



# INDIAN HEALTH COUNCIL, INC.

*Empowering Native Wellness*



Spring 2017

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

Volume 33 Issue 1

## Artist Larry Bentley Donates Two Hand-Carved Sculptures to IHC

San Marcos artist Lawrence (Larry) Bentley has donated two beautiful sculptures, each valued at more than \$2,000, to IHC. The white marble "Family Unity" artwork depicts a father and mother connected to each other with a baby ensconced in the heart. The sandstone "Kiss" elegantly reflects love, which, along with peace, Larry says is the overriding aim of his art and life.

A donation celebration was held at the clinic on January 5, 2017 to honor Larry and his three sponsors: Michael Vick, Stotz Equipment; Robert Richardson, PhD; and Don Jones. Also present at the gathering along with IHC management and staff were IHC Board President Robert Smith and Executive Board Member Theda Molina as well as Nurse Practitioner Esther Calac, Larry's longtime friend from whom he learned about IHC.



*Robert Smith, Larry Bentley and Romelle Majel McCauley with sculptures.*

### Impressive Artwork for an Impressive Clinic

After being introduced by CEO Romelle Majel McCauley, Larry shared his passion for life, art, Native American culture, the environment and his mission to be "one little guy striving to save the planet in his own small way."

He and his sponsors had toured the clinic before the ceremony. Michael Vick said, "We are immensely

impressed with the facility and all the services offered by professionals – so many of whom are Native."

The artist's irrepressible enthusiasm permeated the gathering much as it permeates his two sculptures. A magnificent, Native-themed Bentley original may be coming to grace IHC in the future. His current pieces can be enjoyed by clients when they visit the Rincon clinic.



*Larry Bentley shares his philosophy with the crowd.*



*Theda Molina admires artwork.*

### NEWS FLASH:

IHC's Spring Event,  
**"Journey To Wellness ...  
A Celebration Of Resiliency,"**  
April 12th 9:30-4:00:  
2K Walk, Birdsinging, More!

### INSIDE THIS ISSUE



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# Standing the (Clothes)Line Against DV

In observance of October 2016's Domestic Violence (DV) Awareness Month, IHC's Peace Between Partners and Prevention and Early Intervention (PEI) staff joined with area DV coalitions to present a Strengthening Families Within Our Tribal Communities Conference at San Pasqual Tribal Hall. Each program had the opportunity to introduce themselves and share the services they provide to victims/survivors.

Health Promotion Services Director Beth Turner relates, "IHC staff and conference participants created powerful

messages on t-shirts that we displayed on a clothesline in our atrium, where they garnered much attention and increased awareness about DV." The effort was undertaken in harmony with The Clothesline Project, a vehicle for women affected by violence to express their emotions by decorating a shirt. The shirts are hung on a clothesline as testimony to the problem.

The conference was covered in a December 2016 SCTCA TANF Newsletter article by Desiree Herrera at [www.sctca.net/sites/default/files/12\\_SCTCA\\_TANF%20Dec%202016.pdf](http://www.sctca.net/sites/default/files/12_SCTCA_TANF%20Dec%202016.pdf).

## The Message: Stay Strong

IHC's DV/SA Advocate Sandra Toscano and San Pasqual Native Women's Resource Center Director Shyanne Boston facilitated the event to share information, stories and resources. The overarching message: "Stay strong because you are stronger than you realize."

IHC Therapist Amanda Chavez gave a powerful presentation on "The Impact of Children with Violence in the Home." A courageous young man from the



audience shared his perspective on how he stays grounded through cultural traditions; he thanked his parents for being a strong foundation for him and his family. Participants enjoyed great food and raffle prizes, but most importantly, a sense of wellness, empowerment and peace.

For more information on DV, call Sandra Toscano at ext. 5326. If you are in immediate danger, find a safe place and call 911.



*Sandra Toscano speaks.*

## 2017 Life in Balance Sessions Are Underway

In 2016, IHC introduced a Native "Living a Life in Balance" prevention- and education-oriented curriculum targeting people ages 15-40 at risk for diabetes. The curriculum, which is funded by an SDPI grant and presented by the Diabetes Management Team, brings the outreach program to consortium Reservations.

Last year, the team helped people at Pala, Santa Ysabel and San Pasqual learn how to prevent diabetes and heart disease in an enjoyable, interactive way that, importantly, achieves measurable results. During the eight, two-hour weekly sessions in San Pasqual, for example, nine participants lost a total of 43 pounds.

### Your Well-Balanced Life Starts Here

Starting on February 1, 2017, the program returned to Pala, where participants are learning how to lose weight



*2016 participants.*

and keep it off, buy and cook healthful foods, set and achieve goals, jumpstart their exercise program, manage stress, and more. Thanks to this information, the high-energy instruction of the Diabetes Management Team, the enthusiasm of motivated attendees plus a free pedometer and deliciously nutritious recipes, people are feeling in healthy balance with the diverse facets of their life.

Community Health Services Director Martina Portillo says she and her team are heartened at the results so far and hoping that many more people enroll in upcoming sessions. She notes, "It really can be a life-changer."

The curriculum culminates with a graduation celebration at which participants receive an award certificate as they commit to continue pursuing a healthful lifestyle. To learn about future "Living in Balance" sessions, please call ext. 5455.

# Clients Enjoy Their Dental Patient Centered Home

From the moment patients enter the Dental lobby and see the bios of staff and provider teams, they feel right at home. They should, because the new Dental Patient Centered Home program formalizes Patient-Provider Partnership Agreements and empanels each patient to a primary dental care provider team. Patients even receive a handy “team card” containing their Dentist/RDA info.

Dental Director Carrie Lambert, DDS says the response from clients has been highly positive. “Patients are pleased to learn they are assigned to a primary provider. In many cases, it’s the very person they have been seeing for some time, so they are glad to know the assignment is now ‘official.’ Many people have told us that they like having a formal Agreement with their provider. I’m very gratified when they say they appreciate the goals we aim to achieve together by becoming their Dental Home of Choice.”

In accord with the program, which debuted in January, longtime employee Liz Doyle now serves solely as Care Coordinator. Elias (Eli) Sanchez, who began working as a Dental Assistant temp in March 2016, has been brought on board as full-time Admin Assistant.



*Dental Department lobby.*

*Patients are pleased to learn they are assigned to a primary provider, and like having a formal Agreement for their care.*

## Liz Doyle

In 2017, Liz happily begins her 21st year at IHC; all of it in Dental: from RDA to Front Desk to Admin Assistant, where she handled coordination of care in addition to other duties. Along the way, Liz has learned all the ropes and earned the respect and admiration of colleagues and clients, who admire her combination of professionalism and personal warmth.

Liz says, “I enjoy devoting my entire time to coordinating the care of patients who need external referrals to oral surgeons or internal referrals to other IHC departments and staff. I oversee the process from beginning through completion to meet each patient’s unique situation. The patients know me and feel comfortable with me, helping the process go smoothly.”

Prior to joining IHC, Liz worked in private dental office settings. “I greatly prefer IHC’s business model,” she confirms. “We’re not production-oriented. We’re patient-oriented.”

## Eli Sanchez

After filling in as a Dental Assistant and helping out on projects for several months before assuming his new position, Eli was ready to roll as Admin Assistant. He handles everything, seemingly effortlessly and always with a smile, no matter how hectic the day. He supports staff with scheduling, paperwork, computer tasks and, thanks to three prior years of dental office experience, can assist providers with clinical duties and assist Dr. Lambert with administration needs. In addition to working toward his RDA, Eli is pursuing a major in Biology with a minor in Women’s Studies at CSUSM.

A man of many skills and interests, Eli has volunteered for community service organizations, served in academic leadership positions and promoted social and mental health among minority groups. He says, “I’m very grateful to serve Native communities. Diversity, identity and culture touch on my passions. I feel so lucky to work for a community-based organization whose heart is with the people it serves.”

It will come as no surprise to anyone who encounters Eli that he earned a “Best Customer Service” award two out of the three years he worked for Children’s Primary Dental.



*Provider profiles.*



*Eli Sanchez and Liz Doyle.*

The Rincon Dental Department will be remodeled during April and May. Appointment availability will be limited, but not to worry: Santa Ysabel will be open five days a week throughout construction. For questions or concerns, please contact the Dental Department.

# Tai Chi for Elders: Let's Do It!

If you're 55 or older and looking for a way to improve your balance, reduce fear of falling as well as actual falls, increase energy and mobility, decrease stress, improve circulation and have a great time doing all of this, you don't need a "silver bullet" – just a super-healthy dose of IHC-style Tai Chi taught by Elder Fall Specialist Rick Romero.

"Tai Chi: Moving for Better Balance" sessions began in October 2016 and were an instant hit, says Rick, who underwent rigorous training to become certified. "Our elders had been asking for Tai Chi for a long time. We were happy to receive a grant from the Administration for Community Living that enabled us to offer this ongoing program."

Rick has implemented a low-impact, high-fun Tai Chi program that can benefit elders even if they use a walker or wheelchair. Traditional Tai Chi and Native American music add to the enjoyment.

Do participants love it? They do! "We have both men and women; folks in their 50s, 60s, 70s and up," says Rick. "After class, people come up to tell me how much they enjoy the workout and how much it is helping them with everything from their balance to their mood."

## Join Us, Tuesdays and Thursdays

The free, one-hour elder Tai Chi classes are held on Tuesdays and Thursdays: 9 am in the Rincon Clinic Multipurpose Room; 11 am in the Santa Ysabel Clinic Oak Room. Sessions are continuous, and walk-ins are welcome. Participants should bring a water bottle and wear loose, comfortable clothing and well-fitting shoes.

For more information, contact Rick Romero at ext. 5340 or [rromero@indianhealth.com](mailto:rromero@indianhealth.com).

Your new slogan for 2017: See you at Tai Chi!



*Santa Ysabel Tai Chi.*



*Rincon Tai Chi.*

## Foster Family Donations Welcomed Year-Round

Just four days before Christmas 2016, IHC community members enjoyed discovering that it truly is better to give than to receive – even more so when the recipients are our own Native foster children. The December 21st Angel Tree party in Tribal Family Services (TFS) was full of gifts for girls and boys plus food and festivities galore, including, of course, a joyful appearance by Santa Claus.

Noting that the Angel Tree tradition dates back to 2004, TFS Director Karan Kolb says, "The gifts are so needed and appreciated by the foster children and families. As they unwrap their presents, the kids get a warm feeling in their heart

knowing that their community cares about them – especially at what can be a difficult season."

Karan and her staff want to keep the spirit of giving alive throughout 2017. They welcome tax-deductible donations from individuals and organizations at any time. Program donations support a variety of purchases, including safety equipment for the foster home, groceries and supplies for a foster child entering a home, and school necessities and electronics for foster youth.

To join the effort, please contact TFS at ext. 5323. We welcome your support!



# Ready Set Go! Project Thanks Local Community Members for their Participation



The *Ready Set Go!* study, developed to identify possible causes of behavior and learning problems in Native American/Alaska Native children ages 5 – 7 years, is coming to a close.

According to Project Coordinator Annika Montag, the study focused on things that happened before birth that could adversely affect the way a child develops.

“We are grateful to the 134 families who expressed interest in our study” said Dr. Montag. “Your input will be invaluable in helping us develop the most helpful interventions, treatment, and support. A big thanks to everyone who participated!”

The *Ready Set Go!* team would like to thank the many local Tribes who hosted our events and encouraged their members to participate in the project.

A special heartfelt thanks to All Tribes Charter school and their wonderful staff who gave us space to test on-site and opened their doors on weekends, enabling the project to accommodate working community members.

In addition, we thank the partners who helped this program succeed. These include Rady Children’s Hospital, University of California San Diego Department of Pediatrics and Indian Health Council. These partnerships allowed us to train local community and staff members to conduct neurobehavioral evaluations and deliver the Math Interactive Learning Experience (MILE) incentive. Importantly, they allowed us to connect participants and their families to services, including MILE for those who qualified. MILE is a math tutoring

program that uses fun math and science activities for kids and parents.

Those who were unable to participate in the study or feel their child could benefit from developmental evaluation at Rady Children’s Hospital are encouraged to contact Healthy Native Nation at (760) 751-6055. Please feel free to stop by the office in the IHC Behavioral Health Department and see our resource library. We are available and happy to answer questions regarding Fetal Alcohol Spectrum Disorders (FASD) and provide referrals to resources.

*The RSG team is grateful to the 134 families who expressed interest in this important study developed to identify possible causes of behavior and learning problems.*

## Have You Visited Our Info-Rich Website Lately?

Websites, like people, are always evolving. As part of IHC’s commitment to “Empowering Native Wellness” and to continuously enhance our value to you, we strive to maintain and update our website regularly.

From the banner image of native plants waving gently in the Indian Country breeze, you know you’re in a special place when you visit [www.indianhealth.com](http://www.indianhealth.com).

Key information such as Rincon and Santa Ysabel addresses and hours is available at a glance on the homepage. Links to services, forms, a calendar of events and other “news you can use” are just a click away. You can view photos of providers, refill prescriptions, provide a comment, read archived newsletter and more – quickly, easily and conveniently, on your own time, 24/7.

Hope to see you on the website soon!





# California Native American Research Center for Health

A Program of the Indian Health Council, Inc. (CA-NARCH) Spring 2017

## 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 760-233-5592.

## THANK YOU, SOBOBA AND PECHANGA!

It is with great appreciation that CA-NARCH acknowledges two recent generous donations to our Student Development Program (SDP): Soboba Band of Luiseño Indians, \$5,000; Pechanga Band of Luiseño Indians, \$1,500.

SDP Coordinator Geneva Lofton-Fitzsimmons says "We will use the funds to continue providing an expanding array of support services to an increasing number of Native Americans studying for health and science careers. Thank you, Soboba and Pechanga!"



## Students Enjoy Awesome Tour

"IMPRESSED!" was the reaction of three CA-NARCH students who toured Indian Health Council and the Rincon Band of Luiseño Indians Museum on January 3, 2017. After immersing themselves in the museum's cultural displays, Burgundy Fletcher, Sierra Trujillo and Conner Whitten enjoyed a guided tour of the clinic led by CMO Dan Calac, MD. The future leaders visited departments, met directors and staff, and discovered the many ways in which IHC is fulfilling its mission of "Empowering Native Wellness."

Sierra (Mesa Grande), a pre-Med UCSD student majoring in Biology with a minor in Religious Studies, was captivated by the traditional arts exhibited at the museum and "overwhelmed by the passion and determination of IHC's programs and people, particularly Tribal Family Services. I also loved the involvement with local youth; promoting health and wellness in younger generations is very important."

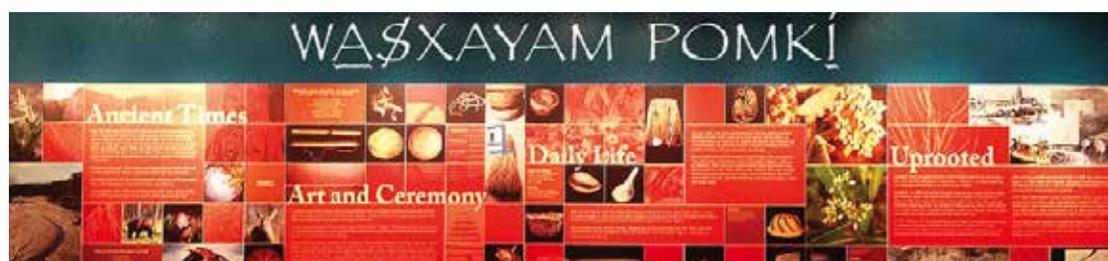
Conner (Pechanga) is a junior at CSUSM, where he is majoring in Psychology on his way toward becoming a Genetic Counselor. He also works as an FASD Research Assistant at IHC, saying, "I am impressed that they have diverse areas to address multiple aspects of Native wellness." This busy student-employee enjoyed the museum's language aspect; he himself is learning Luiseño.

A member of the Peoria Tribe of Oklahoma, Burgundy will graduate from UCSD with a degree in Ethnic Studies this June, then possibly head back to her home state to begin earning a PhD in Linguistics focused on bringing back her Myaamia-Illinois language. Burgundy says the museum touched her deeply. "The facility functions as a cultural center that shows our Native culture as a living entity, not an assemblage of relics. I had heard about IHC from my sister Peery White, who is employed at the clinic, but wow – getting to experience it in person was so very impressive."

Thanks, Burgundy, Conner and Sierra: we think you and all of our students are very impressive!



Posing outside the Rincon Museum with Geneva Lofton-Fitzsimmons, center, are, left to right, Burgundy Fletcher, Sierra Trujillo, Conner Whitten and a guest.



[www.rincontri.org/culture-history](http://www.rincontri.org/culture-history)

# 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.

**A Pill Take-Back Event will be held from 11am-Noon on April 12th at IHC's "Journey to Wellness" Event.**



### Progress:

As many people know, prescription (Rx) pain medications, like OxyContin and Morphine, have a high potential for misuse and abuse to many people. For that reason, we shaped our policy to promote Safe Prescribing among our practitioners. We encourage clients to ask providers questions if they are not sure about the safety of their medications. We also want people to lock away their medications so children will not consume them thinking they are candy, and to prevent misuse among teens.

Lastly, we want people to dispose of their unused or expired medications in an ecofriendly way, by dropping them off at our local Sheriff's station on Lake Wohlford Rd. In this no-questions-asked method, simply drop them off in a drop box in the station lobby.

Our next take back event will be at IHC's Spring Event, from 11:00 am-Noon on April 12th. Feel free to contact [tluna@indianhealth.com](mailto:tluna@indianhealth.com) or ext. 5247 for more information.

## HEALTHY NATIVE NATION MOVES FORWARD

Principal Investigator: Christina Chambers, PhD



Healthy Native Nation was established to increase awareness of Fetal Alcohol Spectrum Disorder (FASD), provide advocacy, services, and relevant support for families affected by developmental disabilities including the effects of prenatal alcohol exposure, and improve and strengthen the lives of community members living with FASD.

We are proud to be the first tribal National Organization for Fetal Alcohol Syndrome (NOFAS) affiliate in the country! We provide professional training, conduct focus groups with adult and youth groups, and

provide community outreach and education. Among other immediate goals, we are working to bring diagnostic services and a parent support group to our community.

If you have questions regarding FASD or would like information or training, we are here to help! Please call us at (760) 751-6055.



Toni Jensen and Rhonda Romero at a focus group with California Indian Legal Services.

### FASD Info

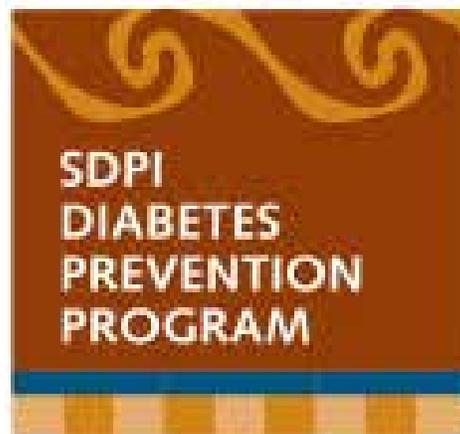
- Drinking alcohol during pregnancy can hurt your baby, causing FASD birth defects that affect your baby's development in many different ways.
- There is no known safe amount or type of alcohol to drink while pregnant.
- Prenatal alcohol is the leading cause of learning disabilities.
- Alcohol causes more harm to an unborn baby than tobacco, cocaine, marijuana, or heroin.
- FASDs cannot be cured. They are permanent.

# Diabetes 101 Offers Info You Need to Stay in Control

Every third Thursday of the month presents an opportunity for people who have diabetes, their family members, caregivers and those who want to learn more about this chronic illness to become educated and empowered.

Held in IHC's Community Health Kitchen from 10:00-11:30 am, Diabetes 101 Introductory/Refresher Classes teach attendees how to prevent and manage diabetes. Instruction is presented in an engaging, motivational way. Topics include:

- What is diabetes?
- Glucose monitoring.
- Balanced eating.
- Active living.
- Medications.
- Emergency preparedness.
- Routine healthcare needs.



## Register Now for an Upcoming Class

Upcoming classes will take place on March 21, April 18 and May 16. Preregistration is recommended. Call ext. 5455 to reserve your seat and get on the path to a healthier you!

## Hearty, Healthy Beef Stew

After our cold, stormy winter, we're all looking forward to spring. Here is a recipe for comfort food that is easy to prepare and good for you as well.

### INGREDIENTS:

Beef Chuck Roast, 2 pounds, 1" cubed  
Potatoes 2 medium, chopped  
Carrots 3 large, chopped  
Onion 1 large, diced  
Garlic 2 cloves, minced  
Mushrooms, 8oz (1pkg)  
Bay leaf, x3  
Worcestershire sauce, 1 Tbsp  
Tomato Paste, 6oz  
No-salt-added Tomato Sauce, 10oz  
Vegetable Oil, 1 Tbsp  
Water, 1.5-3C (depending on desired thickness of stew)  
Salt & Pepper, to taste  
(Optional: Pitted green olives, 6oz (or 1/2C, oregano 1 Tbsp)



### DIRECTIONS:

In large stock pan at medium heat, sauté garlic and onion in 1 tbsp oil. Add salt and pepper. When soft, add cubed meat and brown. Add Worcestershire, tomato paste, tomato sauce and optional ingredients as desired. Cook 2 minutes. Add water and bring to boil. Then, reduce to simmer (low heat) and add potatoes, mushrooms, and carrots and keep at simmer another 45-60 minutes or until vegetables are soft. Serve alone or over brown rice.

### Nutrition information:

Servings: 6. Stew only. Per serving 1 3/4 C: 240 kcals, 7g Fat, 110mg Sodium, 19g Carbohydrates, 24g Protein



EMPOWERING NATIVE WELLNESS  
INDIAN HEALTH COUNCIL, INC.  
JINA GEORGE, RD CDE (760) 749-1410 x5392



# Dr. Dan's Corner

## Be the Change You Wish to See in Your Children

Here we are in early 2017, and I'm sure many of you made New Year's resolutions to improve your health. You can – and should – also do things to instill healthy habits in your children. Here are some ways to get your kids off on a great start.

**MODEL GOOD HEALTH.** Being a good role model is probably the most important way to influence your kids. If your little ones, from toddlers to teens, see you eating healthfully and being active, they will want to emulate you.

**GET EVERYONE MOVING.** Create activity-based outdoor family fun. Go on a walk or bike ride together. Take a hike in our beautiful back country. Establish and tend a garden. Or how about an old-fashioned game of hide-and-seek?

**LIMIT INACTIVITY.** Every minute your child is glued to a screen is a minute that can lead to a sedentary lifestyle

accompanied by heavy snacking, which increases their risk for future obesity, diabetes and cardiovascular disease. Limit access to TV, video games and devices in favor of encouraging active pursuits.

**LET KIDS FIND THEIR FAVES.** Give children an opportunity to experiment with different activities and sports – from swimming to soccer and beyond. Just like adults, children will stick with what they enjoy.

**DINE TOGETHER.** In our hectic lives, it's hard to carve out quality family time. Make dinner a nightly family event.



Chief Medical Officer Dan Calac, MD

Involve the kids in planning and cooking healthy meals. Ask them about their day, praise them for making healthy choices and encourage them to continue good eating and exercise behaviors.

By sending the message that good health is important to you, supporting their positive self-image and celebrating their achievements, you help your children develop healthy habits that can last a lifetime.

"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

### What is a Cavity?

Dentists and our patients often talk about cavities. A cavity is an infectious disease where bacteria destroy a person's tooth structure. Since cavities damage our teeth, dentists and our patients typically refer to cavities as "tooth decay."

Tooth decay affects children, teenagers, and adults. In fact, 91% of Americans over the age of 20 have had at least one cavity at some point in their lives.

Tooth decay is caused by bacteria in plaque. Plaque is the thin film of acid-producing bacteria that builds up around our teeth throughout the day. If plaque is not effectively removed while brushing and flossing our teeth, the acid produced by the bacteria in plaque begins to damage the enamel (the outermost layer of the tooth).

To a certain point, enamel can be re-mineralized or repaired by good oral hygiene, fluoridated toothpaste and other chemical treatments.

However, once a cavity has penetrated the enamel and entered the dentin (the middle layer of the tooth) the patient may begin to experience transient sensitivity to sweet foods or cold liquids. At this point, dentists recommend that the tooth be restored by removing the bacteria and placing a composite (white) or amalgam (silver) filling to replace the damaged tooth structure.

We invite you to join with us, on page 11, in congratulating this quarter's outstanding young members of our No Cavities Club. Way to go, kids!



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).

# 2017 | CLINIC SCHEDULES



IHC's mission is: **"To continually nurture a balance of physical, mental, emotional, and spiritual well-being."**

Please enable us to help you by participating in the following activities, as relevant to your needs.

## **BLOOD DRIVES**

We invite everyone to participate in Red Cross blood drives, which take place periodically from 8 am-3 pm at Rincon. Appointments are not necessary. Please call ext. 5275 for information on upcoming drives.

## **DIABETES MANAGEMENT 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 at Rincon and Santa Ysabel at various days and times. Please call ext. 5237 for information.

## **DIABETES 101**

This Journey of the Heart/SDPI-funded workshop is designed to inform, prevent and empower. Classes are ongoing in the Multipurpose Room. Please call ext. 5237 for information.

## **MAMMOGRAM CLINICS**

Mammogram clinics are held from **8:30 am-1 pm on the first Friday** of each month in Medical. Please call ext. 5344 to schedule an appointment.

## **OB CLINICS**

OB clinics are typically held **every other Thursday at 8 am** in Medical. For information, please call Medical.

## **BLOOD PRESSURE CLINICS**

Clinics for Native American and family members interested in lowering their blood pressure through medications and lifestyle changes, including nutrition and exercise, are held on the **first, third and fourth Tuesday from 9am-Noon** in the CHS Department. For information, please Call ext. 5356.

## **CHILD CAR SEAT SAFETY CLASSES**

These classes, which are 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. Please call ext. 5356 for information on classes at Rincon and Santa Ysabel.

## **ACUPUNCTURE CLINICS**

Acupuncture clinic are held **Mondays from 9am-3 pm** and **Thursdays from 9 am-11:30 am** in Medical. For information, please call Medical.

## **CHIROPRACTIC CLINICS**

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

## **WELL CHILD CLINICS**

Well Child Clinics are held in Medical from **1-4 pm on the first, second and fourth Wednesdays and the third Friday** of each month. For information, please call Medical.

## **FITNESS FUN**

Physical activity opportunities are funded through JOH and SDPI grants to improve and prevent diabetes. They are provided by Physical Activity Specialist/Diabetes Management Admin. Coordinator Alyssa Cooke and are designed to benefit the physical, mental and emotional well-being of people in the community with diabetes. Please call ext. 5263 to schedule a personal consultation or to request a group class on your reservation.

# WELCOME TO THE IHC NEIGHBORHOOD

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



**Tillie Pesqueira**  
Dental PSR/Billing Clerk



**Shea Maxcy**  
Pharmacy Technician



**Joe Tyon**  
Health Educator I



**Eli Sanchez**  
Dental Admin. Assistant



## no cavities club

Vanessa Gonzales

Vidah Castillo

Lisa Garcia

Octavia Calac

Marlene Smith

Koda Jimenez

Harmoni-Rain Redfern

Sariah Villalobos

Khloe Cote

Wyatt Magbanua

Cynley Maguire

George Gallegos

David Williams

Josiah Ward

Cayden Maguire

Ezekiel Moriarty

Shouna Ward

Theresa Mesa

*Awesome job!*

# 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
Melody Arviso, Secretary	San Pasqual
Leia Arviso, Treasurer	Inaja Cosmit
Theda Molina, Member-at-Large	La Jolla

### MEMBERS

Mary L. Arviso	Inaja Cosmit
Doris Beresford	La Jolla
Andrew Campbell	Los Coyotes
Mariah Aguayo	Los Coyotes
Tony Gumataotao	Mesa Grande
Mercedes Amavisca	Mesa Grande
LeeAnn Hayes	Pala
Open	Pauma
Patricia Dixon	Pauma
Alfonso Kolb Sr.	Rincon
Tishmall Turner	Rincon
Patricia Ockert	San Pasqual
Melanie Luna	Santa Ysabel

Romelle Majel McCauley, Chief Executive Officer

## INDIAN HEALTH COUNCIL, INC.

[www.indianhealth.com](http://www.indianhealth.com)

Email: [info@indianhealth.com](mailto:info@indianhealth.com)

Phone: (760) 749-1410

Fax: (760) 749-1564

24/7 Comment/Suggestion Line: Ext. 5307  
Patient Transportation Medical Department:  
Ext. 5269

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

OFF-HOUR EMERGENCIES  
Palomar Hospital: (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

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

### **Obstetrics**

every other Thurs 8:30-12:00

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

**Podiatry** T, 8:30-5:30

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

**Diabetes | Ophthalmology Clinic**

every other Wed 8:30-12:00

**Well Child Clinic**

1st, 2nd, 4th W and 3rd F, 1:00-4:00

### 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 Environmental Tech,  
Nutritionist.

### Tribal Family Services Department

M-F 8:00-4:30

### Human Services Department

M-F 8:30-6:30

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

## 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

M, W 8:00-4:30

First appointment 9:00 a.m.

### Pharmacy Department

M, W 10:00-4:00

Fri 10:00-12:00