



INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness



Summer 2018

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

Volume 34 Issue 2

“Empowered Expressions” Is a Great Spring Fling

Spring was flinging sunshine, warmth and happiness onto IHC’s “Empowered Expressions” Performance and Resource Gathering on April 10, 2018. Less than one hour after the day-long, outdoor event kicked off, 140 people had already registered. Hundreds more were on the way. Everyone who registered received a colorful tote bag. People who completed their survey earned a coveted cap.



Birdsingers.



Billed as a free family event geared toward wellness, a festival atmosphere prevailed amid cultural arts and crafts, traditional performances, health-related information and kid-friendly activities. A climbing rock was skillfully scaled by Health Promotion Services Director Beth Turner, who helped children clamber skyward.

Climbing rock.

(continued on page 3)

March NARCH!

The well-attended March 23, 2018 CA-NARCH Spring Event at SDSU pictured below offered students an opportunity to socialize with each other and staff while sharing their exciting accomplishments and ambitious plans. Ten great grads are highlighted on page 6.



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An Appreciation: Rose Cosgrove ... A Nurse's Nurse

Rose Cosgrove

August 8, 1931 – March 6, 2018

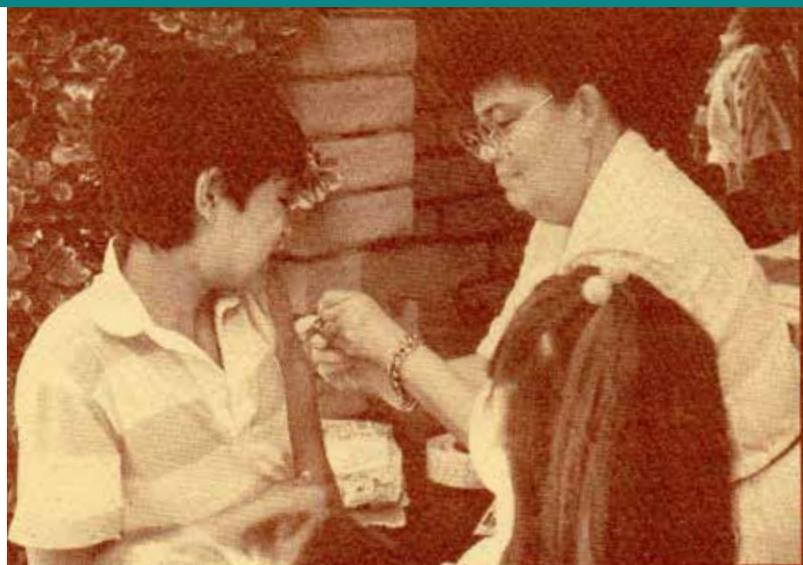
When IHC's 21-year Community Health Director retired in 2001, our newsletter article read, "Rose Cosgrove PHN Bids Indian Health Council a Heartfelt Goodbye." On March 6, 2018, IHC sadly bid Rose a heartfelt goodbye.

Rose earned the admiration of colleagues, respect of elected officials and love of patients. Her efforts helped put IHC on the local and national map.

In 1998, Rose was honored by the California Area Agency on Aging as "a tireless advocate ... tough and straight-talking ... compassionate and caring ... inspiring others to give their best." Accolades poured in from leaders such as U.S. Senator Barbara Boxer, who wrote, "Through your work on behalf of seniors, you continue to make a tremendous difference."

In 2000, Rose was selected from nationwide Indian programs as "Indian Health Services' Nurse Administrator of the Year." The prestigious award recognized her indefatigable efforts to promote good health among Native Americans.

Rose also received a 2001 San Diego County "Women of Merit" award for "representing the best of our world." At her retirement celebration, she recalled how she once spent weeks tracking down a woman in Guam whose test at an IHC-hosted health conference revealed breast cancer. She explained, "If you care enough to do the testing, you have to care enough to do the follow-up. We must persist in the



Rose never missed an opportunity to inoculate or educate.

cause of health and self-help. My motto is we'll find a way."

Rose's tenacity, dedication, feisty good-heartedness and penchant for colorful shoes are remembered with affection by those who knew her. Acting CEO Orvin Hanson, who worked with her for many years, states, "Rose was an innovator of programs and a beacon of positivity. Starting out in 1980 in one of several trailers down the road from our current facility, Rose and her staff brought a full spectrum of prevention and nursing services to our nine-reservation consortium."

Orvin concludes, "That environment might not have been state-of-the-art, but Rose Cosgrove's service to others was always state-of-the-heart."

Community Champs Are Wellness Winners

Walking among us are people who may look like "ordinary" folks. Yet they are extraordinary.

Public Health Programs Director Angelina Renteria and Nutritionist Jina George call them "Community Champions" in recognition of their overarching commitment to managing their health. They explain, "Community Champions, some of whom have diabetes or pre-diabetes, and in some cases have overcome other challenges, strive daily to get their average blood sugar (A1C) levels and weight down. They employ diet and exercise programs that can help them decrease or even cease their medications. They maintain a positive attitude and we are happy to support them on their journey to better health."

Angelina notes, "We take IHC's Patient-Centered Medical Home literally. Our IHC team in Medical, Public Health, Tribal Family Services, Health Promotions and Behavioral Health encircles our patients, keeping them at the center of our efforts."

Three Recent Success Stories

Jina says, "I've watched one man's progress unfold over nearly four years. I check in with him frequently. He calls me his 'motivator,' but in reality, he is very self-motivated to manage his health and control his diabetes. Through regimens like healthy meal prepping (creating plates

that are ¼ protein, ¼ carbs and ½ non-starches), he sets himself up for success. His A1C has dropped dramatically, and so has his weight."

A second Community Champion lost 75 pounds in five months of working with Jina. His new healthier lifestyle may prevent his pre-diabetes from developing into diabetes.

Her newest Champ has diabetes but is pursuing his goal to get off insulin. He lost 10 pounds in one month. With a history of alcohol use, he credits IHC's Behavioral Therapist Paul Gonzales for being part of his holistic recovery.

Wellness Winners

Angelina believes that IHC's team approach results in wellness winners. "Indian Health Council has an amazing group of professionals in diverse fields who work together for the benefit of each client. We view clients as a whole person, assess current mental, physical, emotional and spiritual barriers, then provide resources and individualized programs to help empower and guide them on a healthy track. We support them, but these Community Champions are the ones who make the magic happen!"

Anyone can be a Community Champion, including you! For more information, contact jgeorge@indianhealth.com.

Connecting with SM Specialist Andrew Pittman

Have you noticed our expanded and expansive presence on social media? Thank Andrew Pittman, IHC's new Social Media Specialist. Since joining the clinic in January 2018, Andrew has rapidly enhanced our image and reach. This professional photographer and videographer has put us on the social media map: Facebook, Instagram and YouTube: #indianhealthcouncil.

Andrew creates and posts highlight videos of events, using social media to connect and inform the community. The multiple platforms can be accessed by people around the country, and the world, making our presence felt globally.

Andrew is part of the community he serves. He is Mountain Cahuilla from Los Coyotes and Ipai from Santa Ysabel. He says, "I enjoy being able to apply my skills in a creative format. The people I work with are nice and work great as a team."

Andrew believes that social media can be a powerful tool; one that serves the clinic, its clients and the community in many beneficial ways. He explains, "Social media enables

IHC to reach the community faster. Important events and activities can now be shared immediately. This reduces paper waste and travel costs. Being able to connect on a digital level strengthens our relationships and brings more awareness to health issues in the communities we serve."

Andrew accomplishes an impressive array of efforts working part-time at the clinic.

Equally impressive is A&K Video, a home-based video and photo production business he owns and operates with his wife, Lisset Valencia-Pittman, on Los Coyotes Reservation.

IHC is fortunate to have a Social Media Specialist like Andrew Pittman: someone who knows how to make connections, and how to make the connections count.



"Empowered Expressions" Is a Great Spring Fling (continued from front page)

Empowered Expressions was presented by IHC's Prevention and Early Intervention (PEI) Program funded by the County of San Diego HHSAs Mental Health Services Act. In attendance was a smiling Ricky Santos, HHSAs Behavioral Health Services Administrative Analyst. He said, "I'm a big fan of Indian Health. They do an outstanding job getting services and resources to people who need them."

Empowered Expressions Activities Rock the Day

Acceptance and inclusion were messages of the day. After the AVIA Color Guard began the event, Pastor Drum Arviso shared a heartfelt blessing focused on togetherness. His inspirational message encouraged people "to support one another, manifest the Great Spirit that lives within us and celebrate what we have in common with each other." Confiding that he has faced challenges in his life, he reminded the crowd, "We can always be better."

Acting CEO Orvin Hanson welcomed all. He thanked IHC staff for their hard work and recognized Tribal partners and

others who came together to deliver a message of wellness.

People meandered about in a friendly manner; enjoying on-stage performances, visiting booths ringing the perimeter, eating a delicious lunch cooked up by the Native Riders, mingling and making new friends. A high point of the event was the presentation of diverse Empowered Expressions. Among the performers were birdsinging groups, a drum group, Rincon Youth Storytellers performing a Cupeño story and live music from Blaine Mazzetti and the Originators. IHC Clinical Psychologist Luis Clement, PhD, spoke about the many facets of behavioral health. Fun raffles enlivened the day.

People of all ages participated in engaging activities. They contributed to a community quilt, learned about the joys of eating fresh produce and pledged to avoid harmful habits such as smoking.

Perched near the event's entrance/exit, the climbing rock served as a metaphor for the event, and for life. Overcoming our individual challenges and living an empowered life can be done when we express our true selves. It can be done much better when we do it together and support each other.



HHSAs's Ricky Santos.



Rincon Youth Storytellers.



Family arts and crafts.

Exciting Dental Grant Expands Pediatric Services

Indian Health Council is one of only six California Dental Health Programs recently selected to receive a substantial Oral Health Mini Grant from the California Rural Indian Health Board (CRIHB) Dental Support Center (DSC).

"This grant is significant," says Dental Direct Carrie Lambert, DDS. "It enables us to add seven days of pediatric oral conscious sedation services between March 5-August 15, 2018. That translates to providing this type of dental treatment for three pediatric patients per each of those days."

Pediatric Dentist Marian Manson currently has nearly 700 patients age ten or under. For each, she customizes treatment plans based on the child's individual needs.

Prior to receiving the grant, the approximately two dozen children whose treatment currently necessitates oral conscious sedation frequently waited as long as six weeks for treatment, because scheduling and staffing templates allowed for only one oral conscious sedation patient per day. That elongated the duration of complex treatment plans that take multiple appointments to complete.

Dr. Lambert is happy to report, "Now, with seven additional days dedicated to pediatric oral conscious sedation, we are providing treatment in a timely fashion, greatly reducing the wait time for children using this service. During this grant period, we triple the number of oral conscious sedation patients per each of seven days at our Rincon clinic from one to three. That equates to 21 additional visits," she notes, saying that the project also helps streamline services provided to all pediatric families.

"In keeping with IHC's overall Mission of Empowering Native Wellness, this grant helps the Dental Department be more efficient, effective and responsive to our patients' needs. And as of January 2018, we are proud to be nationally certified as an AAAHC Patient-Centered Dental Home."



Oral Conscious Sedation



Modern dentistry offers various non-pharmacologic techniques (such as positive reinforcement) and pharmacologic tools (such as oral conscious sedation) to help children enjoy a great dental experience and minimize fear of the dentist. Skilled, sensitive pediatric dentists like Dr. Manson determine the best and safest option for each child based on several factors, including the extent of needs and level of anxiety. Some children who cooperate well with X-rays and cleanings can exhibit climbing anxiety and declining behavior as treatment visits progress. Oral conscious sedation takes the edge off, giving kids a more relaxed and comfortable experience, which in turn enables the dentist to complete more work.

Dr. Manson is a Patient-Centered Pediatric Dentist



Pediatric Dentist Marian Manson (formerly Iskander), DMD, has been happily connecting with young patients at the Rincon clinic since joining IHC in December 2015.

A young, energetic and enthusiastic professional, Dr. Manson amassed an impressive background in dentistry before coming to IHC. She earned her undergraduate and dental degrees in Florida, where she grew up. After working initially as a general dentist in Dallas, she was accepted into a Pediatrics residency at the University of Tennessee in Memphis, where she served at the world-renowned St. Jude Hospital.

As someone who loves not only dentistry but children, Dr. Manson works hard behind the scenes to de-sensitize visits. She specializes in dealing with children who exhibit high dental anxiety by using a variety of techniques and tools, including nitrous oxide and oral conscious sedation.

Most of all, she says, "I take the time to get to know each patient as a young person. Instead

of a cookie-cutter process, I approach each child and situation anew."

She notes, "Even cooperative children need a little help if they have extensive dental needs. They don't have the same coping skills as adults to understand why they need to come back four or five times to have their teeth worked on. This is why sometimes I recommend sedation. The goal is always to keep children safe and happy, and that means protecting their developing psyche to prevent the development of dental anxiety. We are grateful for this grant, which helps us continue to service this amazing population of children while operating at the highest standard of care."

Dr. Manson lives in Rancho Penasquitos with her family physician husband, Lon, and their dog and cat. She says, "We enjoy being outside, playing with our animals, spending time with friends and family, and love traveling. Recently we visited Colombia, and last year we hiked Machu Picchu in Peru."

New Eligibility Case Management Program Connects Young Patients and Families to Optimum Coverage

IHC has introduced a “Connecting to Coverage” program to the consortium community intended to enroll and retain new clients in health insurance-related programs. The ambitious, two-year program operates under the Connecting Kids to Coverage National Campaign <https://www.insurekidsnow.gov/campaign/index.html>. This “Insure Kids Now” campaign is an outreach and enrollment initiative funded under the Children’s Health Insurance Program Reauthorization Act (CHIPRA) and Affordable Care Act.

Business Operations Quality Manager Natasha Siva, who oversees the effort, says that IHC’s “Connecting to Coverage” goals align with the national campaign. She explains, “We are reaching out to families with children and teens eligible for Medicaid and the Children’s Health Insurance Program (CHIP) to raise awareness about health coverage available under these programs and to help them enroll.”

Working under Natasha are Eligibility Case Managers Della Freeman and Dawn Roberts. Together, they strive to: 1) annually enroll 100 AI/AN children/youth and 50 parents/caregivers who are identified as uninsured and eligible for Medi-Cal, CHIP or a private plan offered through Covered California; and 2) retain enrollment of 90-100% of eligible

AI/AN clients currently receiving one of these health insurance plans. The target annual numbers for retention are 750 children and 500 adults.

Outreach, Education, Enrollment, Retention

Della and Dawn, who share the Eligibility Office situated in the Medical lobby, are utilizing their specialized training to take the primary lead on grant objectives. They provide direct coordination and facilitation of enrollment into County and State programs and conduct outreach activities such as staffing a booth at IHC’s Empowering Expressions April event.

As the “Connecting to Care” program continues its rollout, staff will partner with schools primarily serving Native students for outreach and enrollment assistance, and work with community partners to identify and educate eligible clients at cultural and health events.

Natasha notes, “We are integrating health coverage outreach, enrollment and retention into the clinic’s existing medical, dental and behavioral health programs. IHC will utilize best practices in conducting project activities, which will include information and re-enrollment reminder notices delivered to clients by phone, mail, social media,



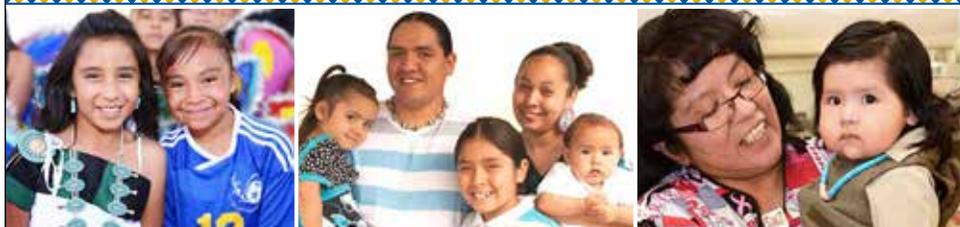
Dawn Roberts staffs an Eligibility booth at IHC’s Empowering Expressions April event.

and through our patient portal on the website.”

She says, “The overarching goal is to connect children and their parents with the health coverage appropriate to their situation and needs so that Indian Health Council, as an AAAHC Patient-Centered Home, can fulfill its mission of Empowering Native Wellness.”

For more information on “Connecting to Care,” please call our Eligibility Case Managers at ext. 5285.

Medicaid & CHIP for American Indians/Alaska Natives



Natasha Siva



Della Freeman



California Native American Research Center for Health

A Program of the Indian Health Council, Inc. (CA-NARCH) Summer 2018

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 or 858-775-7072.

TEN GREAT GRADS!

Congratulations to our Class of 2018! Graduating with various degrees from diverse universities, these ten students display exceptional academic prowess, leadership abilities and a commitment to give back to their Native community. Four are from our local Tribes, marking our largest contingent to date!

CONSORTIUM STUDENTS

Christina Clarke earned a BS in Kinesiology from Sonoma State. This fall, she enters USD to pursue an MS in Nursing. Christina says, "I am proud to be Kumeyaay from the San Pasqual Band of Mission Indians. I hope to return to my community and work at IHC providing quality health care and advocating for Native American patients' needs. I want Tribal youth to see my educational journey as an inspiration for their own dreams!"

Upon earning her MPH in Epidemiology from SDSU, **Kelly Hagadorn** (Luiseño-Rincon) jets off to a month-long RX One Health course in Tanzania, Africa, then heads to NIH for a one-year post baccalaureate program. She plans to pursue a PhD in One Health or Epidemiology with an infectious or zoonotic disease emphasis. Kelly says, "NARCH staff has been so supportive and encouraging. They are a large part of my many awesome past and future opportunities."

Temet McMichael (Luiseño-La Jolla) receives his PhD in Biomedical Research (Infectious Disease) from The Ohio State University this summer. He hopes to obtain a CDC Fellowship to become an Epidemic Intelligence Service Officer using his skills to improve indigenous health. Dr. McMichael says, "I'm passionate about science and mitigating disease. Special thanks to my family for their love and support, and to NARCH for continued support and keeping us all connected."

Sierra Trujillo of Mesa Grande earned a BS in Human Biology from UCSD with a minor in Religious Studies. Sierra plans to become a physician.

OTHER NATIVE STARS

Jessica Atencio (Acagchemem) earned a BS in Kinesiology from SDSU.

Mandie Baker (Citizen Potawatomi Nation) attained her MD from the University of North Dakota. Dr. Baker shared her inspiring success story in the Winter 2017 Newsletter.

Having graduated with a BS in Foods and Nutrition from SDSU, **Misty Faulkner** (Lumbee) will take her DTR exam in July, certifying her to work as a diet tech in a medical setting to gain clinical experience for an upcoming internship. She plans to earn an MS in Public Health.

Graduating with a BS in Public Health from UCSD, **Alexandra Hansen** (Acoma Pueblo) will participate in NIH's Summer Internship Program, then return to San Jose for her gap year. Alex plans to enroll to UCSD in Fall 2019 to pursue an MPH.

Kiowa Montoya (Pueblo) earned a BS in Environmental Science from SDSU.

Armed with a BS in Psychology/Biology from CSUSM, **Micah Savin** (Lakota) will matriculate into Fordham University's Clinical Neuropsychology PhD Program as a National Science Foundation Graduate Research Fellowship Program Fellow studying disparity in HIV-associated neurocognitive disorders. He intends to increase clinical services provided to Native Americans in the context of neurodegenerative diseases.

Micah says, "Thank you, NARCH, for seeing my potential." To that we say, "Thank you, Micah and all students, for fulfilling your immense potential!"

CA-NARCH VII RESEARCH PROJECTS

PRESCRIPTION OPIATE PAINKILLER MISUSE (Pill Take-Back Project)

Principal Investigator: Roland Moore, PhD

Purpose

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

Progress

During the April 10th Empowered Expressions event, we collected 6.6 lbs. of expired/unused prescription medication! We encourage everyone to follow IHC's Facebook to see dates for upcoming pill take-back events.

The following Sheriff's Substations accept unused/expired medications - no questions asked:

- Fallbrook, 388 East Alvarado St. *
- Julian, 2907 Washington St.*
- Ramona, 1424 Montecito Rd.
- Ranchita, 25704 San Felipe Rd, Warner Springs
- Valley Center, 28201 N. Lake Wohlford Rd.*

*SHARPS DISPOSAL ALSO AVAILABLE

BEWARE: DON'T SHARE

Ever offered to share extra prescription pain pills with a

friend or loved one in need? Sharing medication may be done with the best intentions, but each prescription medication dose is made for the person whose name appears on the bottle. When a physician fills out a prescription, they consider many factors like the patient's age, height, weight and past/present health problems. Prescription opioids like OxyContin or Vicodin are highly addictive and may be lethal if misused. Dispose of them safely as noted above. For more information or to obtain a free medication lock box (while supplies last), contact Project Manager Gloria Alonzo at ext. 5247 or galonzo@indianhealth.com



Gloria Alonzo and Sheriff's Deputies.



HEALTHY NATIVE NATION PROMOTES EDUCATION THROUGH ART

Principal Investigator: Christina Chambers, PhD

Be Creative: Enter Our 2018 Art Contest!

The inaugural Healthy Native Nation (HNN) 2017 Art Contest was such a success that it is now an annual event. The 2018 contest is open to all area Tribal members; adults and children. The purpose is to raise awareness that pregnancy is a sacred time and that an alcohol-free pregnancy is the best choice.

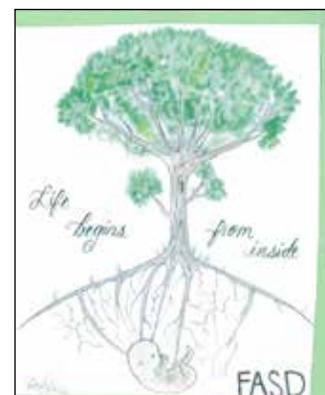
Alcohol use during pregnancy can result in a child being born with Fetal Alcohol Spectrum Disorder (FASD). The result can be disabilities ranging from mild to severe that can cause lifelong challenges for the child and family members.

HNN was established to spread awareness about FASD and support affected families. We provide referrals to obtain a diagnosis, offer information in our Resource Library and conduct a monthly support group for caretakers and family members. For more info on FASD or the Art Contest, please call (760) 751-6055 or stop by our office in Public Health across from the gym.

Art Contest Details

- Suggested Themes: Pregnancy/Heritage is Sacred, Importance of an Alcohol-Free Pregnancy, Bond Between Mother and Child, Protecting Our Unborn Children, Healthy Native Families.
- Eligible Art: Paintings, Drawings, Beadwork, Cradleboards, Gourds, Quilts, Music, Poetry.
- Prizes: 1st: \$200; 2nd: \$150; 3rd: \$100.
- Deadline: August 22, 2018. Deliver art to Public Health Reception Office, Tuesday-Friday.
- **Art Show Reception: September 5, 2018.**

2017 Contest Entry by Ronny Paipa



FASD FACTS

- Prenatal alcohol exposure is the leading cause of learning disabilities.
- FASD's 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.



Dr. Dan's Corner

Keep Your Brain Sharp

We all want to preserve our “marbles” as we get older. But one in ten Americans 65+ struggle with Alzheimer’s disease, the most common form of dementia. Although there is no known cause or cure for this severe decline, there may be ways to help avoid or delay its onset.

The Alzheimer’s Association emphasizes, “Alzheimer’s is not a normal part of aging. You can protect your brain with some of the same strategies that protect your heart: don’t smoke; keep your blood pressure, cholesterol and blood sugar within recommended limits; maintain a healthy weight.”

Interacting socially, playing games that keep you alert and pursuing stimulating activities are good techniques. Studies suggest exercise also plays a significant role in preventing/slowing cognitive decline.

I agree! I recommend staying as physically active as you can. And if you want to exercise your body and brain simultaneously, the next time you take your daily walk

around the block, stroll the opposite way. This small change can give your mind a fresh jolt and offer new vistas to enjoy.

If you are concerned about your own or someone else’s possible onset of dementia, visit www.alz.org. If you wish to speak with us confidentially, contact Medical to schedule an appointment.



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.

Time to Schedule Kindergarten Physicals

Is your child headed to kindergarten this fall? Make sure your little one is ready for the big day by scheduling an appointment for IHC’s Well Child Clinic. (See page 10.)

Before your kindergarten student can be admitted to school, you must present proof of required immunizations, including DTaP, Polio, Hep B, MMR and Varicella. We will administer the immunizations, provide the school-required record and perform an exam.

A regimen of immunizations is also required for older children, including a DTaP booster at the beginning of seventh grade. In addition, many sports programs require a Sports Physical before your young athlete can join the team.

Please call us soon so we can ensure that our community’s future leaders are in great shape for success!

To enroll your kindergarten student, you must present proof of required immunizations.

Dan Calac Speaks at Harvard



Pictured above is Chief Medical Officer Dan Calac, M.D. on May 3, 2018, speaking on behalf of Indian Health Council at the Harvard Kennedy School, followed by a presentation to the Chan School of Public Health. IHC’s board and staff are very proud of Dr. Dan for so ably representing our clinic and community members at his alma mater; he graduated from Harvard Medical School in 1999.

True Blue ... Denim Day Promotes Sexual Assault Awareness

IHC staff and community recently came together to support sexual assault awareness in a training presented by Domestic Violence/Sexual Assault (DV/SA) Program Coordinator Whitney Baugher, the first major effort in her new position. The Denim Day project was supported by an Office on Violence Against Women, U.S. Department of Justice grant.

Whitney reports, "On April 24th, Peace Between Partners held a Sexual Assault Awareness and Training Presentation for 48 IHC staff and community members. On April 25th, we went 'full denim,' with IHC staff attired in jeans and related apparel to proclaim their support."

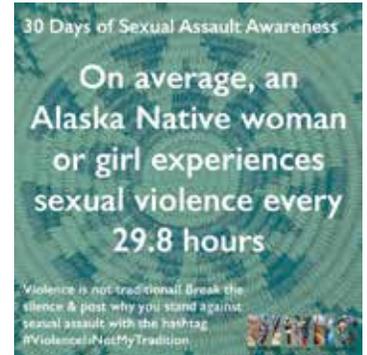
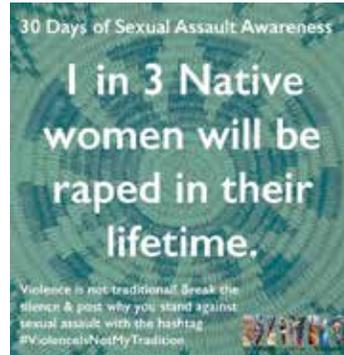
Why denim?

Nearly two decades before the "Me, Too" movement began, Denim Day was established in recognition of April as Sexual Violence Awareness Month. According to denimdayinfo.org, the campaign was triggered by an Italian Supreme Court overturning a rape conviction because the justices said since the victim was wearing tight jeans she must have helped her rapist remove her jeans, thereby implying consent. The following day, women in the Italian Parliament wore jeans to work to support the victim.

The social solidarity via fashion statement exhibited by IHC staff on Denim Day 2018 was echoed around the world to combat misconceptions surrounding sexual assault. Whitney believes, "We fulfilled our goal of raising awareness about sexual assault, consent and resources. This is an ongoing issue, so I invite anyone interested in obtaining more information or having a confidential conversation to contact me at ext. 5326 or wbaugher@indianhealth.com."



Denim-clad IHC staff show support.



Let's Talk Dental

Tobacco and Your Mouth

Tobacco use is strongly associated with multiple maladies including heart attacks, strokes, cancer and chronic obstructive pulmonary disease (COPD). Often overlooked is that this unhealthy habit also is severely detrimental to teeth, gums and surrounding soft tissues.

Oral manifestations of tobacco use include stained teeth, nicotinic stomatitis, periodontal disease, necrotizing ulcerative gingivitis and several life-threatening forms of oral cancer.

Periodontal disease is a non-reversible and destructive form of gum disease that when left untreated can result in the loss of teeth. Nicotinic stomatitis is commonly called "smoker's palate," which refers to the deformations of the skin that covers the hard palate (roof of your mouth) secondary to the

heat of exposed smoke.

Necrotizing ulcerative gingivitis, also known as "trench mouth," is a sudden, painful infection of the soft tissues surrounding the teeth that results in bleeding and ulceration of the gums. Oral lesions associated with smoking present in various shapes and sizes and range from premalignant leukoplakia's (white patches) to invasive, malignant lesions most commonly found to be squamous cell carcinomas.

For those who do use tobacco products, it is important to understand the potential consequences of this habit and to recognize the importance of regularly scheduling routine dental examinations where an oral cancer screening can be completed.



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.

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, 2nd and 4th Wednesdays; 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

Tai Chi "Moving For Better Balance" (55+), **Tuesdays & Thursdays, 9-10am**, Rincon MPR; **11am-Noon**, Santa Ysabel, **Mondays & Wednesdays, 11am-Noon**, San Pasqual Tribal Hall.

WELCOME TO THE IHC NEIGHBORHOOD

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



Mary May Saldana
Pharmacy Technician



Anson Black Calf
Environmental Technician



Eliee Gomez
Medical Assistant



Tiffany Tooley
PEI Health Educator I



George Pojas
PEI Health Educator



Andy Muñoz
Physical Activities Specialist



no cavities club

Jason Kole
Anaya Allen
Evely Middleton
Malaki Zwicker
Lucious Zwicker
Connor Majel
Abigail Goldtooth

Athena Chaloux
Morgan Copper
Isabella Sanchez
Thunderbear Sanchez
Emil Sanchez
Chadwick Moody
Khloe Quevado

Kiilah Magante
Wom Si Stoneburner
Joseph Wier IV
Hector Torres

Great job, kids!

INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness

50100 Golsh Road
Valley Center, CA 92082

FORWARDING SERVICE REQUESTED



BOARD MEMBERS EXECUTIVE BOARD

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Carolyn Stalcup, Vice Chairwoman	Santa Ysabel
Mercedes Amavisca, Secretary	Mesa Grande
Leia Arviso, Treasurer	Inaja Cosmit
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Patricia Ockert	San Pasqual
Jenny Monteforte	San Pasqual
Melanie Luna	Santa Ysabel

Orvin Hanson, Chief Operating Officer/
Acting 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: (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)

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

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.

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

Pharmacy Department

M-F 8:30-6:30

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

Dental Department

W 8:00-4:30

First appointment 9:00 a.m.

Tribal Family Services Department

M-F 8:00-4:30

Pharmacy Department

M, W 10:00-4:00

Fri 10:00-12:00

Behavioral Health Department

M-F 8:00-6:30

Mental Health, Counseling, Domestic Violence, Substance Abuse