, George Pojas,  
Jennifer Roberts, Katie Ruiz.



## “Exercise” Your Option to Enjoy a Special Time for Dads and Grads

Calling all fathers! IHC's Child Welfare Services invites you and your students to a special family night celebrating graduates at all levels: preschool, kindergarten, elementary, middle and high school and yes, college! The event is funded by CWS Grant #0000ABC.

### Two Dads and Grads family nights will be held:

- Santa Ysabel Clinic Oak Room: June 19th, 4-7 pm.
- Rincon Clinic Multipurpose Room: June 20th, 4-7 pm.

In accordance with the Healthy Partnerships theme, participants will enjoy dinner and exercise-based fun activities as well as a chance to win exciting raffle prizes, including dumbbells, weights, exercise equipment and more. For up-to-date information, contact [kruiz@indianhealth.com](mailto:kruiz@indianhealth.com).



## All a-Board

IHC continues to display its commitment to overall health and wellness. As detailed in the Spring 2013 issue, wellness boards highlighting the topic of the month decorate department hallways and lobbies. The engaging, information-packed displays reinforce the message of each month as patients travel throughout the clinic.

Pictured here is April's Abuse Awareness board in Community Health Services created by Administrative Assistant Natasha Siva. Next time you're at the clinic, look around and learn something new!



# 2013 | 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. Next up: **June 18, August 27, December 20.**

## **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, 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 CHS Department. Call ext. 5356.

## **CHILD CAR SEAT SAFETY CLASSES**

These classes, which are funded by an IHS Tribal Injury Prevention Cooperative Program (TICAP) Cooperative Agreement, 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 2013 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, call Medical.

## **CHIROPRACTIC CLINICS**

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

Most ongoing exercise classes are funded through JOH and SDPI grants to improve and prevent diabetes. They are open to everyone in the community. You also are invited to consult with Physical Activity Specialist Angelina Renteria to create a training program that is right for you. Call ext. 5263 to schedule an appointment, to request a group class on your reservation and to find out the current schedule (days, times, locations) for the following group activities.

**Rock 'n' Box • Circuit Training • Walk-in Circuit Training • Walking Club • Salsa Aerobics, Zumba Style  
Biggest Loser Weigh-In • Senior Chair Aerobics • Line Dancing • Cardio Kickboxing • Beginners' Yoga**

# WELCOME TO THE IHC NEIGHBORHOOD

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



**Ryan Farnsworth**  
IT Help Desk



**Darlene Yazza**  
A/P Payroll Clerk



**Jessica Salgado**  
Health Educator



**Julie Trang**  
Hygienist



**Jeremy Gregson**  
Gym Attendant



## no cavities club

Robert Posik  
Andrew Hill  
Jasmine Duro  
Abigail Hill  
Joda Ratliff  
Jacob Phillips-Brown  
Robert Hill  
Miah Lasseigne

Malaki Zwicker  
Mahoss Sass  
Wom'SI B Stoneburner  
Margie Calac  
Edward Calac  
Keanna Cote  
Gavin Bartholomew  
Donald Rutledge

Tuukomet Salgado  
Easton Ratliff  
Issac Jaime  
Gunner Pierce  
Conrad Pierce  
Mason Thorpe

*Great job, kids!*

# 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
Benjamin Magante, Sr., Vice Chairman	Pauma
Melody Arviso, Secretary	San Pasqual
Leia Arviso, Treasurer	Inaja Cosmit
Theda Molina, Member-at-Large	La Jolla

## MEMBERS

Edward Arviso	Inaja Cosmit
Viola Peck	La Jolla
Andrew Campbell	Los Coyotes
Milton Campbell	Los Coyotes
Tony Gumataotao	Mesa Grande
Julia Nejo	Mesa Grande
LeeAnn Hayes	Pala
Patricia Dixon	Pauma
Jim Murguia	Rincon
Gilbert Parada	Rincon
Barbara Lawson-Risso	San Pasqual
Melanie Luna	Santa Ysabel
Dorothy Ponchetti	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

Fallbrook Hospital: (760) 728-1191

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, Th 8:30-4:30

**X-ray** M-F 8:30-6:30

**Diabetes | Ophthalmology Clinic**

every other Wed 8:30-12:00

### Human Services Department

M-F 8:00-4:30

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

### Tribal Family Services Department

M-F 8:00-4:30

## SANTA YSABEL CLINIC SCHEDULE

### Dental Department

M-F 8:00-6:30

Specialty Hours, 8:00-4:30

### Medical Department

M, W 8:00-4:30 Fri 8:00-12:00

First appointment 9:00 a.m.

### 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.

### 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