



INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness



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People Find Strength, Solace and Support at Cancer Walk

Close to five dozen IHC staff, patients, community members and Rincon Firefighters gathered on June 10, 2016 for a heartfelt Cancer Awareness & Remembrance Walk along the clinic's Golsh Road. This third annual IHC event has become a traditional kickoff to the ensuing weekend's American Cancer Society Relay for Life at Bates Nut Farm in Valley Center.

Purple power was out in force for the June 10th Cancer Awareness & Remembrance Walk. Golsh Road was decorated with purple ribbons. Participants were garbed in purple to show their support for each other and for people fighting cancer, as well as for those who have succumbed. Each

(continued on page 3)

A Collaborative Effort to Keep Native Families Safe



Health Promotion Services Pauma Student Interns Mia Gonzales and Malia Hill showcase the clinic's Peace Between Partners DV program.

Just as it takes a village to raise a child, it takes a community of committed people and organizations to protect and assist families in potential crisis. The July 26, 2016 "Keeping Native Families Safe" daylong event marked a huge leap forward together in focusing on Domestic Violence and Indian Child Welfare Resources.

(continued on page 2)

INSIDE THIS ISSUE: NEW, NEW, NEW!



Diabetes Support Group
page 4



Foster Families Community Closet
page 5



Let's Talk Dental
page 8

A Collaborative Effort to Keep Native Families Safe

The collaboration was co-hosted by Indian Health Council (IHC) and California Indian Legal Services (CILS). This well-attended event was held at IHC's Rincon clinic and included lunch as well as a great deal of food for thought.

Presenters offered a wide range of expertise to attendees from local Tribes and community-based entities. They included:

CILS

- Dorothy Alther, Executive Director.
- Susan Dalati, Mark Radoff and Mark Vezzola, Attorneys.

IHC/Tribes

- Karan Kolb, Tribal Family Services Director.
- Beth Turner, Health Promotion Services Director.
- Shyanne Boston, Director, San Pasqual Native Women's Resource Center.

San Diego County

- Chuck Matthews, Health and Human Services Agency.
- Linda Hughes, Riverside Sheriff's Station.



CILS DV Attorney Susan Dalati with TFS Director Karan Kolb.

Powerful Information

Event presentations reflected the seriousness and breadth of the issue. Among them were: "Overview of the State Domestic Violence Protection Order Process;" "Overview of State Dependency Process involving ICWA;" "Tribal Domestic Violence Codes and Tribal Court;" and "Sheriff Department Response and Enforcement of Tribal Court Domestic Violence Protection Orders."

The event was interactive, featuring audience question-and-answer sessions, roundtable discussions and informal conversations during break periods and lunch. A case study was also presented.

A Promising Start to a Better Tomorrow

Beth Turner reports that the event was highly productive: "We believe this training offered valuable and comprehensive information and resources along with the opportunity to share ideas and work collaboratively." Noting that CILS' mission is "to protect and advance Indian rights, foster Indian self-determination, and facilitate tribal nation-building," Karan Kolb says she is optimistic that this concerted effort will yield results. "Not only was it a good coordination between CILS and IHC, but also within our two IHC departments."

Beth and Karan say, "We plan to continue working together to address the issue of Keeping Native Families Safe."

Got Blood? Give Blood!

On August 18, 2016, numerous IHC staff and community members took a few minutes out of their day to do something extraordinary: save lives. They donated blood at the clinic's 9 am-3 pm Red Cross blood drive.

The process is simple, yet the results are so significant, explains Administrative Assistant to the CMO, Annabelle Testerman. She says, "Each blood donation can save three lives, making your contribution priceless."

CMO Dan Calac, MD is an enthusiastic blood donor. Confiding, "When I donate blood, I am always thinking about the lives I'm saving," Dr. Calac notes, "As a population, Native Americans are one of the lowest donors of blood. But often, they have O type blood products that make them especially critical to blood banks because of the general ease in giving their blood to recipients as universal donors. As a Native American physician, I want to set an example."

Why Give Blood?

The Red Cross offers these reasons to give the gift of life:

- Every two seconds, someone in the U.S. needs blood. (Some may be from our own consortium community.)
- One car accident victim may require as many as 100 pints of blood.
- More than one million people are diagnosed with cancer each year. Many will need blood, sometimes daily, during their chemotherapy treatment.
- Blood cannot be manufactured. It can come only from generous donors like you.

Make it a Red Letter Day

The above bullet says it all. Giving blood is one of the most important – not to mention quick, easy and painless – things you can do to help others. We hope to see you at a 2017 blood drive here at the clinic.

Or why wait? Visit www.redcrossblood.org/socal to find a list of upcoming events taking place throughout San Diego County. We thank you, and the people whose lives you will touch thank you as well.

Each blood donation can save three lives, making your contribution priceless.



Strength, Solace and Support at Cancer Walk



Participants created a moving sea of purple as they walked and talked along Golsh Road.

walker was given an “I Walk For ...” button, upon which they wrote their loved one’s name, and bright purple gel wrist bands, creating a moving sea of purple as they walked and talked.

Afterward, participants enjoyed a delicious lunch of pasta and salad prepared by Rincon Firefighters. Fire Chief Ed Hadfield spoke to the gathering, as did Valley Center Relay for Life’s Sharon Briscoe, who has participated in past IHC walks. People shared the pot-luck desserts they brought while sharing stories that brought tears, some of joy and some of sorrow, to many eyes.

The event was organized by Annabelle Testerman, Administrative Assistant to IHC’s Chief Medical Officer, Dan Calac, MD, and Medical Assistant Nichole Minjares. They say, “All of us feel good joining together to fight back against this terrible disease. And it’s wonderful to know that Relay for Life proceeds fund cancer research and services for people diagnosed with cancer.”

Native Lifestyle Balance Curriculum Has Positive Results

2016 is shaping up to be a healthy year for community members who commit to a multi-week prevention- and education-oriented curriculum targeting people ages 15-40 at risk for diabetes. The “Living a Life in Balance” curriculum funded by an SDPI grant and enthusiastically presented by IHC’s Diabetes Management Team kicked off in early February with a six-week program on the Pala Reservation.

The success of this inaugural curriculum propelled Community Health Services Director Martina Portillo and her team to expand the program to eight, two-hour, weekly sessions at Santa Ysabel. She reports, “Energy was high among the nine participants who lost a combined 43 pounds from the June 1st start through July 20th completion. People said they were sad to see the series end. But now, armed with the tools they need, including a free pedometer, packet of information and nutritious recipes, they are eagerly moving forward on their own.”

One mother who participated with her pre-diabetic son said, “The class taught us how to eat better and be more active.



The exercise with the bands was simple but made us sweat. Two thumbs up to the team!” Another person revealed, “I thought the program wasn’t going to help me, but I am so glad I attended. It opened my eyes. I lost weight and learned how to eat the right food. Our teachers were awesome!”

Currently, residents on San Pasqual are learning how to prevent diabetes and heart disease in their “Living a Life in Balance” eight-week program. As at Pala and Santa Ysabel, participants learn how to lose weight and keep it off, buy and cook healthful foods, set and achieve goals, jumpstart their exercise program, manage stress, and more.

On each reservation, the curriculum culminates with a celebration in which each graduate receives an award certificate. It’s hard to say who is happier and more fulfilled: the students whose success shines in their eyes or the IHC teaching team who helped them achieve that success.

Martina Portillo believes, “The benefits are far-reaching. When people feel in healthy balance with the various facets of their life, they can be unstoppable in their pursuit of health.”



IHC Introduces New Diabetes Support Group

As a professional who has held leadership positions in Clinical Psychology for many years, Behavioral Health Services Director Cheryl Pfent, Psy.D., who joined IHC in December 2015, has established an array of innovative mental health programs throughout her career. As a nurse (BSN), she understands the medical side of diabetes. And, significantly, as someone who has lived with diabetes for more than 15 years and watched family members struggle with the disease's devastating effects, she is intimately familiar with the many challenging issues facing people with diabetes.

Therefore, when Community Health Services (CHS) Director Martina Portillo mentioned that she had long desired to create a support group as requested by CHS' Diabetes Program staff, Dr. Pfent said she'd be delighted to take the reins. After a successful kickoff on June 22, 2016, the new Diabetes Support Group now meets on the second and fourth Wednesday of each month. The sessions, supported by IHC's Prevention and Early Intervention (PEI) grant, take place from 11am-Noon in Building B's Conference Room B.

Dr. Pfent says, "The group is for people with diabetes, friends, and family members who are struggling with diabetes and would benefit from conversing in a safe and convivial environment with others who may share their life experiences. It is an open-ended group, so you can jump in at any time. We welcome new participants."

She emphasizes, "You do have to come with the understanding that anything discussed of a confidential nature must remain in the group."



Cheryl Pfent, Psy.D., facilitates the Diabetes Support Group

A Professional Approach with a Personal Touch

Martina Portillo states, "Having Cheryl facilitate the Diabetes Support Group is beneficial on several levels. Her personal understanding of the illness gives her an empathetic connection to group members. Her professional expertise enables her to address issues raised by participants within a supportive atmosphere."

Dr. Pfent says, "Diabetes can be a killer. Individuals diagnosed with the disease who choose not to follow diabetic protocols can face serious health problems."

She confides, "My brother has lost several toes and is on dialysis due to kidney failure from ignoring his diet and not taking appropriate medications. An aunt went blind as a result of being diabetic. There are many critical medical issues that can arise from diabetes that goes untreated, mistreated or ignored by the patient."

Open conversation is key, notes Dr. Pfent. "My goal for the group is to allow members to talk about the changes they have had to make in their own lives as a result of being diabetic. Topics raised by participants cover a full spectrum. We discuss emotional experiences such as depression. We explore how to deal with friends and family members who may try to sabotage you because of their ignorance of the disease. Wherever a topic leads us, we go there to illuminate the issue and address ways to resolve it."

People wishing to participate are invited to attend a Diabetes Support Group meeting or to contact Dr. Pfent at cpfent@indianhealth.com for more information. Sometimes, just knowing that you are not alone in your fight is half the battle won.

Pre-Diabetes on the Rise

According to recent UCLA research, "55% of California adults have either diabetes or pre-diabetes, a condition in which blood glucose levels are higher than normal but not high enough to be considered diabetic." About 9% have diabetes, with an additional 46% classified as pre-diabetic. Nationally, the rate of diabetes has increased approximately 175%. Among Californians, it is the 7th-leading cause of death.

The UCLA report found that up to 70% of people with pre-diabetes will develop the disease. The risk increases with age; 33% of adults 18-39 are pre-diabetic; 60% of people 55-69 have the condition. Although diabetes strikes people of both genders and all ethnicities, Native Americans are more at risk than many other populations.

Pre-diabetes typically has no symptoms. It can be detected only through blood tests.

On a very bright note, researchers have found, "People with pre-diabetes who were overweight and improved their diet and worked out reduced their diabetes risk 58%." Since the majority of Type 2 cases are preventable, experts believe, "People can stave off developing diabetes by adopting a healthier diet and increasing physical activity."

Contact IHC for more information on what you as an individual can do to protect yourself and those you love against this serious, life-altering disease.

Three More Months to "Ready, Set, Go!"

PURPOSE: To study possible causes of learning and behavior challenges in children. The knowledge we gain will allow us to strengthen our community by helping IHC focus on the needs of our children.

WHO CAN JOIN:

Native families with children ages 5-7, with or without learning or behavior challenges.

PROGRESS:

Just three more months for you and your child to participate in this great opportunity!

DETAILS:

Participation is short-term. Compensation is offered. Your child will receive free developmental testing and a physical exam while the parent/guardian partakes of two interviews. You will

receive the test results and your child may be eligible for free math tutoring. To join RSG before it ends in December, call 760-751-6055, email ReadySetGo@indianhealth.com or visit our office in Building B.

GREAT FEEDBACK:

- "My two children were treated with respect and compassion. The welcoming and accommodating staff made it easy for me to complete all the requirements with minimal worries. It was a great experience for me and it was nice to meet such helpful, friendly new faces."
- "I'm hoping my daughter gets a diagnosis after this study. She has trouble learning how to control her impulses and often acts out and can be disruptive in class. Thank you for your dedication in helping our young Natives."



Research Assistants Toni Jensen, Rhonda Romero and Ami Admire with RSG team member Dr. Ken Lyons Jones, who first identified fetal alcohol syndrome in 1973.



Community Closet Gets Good Things Popping

Indian Health Council, Inc. employees care about their clients and about their community. To put their commitment into action, they have been donating gently used items to the Foster Family Community Closet in Tribal Family Services (TFS). Donations to date have included children's clothes, shoes, backpacks, books and toys as well as baby blankets and other necessities.

The first Community Closet was held at Rincon on July 15th, followed by an August 12th event at Santa Ysabel. Foster families happily gathered as excited young children dove in to play with their new toys. Foster parents said, over and over again, how much they appreciated the donations and the people who donated them.

The events have been mini-extravaganzas, complete with bright smiles, squeals of joy, and fresh popcorn for added fun. TFS employees have enjoyed visiting with "the kiddos" and catching up on their summer activities while gathering ideas for future group discussion topics.

The Foster Family Community Closets are ongoing. TFS invites donations from staff, clients and community members at any time. For more information, please contact Tricia Walsh at ext. 5292 or Maya Goodblanket at ext. 5323.

Tricia and Maya say, "Get your gently used items out of your closet and into the homes of our Native foster families!"



TFS Welcomes Maya Goodblanket



When IHC needed to fill the position of the departing, longtime employee Cori Owen-Biggs in July, it didn't have to look far to find an excellent replacement. Maya Goodblanket was right down the hall, where she had been working since February as a Research Assistant for the Ready, Set, Go! collaborative study between IHC and UCSD.

Now, as PEI Family Preservation Case Manager, Maya provides a broad range of prevention and early intervention services. She conducts presentations, meets with and motivates clients, manages cases, and finds resources to offer those in need. She makes house calls, when necessary, to do assessments, provides transportation and services to clients, also on an as-needed basis, and coordinates with and assists TFS and PEI staff while attending and presenting at PEI events.

That's a pretty big to-do list, but Maya is well-equipped to handle it all. A CA-NARCH student of Cheyenne and Arapaho Tribal affiliation, she graduated in December 2015 with a B.A. in Psychology. In the future, she plans to earn a Ph.D.

For now, this competent and enthusiastic TFS and PEI team member declares that she loves her new job. "It's going really well! I am familiarizing myself with everything that TFS does and learning my role here. I look forward to developing my skills to work in this position to the best of my ability!"

Be an Angel to a Foster Youth

Here's a way to get your 2016 holidays off to a heart-warming start while enjoying family togetherness time and teaching your children or grandchildren about the true meaning of gift-giving: Be an Angel to a Native foster girl or boy!

This year's Angel Tree goes up in the Tribal Family Services (TFS) department on November 28th. It blossoms until December 19th with special gifts for each child, based upon their gender and age as well as their expressed needs and desires. The program culminates before Christmas when Santa comes to "town" and the foster kids have a party and open their gifts.

Being an Angel is easy and so rewarding, says TFS Director Karan Kolb, who notes with a big smile that the Angel Tree program is one of her annual favorites. She explains, "It lights up the faces of the young recipients, lightens their emotional burden at what can be a challenging season for foster children, and lights up the lives of the gift-givers."

Gift purchases are tax-deductible. TFS staff can provide a letter for the IRS.

To participate, simply visit the Angel Tree, select the ornament of an Angel (a youth), then purchase, wrap and bring an appropriate gift to place under the tree. Many of the ornaments feature caseworker suggestions, including the child's interests, personality and clothing size. Older children often enjoy receiving gift cards so they can purchase their heart's desire.

Karan recalls, "One teen received a new wallet that contained a movie card, game card and Target card. The foster mom said she was thrilled because it meant that Christmas never ended for him."

Each year, we welcome families who make the Angel Tree a holiday tradition. We see children and grandchildren helping to select an Angel and scampering off to buy the perfect gift. These kids learn first-hand that it is just as good – maybe even better – to give than to receive.





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 760-233-5592.

TWO STUDENTS ENJOY A ONCE-IN-A-LIFETIME RESEARCH OPPORTUNITY

Cynthia Begay (Navajo/Hopi) and Jacquelyn ("Peery") White (Peoria) could write a book about their poignant and powerful, eight-week summer sojourn in Uganda; perhaps someday they will. They say, "We were fortunate to participate in SDSU's Minority Health and Health Disparities International Research Training (MHIRT) in which CA-NARCH Program Director Dr. Stephanie Brodine is instrumental." The program arms trainees from health disparity backgrounds with tools they can use as future researchers and medical professionals.

Peery and Cynthia were immersed in a multifaceted HIV program. Intense field research in separate village locations gave them a deep understanding of cultural norms that contribute to Uganda's HIV epidemic. Ensuing weeks brought them together at Kampala to address ways to surmount obstacles and promote patient adherence to HIV therapy.

The experience changed their lives. They say: "At first, people saw us as foreigners: 'white' Americans. We explained that we are members of tribes just as they are. Yes, there are differences, but more importantly, there are similarities." For more on their trip of a lifetime, visit the blogsite at www.mhirt.com/uganda.



Peery and Cynthia with Bombo students.

CA-NARCH PRESENTS AT NRN

CA-NARCH participants had an enriching experience at the June 5-8 Native Research Network (NRN) Conference at Harrah's Cherokee Casino Resort, North Carolina. Students Cynthia Begay, Maya Goodblanket and Marc Emerson were accompanied by staff Richard Armenta, PhD, Roland Moore, PhD and Annika Montag, PhD at this gathering geared toward Native researchers and others conducting research in Native communities.

Richard reports, "NRN offers a great opportunity to network with other Native researchers and learn how to best serve Native communities. The event shares current research results and facilitates discussion about how to improve Native health and well-being. Since the conference was held on the Cherokee reservation, we were able to partake of local cultural activities."

Group members presented on an array of topics: Richard, Student Development Program; Annika and Maya, RSG; Roland, Underage Drinking. Marc served as a student speaker on various panels. Cynthia presented on a USC project regarding tobacco use among Native Americans in California.

The presentations were well-received. Students and staff learned a great deal while contributing to the overall conference. Richard notes, "We all came away with a better perspective of the successes and challenges of research in Native communities."

MOLINAS DONATE \$1,000

CA-NARCH represents not only a partnership with NIH, IHS and local universities, but also with the community. A recent, generous \$1,000 donation from John and Theda Molina will greatly enhance the mentorship, support and opportunities we provide to an ever-increasing number of outstanding Native American students pursuing health and medical science careers. Thank you!



Marc Emerson, Richard Armenta, Cynthia Begay, Roland Moore, Maya Goodblanket, Annika Montag.

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:

The team is continuing to attack the issue on many internal and external fronts, including its productive working relationship with law enforcement.

Research Coordinator Tony Luna reports, "We want IHC clients and the community to know that you can drop off



unused or expired prescription medications – no questions asked – at the Valley Center Sheriff's Substation, 28201 North Lake Wohlford Road."

He says, "In addition to holding medication take-backs at community events on consortium reservations, we work closely with IHC departments; coordinating with Medical's Pain Management Program and with the Pharmacy's Prescription Drug Monitoring Program (PDMP)." IHC proactively trains providers and follows models of responsible prescribing, and offers treatment options for people who need help.

For more information, please contact tluna@indianhealth.com or ext. 5247.

HEALTHY NATIVE NATION

Principal Investigator: Christina Chambers, PhD

Purpose:

To establish the first Native NOFAS (National Organization for Fetal Alcohol Syndrome) affiliate and bring support to community members dealing with disabilities, including the effects of prenatal alcohol exposure. Each affiliate reflects the needs and priorities of its community. Most focus on FASD education and prevention but many provide specific support services such as parent support groups.

Progress:

Healthy Native Nation is officially the first Tribal NOFAS affiliate! Through focus groups, interviews, and community surveys we have conducted, the community has let us know that we should first educate professionals working with the community, community groups and members about FASD. Our participants want us to raise awareness and work to lower stigma associated with FASD.

To date, we have trained IHC staff in several departments, local teachers, TANF agencies, AIIHI staff, and many more. We are making progress and becoming established as a community resource regarding FASD. Thanks to community participation, we now know which specific services are prioritized and are working to make them available throughout our area. If you would like to get involved or would like us to provide training for your agency or group, please contact us.



Murrieta training.

Ask Us!

Do you have questions regarding Fetal Alcohol Spectrum Disorders (FASDs)?

Do you or your organization want information or training? We're here to help.

Email healthywomen@indianhealth.com, call 760-751-6055, or stop in to see us at IHC.



IHC's New Dentist is High Tech and Highly Personable

Chance Bodini, DDS, is a freshly minted dentist, a newlywed who celebrated his first anniversary in August and a very welcome new member of IHC's Dental team. Dr. Bodini joined IHC in April 2016 as a general dentist working full-time at the Rincon clinic.

Patients have already expressed their satisfaction with him. Dr. Bodini returns the compliment, saying, "I really enjoy interacting with all the other staff members and the focus we have on providing very high quality dental care."

Dr. Bodini possesses an impressive background; in dentistry and related pursuits. He earned a B.S. in Biology at UCSD in 2010, then attended the University of Maryland Baltimore College of Dental Surgery, where he received his DDS in 2015. During that time, he was selected to participate in a prestigious clerkship, served as class webmaster, edited a student dental association newsletter, published several articles and established a blog.

Technology in Service of Enhanced Patient Care

After obtaining his DDS, Dr. Bodini and his wife, Cori, settled in South Orange County, where he worked until joining our team. As a techie, he admires IHC's use of technology in service of enhanced patient care. He notes, "I have been pleasantly surprised by how well IHC has implemented electronic health records, digital radiographs, electronic prescriptions, and interdepartmental communications."

Dr. Bodini has been focused on serving communities since his days at UCSD, where he managed a free dental clinic at Baker Elementary School in San Diego. Among his responsibilities was recruiting volunteer dentists to provide free

services to low-income patients.

Now, Dr. Bodini says he doesn't mind his long commute of more than one hour each way because it gives him an opportunity to listen to podcasts ("Freakonomics is my favorite") and to begin composing in his mind his next writing venture. He and Cori enjoy hiking, going to the beach and barbecues.

Dr. Bodini's new column, Let's Talk Dental, begins in this issue below. We're lucky we found a dentist with the right stuff -- and the write stuff, too!



Let's Talk Dental

Do You Have Gingivitis?

We all want to keep our teeth healthy for as long as we live. However, a study by the Center for Disease Control (CDC) estimates that more than 47% of American adults age 30 or older have some form of gum disease. With so many of us affected by gum disease, we might need a reminder that it is important to pay attention to our oral health as we prioritize our daily routines. To prevent tooth decay and gum disease, we should examine our gums for signs of inflammation and infection as part of our daily oral hygiene routine.

Gingivitis is usually painless. It is the most common form of gum disease. Gingivitis is described as a reversible, non-destructive, inflammation of the gums. While gingivitis is reversible, it is important to understand that if gingivitis is left untreated, it can progress to periodontitis. Periodontitis is a non-reversible and destructive form of gum disease that can become painful and may lead to tooth mobility and even tooth loss.

Plaque is a bacterial deposit that sticks to our teeth. When left undisturbed, plaque causes cavities, gingivitis, and eventually, periodontitis. To prevent the accumulation of plaque against our teeth, we need to brush our teeth for at least two minutes twice a day and floss between them once a day.

Sometimes, despite our best efforts, plaque accumulates on our teeth and we find that we have signs and symptoms of gingivitis. Signs and symptoms of gingivitis include:

- Red, swollen and sore gums.
- Gums that bleed easily.
- Bad breath

When you brush your teeth, evaluate yourself for possible signs of gingivitis. If you notice any of the above symptoms at home, call Dental for a professional evaluation.



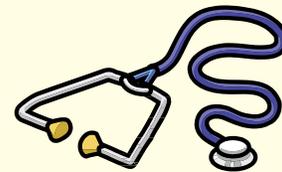
By Chance Bodini, DDS

"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.



Dr. Dan's Corner

- Fall 2016 -



Men's Health is Important for the Whole Family

By Chief Medical Officer Dan Calac, MD

Speaking man to man, I'd like you to know that your health and well-being are important to the overall health and well-being of your family, and our entire Native community. As fathers, sons and brothers, our role is central to the fabric of life. Unfortunately, many men do not take optimum care of themselves.

According to the American Medical Association, males annually make 150 million fewer doctor visits than females. Reasons for avoidance include fear, denial, embarrassment and a desire not to appear weak. But taking care of your health is a sign of strength, not weakness. It shows you want to be there for the people in your life.

Here are a few facts. For more information, visit www.menshealthnetwork.org/ or call Medical to schedule a physical exam.

- The top two causes of death in men are heart disease, 28.4%; and cancer, 24.1%. Making healthy choices such as not smoking can reduce risk of death from these and other causes.
- Medical conditions like high blood pressure, high cholesterol, diabetes, STDs and certain cancers may have no early

symptoms, but can be diagnosed through an examination. Early detection is often key to prevention, management and/or cure of disease.

- Two-thirds of adults – men and women – are overweight or obese. The majority do not get enough exercise. Being active at least 30 minutes a day, combined with healthier eating, can help you shed pounds and reduce your risk of disease. As a big bonus, you will feel – and look – better.
- Set a good example for your children by adhering to safe behaviors. Fasten your seat belt. Get a good night's sleep. Manage stress. Have active fun with your kids.

Be Healthy. Be Happy.

Being healthy is not simply the absence of disease. It is a choice we make to live a good life. Make that happy lifestyle choice and pass it on!

"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

"Fall" into Healthy Eating: Easy Chicken Fajitas



NUTRITION INFO:
 For 2 Fajita Tacos
 Per serving: Calories 372; Fat 13 g (Saturated 3 g); Cholesterol 75 mg; Sodium 779 mg; Carbohydrate 33 g; Fiber 4 g; Protein 32 g

INGREDIENTS:

- 1/3 cup coarsely chopped fresh cilantro
 - 2 medium garlic cloves, finely chopped
 - 1/2 teaspoon chili powder
 - 1/2 teaspoon ground coriander
 - 1/2 teaspoon ground cumin
 - 1/2 teaspoon paprika
 - Juice of 1 medium lime
 - 2-3 tablespoons olive or vegetable oil
 - 1 pound boneless, skinless chicken breasts
 - Kosher salt and freshly ground black pepper
 - 2 medium bell pepper (any color), cored and sliced into 1/2-inch strips
 - 1 medium red onion, halved and sliced into 1/2-inch pieces
 - 8 (6-inch) tortillas (corn)
 - 1/3C cheese (cotijas)
- Optional: shredded lettuce, tomato, fresh salsa, avocados, and sour cream (or Greek yogurt)

Level: Easy. **Time:** 1 hr 15 minutes **Servings:** 8 Fajitas

DIRECTIONS:

1. Place the cilantro, garlic, chili powder, coriander, cumin, lime juice, and 2 table-spoons of the oil in a shallow baking dish and whisk to combine. Add the chicken and turn to coat with the marinade. Set the chicken aside for at least 10 minutes, or cover and refrigerate for up to 24 hours.
2. Heat a grill pan to medium. Once hot, add the chicken pieces, season with salt and pepper, and cook undisturbed until well browned on the bottom, about 10 min-utes. Flip, season the second side with salt and pepper, and cook undisturbed until well browned on the bottom and cooked through, about 10 minutes more. Remove the chicken to a cutting board and let it rest while you prepare the remaining ingredi-ents.
3. Place the bell pepper and onion in a medium bowl, drizzle with the remaining 1 ta-blespoon oil (or light cooking spray), season with salt and pepper, and toss to coat. Place the vegetables on the grill pan in a single layer. Cook, stirring occasionally, until tender and slightly charred, about 10 minutes. Transfer the vegetables to a serving dish. Meanwhile, warm the tortillas.
4. Heat a medium cast iron or frying pan over high heat until hot, about 3 minutes. Place a tortilla in the dry pan and heat, flipping once, until warmed on both sides. Wrap the tortilla in a clean dishtowel to keep warm. Repeat with the remaining tortillas.
5. Slice the chicken against the grain into 1/2-inch-thick pieces and place in the serving dish with the vegetables. To serve, fill a warm tortilla with chicken and vegetables and top with guacamole, salsa, and sour cream (if using).

2016 | CLINIC SCHEDULES



IHC aims to continually nurture a balance of physical, mental, emotional and spiritual well-being. Please participate 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 **9am-3pm** at Rincon. Appointments are not necessary. Please call ext. 5377 for information on upcoming drives.

DIABETES CLINICS

Diabetes educational classes are geared for people with diabetes and people who want to learn more about diabetes. Topics cover a variety of issues, information and concerns. Clinics are held on the **2nd Tuesday/month (9am-12pm); and 3rd Wednesday/month (1pm-4pm)** 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 held on the **3rd Tuesday of each month from 10am-12pm** in the Community Health Kitchen.

EYE CLINICS

Held **Wednesdays 8am-12pm** in Medical North. Call ext. 5345 for info.

MAMMOGRAM CLINICS

Clinics are held on the **1st Friday/month (8:15am-12:30pm)** in Medical. Call Medical to schedule an appointment.

OB CLINICS

OB clinics are held **every Thursday (8:30am -10:00am)** in Medical. Call ext. 5395 for info.

BLOOD PRESSURE CLINICS

Clinics for Native American and family members interested in lowering their blood pressure through medications and lifestyle changes, are held on the **4th Tuesday/month (9am-12pm)** in Medical. Call ext. 5365.

CHILD CAR SEAT SAFETY CLASSES

These classes, funded by an IHS Tribal Injury Prevention Cooperative Program (TICAP), 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. Call ext. 5356 for information on classes at Rincon and Santa Ysabel.

WELL CHILD CLINICS

Held **2nd and 4th Wednesdays, 1-4 pm** in Medical. Call Medical to schedule an appointment.

ACUPUNCTURE CLINICS

Acupuncture clinic are held **every Monday & Thursday from 9am-3pm** in Medical. For information, please call Medical.

CHIROPRACTIC CLINICS

Chiropractic clinics are held **every Tuesday 2pm-4:30pm and every Thursday 1-4pm**. For information, please call Medical.

FITNESS FUN

Physical activity opportunities are funded through JOH and SDPI grants to improve and prevent diabetes. Call ext. 5455 to schedule a personal consultation.

WELCOME TO THE IHC NEIGHBORHOOD

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



Barb Maxcy
Patient Services Rep.



Nellie Casillas
Physical Activity Specialist/DM Admin. Coord.



Maya Goodblanket
PEI Family Preservation Case Mgr.



Ernest Fontecha, MD
Physician



Gina Dominguez
Patient Services Rep. Lead



Monique Almanza
Registered Dental Assistant



no cavities club

John Arviso
Kalea Bucsit
Sophie Arrechea
Sasha Cagey
Naheylish Calac
Chloie Castillo
Cassandra Constantino
Khloe Cote
Aria Cueva

Charles Gabbard
Jason (Justice) Kole
Cayden Maguire
Rodlynn Parada
Kaine Paipa
Henry Ratliff
Aiyana Renteria
Melody Richard
Faith Rogers

Jonathan Romero, Jr.
Trisha Sanchez
Myleah Torres
Micah Velasquez
Naylena Walsh
Angel Weishaupt
Sofia White

Awesome!

INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness

50100 Golsh Road
Valley Center, CA 92082

FORWARDING SERVICE REQUESTED



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INDIAN HEALTH COUNCIL, INC.

www.indianhealth.com

Email: info@indianhealth.com

Phone: (760) 749-1410

Fax: (760) 749-1564

24/7 Comment/Suggestion Line: Ext. 5307

Patient Transportation Medical Department:

Ext. 5269

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

OFF-HOUR EMERGENCIES

Palomar Hospital: (760) 739-3000

Temecula Hospital: (951) 331-2200

Children's Hospital: (760) 739-1543

INDIAN HEALTH COUNCIL, INC SCHEDULE

Medical Department

M-F 8:00-6:30; closed 1-2, T

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

Obstetrics

every Thurs 8:30-10:00

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

Podiatry T, 8:30 - 6:00

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

Lab M-F 8:00-4:00

Dental Department

M-F 8:00-6:30

Specialty Hours, 8:00-4:30

Pharmacy Department

M-F 8:30-6:30

Community Health Department

M-F 8:00-4:30

Public Health Nursing, Home Health

Aides and Nutrition Services,

Nutritionist.

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

Medical Department

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

First appointment 9:00 a.m.

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