



INDIAN HEALTH COUNCIL, INC.



Spring 2014

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

Volume 30 Issue 1



Attracts a Full House



The Pala Casino Resort and Spa Event Center boasted a full house on February 8th, where more than 400 people throughout and beyond our consortium area gathered in search of health. They

enjoyed a day-long wealth of activities, education, information and inspiration on the topic of diabetes, which affects 16% of Native Americans in the U.S.

The Taking Care of Your Diabetes (TCOYD) conference and health fair was co-sponsored by TCOYD, Indian Health Council, Inc. and Indian Health Service. It was presented specifically for the Native American population.

Entitled, "Do You Have Diabetes? Take Control: Learn, Laugh and Live Better," the multifaceted event promised, "One day can change everything!" Many participants agreed, saying they now had



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In Memoriam: Julia Nejo

**AUGUST 12, 1924 –
JANUARY 1, 2014**

Julia Veronica Nejo (nee Peña) of Mesa Grande was a woman of strong character, grit and integrity; immense commitment to her Indian community; wisdom; and a great sense of humor. According to her daughter Trish Martinez, the youngest of her six children, Julia was a role model and wonderful mom who lived a full and fulfilling life.

A 28-year IHC Board member who served on several committees over the years, Julia was a close friend of fellow Board member Dorothy Ponchetti, who died in June 2013. (In fact, recalls Trish, Julia and Dorothy not only traveled together to conferences, but once enjoyed a memorable trash-talking, arm-swinging walking race around a pond. "People had to move out of their way to avoid the flying elbows!")

Prior to joining the Board, Julia served as an IHC employee in Community Health Services, where then-CHS Director Rose Cosgrove encouraged her staff to further their

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CA-NARCH's Natalie Lomayesva (in teal) attends
prestigious Harvard program page 6

Julia Nejo: A Life of Action and Dedication

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education. "Perhaps 'encouraged' is not a strong enough word," laughs Trish, saying Rose practically made it mandatory because she wanted to motivate employees to progress in the medical field.

Julia went to school to become certified as a Home Health Aide. She also transported patients to and from the clinic, flying up and down the road in her Ford Pinto.

Julia Nejo's life from the get-go was one of action. Born and raised on Mesa Grande, where she lived her entire 89 years, at age 17 Julia wanted to become a Women Accepted for Volunteer Emergency Service (WAVE) with the U.S. Navy in WWII. She loved the uniforms and was itching to travel. Julia's mom would not sign the papers, so she instead became a famous "Rosie the Riveter" at Convair in San Diego.

The work was far from lucrative or glamorous, Trish reports. "Working inside an airplane cockpit as another 'Rosie' would rivet through from the top, Mom would hold her hands up, palms open, to form a diamond shape around the mark where the rivet would

come through. One time the mark was off and the rivet drove right through her palm. She was sent to Medical where they stitched her up, bandaged her hand, gave her an aspirin and told her to return to work."

After the war, Julia worked for a variety of local businesses, including renowned Dudley's Bakery. But more than any other effort, her involvement with Indian Health Council's humble beginnings was a driving force in her life. Trish, who went to the clinic since its inception, says, "My mom started with Indian Health back when [original Administrator] Dennis Magee was just beginning to pursue his dream of starting a clinic, which was a tiny office at the end of Pauma Reservation Road. Along with Dennis, Violet Inglett, Esther Calac and others, she was a pioneer of what has become our beautiful IHC facility." She also was highly involved in Mesa Grande leadership; in particular on the Tribal Enrollment Committee.

Above all, Julia Nejo relished life and delighted in family. Calling her a "jewel," daughter-in-law Lynn Nejo says,



Julia Nejo, right, with longtime IHC Board member and friend Florence Lofton

"Nobody could tell a joke or make you laugh like she could. Even in her last days, she had the entire family laughing and not thinking of the inevitable. Her passing leaves a huge hole in all our lives."

Her absence also leaves a huge hole at IHC, says CEO Romelle Majel McCauley. She states, "To lose two Board members of the stature and dedication of Dorothy Ponchetti of Santa Ysabel and Julia Nejo of Mesa Grande in less than one year is challenging. Together, these two strong ladies devoted decades of service to IHC and Indian Country. Were it not for the commitment of people such as them, IHC would not be flourishing today. We appreciate them deeply and miss them greatly on a personal level."

"Were it not for the commitment of Board members such as Julia Nejo, IHC would not be flourishing today."



Celebrate Mother Earth Day 2013



Yes, It's Earth Day Time Again!

For centuries, First Americans have cherished and respected the environment, so who better than us to throw a party for our beloved Mother Earth!

Please plan to join us at IHC's fifth annual Celebrate Mother Earth Day on April 17th from 10am-2pm. Organizer/Emcee George Pojas says, "The event extends IHC's Mission of 'Empowering Native Wellness' while sharing pride in our traditions and offering many ways to 'be green' and enjoy a healthy, active life."

The Theme: "Grounded in Culture and Care"

George notes, "We created the 2014 theme of 'Grounded in Culture and Care' to reflect IHC's emphasis on these twin elements that make our organization unique and strong. We plan to include exciting cultural components that engender pride in our Native heritage."

Come early, bring the kids, grandkids, grandparents and everyone eager to enjoy performances, presentations, games, food, fun and festivities. Wear comfy shoes for the popular Earth Day 2K and Run/Walk Relays where you can participate or cheer on your favorites.

The Celebrate Mother Earth Day team is planning a great day for the community. Watch for flyers, check www.indianhealth.com or contact gpojas@indianhealth.com. See you on April 17th!

TCOYD Eventgoers Learn How to Take Control of Diabetes

the motivation to change and the tools to help them do so.

Michele Cornejo said, "It's nice to be with so many people with a common goal to do better for ourselves and family members with diabetes. We learned facts such as exercise is like insulin. Most of all, we learned it's possible to live a long and good life."

TCOYD founder Steve Edelman, MD kick-started the presentations with his topic, "Well-Controlled Diabetes is the Leading Cause of Absolutely Nothing!" Dr. Edelman was diagnosed with diabetes at age 15. He said, "I was told that blindness, kidney failure and amputations were likely to occur and that my life expectancy would not exceed 20 years." The prognosis galvanized him to study medicine "to learn how to conquer this condition and help others afflicted with it."

Prior to Dr. Edelman's presentation, the day began with good-for-you breakfast burritos, a blessing, birdsinging, drumming and a welcome by officials, including IHS' Margo Kerrigan and IHC's CMO, Daniel Calac, MD. Dr. Calac also addressed the crowd in the afternoon, advising how to "Keep Your Kidneys Kicking and Your Heart Pumping."

Positivity permeated the packed room, with information presented in an upbeat manner. Native American comedian Drew Lacapa suggested ways to "Laugh Your Way to Lower Blood Sugars." Lela Gabbard of Pala called his routine "really funny, especially in light of the health issues he has endured, including strokes, heart attacks and surgeries."

IHC's Physical Activity Specialist Angelina Renteria and Nutritionist Jina George explained the reasoning behind "Nutricise: Using Exercise and Food as Medicine." Later, Angelina led attendees in chair dancing to music so energetic many people got up off their chairs to "boogie."

Community Health Services staff organized a well-attended health fair, offering blood glucose and blood pressure testing, foot screening, body fat measurements, and an opportunity for people to discuss their concerns with IHC providers, including Public Health Nurses, Pharmacist Bob Schostag and Acupuncturist Anne Bailey.

Ending the event on a high note was motivational speaker Billy Mills, who wowed the world by capturing Olympic Gold in the 1964 10,000 meter race. After being diagnosed with diabetes in 2005, he immediately took control with nutrition, exercise and education. He skillfully wove the focus it took to win the gold 50 years ago with the focus it takes to lead a long and healthy life with diabetes.

From the beginning to the final presentation, people realized that yes, diabetes happens, but, as the speakers emphasized, they have the power to choose how to deal with it.

Dr. Calac states, "It was rewarding and heartwarming to see so many people excited about changing their lives and taking control of their health. It was truly an inspirational event from Jina George's and Angelina Renteria's awesome infomercial to Billy Mills' heart-touching motivational speech."



ACA Update



Indian Health Council has been proud to be at the forefront of the Affordable Care Act (ACA) program in terms of communicating with our clients, helping them understand the provisions and assisting them as they navigate the mosaic of choices.

Many IHC clients have already enrolled, with their coverage having begun on January 1, 2014. The enrollment period continues through March 31, 2014. **Members of federally recognized tribes can enroll anytime and are not subject to open enrollment periods.**

Beth Turner, Director of Business Operations, and Karan Kolb, Tribal Family Services Director, are ACA Education Counselors. Eligibility Case Manager Lisa Sherman and Social Services Case Manager Nancy Spence are both Education and Enrollment Counselors. All understand how Covered CA eligibility operates for American Indians/Alaskan Natives (AI/ANs), including provisions, exemptions and options.

Covered CA Stats

According to information from Covered California™ and the California Department of Health Care Services, “500,108 Californians enrolled for health insurance and selected plans through the end of 2013 under the Patient Protection and Affordable Care Act. The statistics, reflecting enrollment activity from Oct. 1 through Dec. 31, 2013, show that the demand for health care coverage in California remains strong. And the preliminary total of enrollments in Covered California health insurance plans from Oct. 1, 2013, through Jan. 15, 2014, has increased to more than 625,000, demonstrating continued vigor in the new insurance marketplace.”

As of data released Feb. 13, 2014, California leads all states with 728,000 enrollees – more than double the number of the next highest state, Florida.

Tribal Exemption

ACA offers guaranteed coverage, standardized benefits, no annual limits and rates that are not based on health status. If you are a member of a federally recognized tribe, you are eligible to enroll in health insurance through Covered CA and are entitled to certain benefits and exemptions.

Under ACA, you will not have to pay for services received directly from Indian Health Service, tribes, tribal organizations, other Indian organizations or organizations contracted to deliver medical services locally. This category includes Indian Health Council.

An application form for ACA exemption for members of federally recognized tribes is available. People who obtain

Application for Exemption for American Indians and Alaska Natives and Other Individuals who are Eligible to Receive Services from an Indian Health Care Provider

THINGS TO KNOW

- Use this application to apply for an exemption from the shared responsibility payment.**
 - Starting in 2014, every person needs to have health coverage or make a payment on their federal income tax return called the "shared responsibility payment."
 - Some people are exempt from making this payment. This application includes 2 categories of exemptions. There are other applications for other categories of exemptions when you file your federal income tax return (1040). You can use this application when you file your federal income tax return.
 - You don't need to ask for an exemption if you're not going to file a federal income tax return for any year you want to ask for an exemption. If you're not sure, you may want to ask for an exemption.
- Who can use this application?**
 - A member of an Indian tribe.
 - Another individual that's eligible for health services through the Indian Health Service, tribes and tribal organizations, or other Indian organizations.
- What you need to apply**
 - If you get this exemption, you can keep it for future years without submitting another application if you're a member of or applying for services from an Indian health care provider.
 - You can use one application to apply for this exemption for more than one person in your tax household.
 - Documents showing that membership or eligibility for services from the Indian Health Service, a tribal health care provider, or an urban Indian health care provider.
 - Social Security numbers (SSNs), if you have them.
 - Information about people in your tax household.
- Why do we ask for this information?**
 - We ask for Social Security numbers and other information to make sure your exemption is counted when you file your federal income tax return. **We keep all the information you give private and secure, as required by law.** To view the Privacy Act Statement, go to healthcare.gov.
- What happens next?**
 - Send your complete, signed application with documents to the address on page 3. We'll follow up with the address to describe and tell you how if we need additional information. If you get this exemption, we'll give you an Exemption Certificate Number that you'll put on your federal income tax return. If you don't hear from us, visit healthcare.gov or call the Health Insurance Marketplace Help Center at 1-855-889-4325.
- Get help with this application**
 - Online: healthcare.gov
 - Phone: Call your Health Insurance Marketplace Call Center at 1-855-889-4325.
 - In person: There may be community events where you can get help. See healthcare.gov for more information.
 - Spanish: Llámame a nuestro centro de ayuda gratis al 1-855-889-4325.

NEED HELP WITH YOUR APPLICATION? Visit healthcare.gov or call us at 1-855-889-4325. Para obtener una copia de este formulario en español llame al 1-855-889-4325. Si usted necesita ayuda en un lenguaje que no sea el inglés, llame al 1-855-889-4325 para obtener un representante que hable su idioma. Si usted necesita ayuda en un lenguaje que no sea el español, llame al 1-855-889-4325. MEMBERS OF TRIBEJANCY



Consuelo Gambino from California Rural Indian Health Board (CRIHB) and IHC's Lisa Sherman staff a booth at TCOYD. "We're actively reaching out to people and answering their questions and addressing their needs," they say.

an exemption retain it for future years if membership or eligibility for services from an Indian healthcare provider (such as IHC) remains unchanged.

Beth Turner says, "We can walk you through this exemption application and other facets of what could otherwise be a confusing process."

What's Next

IHC's ACA team is continuing its outreach and education activities. In addition to explaining provisions, options and exemptions, team members can connect you to resources and screen you to ascertain the most appropriate coverage.

For more information, please contact Lisa at ext. 5285 or ls Sherman@indianhealth.com, or Nancy at ext. 5286 or nspence@indianhealth.com.

Join Us March 26th to Donate Blood

- No appointments are necessary. Walk-ins are welcome.
- Please bring a photo ID. (Tribal cards are accepted.)

If you stop by IHC's Multipurpose Room between 9am-3pm on March 26th, you'll see clinic management and staff, your Tribal friends and neighbors, and others willing to take a few minutes of time to save as many as three lives with a single blood donation.

The Blood Drive helps IHC give back to our community, says Medical Administrative Assistant Gwendolynne Jenkins. She notes, "With each periodic drive, we hope to reach at least 20 donors so we can save at least 60 lives. With your help, IHC can aim even higher for 2014."

Make March 26th a "red letter day" for people who will need blood this year. Thank you for helping to make the world a better place!

CA-NARCH V Research Projects In Follow-Up Stages

The “Healthy Heart = Healthy Gums? Oral Flora, Periodontitis and Vascular Dysfunction in Young Native Americans” project ended August 31, 2013. The research team, under Principal Investigator Roberta Gottlieb, MD, is focusing on data analysis and manuscript publication.

Here is a look at the remaining two projects on a path toward completion. For information on two exciting new CA-NARCH VII grants just getting started, please see page 7.

DPN Project Moves to Analysis Phase

The “Acupuncture and Diabetic Peripheral Neuropathy (DPN) Among Native Americans” project, led by Principal Investigator Deborah Wingard, PhD, with treatments performed by IHC Acupuncturist Anne Bailey, has reached a juncture.

The purpose has been to determine the proportion of people with diabetes in IHC’s Native American community who experience symptoms of peripheral neuropathy (numbness, tingling or pain in the legs or feet); and whether acupuncture is associated with improved micro circulation and reduction of these symptoms.

According to Anne, “We completed the acupuncture portion of the DPN study in December 2013. This winds down a productive partnership with Priscilla Summers, to whom I’m grateful for bringing her prodigious talent, energy and ethic to this study. Now it’s time to tackle data analysis and manuscript preparation.”

A REVEALING FIND

Anne reports, “As Priscilla and I reviewed the medical records of our prevalence study participants, we were surprised by the gap between the patients’ questionnaire rating of neuropathy symptoms and provider diagnoses of DPN. The responses of 218 participants agreed with their medical record that they do not have neuropathy symptoms and the responses of 42 participants agreed that they do. Interestingly, 38 participants reported having symptoms in their legs and feet, but we could find no reference to a DPN diagnosis in their chart.”

Statistical analysis reveals that this group has lived with diabetes for fewer years and

is less likely to have other diabetes-related health issues. Dr. Wingard, CA-NARCH Principal Investigator Dan Calac and Anne Bailey believe, “This is a very interesting finding and worth publishing as its own article.”

FASD Project Follow-Up in Progress

The “Healthy Women: Healthy Native Nation project, led by Principal Investigator Christina Chambers, PhD, was established to reduce risky drinking among Native women who are or might become pregnant, so as to prevent babies from being born with Fetal Alcohol Spectrum Disorders (FASDs). The physical, mental, and emotional problems associated with FASDs can be completely prevented if a woman does not drink alcohol when she is pregnant.

According to Coordinator Annika Montag, “We have completed recruitment and are now following-up on participants with brief phone interviews at one, three and six month intervals. Each follow-up is vital. We give a raffle ticket for each completed call.

TO DATE, WE HAVE LEARNED:

- Less than half of all 18-45-year-old Native women in the project consume alcohol.
- Among those who do, most tend to do so in a risky, “binge” pattern.
- Many women over-estimate the amount of alcohol their peers drink.
- About one-third may be vulnerable to having an alcohol-exposed pregnancy because they are drinking alcohol and not using effective birth control.
- 72% know about FASD and 32% know someone affected by FASD.



Marlene Dusek and February’s happy raffle winner.



Marina and Liana share FASD information.

- Recognizing how much they drink and that they may be vulnerable to having an alcohol-exposed pregnancy has helped many women to reduce their drinking.
- There is a lack of knowledge regarding diagnosis, services, and treatment for people and families living with FASD.

The team is grateful to participants for their valuable time and input. As a response to your requests and our data, we received funding for the project described on page 7.

Learn About FASDs

The more you know about Fetal Alcohol Spectrum Disorders (FASDs), the better able you will be to prevent and address this group of conditions.

- FASDs are caused by a woman drinking alcohol when she is pregnant. Women who do not drink alcohol will not give birth to a child with FASD.
- FASD is the leading known cause of developmental and learning disabilities and birth defects.
- FASD affects 2-5% of all elementary school children in the U.S.
- A baby can be harmed by alcohol before the mother knows she is pregnant.
- There is no safe amount, safe time or type of alcohol to drink during pregnancy.
- FASDs cannot be cured and children do not grow out of them, but early invention, treatment and support can greatly help both the individual and family to thrive.

Hints for Parents

Here are some actions you can take if you think your child may be affected by FASD.

- Have your child evaluated to be eligible for support and treatment. Contact Kathie Johnson at (858) 246-0047 or katjohns@ucsd.edu.
- Provide a stable, calm environment.
- Minimize distractions. Children with FASD may be easily over-stimulated.
- Give positive, specific instructions.
- Be patient. The behavior of a child with FASD can be frustrating, for the child as well as the parent. The behavior is often not something the child chooses to do.
- Bonus hint: Babies with FASD love to be swaddled!



California Native American Research Center for Health

A Program of the Indian Health Council, Inc. (CA-NARCH) Spring 2014

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 P.I.s:
Christina Chambers, PhD
Roberta Gottlieb, MD
Deborah Wingard, 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.

GOODBYE, 2013! HELLO, 2014!

With nearly two dozen local students matriculating at SDSU, UCSD, CSUSM and Palomar College, CA-NARCH blankets the county! Student Research Coordinator Richard Armenta (Yaqui) says, "We hold periodic get-togethers so students from different campuses can meet, mingle and learn from each other and staff. I have spoken about career planning, graduate school applications and summer programs."

Recently, the group bid farewell to 2013 at an October 25th Fall Event at SDSU's Scripps Cottage and welcomed 2014 at a January 31st Winter Event at a Scripps Ranch community center.

Richard, who is pursuing a PhD in Public Health at UCSD, says he enjoys the participation and synergism. "At these informal and informative events, people can connect, report on project status, share interests, and find out about classes, research projects and career opportunities. Conversations lead to associations and can open doors."

SDP Coordinator Geneva Lofton-Fitzsimmons says, "Amid the food and fun, the events are motivational. Staff enjoy watching students progress and students are inspired by their peers."



Fall 2013 Event.



Winter 2014 Event.

Two Women on the Move

Participating in a Palomar Pomerado hospital volunteer program sparked **Natalie Lomayesva's** interest in healthcare while a Mission Hills High senior in San Marcos. That interest never waned.

After graduating in 2010, Natalie (Hopi) embarked on a Bioengineering major at UCSD, where she will attain her B.S. this June. While mulling a future full of possibilities – "I may go for a PhD, an MD, or both!" – Natalie plans to pursue one of several exciting options before continuing her post-grad academic work.

She gained an incredible education last summer as one of very few students nation-wide to earn a coveted spot at Harvard Medical School's Four Directions Summer Research Program. Explaining that CA-NARCH not only supported her efforts throughout her college years but also led her to apply for Four Directions, Natalie says, "It was exciting to live on the Harvard campus and work 20-30 hours a week in an infectious diseases research lab. The project was challenging. At the culmination of the eight weeks, we each gave a presentation. It was then that I understood fully how much I had learned."

While working hard, she made the time to explore the vibrant Boston area. A world of exploration and accomplishment awaits Natalie Lomayesva.

As a competitive gymnast from age four through her early teenage years, **Kiowa Montoya** (Taos Pueblo) quips, "I saw my fair share of physical therapists." With that background and her mother's work at Scripps Hospital, it is no surprise that after graduating from San Dieguito Academy in Encinitas in June 2013, this energetic young woman decided to major in Kinesiology with an emphasis on physical therapy at SDSU. With her positive attitude, determination and the support of CA-NARCH, it will surprise no one when Kiowa achieves her goals, in her career and her life.

She notes, "Meeting weekly with Richard and Geneva is a huge help. They keep me up-to-date on opportunities, including research projects and summer programs. They are very supportive and motivating."

Not that Kiowa needs much external motivation. She actively pursues a healthy lifestyle that includes eating well, skiing, snowboarding, surfing and hiking.



Natalie, center, displays her Four Directions Certificate.



Kiowa

SPRING 2014 UPDATE ON CA-NARCH VII RESEARCH PROJECTS

WE ARE PLEASED TO INTRODUCE THESE TWO, NEW, NIH-FUNDED PROJECTS

FASD MODEL SUPPORT NETWORK

Principal Investigator: Christina Chambers, PhD

Purpose:

This grant continues the momentum begun with the “Healthy Women: Healthy Native Nation” project profiled on page 5. Fetal Alcohol Spectrum Disorders (FASDs) are life-long disabilities that make life more difficult for the affected person, their family, and the community. The National Organization for Fetal Alcohol Syndrome (NOFAS) strives to prevent FASDs and to support people and families dealing with FASDs. We will establish two local NOFAS chapters: one within the reservation community and one within the urban community. Each will respond to the specific needs of that community. There are currently no NOFAS chapters designed within Native communities.

Progress:

The project team has begun conducting a survey of existing FASD related resources and needs. It will create working groups composed of consultants and community partners representing social services, education, law enforcement, health providers, family members and interested community members.

Project Coordinator Annika Montag reports, “The team will

conduct a baseline survey in each community to learn about attitudes, knowledge, needs, and access to and use of FASD resources. Focus groups and interviews will help us determine the structure of each NOFAS chapter. After designing and implementing chapters, we will re-survey each community to determine how the chapters have changed the factors detailed in the baseline survey and –how happy people are with the results. We hope our project will strengthen families dealing with FASD and the community as a whole.”

Access to FASD Center

IHC clients can access a broad array of comprehensive FASD diagnostic services for children and adults at the Center for the Promotion of Maternal Health and Infant Development at UCSD/Rady Children’s Hospital. These include assistance in accessing appropriate treatment and intervention services, a parent support group, juvenile justice system support, and educational support for children and parents.

To learn more about FASD, see page 5. To obtain more information about IHC’s project or to get involved, contact (760) 751-6055 or HealthyWomen@indianhealth.com.

PRESCRIPTION OPIATE PAINKILLER MISUSE

Principal Investigator: Roland Moore, PhD

Purpose:

In response to the rising prevalence of prescription opiate painkiller diversion and misuse, this project will implement and evaluate an intervention designed to reduce the availability of prescription pain medication in the homes of Native Americans in IHC consortium reservations. The project will assess the community’s attitudes toward safely discarding opiates and other pain relievers and will design and assess the effectiveness of a culturally-tailored drug take-back program.

A Timely Kickoff

At the end of February, the La Jolla Band of Luiseño Indians held a Prescription Drug Take-Back Event at IHC’s Rincon clinic in conjunction with a staff and community training presented by Lamar Associates. Clients and community members were invited to bring unused and/or expired medications, including prescription painkillers and over-the-counter medicines, for safe and appropriate disposal. Results will be highlighted in the next issue.

Progress:

According to Project Coordinator Jennifer Roberts, “This cutting-edge program – an innovation in Indian Country and indeed in the U.S. – is intended to provide a customized, proactive, prevention-oriented approach that will influence not only attitudes but also behavior regarding opiate availability.”

The project is currently in the planning stages. Among strategies being considered are easy-to-use secure drop boxes, the contents of which will be periodically emptied, weighed and disposed of by San Diego Sheriff’s Deputies. These efforts will be bolstered by communications to change community norms surrounding prescription drug (mis)use.

The team notes, “We hypothesize that focused environmental interventions on reducing availability of prescription opiates will create convenient options for American Indians to help make prescription pain medicine more difficult for youth and other family members to access for non-prescribed use. Our project can create a template for other culturally-tailored campaigns in Indian communities. Most of all, we hope to alter norms regarding the acceptability of giving prescription pain pills to family members or friends.”

For more information, contact jroberts@indianhealth.com or call ext. 5327.

Great Beginning Start Here!

IHC's Dental and Medical departments partner for the oral health of each child – even before that child is born. Dental hygienists Natalia Orosco and Julie Trang attend OB and Well Child Clinics, respectively, teaching soon-to-be and new moms how to give their children the best possible start to a lifetime of happy, healthy smiles.

Dental Director Carrie Lambert, DDS, emphasizes, “It is important that expectant mothers address their dental needs prior to the birth of their child. This helps ensure the baby’s health while in utero and once they arrive.”

OB CLINICS

Natalia speaks with pregnant women at OB Clinics, typically held every other Thursday in Medical. She says, “We determine if the patient has been visiting the Dental Department, encourage and guide them to do so, and reassure them that it is safe to receive treatment during pregnancy. When applicable, we discuss the correlation between periodontitis and low birth weight, and explain that the bacteria that causes tooth decay can be transmitted from parent (and other caregivers) to baby. Once they get close to delivery, we educate on oral health home care for a newborn and about ‘happy visits’ for children’s dental exams. The parents receive informational handouts, a new toothbrush and floss.”

Natalia says, “It is encouraging to see how many parents have questions regarding their and their unborn child’s dental health. I enjoy being a resource for them.”



Julie Trang

WELL CHILD CLINICS

Once a month, Julie attends Well Child Clinics in Medical, rotating among Drs. Calac, Davidson and Murdock. She says, “We stress the importance of oral hygiene habits, regular dental visits and making good dietary choices. I conduct a quick exam of the child’s mouth and apply fluoride varnish (tooth vitamins), if needed. Parents get informational handouts. Children, depending upon their age, get a toothbrush, floss or mouthrinse. Most of the children I see already are visiting our Dental Department or the families plan to go as soon as their child turns one.”

Natalia and Julie agree, “Early oral care is crucial; it benefits children’s overall health and well-being. It affects the development of their permanent teeth and impacts their physical, mental, psychological and social well-being.”

OH, BABY... Tips on Early Dental Health

Years before the Tooth Fairy sneaks into their room to take their teeth in exchange for money (it used to be a quarter; the going rate is now much higher!), children should establish good oral hygiene habits. They need healthy teeth so they can chew and speak clearly. Baby teeth hold space for adult teeth and they can decay, so taking care of them is a must.

Dental Director Carrie Lambert, DDS, a mom of two, confirms, “It is up to us as parents to first take care of our children’s mouth, then teach them how to do so themselves. And it is critical to begin visiting pediatric dentist Megan Burns, DDS, when your child is one year old, and every six months thereafter. If you think your child has a dental issue before that time or between visits, call us right away to schedule an appointment. We want to be proactive and preventive.”

Here are some ways to promote early oral health. For more information, give us a call.

DO ...

- ✔ Clean your baby’s gums with a clean wet soft cloth after each feeding.
- ✔ Wean children from night-time breast- and bottle-feeding when the first tooth appears; usually around six months of age. (It is recommended to wean your child from all bottle feeding between 12-14 months of age so they can learn to drink from an open cup.)
- ✔ Brush your child’s teeth when they first appear, using a child-sized toothbrush and tap water.
- ✔ Brush your child’s teeth, once they are two, with a pea-sized amount of ADA- approved fluoride toothpaste. Floss daily as well.
- ✔ Teach your child how to brush their teeth. Supervise the procedure until they are able to handle it themselves, at about age seven.

DON'T ...

- ✔ Put your baby to nap or bed with a bottle.
- ✔ Give your baby a bottle or sippy cup filled with sweet drinks to carry around.
- ✔ Ignore warning signs such as spots or stains. Healthy teeth should be all one color.
- ✔ Feed your child sugary treats except on special occasions.
- ✔ Scare your child about an upcoming dental visit. If you have anxiety about visiting the dentist, your child will pick up on that fear.

Let’s Work Together

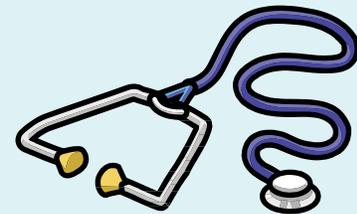
Your IHC Dental Department is here for you and your children. Establishing good habits such as brushing morning and night will help to ensure lifelong oral health.



Chief Medical Officer Dan Calac, MD

Dr. Dan's Corner

Give a Piece of Yourself



Take a look at your driver's license. Does it have a little pink circle with the word "donor" inside? If so, like me, you are a registered organ donor. That's a great feeling!

People can save as many as eight lives by donating organs. In many cases, age is not a barrier. Through a donated cornea, "An 80-year-old can give a whole lifetime of sight to an eight-year-old."

"Through a donated cornea, an 80-year-old can give a whole lifetime of sight to an eight-year-old."

In addition to donating kidneys, hearts and lungs, tissue donation can enhance the health and extend the longevity of grateful recipients. Some 3,700 people are added to the national organ waiting list every month; more than 116,000 Americans now anxiously await the kindness of strangers. In 2011, 60 people in San Diego County died while waiting for an organ.

Becoming an organ donor is simple. You can register quickly and easily when you renew your driver's license. In fact, you can register any time at www.donatelifecalifornia.org or 866-797-2366.

Organ donation ... what a wonderful legacy to leave for those who live on beyond our 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 gjenkins@indianhealth.com.

Healthy Recipes & Cooking Class Schedule



QUINOA!

<keen-wa>

—A cereal like grain native to South America. You can substitute this complete protein in any recipe where you would typically use rice, bread, or cereals —soups, stuffed tomato or peppers, pilafs, meatballs, stir-fry etc.



Peruvian Quinoa Salad. Prep Time: 15 mins Cook Time: 20 mins. Serves: 4

INGREDIENTS:

- 1 cup quinoa, 2 cups water
- 1 small cucumber, diced
- 2 roma tomatoes, diced
- 1/4 cup diced red onion
- 1/2 red bell pepper, diced
- 4 ounce queso fresco cheese, diced
- 1/4 cup cilantro leaves only, chopped
- 3 limes, juiced
- 1/4 cup extra virgin olive oil

DIRECTIONS:

In a medium sauce pot, cook quinoa with 2 cups of water until all water is absorbed and let it cool. Once cool, add the rest of the ingredients and gently mix. Salt and pepper



"Empowering Native Wellness"

JOH-Journey of the Heart

www.indianhealth.com

Dear Parents: Give Peas a Chance

As a new mom, Nutritionist Jina George is focused on getting children off to a healthy start. She notes, "Studies show that children who are overweight at a young age run a serious risk of remaining overweight as they get older."

According to a recent article in the New England Journal of Medicine, "Half of childhood obesity occurred among children who had become overweight during the preschool years." Kids who are overweight in kindergarten have four times the risk of becoming obese by eighth grade.

So what's a busy mom to do? Jina advises, "Feed your children healthy foods. Read labels. Avoid sugary snacks in favor of fresh fruits and veggies. And call me for advice."

2014 | 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 **9am-3pm** at Rincon. Appointments are not necessary. Next up: **March 26th**. Please call ext. 5275.

DIABETES CLINICS

Diabetes educational classes are geared for people with diabetes and people who want to learn more about diabetes. Topics cover a variety of issues, information and concerns. Clinics are generally held from **8:30-11:45 am on the second and fourth Thursday** of each month in Medical. Please call ext. 5237 for information.

DIABETES 101

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

MAMMOGRAM CLINICS

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

OB CLINICS

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

PREVENTION AND EARLY INTERVENTION (PEI) PRESENTATIONS

PEI presentations funded by the County of San Diego (Agreement #528301) on a variety of topics take place at **11 am on the third Thursday** of the month in the Dream Weaver Room. Please call ext. 5284 for information.

FITNESS FUN

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

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

WELCOME TO THE IHC NEIGHBORHOOD

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



Caitlin Smith
Pharmacy Clerk



Gina Nogales
HIM Technician



Deborah Zambruski
Business Office Manager



Joseph Rodriguez
Housekeeper



Jessica Allen
Receptionist



Lena Turner, DDS
Dentist



no cavities club

Kolokolomay Temanxwanvish
Reece Machado
Conrad Pierce
Mark Banks
Leroy Salgado
Flayley Patterson
Donavan Fanella
Arianna Gonzalez
Chadwick Moody
Mexily Stoneburner
Myleah Torres
Leone Torres
Joseph Gonzales

Keith Redfern
Shouna Ward
Patricia Huber
Orion Collins
Diego Munoz
Jillian Horton
Sula Devers
Chloe Romero
Kimora Redfern
Kyla Osuna
Gilbert Vargas
Mason Vargas
Erica Hood

Raquel Standingwater
Analena Jimenez
Caliah Chaloux
Vanessa Gonzales
Jonathan Teter
Lucianna Lasseigne
Michelle Schwass
Bo Herrera
Naylynn Howard
Monica White
Wanish Tortes
Chloe Verdugo

Awesome job!

INDIAN HEALTH COUNCIL, INC.

A facility as unique and valuable as the community it serves

Newsletter

50100 Golsh Road
Valley Center, CA 92082

FORWARDING SERVICE REQUESTED

BOARD MEMBERS EXECUTIVE BOARD

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Theda Molina, Member-at-Large	La Jolla

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Open	Mesa Grande
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Patricia Dixon	Pauma
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Gilbert Parada	Rincon
Patricia Ockert	San Pasqual
Melanie Luna	Santa Ysabel
Open	Santa Ysabel

Romelle Majel McCauley, Chief Executive Officer

*Longtime (Inaja Cosmit) IHC Board member Edward Arviso has passed away. We will feature a tribute to Ed in the Summer 2014 Newsletter.

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

Fallbrook Hospital: (760) 728-1191

Children's Hospital: (760) 739-1543

INDIAN HEALTH COUNCIL, INC SCHEDULE

Medical Department

M-F 8:00-6:30

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

Obstetrics

every other Thurs 8:30-12:00

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

Podiatry T, Th 8:30-4:30

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

Diabetes | Ophthalmology Clinic

every other Wed 8:30-12:00

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.

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