



# INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness



Fall 2018

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

Volume 34 Issue 3

## Dental's All Smiles Over Prestigious Award!



*Holding the trophy is Dr. Lambert surrounded by her staff.*

IHC is proud to announce that the Dental Department, led by Director Carrie Lambert, DDS and staffed by a skilled team whose professional competence is matched by its commitment to patient care, has attained the pinnacle of client satisfaction.

The clinic has been recognized as 2017's top-scoring organization in terms of overall dental patient satisfaction and experience by the Crossroads Group ([www.CrossroadsGrp.com](http://www.CrossroadsGrp.com)), an esteemed national healthcare organization that tallies customer service and quality.

Crossroads President Mark Robledo congratulated IHC, stating, "This determination of overall satisfaction is relative to a national comparison group of over 50 dental community health centers. IHC's mean overall score of 94.4 and EXCELLENT score of 81% was #1 in the national database."

Crossroads presented IHC with a beautiful engraved trophy

that is displayed in the Dental Lobby. It also featured the Dental Department's achievement and best practices in its newsletter.

Dr. Lambert says, "We share this tremendous accomplishment with our IHC colleagues and clients. The trophy serves as a constant daily reminder to us that continuous quality improvement is one key to Empowering Native Wellness."

### Steve Gold Appointed CEO

Indian Health Council, Inc. has appointed Steve Gold, a highly regarded healthcare executive with a wealth of experience and broad range of specialized skills, to the position of Chief Executive Officer. We will highlight him in the ensuing issue.

Please join with IHC's Board and staff in welcoming Steve Gold to our clinic!



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### INSIDE THIS ISSUE



No Order Too Tall for Jacob Dunlap, page 3



Historical Trauma Trainings page 3



REZolution Fun at La Jolla page 8

# IHC Implements E-Use Privacy Protection Policy



On your next visit to the clinic, you will notice signage displaying IHC's rigorous guidelines regarding unauthorized use of electronic devices.

The Policy was established by the IHC Board in January 2018 to protect the privacy of our patients/clients and their families, our staff and visitors, as well as to minimize interference with employees as they perform their jobs.

A primary stated purpose of the Policy is: "to prevent the unauthorized or secret recording, videotaping or picture taking of any confidential, proprietary, personal information, personal images or voices belonging to IHC or its staff members, patients/clients, and all other visitors while on IHC property."

Below are some key Policy bullet points. If you have any questions or concerns, please feel free to ask a staff member. We are here to serve you and we thank you for abiding by these rules.

## Policy Guidelines

- Photography or recording is prohibited in patient care areas.
- No one can take photos of or audio-record patients or staff without consent.
- IHC reserves the right to designate specific areas where electronic devices may be limited.
- Violation of the Policy can result in suspension of IHC services and activities.
- Patients and families can rest assured that staff members also must adhere to strict electronic use guidelines. For example, they cannot take unpermitted photos or recordings to post on social media.

## IMPORTANT MESSAGE TO PATIENTS: IHC Institutes New Pain Medication Policy

In June, Chronic Pain Management Program Coordinator Elaine Davidson, MD sent a letter notifying patients about the clinic's revised policy on opioid pain medications, effective August 1, 2018.

She notes, "These changes reflect a response to the large increase in unintentional overdoses, especially among Native Americans, and are in accordance with insurance companies' changes in coverage."

### Basic Changes

- The IHC Pharmacy will not dispense opioid pain medications in excess of 90 morphine milligram equivalents (MME) or no more than 6 tablets daily of any one medication, whichever is less.
- Pain medications in excess of 90 MME will be written as a separate prescription which will need to be filled by an outside pharmacy. The patient will be responsible to pay for anything not covered by insurance.
- IHC will continue to prescribe opioid pain medications for up to 7 days for appropriate acute pain needs such as fractures or dental procedures at the discretion of the provider.
- Opioid doses for chronic pain management patients will be reduced by 10% monthly to reach the 90 MME limit. Prescriptions will be written in 28-day cycles only.

**In 2016, Native American deaths from opioid pain medications were the highest in San Diego County compared to other ethnic groups. In 2017, while other groups declined, Native American deaths doubled.**

### Weaning Support

While being vigilant about the safety of prescribing opioids on a long-term basis, we also recognize each patient's individual needs. Chronic Pain Management Program patients can wean off medications completely or be referred to a pain specialist for further evaluation and treatment by the end of the calendar year.

If you experience withdrawal symptoms from reducing your dose, medications for your symptoms will be given to you. Your provider will discuss this new policy with you at your next appointment. If you need more information, please contact your provider.

**Waiting for an Rx? We'll Text!**



In an effort to provide optimum customer service, your IHC Pharmacy now offers text alerts that notify you when your prescription is ready for pick-up. To sign up for this convenient new feature, speak to a Pharmacy staff or call us at 760-749-1410, option 6.

# Referral Flow Provides Smooth Continuum of Care

In IHC's pursuit of Empowering Native Wellness, we have established a Referral Flow when care cannot be provided by in-house Medical staff and referral to an outside specialist is necessary. Specialties include Pain Management, Orthopedic, Neurology, and Diagnostic Imaging such as MRI, CT and Ultrasound. Here are the basics. For specific details, please contact the appropriate staff member.

## The Referral Flow Process

1. If an IHC provider determines that outside specialty care is medically necessary, (s)he will order a referral.
2. Before the referral is processed, the patient must be screened by Registration and Eligibility. The Registration Office will verify and update insurance and screen for Purchased and Referred Care (formerly Contract Care) or PRC eligibility by obtaining proof of Indian, residency, and income. The Eligibility Office will screen uninsured patients for alternate insurance resources such as Medi-Cal or Medicare.
3. Once the above processes are completed, the Referral Office will coordinate your referral with the contracted specialist/facility.
4. At this point, the ball is in your court. Patients should contact the specialist within two weeks to schedule an appointment and make sure to keep the scheduled appointment. The specialist will share results with your IHC provider, who will work with you to determine a plan of care. If additional follow-up is indicated, IHC must approve further care before services are scheduled.
5. It is important to note that Indian Health Council, Inc. is the Payer of Last Resort. This means that PRC Guidelines must be followed.

## Purchased Referred Care

PRC is a pay source of last resort AFTER insurance (Private, Medi-Cal, Medicare, Covered CA) is utilized. Our staff will verify eligibility, check for insurance resources and help the patient sign up for any alternate resources for which they are eligible. The referral must fall within established levels for PRC funds to be approved for payment. If a treatment is not covered by insurance, IHC's Utilization Committee will review the referral. Elective procedures and self-referrals are some examples of benefits not covered under PRC.

## Staff Contacts

### Registration:

Marissa Leal, ext. 5344

### Eligibility:

Dawn Roberts, ext. 5285

Della Freeman, ext.5297

### Referral:

Janie Ogilvie, ext.5366

Tricia Navarro, ext.5269

Marleny Sibrian, ext.5385



Referral staff, left to right, Tricia Navarro, Referral & Transportation Coordinator; Janie Ogilvie, Referral Manager; Marleny Sibrian, Referral Assistant.

*Since IHC is the Payer of Last Resort, patients must adhere to Purchased Referred Care Guidelines.*

# No Order Too Tall for Intern Jacob Dunlap

At 6'4", Jacob Dunlap (Ojibwe) towers above many colleagues and patients at IHC, where he served as a Medical Department intern this summer. He also stands tall in terms of his professional skills, demeanor, empathy and heartfelt dedication to serving his Native community.

Jacob graduated from California State University San Marcos (CSUSM) in August via the school's Accelerated Bachelor of Science in Nursing Program. CSUSM Public Health Professor/Epidemiologist Dr. Deborah Morton,

in collaboration with Dr. Denise Boren in the School of Nursing, was awarded a \$1.2 million Indian Health Service (IHS) grant to provide full nursing school scholarships to six Native American students.

Dr. Morton says, "Jacob is our first graduate and he is making all of us proud! We are excited for him to receive his RN/PHN and fulfill his two-year service commitment at Whiteriver IHS Hospital in Arizona."

## Inspiration and Dedication

A happy confluence of coincidences led Jacob to IHC. He reports, "I was inspired to become a nurse by my sister, Rebekah Dunlap, RN, PHN, who works for our Tribe at the Minoyawin Indian Health Clinic in Fond du Lac, Minnesota. Many incredible people paved the way to make my incredible nursing education, scholarship and internships possible. In addition to Rebekah, Dr. Morton and Dr. Boren, both Jamie Sweet, RN and IHC's Martina Portillo, RN, PHN, were instrumental. I was working at Sacramento Urban Indian Health Clinic with Jamie when she and Martina connected regarding a diabetes audit. Next thing I knew, my name was mentioned as a possible nursing student and here I now am!"

He says, "I am passionate about serving my community and regard my IHC internship and upcoming Whiteriver employment not as an obligation but a privilege. It's a way of paying back IHS while paying it forward by helping other Native Americans."

Jacob says he very much enjoyed his 100 hours of Wednesday workdays at IHC. "I will always remember the community member who came through the doors to be treated for an injury. This young adult told me, "I came to Indian Health because this is OUR clinic, and I feel safe here." That, for me, is a compelling reason to do what I do."



Pictured at Jacob's graduation party are Professor Patricia Dixon, Palomar College; Martina Portillo, IHC; Dr. Deborah Morton, CSUSM, Public Health; Jacob Dunlap; Dr. Joely Proudft, CSUSM, American Indian Studies; Piper Proudft, student; Dr. Denise Boren, CSUSM, Nursing; Gary Veale, CSUSM Nursing.

# Michael Paul Willis' Recipe for Life Success

Four years ago, Michael Paul Willis made an appointment to see IHC's Dr. Calac because he was plagued by constant fatigue and other symptoms. He almost didn't make it.

"The day before my appointment, I nearly wrecked my vehicle," Michael reveals. "I was driving when suddenly my eyesight and hearing went out. It turned out I had diabetes."

Michael works for the Avellaka Program on the La Jolla Reservation and lives in Temecula. At 39 years old, he weighed 380 pounds, thanks in large part to a sedentary lifestyle and daily diet of greasy fast food.

He had courageously conquered serious addictions to drugs, alcohol and cigarettes, so when IHC Nutritionist Jina George initially encouraged him to cut down on pizza, sodas, bread and sugary foods, Michael resisted.

"I felt defeated. Depressed. I knew I was overweight, but after working so hard to get off drugs, alcohol and tobacco, I was like, 'What? Now I have to quit eating too?!' Food was my comfort and I did not want to give it up."

After a severe bout of pancreatitis almost killed him, Michael determined to change his life. Immediately. "I went to the store and bought a salad. Then, I detoxed my body by juicing and consuming only vegetables for two weeks. I still juice regularly; the nutrients give me a natural high."

## Goodbye, Pills. Hello, Exercise!

Michael credits Jina's knowledge, support and compassion for helping him lose nearly 100 pounds to date. "My diabetes is essentially gone. I used to take 11 pills a day. Now I take none," he proudly proclaims. "I play softball and basketball. I work out and enjoy kickboxing. My confidence is sky high. I walk faster. Taller. And I've become an excellent cook."

Chef Michael's genius chicken/asparagus/spinach sauce creation would wow diners at a fine gourmet restaurant. He advises people searching for a healthful relationship with food to "open yourself up to possibilities. Make the meal colorful and fun."

Most of all, he urges people to listen to their bodies. "My body tells me everything now. I know that when I eat carbs, I get sluggish. Everything is so pure going in that when something sugary goes in, I can feel the difference. It's amazing that I can do this now. And when I added the exercise, I really saw the results!"



*Michael encourages everyone to make healthy food choices.*

Michael works ten-hour days addressing violence against Native women through Avellaka. He spends many off-hours helping people in rehab. And he works hard every minute of every day to help himself achieve a healthier, happier and longer life.

## An Awesome Role Model

Dr. Calac calls Michael "a star patient." Jina celebrates him as a "wellness warrior." All of us at IHC applaud his continuing efforts and accomplishments. Thank you, Michael Paul Willis, for being an awesome role model showing others how to achieve their recipe for life success.

Want to be like Mike? It's never too late to start on the path to health. Contact [jgeorge@indianhealth.com](mailto:jgeorge@indianhealth.com).

*My body tells me everything now. When I eat carbs, I get sluggish. Everything is so pure going in that when something sugary goes in, I can feel the difference. And when I added exercise, I really saw the results!*

## A Productive SAB Meeting

The July 25, 2018 annual Scientific Advisory Board (SAB) meeting highlighted IHC's ongoing research and scientific activities, including attendance at national conferences and recent publications. Among key stakeholders at the well-attended meeting were IHC Board members, department directors, relevant San Diego County staff, research partners and university representatives as well as IHC research staff. Each research group made a brief presentation on its project. Stakeholders left the SAB meeting with a fuller understanding of the significant efforts taking place at IHC.

# Training Teaches: “Addiction is Not Our Tradition”

Participants who attended one of the two July 11, 2018 Historical Trauma Trainings eloquently presented at IHC by Art Martinez, PhD (Chumash Nation) departed with the full and sorrowful weight of injustices done to Native Americans throughout generations. They also were optimistically buoyed by knowing that the power to change trauma symptoms, as manifested in substance (mis)use, lies within themselves.

The training was part of the foundation being set by Maya Goodblanket, Project Coordinator for IHC’s five-year “Strategies for Preventing Underage Drinking and Other Substance Use in



Strategies for Preventing Underage Drinking And Other Substance Use Project



Karan Kolb, Angelina Renteria, Pedro Tomas-Domingo, Art Martinez, Dr. Roland Moore, PIRE, Maya Goodblanket, Dr. Juliet Lee, PIRE.



Art Martinez eloquently shares his message.

Native American Tribal Communities” – Strategies, for short, in collaboration with Tribal Family Services. Maya notes, “The 10am-2pm training was geared toward professionals working in Tribal

communities. The 5-7 pm presentation was offered to community members. Both gave participants the information to identify, understand and address substance abuse in the context of historical trauma along with great information about trauma-informed care.”

Feedback from the 40+ attendees was very positive. People who want to view the training can contact [mgoodblanket@indianhealth.com](mailto:mgoodblanket@indianhealth.com) for a link.

The training is part of a wider Strategies program to address underage substance abuse in its many forms. Maya invites people ages 13-20 to

participate in ongoing, confidential, motivational interviewing and psycho-education sessions or to take a brief, confidential survey. The data collected anonymously will be disseminated to the community as the program moves forward.

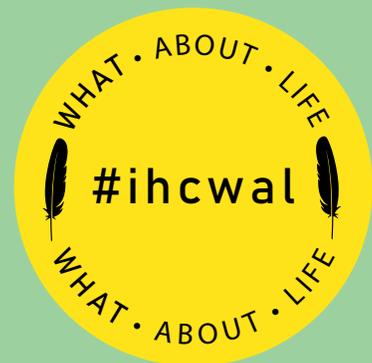
Maya is a former CA-NARCH student who is giving back to the IHC clinic that supported her on her educational journey to earn a B.A. in Psychology. She says, “I’m very excited to lead the Strategies effort. My goal in life is to help people. This work enables me to do just that!”

## Garden Event Offers Healthy Food for Thought

What better place to spend a hot August morning but underneath shady trees in a garden abundant with chilies, squash, cucumbers, tomatoes and other seasonal crops lovingly tended by Rincon Band of Luiseño Indians elders!

Rincon Elder Community Garden keeper Juan Reed, Sr. (pictured, right) welcomed people of all ages to IHC’s Healthy Mind, Healthy Body event. Facilitators Maya Goodblanket, George Pojas and Art Calvo presented positive options for difficult life choices and information on such issues as substance abuse, depression and suicide.

A lifelong gardener who transports fresh produce to people throughout the community, Mr. Reed understands the importance of traditional ways of farming and traditional values of living. Participants enjoyed the presentations, garden tour, healthy lunch and craft table. The event served as an opportunity for growth on many levels and a prelude to September’s What About Life program.



**Health Promotion Services is presenting many activities in observation of September’s National Suicide Prevention Month. Visit the clinic or Facebook for event info. For immediate help with a mental health crisis, call 888-724-7240.**



## About CA-NARCH

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

## Principal Investigator:

Dan Calac, MD

## Program Director:

Stephanie Brodine, MD

## Research Project Principal Investigators:

Christina Chambers, PhD  
Roland Moore, PhD

**The CA-NARCH Student Development Program (SDP) aims to increase the number of Native American students in health and science careers and ultimately reduce health disparities in California Native American populations. It offers mentorship, academic advice, research opportunities, networking, and social activities for Native American students interested in health or science at SDSU, UCSD, Cal State San Marcos and Palomar Community College.**

**If you are a high school or college student who wishes to learn more about the SDP, contact Geneva Lofton-Fitzsimmons at [gfitzsimmons@ucsd.edu](mailto:gfitzsimmons@ucsd.edu) or 858-775-7072.**

## TRIBAL DONATIONS TO SDP ARE WELCOMED, APPRECIATED AND NEEDED!



In 2010, our first CA-NARCH student, Jacqueline Sequoia (Cherokee/Creek/Oconee), earned her MD at UCSD. Jacqueline's success has been followed by that of scores of students who gained mentoring, a sense of community with Native students and staff, and robust support, even (and especially) when the going got a bit rough.

Now, when the current loss of federal funding has made things a bit rough for our Student Development Program (SDP), we are heartened by the generosity of Tribes. The Pauma Band of Luiseño Indians earmarked \$75,000 over five years; we are enjoying the second year of this \$15,000 annual funding. The Pala Band of Mission Indians recently donated \$15,000.

SDP's Richard Armenta, PhD states, "Throughout our existence, Tribal donations have had a major impact, enabling us to support students on their educational and career journeys. Today this funding source is critical so we can continue helping youth – many from our local consortiums – as they prepare themselves to address health issues in Native communities."

We thank all Tribes who have donated to date and to all who plan to donate in the future!

CA-NARCH Program Director Stephanie Brodine, MD, who co-wrote the inaugural grant funded by NIH in 2001, says the success of the Student Development Program (SDP) has been astounding. "The SDP has been life-changing; it's one of the efforts of which I'm most proud. Over the years, students have not only excelled in their education – three are currently studying for PhDs! – and progressed to exciting health and medical careers, but also fulfilled the program's goal of promoting greater Tribal control over healthcare. Students attend area universities, but Indian Health Council is where CA-NARCH's home and heart are. Whitney Baugher is a perfect example of an IHC-nurtured student who now puts her education, expertise and dedication to great use serving her community."

## CA-NARCH HELPED PROPEL WHITNEY BAUGHER ON HER PATH TO ULTRA SUCCESS

In 2007, Whitney Baugher left her Cahuilla reservation in Riverside County to attend UCSD. There, she found a sense of community through CA-NARCH. Today, she serves her community at IHC.

The journey has not been without roadblocks, says this ultra-marathoner who has completed 70-mile(!) races, but through it all, NARCH provided the nurturing "family connection" for which she yearned and opportunities to advance her education and career.

Whitney relates, "I wasn't always the best student, and I have struggled with depression and anxiety, but Geneva, Dr. Brodine and Dr. Dan were always there to keep me on track and remind me of what I needed to focus on. They were always on my side."

While pursuing her Psychology degree, Whitney was named American Indian Recruitment's "Mentor of the Year" in 2011 for her efforts counseling Native students about college. Whitney says, "Before finding NARCH, I searched for Native student organizations. It was great to fill in the information gaps Native students get about college while helping them take pride in their culture."



*Pala Chairman Robert Smith (second from left) presents \$15,000 to IHC's Bill Gallagher, Orvin Hanson, Steve Gold and Dr. Dan Calac.*



*(Continued on page 8.)*

# CA-NARCH VII RESEARCH PROJECTS

Due to changes in funding sources, CA-NARCH programs and projects will be changing this fall. We will provide an update in the Winter 2018 issue of this IHC Newsletter.

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

Principal Investigator: Roland Moore, PhD

### **Better Safe Than Sorry: Lock Up Your Meds!**

Prescription pain medications (opioids) are safe and effective when used as directed by a medical care provider. Incorrect use of Rx medications can lead to abuse, addiction, and even death. The CDC reports that less than 3% of households lock up their prescription medications and 70% obtain medication for illegal use from a friend or relative; primarily from their medicine cabinets.



Project Manager Gloria Alonzo says, “We all play an important role in preventing Rx medication misuse by locking up our medication and talking to our youth about the importance of using medication as directed. We can provide you or someone you care for with a personal medication lock box. They are free of charge while supplies last.”

She says, “If one of these medication lock boxes would help you or a loved one, please contact me at ext. 5247 or [galonzo@indianhealth.com](mailto:galonzo@indianhealth.com). I can meet you in the lobby while you are here for any scheduled appointment with prior notice!”



## HEALTHY NATIVE NATION CONTINUES OUTREACH AND EDUCATION

Principal Investigator: Christina Chambers, PhD



Talks about addiction, relapse and recovery highlighted the recent Women Warriors: Walking the Road of Recovery workshop sponsored by Healthy Native Nation (HNN) and National Organization on Fetal Alcohol Syndrome (NOFAS). The well-attended workshop empowered women in recovery to move forward through connecting to Native culture and traditions.

During the past three months, HNN also held teacher trainings, shared information with schools and participated in community events. Staff members work with IHC's OB providers to help women have a safe and healthy pregnancy. As a follow-up to its initial baseline survey that explored community awareness and priorities, HNN is currently conducting surveys to determine how its projects have benefited Tribal communities.

Project Manager Annika Montag, PhD, says, “HNN is proud to be the first Tribal NOFAS affiliate. HNN was established

to spread awareness about Fetal Alcohol Spectrum Disorders (FASDs) and support affected families. FASDs can cause physical, mental, behavioral and/or learning disabilities that can last a lifetime. We work hard to help people and families in our communities manage FASDs in many ways, including monthly support groups, resource information and referrals. We also offer speakers to organizations. Most of all, with September FASD Awareness Month, our message is clear: Pregnancy is sacred, and no amount of alcohol is safe.”

To learn more about our support group, survey and other services, please call 760-751-6055 or stop by our office across from the IHC gym.



Pricilla Ortiz sang two traditional songs to open the Women Warriors workshop.

### FASD FACTS

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

# Whitney Goes the Extra Mile to Make a Difference at IHC

After working for two years in Southern Indian Health Council's suicide prevention program, Whitney Baugher joined IHC in 2015 with the Health Promotion Services Department as a Health Educator under the Prevention and Early Education (PEI) grant. In March 2018, she was promoted to Domestic Violence/Sexual Assault (DV/SA) Coordinator with the Peace Between Partners Program.

Among her many responsibilities, she provides prevention education, trainings for service providers, individual advocacy/support, healing activities such as a woman's sweat lodge and other functions. In July, she coordinated a presentation by experts on "Intimate Partner Violence and Technology" that explored how a perpetrator can harness technology to do harm.

Confiding that her ultimate goal is to earn a Master's in Social Work, Whitney says she loves being at IHC. "I am so pleased to be here serving our Native community. It makes my work more meaningful. Starting with my fortuitous discovery of NARCH through my aunt's acquaintance with Geneva, I have been very fortunate," Whitney believes.

Ultra lucky, one might say.



Whitney's looking strong as she goes the distance.

## Self-Expression Comes Alive at La Jolla

More than 70 community members learned how "Natives Who Band Together Grow Together" at the June 29, 2018 REZolution at La Jolla Tribal Hall. The event was presented by IHC's California Reducing Disparities Program, which promotes self-expression as a healthy coping skill and shares behavioral health resources available at IHC and the community.

It may have been their first time on stage, but eight talented local

performers did more than cope – they ruled!

Project Coordinator Sasha Spite recounts, "A Native flutist, two guitarists, two rappers, two poets and a live art performer enthralled audience members, who also enjoyed a delicious dinner grilled by the Native Riders. La Jolla REZolution youth ages 11-18 did all the behind-the-scenes work, including selecting a theme, producing a flyer and creating a video ad."

The youth chose the group name "La Jolla's Ano Youth." Ano is Luiseño is for Coyote -- thought to be a messenger.

They wanted to bring these messages to their community: 1) We are stronger together and by supporting

each other, we can grow as a Tribe; 2) There is strength in mental wellness; 3) Help and resources are available; and 4) You can only help others if you are first healthy yourself.

The La Jolla event followed a successful January REZolution at San Pasqual. More events are in the works (contact [sspite@indianhealth.com](mailto:sspite@indianhealth.com)), with the goal being to showcase local talent on each consortium reservation. For these youth, "express yourself" is a call to artistic action!



Melissa Villalobos, Flute



Tracy Nelson, Guitar



# Dr. Dan's Corner

## Whoa, Charley – It's a Painful Muscle Cramp!

Nobody knows where the term Charley Horse comes from. Some say it began in the 1880s when a baseball pitcher named Charley – nicknamed Old Hoss – suffered a sudden, severe leg cramp during a game.

Regardless of the colorful phrase's derivation, if you've ever experienced this involuntary spasm or sharp cramp in your leg muscle, you know the stabbing pain can be excruciating – hitting you in the middle of a workout or even waking you out of a deep sleep.

One immediate remedy is to stretch the cramping muscle gently and massage it into relaxation. Applying heat might also help.

If you can ascertain what might be triggering the spasm, you may be able to address and prevent it. Certain medications have muscle cramps as a possible side effect, but often the trigger is part of your everyday lifestyle. Common causes include:

- Not stretching sufficiently before exercising. Stretch now and run pain-free later.
- Dehydration. Before and during exercise, especially in hot weather, hydrate, hydrate, hydrate.
- Mineral deficiency. A lack of magnesium, potassium, calcium and sodium can lead to muscle spasms. Eat mineral-rich food such as bananas, nuts, sweet potatoes and spinach.
- Overuse. Suddenly increasing the length or intensity of a workout can cause your muscles to cramp up.
- Underuse. Being sedentary can make your muscles “complain” by cramping. Try not to stay in the same (sitting) position for a long period of time. Whether you're at home on the couch, in your office at a computer or in transit on an airplane, get up at regular intervals and walk around.



Chief Medical Officer Dan Calac, MD

“Dr. Dan's Corner” discusses common health issues and answers your questions regarding specific topics and general overall health and well-being. If you have a question you would like Dr. Dan to address, please email [atesterman@indianhealth.com](mailto:atesterman@indianhealth.com).



## Let's Talk Dental

### No More Novocain

One of the most significant changes to dentistry over the last few decades is the progression of local anesthesia. Few people know that cocaine was the original local anesthetic. While cocaine was first used in surgery by Carl Koller in 1884, it was not until the invention of the glass dental cartridge by Harvey Cook in 1925 that cocaine was administered as a local anesthetic during a dental procedure.

While cocaine was an effective local anesthetic, it was not widely adopted because it produced unwanted side effects such as increased pulse rate and giddiness; not to mention, the risk for developing chemical dependence.

Fortunately, while dentists were awaiting the invention of the glass dental cartridge, our medical colleagues had found several substitutes to cocaine. Alfred Einhorn developed a substance called procaine that was suitable for dental procedures. Procaine was marketed under the brand name Novocain and quickly adopted by the dental industry.

To this day, the name Novocain is often recognized by

patients even though it became obsolete in 1943 when an anesthetic called lidocaine was discovered. Most adults who have had a dental procedure completed have experienced local anesthesia induced by lidocaine. However, since 1943, multiple local anesthetics have come to market that offer some advantages (and disadvantages) to the still-popular lidocaine.

As a patient, it is not necessarily important to understand what types of local anesthetic solutions are available, but it is important understand that dentistry is much different today than it was in the 1960s and '70s. The advent of new anesthetic agents has increased our ability to help patients achieve profound anesthesia and practice dentistry comfortably. If you are avoiding your dentist because you had difficulty getting numb in the past, you may want talk to your dentist about how new techniques can improve your experience.



By Chance Bodini, DDS

“Let's Talk Dental” addresses general oral health topics. If you have a question or concern you would like addressed in this recurring newsletter column, please email [cbodini@indianhealth.com](mailto:cbodini@indianhealth.com).

# 2018 | CLINIC SCHEDULES



## RED CROSS BLOOD DRIVES

**Periodically, 9am-3pm.** Appointments are not necessary. Call ext. 5377.

## DIABETES MANAGEMENT CLINICS

Multidisciplinary approach to managing diabetes. Patients meet with their physician, Registered Dietician and Physical Activity Specialist in one appointment. Clinics at Rincon and Santa Ysabel at various days/times. Call ext. 5377.

## DIABETES BASICS

SDPI-funded intro/refresher for patients with diabetes and those who wish to learn more about diabetes. **2nd Tuesday, 10am-12:30pm, 3rd Wednesday, 4-5:30pm,** Public Health Programs Kitchen; **1st Monday, 2-3:30pm,** Santa Ysabel. Call ext. 5455 to reserve your seat.

## EYE CLINICS

**Wednesdays, 8:30am-12:30pm** in Medical North. Call ext. 5231 or 5265 to schedule an appointment.

## MAMMOGRAM CLINICS

**1st Friday of the month, 8:15am-12:30pm,** in Medical. Call ext. 5231 or 5265 to schedule an appointment.

## OB CLINICS

**Thursdays, 8am -10:30am,** in Medical. Call ext. 5231 or 5265 to schedule an appointment.

## BLOOD PRESSURE & ECHOCARDIOGRAM CLINICS

Blood Pressure: **4th Tuesdays, 9:00am-12:00pm** in Medical North. Echocardiogram: **3rd Tuesdays, 9:00am-12:00pm** in Medical North. Call ext. 5231 or 5265 to schedule an appointment.

## CHILD CAR SEAT SAFETY CLASSES

Classes at Rincon and Santa Ysabel demonstrate proper usage of a safety seat. Call ext. 5356.

## WELL CHILD CLINICS

Five monthly clinics with Providers for children ages newborn to 17 years old to get annual physical and scheduled immunizations. **1:00-4:00pm, 1st and 4th Wednesdays; 2nd, 3rd and 4th Fridays** in Medical. Call ext. 5231 or 5265 to schedule an appointment.

## ACUPUNCTURE CLINICS

**Mondays and Thursdays, 9:00-3:30** in Medical North. Call ext. 5231 or 5265 to schedule an appointment.

## CHIROPRACTIC CLINICS

**Tuesdays 2:00-5:00pm and Thursdays, 1:00-4:00pm.** Call ext. 5231 or 5265 to schedule an appointment.

## CARDIOLOGY CLINICS

**Fridays, 9:00am-12:00pm,** in Medical North. Call ext. 5231 or 5265.

## PODIATRY CLINICS

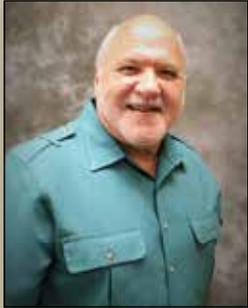
**Tuesdays, 8:00am-5:30 pm,** in Medical. Call ext. 5231 or 5265.

## FITNESS FUN

For a full list of group exercise classes/ times/locations, contact Public Health Programs, ext. 5455. Current/upcoming classes include Tai Chi, Body Weight Cardio, Beginners Yoga and Circuit Training. Individual and small-group training sessions are available by appointment. Call ext. 5263 to schedule.

# WELCOME TO THE IHC NEIGHBORHOOD

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



**Steve Gold**  
Chief Executive Officer



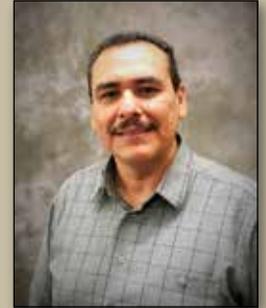
**Will Madrigal**  
Cultural Resource Monitor



**James Siva**  
Gym Attendant



**Brenda Walsh**  
Dental Sterilization  
Technician



**Richard Garcia**  
Licensed Clinical  
Social Worker



**Mitra Tahiree**  
Registered Dental  
Assistant



**Carmen Perez**  
Registered Dental  
Assistant



**Rachel Miles**  
Licensed Clinician,  
DV/SA Program



**Denise Hulett**  
Registered Nurse



**Erica Shepherd**  
ICWA Case Manager



## no cavities club

Joda Ratliff

Maxcine Mazzetti

Adriana Ochoa

Keith Redfern

Fredrick Mazzetti

Noswaamay Nelson

Khloe Cote

Christopher Whetstone

Isabella Thompson

Zephyr Holmes

Sofia White

Tyler Blume, Jr.

Tucker Jacobson

Lilly Sivert

*Awesome!*

# INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness

50100 Golsh Road  
Valley Center, CA 92082

FORWARDING SERVICE REQUESTED



## BOARD MEMBERS EXECUTIVE BOARD

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

## MEMBERS

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Doris Beresford	La Jolla
Andrew Campbell	Los Coyotes
Mariah Aguayo	Los Coyotes
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Melanie Luna	Santa Ysabel

Steve Gold, 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: (442) 281-5000

Temecula Hospital: (951) 331-2200

Children's Hospital: (760) 739-1543

## INDIAN HEALTH COUNCIL, INC SCHEDULE

### Medical Department

M-F 8:00-6:30

Providers | Nurses M-F 8:00-6:30

Lab M-F 8:00-4:30

(open 12:00-1:00 drug testing only)

X-ray M-F 8:00-6:30

Specialty Clinics (see page 10)

### Dental Department

M-F 8:00-6:30

Specialty Hours, 8:00-4:30

### Pharmacy Department

M-F 8:30-6:30

### Public Health Programs Department

M-F 8:00-4:30

Public Health Nursing, Home Health  
Aides, Env. Tech, Nutritionist.

### Tribal Family Services Department

M-F 8:00-4:30

### Behavioral Health Department

M-F 8:00-6:30

Mental Health, Counseling, Domestic  
Violence, Substance Abuse

### Health Promotion Services Department

M-F 8:00-6:30

Prevention and Early Intervention  
Program, Peace Between Partners,  
Strategies for Preventing Underage  
Drinking, Pill Take Back, REZolution,  
TANF Case Aide

## SANTA YSABEL SCHEDULE

### Medical Department

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

First appointment 9:00 a.m.

Podiatry, First Monday, even months,  
9:00-3:30

### Dental Department

W 8:00-4:30

First appointment 9:00 a.m.

### Pharmacy Department

M, W 10:00-4:00

F 10:00-12:00