



# INDIAN HEALTH COUNCIL, INC.

*Empowering Native Wellness*



Fall 2012

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

Volume 28 Issue 3

## IHC Remembers an Icon: Rose Mary Hatfield



Indian Health Council, Inc. and all of Indian Country have lost a highly respected and greatly loved member of its family. Rose Hatfield was born on October 12, 1925 on the La Jolla Reservation. She died peacefully at home surrounded by her family on July 10, 2012. Four days later, she was honored by her community at a graveside service at

the La Jolla Indian Reservation Cemetery.

In-between her 86 years on Earth is a story of steadfast determination that helped initiate and grow IHC into the state-of-the-art clinic it is today. After 23 years as IHC Board Chair, Rose spoke from the heart at the 2000 Grand Opening of our Rincon facility. She said, "This building is a testament to those who have dared go too far to make the dream as real as the concrete behind me."

Our IHC Boardroom proudly bears her name. All of us – Board, staff, clients and the community – owe Rose Hatfield a debt of gratitude. Please see the special memorial insert.

## A Fruitful, Flute-full Message

More than 140 community members sat in rapt silence at the San Pasqual Tribal Hall on June 19th as Morgan Fawcett (Tlingit) played the four-foot wooden flute known as a Didgeridoo in an event hosted by the CA-NARCH Healthy Women: Healthy Native Nation research project.

Morgan has made it his purpose in life to raise awareness of Fetal Alcohol Spectrum Disorders (FASDs), the birth defects that occur as a result of a woman's drinking during pregnancy.

As inspiring as the music he played on various flutes from around the world was Morgan's presentation on living his life with FASD. Morgan, now a college student, calls flute-playing his "healing music" and credits it with allowing him to focus, learn and communicate.

Research Assistant Marlene' Dusek says the evening was unforgettable. She reports, "Morgan is an example of what someone with FASD can achieve with good support and determination. He may have been born with disabilities, but he never let it defeat or define him."

For more on this event and research projects, see page 7.



### INSIDE THIS ISSUE



Former IHC RN Conducts Hep C Research  
page 2



New Endodontist Digs His Work  
page 4



A Big WOW for Wellness  
page 8

# Empanelment Teams Gear Up to Serve You



Sisters Niemi, age 4, and Dezeray, age 16, of Pala wait with their mother for their grandmother who, after learning from her Care Team that her test results are good, says, "I love this place!"

The empanelment of clients has begun! Chief Operating Officer Orvin Hanson reports, "Starting in June, we began assigning patients to their Care Team. We have established the capacity of Care Team staff and are working toward aligning patients with providers. The objective is to enhance the quality of medical services for each IHC client and for the clinic as a whole."

The data accumulated through the

empanelment process will be used to better manage the provision of medical care for each patient.

Empanelment flyers are available at the clinic. Lois Murphy ([lmurphy@indianhealth.com](mailto:lmurphy@indianhealth.com)) is the point of contact for information.

The process is intended to make you, the client, a part of your healthcare team and to make the team a part of your healthcare program. Go, team!

Welcome **IHC...**  
**Your Patient-Centered Home**

As part of Indian Health Council, Inc.'s overarching goal of "Empowering Native Wellness," the clinic strives daily to be the "Preferred Patient-Centered Home and Provider of Choice to Our Community."

## Former IHC RN Conducts Hep C Study at Clinic... Participants Requested

IHC clients may recall Dale Todicheeny, PhD(c), RN, as an adept Nurse Case Manager in Medical. Now Dale, who is pursuing a PhD in Nursing at the University of San Diego, is conducting a research study titled, "Quality of Life among American Indians/Alaska Natives (AI/ANs) Living with Hepatitis C in Rural Southern California."

Indian Country historically contends with issues (cultural barriers, isolation, educational level and low income) that prevent AI/ANs from accessing, receiving, or seeking medical care. This is quite evident with AI/ANs living with Hep C.

Hep C is an emerging epidemic that is often not discovered until mid-life or older. As the largest organ inside in the body, the liver performs over 500 functions that keep your body healthy. It is a "non-complaining organ," so even if the liver is damaged, you may not know it. A person who is infected may look and feel relatively healthy for years while dealing with fatigue, headaches, muscle and joint aches, nausea and other symptoms that may feel like a mild case of the flu.

To get Hep C, you must have blood-to-blood contact with a person who has the virus. Although Hep C impacts all populations, it hits AI/ANs especially hard; as recent data shows, AI/ANs exhibited the highest rate of Hep C of all groups. Yet this "silent epidemic" is particularly quiet in Indian Country.

### STUDY WILL HAVE FAR-REACHING RESULTS

Dale reports, "Little research and knowledge exist about AI/ANs living with Hep C. Native research and community-based partnerships are key to improving the health status of our community. This study will have important implications regarding education and program development. It will help us enhance disease management, develop culturally appropriate interventions and provide significant contributions to Indian health research, policy and practice."

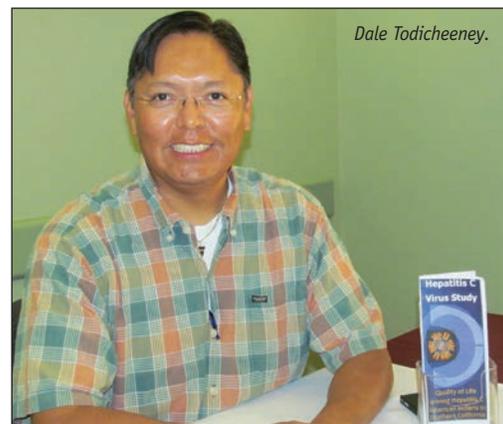
The study has been approved by both IHC's and USD's Institutional Review Boards. It involves a confidential personal interview that takes about one hour. The interview can be conducted at either the Rincon or Santa Ysabel facility, or at another place to ensure the participant's privacy and comfort level.

### PLEASE CONSIDER PARTICIPATING

If you are an AI/AN client who is at least 18 years old and living with Hep C, please consider participating. In appreciation, participants will receive their choice of \$25 cash or a \$25 Target gift card.

Dale believes, "This research empowers Native wellness. In collaboration with IHC and CA-NARCH, it will make significant contributions to the state of the science."

For more information or to schedule an interview, please contact Dale Todicheeny at 602-315-1315 or [dtodicheeny@gmail.com](mailto:dtodicheeny@gmail.com). You may also contact him in the Medical Department at 760-749-1410; press option #1 and ask for Dale.



Dale Todicheeny.

### Full Circle

Dale Todicheeny of the Navajo Nation has come full circle in his association with IHC. As an RN at the clinic from 2003-07, he focused on preventing, educating, caring and advocating through case management for a variety of conditions that impact the lives of clients and quality of life of our community.

Dale relates, "Actually, the concept of focusing on Hep C began while I was at the clinic. I had several dialogues with Chief Medical Officer, Dr. Calac about potential research opportunities to support the need and enhance existing services. When I left IHC to pursue my PhD, I told Dr. Calac, 'I'll be back.' Today, I am very happy now to indeed be back and fulfilling my promise."

He says, "I'm so gratified that IHC and CA-NARCH in collaboration with USD have been supportive of my dissertation research study. I envision a collaborative effort in shaping a robust program for people of the community living with Hep C as well as focusing on increasing Hep C awareness, education, prevention and reducing Hep C stigma in Indian Country."

**About the Hepatitis C Virus** Hep C is a viral disease that leads to inflammation of the liver. More information on causes, symptoms, treatment and prevention can be found at <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001329/>.

# Pharm Team Welcomes Three New Members

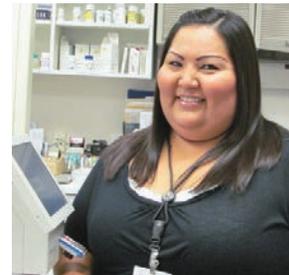
Every day is a busy day at the IHC Pharmacy, which typically fills more than 70,000 prescriptions annually; primarily at Rincon but also at the Santa Ysabel facility. Each employee needs to be capable, knowledgeable and, most of all, patient-oriented, says Pharmacy Director Robert Schostag, RPh.



Larry Schallock.



Adrienne Stevenson.



Ally Skacy.

He states, "In addition to filling prescriptions, my staff and I offer one-to-one consultations and guidance on proper use of medication. We listen and respond to people's needs. I feel very fortunate to have a great team of people who support each other and are focused on customer service."

Three employees began serving IHC recently. Although two are new to the clinic, all have a wealth of pharmacy experience. Pharmacist Larry Schallock adds his expertise to the group of five Pharmacists who serve full- or part-time. Registered Pharmacy Technicians Adrienne Stevenson and Ally Skacy are two of four techs at Rincon who take and fill orders, handle patient contacts and fulfill other duties.

## LARRY SCHALLOCK

As an elected Board member of Tri-City Healthcare District who currently serves as Vice Chair, and a man who fulfills several other professional and public service responsibilities (including stints on the California Hospital Association board and executive committee as well as service on a City of Oceanside commission), Larry Schallock is a busy man. Yet he has chosen to add to his schedule by working at IHC on Mondays, Wednesdays and some Fridays.

Larry says that one of the features he enjoys most about the Rincon Pharmacy is having time to spend with patients. He explains, "In contrast to retail pharmacies, which have a rushed feel to them, IHC has a much different environment. We're busy here, but we take the time to serve each person on an individual level. Clients are very friendly and interested in what is going on with their health. I particularly appreciate being able to provide counseling in a private room as opposed to a public counter in a store. In this setting, patients can ask questions or confide concerns they did not reveal elsewhere."

Larry has been a Pharmacist since 1968. He served at Tri-City from 1973-1995, leaving to establish a pharmacy at Vista Community Clinic. He also operated a mail-order pharmacy in Carlsbad before joining IHC in April 2012. A pharmacist of Larry Schallock's abilities, credentials and prestige could work anywhere. We're very happy he is here with us serving all of you.

## ADRIANNE STEVENSON

If Adrienne Stevenson looks familiar to clients, there's a good reason why: she worked here from 1996-2005. After that, she served as a slot supervisor at Harrah's Casino, but continued to serve the Pharmacy on an on-call basis. In April 2012, she returned to her roots and says she loves being back.

Adrienne, a descent of the Rincon Band of Luiseño Indians, says, "I enjoy working with the patients. I see a lot of family members here. I feel like I'm truly taking care of my own."

Adrienne is married and has an adult daughter and a cat. When not working or spending time with her family, she enjoys Bikram yoga and reading.

## ALLY SKACY

Ally Skacy joined IHC in December 2011. "I'm 100% Navajo from Arizona," she reports, saying that the pharmaceutical profession runs in the family. "My father is a pharmacist. My mom is a tech like me." Ally is quite close with her family: in fact, she, her parents, her sister and three brothers live together in Rancho Bernardo.

Helping people is part of Ally's nature. She began her pharmacy career at Southern Indian Health Council. Then, she spent a few years working in the caregiving field. Now that she's back to the IHC Pharmacy and serving community members, Ally says she feels that she is in the precisely right place.

**Larry, Adrienne, Ally and all of us in the IHC Pharmacy feel that we are in the precisely right place: serving all of you!**

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*Our Pharmacy has a great team of people who support each other and are focused on customer service.*

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## Store-Bought Never Looked So Good



IHC Receptionist Hannah Ratliff shows off gear displayed in the Rincon lobby.

No need to hit the mall when you're searching for unique workout gear and casual apparel. We have it all in store for you at IHC, with logoed clothes, caps, totes and more in an array of colors and spectrum of sizes. Prices are reasonable. Proceeds benefit the many services and programs we provide to clients and the community.

Orders are taken on Fridays. If the merchandise you desire is in stock, it can be picked up that day. Please contact Angie Cuevas at ext. 5387 or [acuevas@indianhealth.com](mailto:acuevas@indianhealth.com) for details.

Next time you're at the Rincon clinic, check out the IHC display in the Administration lobby. You'll be impressed!

# IHC's New Endodontist Digs His Work

Greg Hein, DDS, who joined IHC's Dental Department in May, approaches his work with an affable blend of good humor and superb professionalism. An experienced and skilled endodontist, Dr. Hein has come out of early semi-retirement to perform root canals and related treatments at the Rincon clinic on Tuesdays, Wednesdays and every other Monday.



Greg and Martha Hein in Idaho.

"The general dentists refer patients with pain/swelling or other pathology concerns to me," Dr. Hein reports. "Many people are anxious and most procedures take about one hour, so I use levity as a distraction. I tell stories and strive to keep people a little distracted as I work. I'm serious about my profession, but I realize that it's best for my patients if I'm also an entertainer. People seem to appreciate my approach, although the dental staff may get tired of my stories."

Not so, says Administrative Assistant Liz Doyle. "We love Dr. Hein. He's great with patients and he makes us laugh."

## The Root of Adult Issues Can Be Traced to Childhood

Dental problems are no laughing matter, of course. "Serious issues in adults can be avoided by starting and maintaining good oral hygiene in childhood," Dr. Hein explains. "IHC's consortium community is very fortunate to have access to a high-quality dental staff. We have a great team of people who care. The pediatric dentist can intercept problems in children at a very young age and stage. Preventing tooth decay is key," he stresses.

Initially, Dr. Hein earned his degree at USC and practiced

*Serious dental issues in adults can be avoided by starting and maintaining good oral hygiene in childhood.*

dentistry in San Diego for 13 years. He progressed to endodontic training at Boston University, completing his residency in 1996. Then, he joined a specialty practice in Anaheim, where he worked for 15 years.

In 2011, he decided to retire, and planned to spend a lot of time at a ranch that he and his wife, Martha, had purchased in Idaho. A few months into retirement, Dr. Hein realized he greatly missed the patient interaction, so when the endodontic position became available at IHC, he and Dental Director Carrie Lambert, DDS found their collaboration to be a good fit.

Dr. Lambert says, "We are excited to have someone with Dr. Hein's expertise join our Dental Department team."

The amiable fly-fishing, fast-cycling, guitar-playing Greg Hein says, "Indian Health Council is a great little family. I'm happy to be a part of it."

## IHC Publishes Sexual Assault Resource Directory

Sexual assault is a serious crime that takes place throughout the country, among people of all demographics. This often-hidden issue affects people in IHC's consortium community.

To offer culturally sensitive services to victims, IHC's Human Services (HS) Department has created a comprehensive Sexual Assault Tribal Community Directory. Licensed psychologists and marriage and family therapists are on staff to provide individual, family and couples counseling.

According to HS Director David Tweedy, PhD, "We hope this guide helps victims get the assistance they need as soon as possible. Our intent is to simplify the search for services when they are needed most. We also hope to inspire victims of this crime to seek help and break the silence of sexual assault."

### Definitions and Resources

Sexual assault entails committing a sexual act on a person against his or her will. It can take many forms, including rape or attempted rape, incest, unwanted touching and indecent exposure. The Directory describes how victims may feel and explains what to do/not do after an assault. It offers many resources, both local and countywide.

- The key number to remember if you are in danger is 911.
- Crisis lines and community teams are ready to help with everything from education and advocacy to restraining orders and shelters.

*Sexual assault is not about sex.  
It is about power, anger and control.*

### You Are Not Alone

Dr. Tweedy emphasizes, "Sexual assault is not about sex. It is about power, anger and control. We want victims to know that assault is not their fault and they do not have to manage this crisis alone."

He encourages people to pick up a Sexual Assault Tribal Community Directory in HS or to call ext. 5249 to speak confidentially with a professional.

# Underage Drinking Prevention Program Moves Forward

Now that the “Keep Your Dreams Alive – Don’t Drink and Drive” billboard is reminding people along Highway 76 in La Jolla not to drink and drive, the Underage Drinking Prevention Program has taken its show on the road. This summer, Tony Luna and Roland Moore made presentations at the 24th Annual Native Health Research Conference in Seattle while Jennifer Roberts showcased the program at the California

Department of Alcohol and Drug Program Conference in Sacramento.

The program is funded by a grant from the National Institute of Alcohol Abuse and Alcoholism and National Center on Minority Health and Health Disparities of the National Institutes of Health. The grant was awarded to IHC in collaboration with the Pacific Institute for Research and Evaluation and Scripps Research Institute.

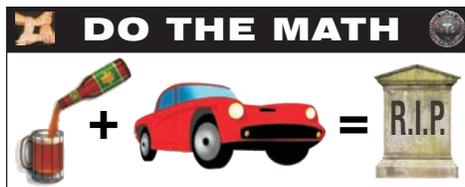
## Help Wanted: Teens Needed for Interviews

To continue its efforts to reduce drinking among consortium youth, the program needs youth ages 13-17 to participate in “motivational interviewing.” As part of the study, they will discuss their behaviors, attitudes, social and family life, and use of alcohol and other drugs. All information will be confidential.

In appreciation of the teenagers’ time and candor, they will receive a gift card to a local department store. To sign up your teen as an interview participant or learn more about the process, contact [jroberts@indianhealth.com](mailto:jroberts@indianhealth.com) or call ext. 5327.



**Keep Your Dreams Alive  
Don't Drink and Drive**



## Get the 411 on Parenting

What? No “owner’s manual” on how to raise a child?

### Loving Solutions

If your little bundle of joy is now age 5-10 and you need help in parenting effectively, help is here for you at IHC’s Loving Solutions series intended to empower parents and transform kids.

Loving Solutions offers supportive assistance in a friendly environment, say the facilitators. “We educate parents so they can better nurture their children.”

Moms and dads learn how to set rules, promote changes in behavior, improve school performance and have a

happier and more successful family life. Resources are provided to continue the process on a positive note after classes end.

Each series typically takes place for three hours on one day each week for a number of consecutive weeks. The July-August program has been completed, with several parents saying they now feel more confident, competent and better equipped to build productive family relationships.

A new fall/winter series starts soon. Visit [www.indianhealth.com](http://www.indianhealth.com) or call ext. 5334 for information and registration.

### Parent Project

So you’ve made it through the terrible twos and the crazy eights, but now your not-so-little bundle of joy is a strong-willed teenager. The Parent Project gallops to the rescue this fall.

The 10-week program, which takes place at the Santa Ysabel clinic, runs Thursdays from 9 am – Noon beginning September 13th. Through the



*Katie Ruiz displays a parenting guide.*

workshops, moms and dads learn to recognize and change destructive adolescent behavior. Call ext. 5332 to register.

### We’re Here to Help

These workshops are funded by San Diego County Grant Agreement 528301 and facilitated by Human Services and Tribal Family Services Prevention and Early Intervention (PEI) staff, most of whom are parents themselves. They say, “We know: parenting is not easy. Loving Solutions and the Parent Project can help!”





## 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). Known as NARCH, 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

Roberta Gottlieb, MD

Deborah Wingard, PhD

For more information on CA-NARCH, please contact: Student Program Coordinator Geneva Lofton-Fitzsimmons at (760) 749-1410, x5278.

## Academic Partners



SAN DIEGO STATE UNIVERSITY



## HEAD: ONWARD AND UPWARD

After graduating last spring, CA-NARCH's Class of 2012 spent no time resting on their laurels. Instead, they soared ahead to exciting places and projects. Here is a look at three of the seven graduates. We'll check in with the others in future issues.

UCSD grad **Whitney Baugher** (Cahuilla/Haulapai) is taking time off school and using her newly minted B.A. in Psychology as a Prevention and Early Intervention Counselor at Southern Indian Health Council's Kumeyaay Family Services, where she promotes community wellness and educates about suicide risks. Whitney says, "Spreading awareness of sensitive topics is important in the Native community. Eventually, I hope to apply to a social work or school psychology program. I enjoy working with youth and the Native community."

Whitney says CA-NARCH provided strong support throughout her UCSD years. "The research opportunities and events have been some of the best parts of my college experience. Having Geneva on campus was really helpful; I could talk to her about anything and she was always looking for opportunities for me. I don't think I would have even thought about pursuing grad school were it not for the guidance of staff and the many inspirational students I met. Thank you to everyone in CA-NARCH. They helped me get where I am today."



Whitney Baugher.



Marc Emerson with his parents.

After earning his Master's in Public Health with a specialization in Epidemiology from SDSU, **Marc Emerson** (Navajo) packed his bags for Vietnam, where he spent one month assisting an evaluation of a summer camp for youth with HIV. After collecting data, he returned to the States, where he helped analyze findings.

Marc reports, "I am excited to travel and hop right into child health. I am seriously considering applying for PhD programs in Epidemiology, focusing on global health. When I think of all those late-night studies, midterms, thesis woes, I believe all those struggles were to equip myself with tools I can use to help others; in Native American or global communities. I look at the careers of people I admire, such as Doctors Dan Calac and Stephanie Brodine, then I see what it takes and how to get there."

Marc relates, "Like a family, NARCH has supported me, nurtured me, and helped me grow. I consider finishing my Master's a huge accomplishment and realize that it was not a solo endeavor, but only through support and encouragement was I able to succeed. I thank everyone who makes CA-NARCH run. Truly, thank you!"

**Temet McMichael** (Luiseño) received his B.S. in Biochemistry from CSUSM wearing a handsome Pendleton given to him by the campus American Indian Student Alliance (AISA) in which he participated. Now, this ambitious scholar is pursuing a PhD in Biomedical Research with an emphasis in virology. He says, "My ultimate career goal is to make a difference and positively contribute to the research that combats incurable diseases."

Temet is going to need that Pendleton this winter, because he has been accepted into the rigorous Integrated Biomedical Graduate Program at Ohio State University. Temet may not be prepared for the cold, but he is most definitely ready for the challenge. He confides, "An educational path can be difficult and there are many obstacles/deadlines that elude every student. I struggled through these obstacles in my own way, but CA-NARCH stepped up and helped make sure I dotted my I's and crossed my T's. This was absolutely necessary for me to make it to graduate school. I have made many friends and colleagues, many of whom will continue to play an instrumental role throughout my life."

When asked if he has anything else to report, this new Ohioan said, "Go BUCKS!"



Temet McMichael.

To that, we say, go Temet, go, Marc and go, Whitney! You guys rock!

## AN ENRICHING SUMMER

Several students are busily extending their research and career capabilities in summer programs. These include: Marlene Dusek and Alexandra Mazzetti, Healthy Women: Healthy Native Nation IHC; Gabrielle Rodriguez, reconstructive surgery; Kristine Regini, abdominal sepsis, Harvard; Natalie Lomayesva, Christman Lab/Sanford Consortium; Ashleigh Campillo, drug administration trends, ED; Alexis Smart, Institute for Behavioral and Community Health; Erin Fletcher, Thornton Hospital/Moore Cancer Center; Sierra Warren, protein transformation; Joe Hill, HIV; and Tony Luna, depression.

# FALL 2012 UPDATE ON NIH-FUNDED RESEARCH PROJECTS

IN EACH ISSUE, WE PROFILE THE ONGOING ACTIVITIES OF THREE CA-NARCH RESEARCH PROJECTS. RESEARCHERS ARE HAPPY TO REPORT THAT EXCITING EFFORTS ARE IN PROGRESS. READ ON!

## HEALTHY WOMEN: HEALTHY NATIVE NATION

*(Prenatal Alcohol Consumption Among Native American Women in San Diego County)*

Principal Investigator: Christina Chambers, PhD

### Purpose:

To reduce risky drinking among AI/AN women who are or might become pregnant in the future to prevent babies from being born with Fetal Alcohol Spectrum Disorders (FASDs), including Fetal Alcohol Syndrome. The physical, mental, and emotional problems associated with FASDs can be completely prevented if a woman does not drink alcohol during pregnancy. We are testing the effectiveness of two interventions: a web-based and a peer-to-peer-based program. Both programs give women personalized feedback about their health and how it might be affected by the way they drink alcohol.



Morgan Fawcett.



Dr. Dan Calac with Marlene Dusek and raffle prize winner Ida Osuna.

### Progress: Big Changes for Healthy Women: Healthy Native Nation!

The project has been eventful of late, reports Study Coordinator Annika Montag. "An Evening with Morgan Fawcett at the San Pasqual Tribal Hall was a rousing success. We were honored by participation from many Tribal leaders and community members, including a contingent from San Diego American Indian Health Clinic." The event was emceed by Christopher Scott from SDAIHC, catered by Sachelle Jaime, and featured the Many Nations Drumming Group and the Inner Tribal Bird Singers.

In August, the project awarded its first \$100 raffle prize to Ida Osuna, who recommends participating. It is still possible to participate if you are a Native woman between 18 and 45. To participate, you fill out a confidential survey. Annika says, "We will call you for three five-minute follow-up surveys over six months. It doesn't matter whether you are pregnant or not, or whether you drink alcohol or not. You will receive a \$10 gift certificate and a t-shirt or fan at the first interview, a raffle ticket for each completed follow-up, and a \$15 gift certificate at the final follow-up. To participate, call ext. 5333."

## ACUPUNCTURE AND DIABETIC PERIPHERAL NEUROPATHY AMONG NATIVE AMERICANS

Principal Investigator: Deborah Wingard, PhD

### Purpose:

To determine 1) the proportion of people with diabetes in the IHC Native American community who experience symptoms of peripheral neuropathy (numbness, tingling or pain in the legs or feet) and 2) whether acupuncture is associated with improved micro circulation and reduction of these peripheral neuropathy symptoms.

### Progress:

Researchers have interviewed 322 people with diabetes about their neuropathy symptoms. The interview phase is now complete, says Acupuncturist Anne Bailey, who is working with Principal Investigator Deborah Wingard, PhD, on the descriptive statistical analyses. She reports, "We hope to have a manuscript prepared for journal submission later this fall."

The team continues to recruit participants for the acupuncture treatment of neuropathy study. To date, Anne says, "We've graduated seven treatment group and three care-as-usual group participants." Everyone who completes the study receives a Robert Freeman print.

On July 26th, the team presented its progress report to the Scientific Advisory Board. Dr. Wingard relates, "Board members asked insightful questions that are helping us view our studies in a different light." To obtain more information or sign up, please call ext. 5376.

## HEALTHY HEART = HEALTHY GUMS?

*Oral Flora, Periodontitis and Vascular Dysfunction in Young Native Americans*

Principal Investigator: Roberta Gottlieb, MD



### Purpose:

To increase understanding of the relationship between periodontitis and vascular function in young adults. The study, a partnership between IHC, SDSU and UCSD, will examine a population of Native American IHC clients who have had limited dental care, to determine if periodontal disease is associated with early signs of vascular dysfunction or systemic inflammation.

### Progress:

This project will end on December 20, 2012. No participants will be enrolled in the study after that, says Coordinator Crystal Anderson-Antoniades. She says, "We are accepting participants in all four categories. We already have several in Gingivitis and with Slight-to-Moderate Periodontal Disease. We welcome more in these categories as well as those in the under-represented No Periodontal Disease and Severe Periodontal Disease categories."

In addition to gathering data, the project helps participants have a key impact on their own health while helping to advance research on the connection between the health of their gums and their blood vessels. Gifts and gift cards will be given to Native Americans between the ages of 21-40 who participate. They will undergo dental evaluation, blood work and measurement of blood vessel function. If you believe you qualify, please call ext. 5330 or visit IHC's Dental Department.

Principal Investigator Roberta Gottlieb, MD, states, "We encourage people with good oral health to sign up for the study and maintain their schedule of regular dental checkups. That way, we'll have more people with no periodontal disease – a win-win for them and us!"

# A Big Wow for Wellness

Living with diabetes is no picnic, but getting together to move toward a state of better health – and literally move one’s body to attain that state – provides a pleasant way to manage this chronic condition. Health and well-being were the primary focus of IHC’s July 19th Wellness Expo at the Rincon Clinic.

“The event was great!” relates a euphoric Jina George (formerly Jina Mitchell), RD, a Certified Diabetes Educator who coordinated the event along with fellow Diabetes team members Angelina Renteria, Kinesiologist, Linda Mayberry, PHN/Diabetes Case Manager, and Lorelie Legaspi, CHR/CNA. Jina reports, “We initially anticipated about 50 people, but we hosted double that number.”

## Entertainment and Education

People from across IHC’s consortium community enjoyed entertainment in the form of live music by Cloud Feather as well as games and giveaways. They discovered how good nutrition and exercise can improve health, visited booths staffed by groups such as IHC’s Prevention and Early Intervention (PEI) program, tasted nutritious fresh fruits and veggies, participated in a healthy potluck cook-off, learned about gardening, elder safety, Medicare/MediCal and oh – did we mention Zumba? Yes, Zumba and martial arts were also on the Wellness Expo menu.

Participants entered a raffle to win a variety of prizes. Actually, say organizers, the most significant prize was one that all attendees and everyone with diabetes can give themselves: the opportunity for a good life.

The Diabetes Team wants to keep people on a healthy roll. Lots of fun activities are on the horizon. For more information, contact [jgeorge@indianhealth.com](mailto:jgeorge@indianhealth.com).



Watching a healthy cooking demo.

## AN UPBEAT TESTIMONIAL

Doris Beresford of La Jolla was one of the presenters at the Wellness Expo. Afterward, she wrote a note praising the event, saying, “A lot of us have been to many health fairs, but this was one of the best. You had everything so organized and it ran smoothly. It was really fun with a lot of good information. The food was fantastic. ‘Good Job’ to you all!”



Learning about child vehicle safety.

## Fit4Fun!

Back in the late 1990s, when the architects designed IHC’s Multipurpose Room, they probably had activities such as presentations, luncheons and other quiet events in mind.

Little did they know that this spacious area would also morph into a hub of activity; a place to get your groove on, do your best moves and have a great time while getting into superb shape.

Here is a look at three of IHC’s summer fitness offerings, all of which were free and open to people of all ages and fitness levels. Classes take place from 12:10-12:50 pm. For the fall lineup, contact Physical Activity Specialist Angelina Renteria at [arenteria@indianhealth.com](mailto:arenteria@indianhealth.com) or ext. 5263.

She promises, “You’ll have so much fun that you won’t even realize you’re exercising!”



Insane? Yes!  
Fun? Double Yes!

### TUESDAY: ZUMBA

Zumba is everything you’ve heard it is, from A to Z (actually from Z to A). It’s an exhilarating, Latin-inspired “dance fitness party” guaranteed to burn calories. Although Zumba features high-energy beats and exotic rhythms, it’s easy to follow and totally fun.



### WEDNESDAY: CIRCUIT TRAINING, INSANITY-STYLE

This class is crazy in a good way: It pushes you at your own level and motivates you to dig deep and then deeper as you alternate between aerobic and anaerobic intervals, performing long bursts of maximum-intensity exercises with short rest periods in-between. Insane? Perhaps. Effective? Yes!

### THURSDAY: RESTORATIVE YOGA FOR PAIN MANAGEMENT

Restorative yoga focuses on relaxing the body in restful postures that bring the response system back into balance, thus alleviating pain. Rest is not the same as sleep, but restorative yoga during the day will certainly help you sleep better at night.

# Healthy Recipes & Cooking Class Schedule



## Quinoa Salad

This recipe provided by client Mary Navarro features the cereal-like grain, quinoa, a complete protein that is considered a superfood due to its many healthful qualities. In addition to being good for you, it's just plain good!

### INGREDIENTS:

- 2 C quinoa, cooked and cooled
- 2 Tbsp juice from can of chipotle peppers (spicy!)
- 1 1/2 C corn, grilled or boiled, cut from the cob
- 1/4 C red onion, diced
- 1/2 C red bell pepper, diced
- 1/4 C cilantro, chopped
- 1/3 C fresh lemon juice

### DIRECTIONS:

1. Cook quinoa: bring 1 part grain and 2 parts liquid to boil. Leave on low heat for 15 minutes or until done.
2. Add chipotle juice to quinoa until combined.
3. Add corn, red onion, bell pepper, cilantro and lemon juice.
4. Stir until combined.
5. ENJOY!

## Healthy Cooking Class - Fall 2012

### September - TBA "China: Easy Stir-Fry"

Use unique veggies as high nutrient, low-cal fillers. "Wok" for cooking: tips on buying, using, cleaning, and storing.

### October - TBA "Greece: Chicken Gyros, Greek Salad & Tangy Tatziki"

Easy low-salt marinades and dressing. Greek yogurt: a flavorful alternative to high calorie mayo and dips.

### November - TBA "Peru: Vegetable Quinoa & Savory Fish Packets"

Citrus acid and heat as a low salt alternative. Benefits of the super food quinoa. tasty, aromatic, no-mess packet cooking.

Open to all IHC Patients. For date information, please call (760) 749-1410 x5237.

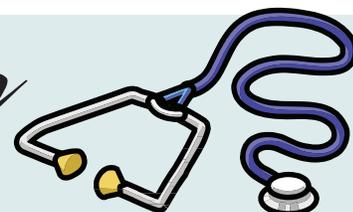
[www.indianhealth.com](http://www.indianhealth.com)



Chief Medical Officer Dan Calac, MD

## Dr. Dan's Corner

### Seasonal Safety



Here in Southern California, we are susceptible to many forces of nature. In Indian Country, these issues can be more impactful. In the interest of general health and well-being, we encourage you to be proactive and take steps to protect yourself and your family.

You also should remove dead branches that extend over the roof and remove debris from rain gutters. For more information on defensible space, visit [http://www.sdcounty.ca.gov/dplu/fire\\_resistant.html](http://www.sdcounty.ca.gov/dplu/fire_resistant.html).

### Protect Against West Nile Virus

As of this writing, 26 cases of West Nile virus occurred in California in 2012. The most recent reported case, that of a 19-year-old Escondido resident, was in August. It was the first case of the disease on San Diego County since 2009.

Hot summer and autumn weather makes the perfect climate for mosquitoes that carry this and other diseases. San Diego County officials conduct efforts to stem proliferation, but they need residents' help.

Here are a few tips. For more information, visit [www.sdcounty.ca.gov/deh/pests.wnv.html](http://www.sdcounty.ca.gov/deh/pests.wnv.html) or [www.westnile.ca.gov](http://www.westnile.ca.gov).

- Prevent breeding by dumping out backyard items that can hold water, such as garbage cans, buckets and old tires.
- When mosquitoes are most active, between dusk and dawn, stay inside if possible. When outside, wear long sleeves and pants and use insect repellent.
- Report dead crows, jays, hawks and owls to the vector control program at 888-555-4636.



### Defend Against Wildfires

As IHC's CMO, I well remember the 2007 wildfires that burned 8,679 acres on La Jolla, 5,360 on Pauma, 2,118 on Pala and 5,360 on Rincon, where the fire crept up to the clinic.

Fall is Santa Ana season. In a strong wind, embers can fly fast and far, igniting combustible materials near your home. Your best defense is a strong, three-pronged offense:

1. Remove dead and dying grass, shrubs and trees.
2. Reduce dense vegetation by pruning, mowing and thinning.
3. Replace combustible vegetation with fire-resistant plants (ask a local nursery for guidance) and keep your landscape irrigated.

"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](mailto:gjenkins@indianhealth.com).

# 2012 | 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 upcoming dates.

## **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. Please call 760-749-1410 and press #1 for Medical for information.

## **CHILD PASSENGER SAFETY CLASSES**

Child passenger safety classes funded by the State of California American Indian Infant Health Initiative "Bright Future" program, 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.

Rincon, **9 am: October 8 • November 2 • December 7**

Santa Ysabel, **1 pm: October 8 • November 5 • December 10**

## **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 760-749-1410, and press #1 for Medical.

## **CHIROPRACTIC CLINICS**

Chiropractic clinics are held **every Tuesday and Thursday from 1-4 pm**. For information, please call 760-749-1410, and press #1 for 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 – SEE PAGE 8 FOR NEW CLASS INFO!**

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.*



**Shirleen McComack**  
CA-NARCH Administrative  
Assistant



**Nickole Cook**  
Community Health  
Representative



**Hannah Ratliff**  
Receptionist



**Kim Frost**  
Medical Billing Manger



**Gina Rothermel**  
Compliance Privacy Officer



## no cavities club

Tuvish Aguilar

Auliana Edwards

Erica Hood

Robert Wendruck

Izabella Briceno

Felix Linton

Joseph Tracey

*Awesome!*

# INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness

50100 Golsh Road  
Valley Center, CA 92082

FORWARDING SERVICE REQUESTED



## BOARD MEMBERS EXECUTIVE BOARD

Robert Smith, Chairman	Pala
Benjamin Magante, Sr., Vice Chairman	Pauma
Melody Arviso, Secretary	San Pasqual
Leia Arviso, Treasurer	Inaja Cosmit
Theda Molina, Member-at-Large	La Jolla

## MEMBERS

Edward Arviso	Inaja Cosmit
Viola Peck	La Jolla
Andrew Campbell	Los Coyotes
Milton Campbell	Los Coyotes
Tony Gumataotao	Mesa Grande
Julia Nejo	Mesa Grande
LeeAnn Hayes	Pala
Patricia Dixon	Pauma
Jim Murguia	Rincon
Gilbert Parada	Rincon
Barbara Lawson-Risso	San Pasqual
Melanie Luna	Santa Ysabel
Dorothy Ponchetti	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: (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