



INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness



Summer 2012

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

Volume 28 Issue 2

Show Your IHC Pride... See What's in Store for You!

From casual attire to sports apparel, and from caps to backpacks, IHC's new signature collection offers a great lineup of iconic items at its virtual merchandise store. Every piece features IHC's logo and/or Empowering Native Wellness slogan. Apparel is available in sizes Medium-4XL.



Displaying IHC hats, sweaters, jackets, polo shirts, tank tops, basketball shorts, sweat pants and tote bags are, left to right, back row: Bill Gallagher, David Najera, Josh Rico, Rocio Rodriguez, Rodney Dominguez; front row: Heidi Hitt, Angie Cuevas, Jose Arias.

The store, created by IHC's Human Resources Department, initially opened its "doors" to staff on April 24, 2012. It met with an immediate and positive response, confirms HR Administrative Assistant Angie Cuevas, one of the brains behind this exciting brainstorm.

"Orders began rolling in right away," she says, noting that staff and community members can view and purchase items online at www.indianhealth.com.

People also can view and buy merchandise in person at the Rincon clinic. Items in stock can be picked up that day; special orders in an array of colors and sizes in seven to ten business days.

Great for Work and Working Out

The reasonably priced merchandise promotes not only IHC, but our emphasis on a healthy lifestyle, evidenced by basketball shorts, tank tops, sweat pants and other sports apparel. Many items are great for everyday wear, including polo shirts, sweaters and hoodies.

Visit the online store or stop by the clinic to see the items on display. It's a colorful way to represent!



Jake Eaglefeather and Dakota Greywolf

Can We Do Earth Day in the Rain? Yes, We Can!

"Hey, we're the First Americans and we've weathered many storms. We're not going to let drops of water falling from the sky interfere with our celebration of Mother Earth!"

That spirited sentiment appeared to be the consensus of more than 400 people from consortium Tribes and elsewhere throughout the community and county who attended Indian Health Council's wet but festive Earth Day Fair on Friday, April 13th.



From 10 am - 3 pm, guests were entertained by the musicality of 50 Cal and The Rez Band, traditional culture from the Many Nations Drum and Soaring Eagles Dancers, and the enthusiastic emcee-ing of event organizer George Pojas.

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La Jolla Billboard Promotes Youth Sobriety

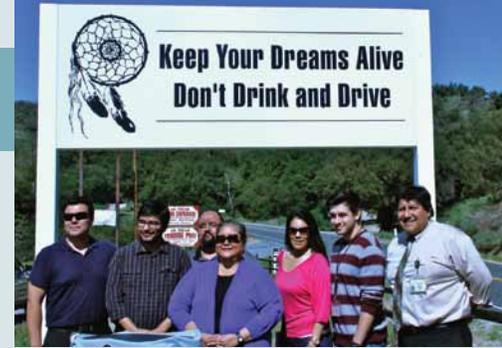
Drinking can be a long and winding road to lifelong misery, for the drinkers and for those who love them. Indian Health Council, Inc. has placed a billboard high atop a beautifully winding road to help prevent the underage drinking that can lead to alcoholism in the future or to a terrible accident in the present.

The “Keep Your Dreams Alive – Don’t Drink and Drive” billboard was installed above Highway 76 on the La Jolla Band of Luiseño Indians Reservation on March 30th as part of IHC’s Underage Drinking Prevention Program. At the festive event, La Jolla Tribal Elder Viola Peck performed a spiritual blessing and Tribal Vice Chairman James Trujillo and Council member Adam Geisler told the large gathering why they fully supported the billboard and overall effort. Relating that La Jolla works hard

to reduce underage drinking, they said, “This billboard, and the program, are important not only to our community but to all Tribes in the area.”

IHC CEO Romelle Majel-McCauley and CMO Dan Calac, MD, who is the Principal Investigator on the grant, addressed the crowd. They thanked La Jolla for its strong support, explained how the grant is funded and described how the program furthers IHC’s emphasis on health and wellness.

The Underage Drinking Prevention Program is funded by a grant from the National Institute of Alcohol Abuse and Alcoholism (NIAAA) and National Center on Minority Health and Health Disparities of the National Institutes of Health (NIH). The grant supports research designed to evaluate and reduce drinking among consortium youth. It was awarded to IHC in collaboration



Adam Geisler, La Jolla Tribal Council Member; Tony Luna, IHC Research Assistant; Romelle Majel-McCauley, IHC CEO; James Trujillo La Jolla Vice Tribal Chairman; Jennifer Roberts, IHC Preventing Underage Drinking Coordinator; Sergio Quintero, IHC Research Assistant; Dr. Dan Calac, IHC CMO. Photo by Richard McGaffigan, Program Director, Prevention Research Center / PIRE.

with the Pacific Institute for Research and Evaluation (PIRE) in Berkeley and Scripps Research Institute in La Jolla.

For more information about this proactive program, contact Coordinator Jennifer Roberts at ext. 5327 or jroberts@indianhealth.com.

She notes, “Although the program is aimed at Native American youth, we hope that motorists of all cultures and ages take heed of the billboard as they drive along 76.”

Garden Fresh

Mother Nature was so elated to see the new garden created by IHC staff that first she gave the tiny plants a big sunny smile, then she rained down her liquid goodness upon the thirsty soil.

“The veggies and herbs looked happy as wet little clams,” declared Accounting Manager Nancy Flexman, who along with Facilities Manager Ken Willey, Physical Activity Specialist Angelina Renteria and other staff have happily carried out the direction of IHC management to establish a small experimental garden near the Fleet Facility. Nancy relates, “It’s basically two small horse troughs, but it’s an exciting beginning.”

Nancy, an avid home horticulturalist, and her fellow gardeners are initially growing varieties of cherry tomatoes, cucumbers, zucchini, peppers and assorted herbs. They are researching self-watering systems and hoping to expand planting areas and crops in the future; citrus trees are a possibility as are other healthy crops. When the current offerings come to fruition, they can be used in a variety of ways. Perhaps turnips will turn up, for example, in Nutritionist Jina Mitchell’s Journey of the Heart cooking classes. Maybe thyme will stand still in dishes served at official meetings.



Nancy Flexman and Angelina Renteria.

The garden, which was planted during the week of IHC’s April 13th Earth Day celebration, is an offshoot of the clinic’s growing environmental program. It fits perfectly alongside such efforts as the solar panel project, clinic-wide paper recycling program and use of live plants indoors as natural air filters. “The clinic has been going green for a few years now,” says Nancy, who looks at the baby plants and quips, “You can’t get much greener than this!”

Nancy says the garden will grow through trowel and error.



Community Celebrates Success



Karen and Diane from Mobil Gas, I-15/Hwy 76, received gifts cards.

On April 27th, a celebratory luncheon was held at IHC to honor the owners and sales clerks at the 13 participating area stores for together achieving 100% Reward and Reminder compliance. Thanks to their efforts, all stores were “caught” doing the right thing. When approached by a young adult who appeared too young to purchase alcohol, the merchants without fail asked for the ostensible buyer’s ID.

Each merchant was awarded a framed certificate of recognition to proudly display in their store. In addition to a delicious lunch, they enjoyed the stated appreciations of consortium leaders, including members of IHC’s Board of Directors, Tribal Chairmen, officials, elders and PIRE grant representatives.

Although the Reward and Reminder project has been completed, the merchants say they are determined to continue achieving 100% compliance. From now on, their reward will be intrinsic: the knowledge that they are contributing to the health of minors, the safety of motorists and the well-being of people traversing North County Indian Country.

Can We Do Earth Day in the Rain? (continued from page 1)



Cookin up a storm, Emcee George Pojas, Shoreen and Isaiah.

Participants learned about IHC's multifaceted environmental program. They discovered how they can be green at home; guests received large reusable goodie bags containing everything from refillable water bottles to flower and vegetable seeds. People of all ages participated in and watched a series of 2K races sponsored and presented by Inter Tribal Sports. They enjoyed burgers cooked to perfection by the famous Rez Riders on a huge, San Pasqual EPA-donated outdoor grill. Most of all, they smiled and laughed a lot.

Laughter is healthy, and to keep that good cheer alive, IHC positioned informational booths around the perimeter of the outdoor venue promoting clinic programs such as Tribal Family Services, Peace Between Partners and CA-NARCH as well as outreach services from community entities such as local EPAs and TANF.

To qualify for a chance to win a beautiful Earth Day quilt created and donated by IHC's Cori Owens-Biggs, visitors were required to converse with staff at various booth stations and undergo a Community Health Services Department health screening featuring blood pressure and blood sugar exams, bodyfat analysis, nutritional counseling and an exit exam conducted by PHN Linda Mayberry. Everyone received a commemorative Celebrate Mother Earth Day t-shirt.

The exciting third annual Earth Day Fair was presented by the Prevention and Early Intervention (PEI) program funded by PEI San Diego County Agreement 528301. As PEI Outreach Coordinator, George Pojas says the goal of the event is awareness.

He relates, "We use this event to educate people on how important it is to take care of not only yourself, but also your environment. Both facets play a big part in how you feel."

Whether they walked it or ran it, the dozens of people who challenged themselves to take on the 2K gained motivation and strengthened their resolve to make positive changes in their life. Everyone who attended IHC's third annual Earth Day and felt the healing power of Mother Nature raining down upon them, drop by drop, realized that by honoring ourselves and our environment, we can all live in a healthier and happier place.



Rincon Elders ready to run.



Seen and Heard

- For the first time, Tribal Councils teams from La Jolla, Mesa Grande, Pala, Rincon and Santa Ysabel participated in a relay.
- Before the Tribal Elders Relay, when asked if they'd been practicing for the event, the Mesa Grande team laughed in unison, saying, "We've been practicing talking about it!"
- After that Relay, an ecstatic and only slightly-out-of-breath Juanita Ellison proclaimed, "Rincon! Rincon! Rincon Elders are back-to-back champs!"
- Early visitors Shoreen Horsman of Morongo and Isaiah Garcia of Mesa Grande said, "We came because we wanted to see what this event was all about. It's fun - we're glad we came."
- Upon learning his bodyfat composition, a witty Richard Orvedal from the Turtle Mountain Band of Chippewa Indians told IHC's Physical Activity Specialist Angelina Renteria, "Wow - so I only need to lose three pounds of body fat. I'd better make sure it's not from my brain!"
- Completing his dance with the Soaring Eagles, a wise-beyond-his-nine-years-of-age Jake Eaglefeather of Mesa Grande explained the significance of the ritual he and his seven-year-old brother, Dakota Greywolf had performed for the crowd. "This dance must be done in regalia. It has been passed from Tribe to Tribe for centuries. We were the first to go out onto the plains and make sure it was safe. We would pull out the grass and stomp on it. That's what this dance represents."
- For more Earth Day memories, see the video produced by the San Diego American Indian Health Center at www.sdaihc.com.



Mesa Grande Elders ready to run.

We Are Your Patient-Centered Home

Stay tuned to upcoming issues of this newsletter for more information about how Indian Health Council is carrying out its "Strategic Concept: To Become the Preferred Patient-Centered Home (PCH) and Provider of Choice to our Community." Ask for a PCH flyer when you visit the clinic.

50100 Golsh Road
Valley Center, CA 92082

Rincon 760-749-1410
Santa Ysabel 760-765-4203

Indian Health Council, Inc.
Empowering Native Wellness
www.Indianhealth.com

Welcome to your
Patient Care Teams

INDIAN HEALTH COUNCIL CARE TEAMS

Team 1 (Supú)

• Dr. Elaine Davidson, Cindy Adriano, PA; Sheila Farr, Nurse Case Manager; Medical Assistants - Coreen Nelson, Marfeny Sibirian, Nicole Minjares

Team 2 (Wéh)

• Dr. Shayna Murdock, Mary Jo Strom, FNP; Rae-Lynn Lavine, Nurse Case Manager; Medical Assistants - Irene Garcia, Natasha Kitchen and Debbie Torres

Team 3 (Páahay)

• Dr. Dan Galac, Regin Baysa, Nurse Case Manager; Medical Assistants - Rollena Guachino, Justine Ceja-Duro, Mike Jorgenson, Robert Dela-Cruz, and Carrie Deathridge

Please join us as together we Empower Your Native Wellness

A medical home is like a "home base" for your health care needs

A medical home includes the way care is given, the people who give the care and the place where this happens

A medical home is a trusting partnership between the doctor led health care team and an informed patient

Having a medical home means you are empowered to:

- Tell us what you know about your health and illnesses
- Tell us what medications you are taking and ask for a refill when needed
- Learn about wellness and how to prevent diseases
- Respect us as individuals and partners in your care
- Give us feedback so that we can improve our services

As we improve your Medical Home we will:

- Link you to a care team
- Continue to respect your privacy
- Provide after hours answering service
- Discuss with you your health and wellness
- We will ask you what your goal is, and what you want to do to improve your health

Empanelment card.

Roadmap to Recuperation

On many days, Community Health Services Public Health Nurse (PHN) and Case Manager Peggy Richards, BSN, MA, navigates winding roads and steep grades to visit the clients' homes. Upon arrival, she helps them navigate through the often confusing process of going to the hospital for a procedure and coming home to recover. She also visits clients at hospitals before they are discharged, serving as a knowledgeable liaison between the departing patient and the hospital staff.

Peggy reports, "People of any age can get overwhelmed, first by the mere fact of being in a hospital setting, especially if an emergency and/or surgery is involved, and then by the myriad of instructions and medications they take home with them. For older patients, the situation can be utterly confusing, so much so that they do not comply with medication directions or follow-up appointments. This omission can land them back in the hospital; that is precisely what I strive to prevent."

Tools Comprise the Prescription for Health

As an adept client-centered navigator, Peggy steps in at key junctures. Before the hospital stay, Peggy helps familiarize clients with what to expect. Prior to discharge, she makes sure that all of their questions are answered by the hospital physician and staff. Once the patient returns home, she works hard to prevent a readmission that can result from non-compliance.

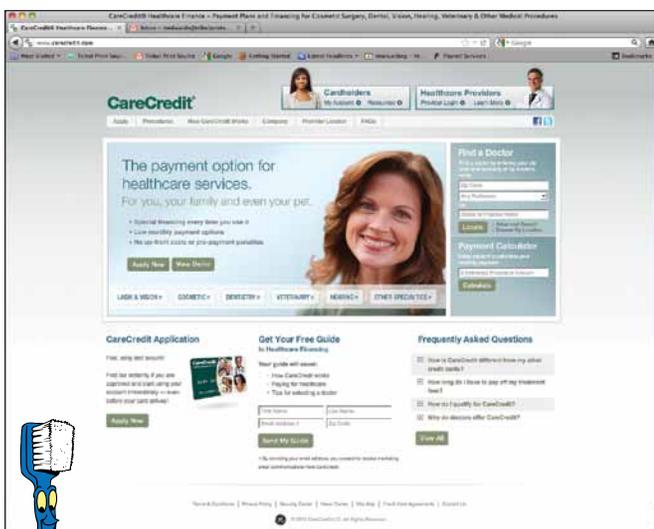


Case Manager Peggy Richards uses an array of technology and tools plus a personalized approach to keep her patients on the path to optimum recovery after a hospital stay.

Peggy explains, "I make sure clients understand their discharge planning sheet and recuperation instructions. I set up a program for their medications and the times. We may set the phone to beep, use a pill timer, write everything on a daily calendar – sometimes a combination of these reminders. I keep in touch to make sure people make and go to their scheduled appointments. These tools, and the support system we provide, are part of Indian Health Council's goal to empower Native wellness," she says.

The indefatigable and always smiling Nurse Richards uses a variety of ways to stay in touch with her clients: by phone, email, text and in person. It's an example of 21st century technology combined with good, old-fashioned, one-to-one personal care and caring. And that's often the very best medicine!

Care Credit Card Program Available to Dental Patients



Visit www.carecredit.com to see what it has to offer.

IHC's Dental Department offers a Care Credit card that may be a viable payment option for many IHC patients. It offers flexibility for people in a variety of circumstances. The interest rate is low and there is no annual fee.

The Care Credit program may be a good alternative for non-Native patients, especially those carrying a high balance, as well as for Native direct care patients responsible for large fees for major treatment. Once obtained, the Care Credit card can be used not only in IHC's Dental Department but also at participating area health-related providers such as veterinarians, cosmetic surgeons, chiropractors and ophthalmologists.

How to Apply

Dental staff can assist clients in navigating the application process. Visit Tracey Stenson or Shanika Eatmon at the Rincon clinic. They can help you complete the application over the phone or on the Internet. If you want to research the program first, visit www.carecredit.com.

IHC Hosts AIIHI Conference

People from communities large and small across the state of California who help support and care for Native children and their families gathered at Indian Health Council's Rincon facility on May 16th and 17th to participate in the American Indian Infant Health Initiative (AIIHI) Spring Conference. The event was funded by the AIIHI grant and coordinated by Community Health Services Department's Laura Downey, RN, PHN. The grant is overseen statewide by Patricia Lavalas-Howe, RN, BS, MSN, a Nurse Consultant III with the California Department of Health Care Services, Primary and Rural Health Division, Indian Health Program.

CHS Director Martina Portillo, BSN, MPH, states, "IHC was pleased and proud to host this conference at which all Public Health Nurses (PHNs) and Community Health Representatives (CHRs) who work under the AIIHI grant throughout California came to learn about a developmental screening tool for assessing children during the crucial first five years of life."

The tool, which is labeled the Ages and Stages Questionnaires, Third Edition (ASQ-3) and Ages and Stages Social Emotional Questionnaires (ASQ:SE), is the most accurate, cost-effective and parent-friendly way to identify children from one month to five and one-half years of age who exhibit developmental delays. The protocol is recommended by most medical providers as a reliable and valid screening tool.

The conference agenda was quite comprehensive. It featured a vast amount of background history, information, activities and the design of a pilot project to meet the needs of each respective AIIHI community. The keynote speaker was Jane Farrell, MS. This original ASQ trainer was the first to introduce the tool for use by very diverse communities across the nation after it was developed by a team at the University of Oregon in 1993.

Screening Tool Initially Introduced to Southwest Tribes

In presenting the process and uses of ASQ, Jane Farrell related how, early on, several outreach and training efforts focused on reservation-based Native communities. She said that the Navajo Nation and other Southwest Tribes were among the first groups to implement the program.

By taking part in several interactive activities, conference attendees learned that the screening tool is user-friendly and can be effectively utilized by any staff members who are trained in the process.

Director Portillo says the AIIHI Spring Conference was a success on many levels. She reports, "We all had many things to share and learn from each other. Although we work at different facilities and serve an array of Native populations, it was productive and positive to come together and renew our commitment to fulfilling the needs of our Native children and families."



American Indian Infant Health Initiative (AIIHI) Spring Conference.

IHC was pleased and proud to host the AIIHI conference at which PHNs and CHRs learned about a developmental screening tool for assessing children during the crucial first five years of life.



Laura Downey Attains CLEC Certificate

IHC staff continually strive to extend their learning, the better to enhance their services to the clinic's valued clients. Recently, Laura Downey, RN, PHN, completed the Certified Lactation Educator Counselor (CLEC) program at UCSD.

This intensive three-month course prepared her to educate new moms on breastfeeding. Laura says, "I learned so much and feel very confident in my abilities to help first-time moms, especially our younger mothers, navigate the process of nursing." She invites pregnant clients who would like to obtain information and assistance to contact her at ldowney@indianhealth.com.



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



NEW STAFF MEMBERS ENHANCE SDP

CA-NARCH has been happy to welcome two energetic, capable and focused professionals to its Student Development Program (SDP) team. We'd like you to meet them, too.

Student Research Coordinator Jennifer Radin is a newlywed, avid student, runner and go-getter who is helping CA-NARCH students get where they want to go. Jennifer, 28, whose is of Cree heritage, is originally from Connecticut. She earned her B.S. in Biology from the College of William and Mary in Virginia, followed by a Master's in Public Health (MPH) at Yale. She also worked for three years at the Centers for Disease Control (CDC) in Atlanta, where she met her husband, a chiropractor.



Jennifer Radin

Currently, Jennifer is pursuing a joint PhD in Epidemiology at UCSD and SDSU. The latter university is where Jennifer holds CA-NARCH office hours every Tuesday for students, who find it a welcoming destination. "I've enjoyed meeting all the students," she reports, saying that tutoring keeps her on her toes in terms of her own subject knowledge. She helps students complete applications, provides advice about graduate programs and serves as a role model.

She says, "I help CA-NARCH Directed Research (CANDR) students find a good research match and stay in touch with them to make sure their work is going well and that they are getting something valuable from the experience."

Administrative Assistant Shirleen McComack is well-suited to her position. She has wide-ranging office skills, is knowledgeable about the community and has a never-ending drive to do well. She confides, "I like keeping busy, so this is just the job for me!" Shirleen, a member of the Cherokee Nation, was born in Tahlequah, Oklahoma, and grew up in Southern California; living in Poway, Escondido and now on the Rincon Reservation. Before joining the department in April, she worked at IHC as a temporary employee in Community Health, Administration and Billing. "The experience I gained comes in handy and knowing people at the clinic makes everything go smoothly," Shirleen says. "I have my hands in many pots. I work with students, subcontractors and Fiscal staff. I handle many aspects of the program."



Shirleen McComack

It's a good thing that Shirleen likes to keep busy, because she IS busy, on the job and off. She attends Palomar College four nights a week in pursuit of an AA in Business. She participates in beading activities at the clinic. She goes home to her two daughters, a nine-month-old granddaughter and a couple of beloved dogs who live with her. She also has a son, daughter-in-law and baby in Escondido.

SPRING EVENT BLOOMS BRIGHT

CA-NARCH students and staff gathered at UCSD on April 19th for the annual Spring Event. While enjoying food delivered by Pat and Oscar's, students had a chance to meet each other, speak with Dr. Brodine, Dr. Dan and other staff, make presentations to the group and enjoy a relaxed evening celebrating their accomplishments.



NARCH Spring Event

GREAT GRADS!

SDSU was the site of a May 1st Graduation Dinner at P.F. Chang's in La Jolla heralding the university degrees attained by seven stellar students. "For those of us who have observed their progress over the years, the event was quite special," says SDP Coordinator Geneva Lofton-Fitzsimmons. "CA-NARCH's goal of recruiting Native Americans into studying for health and medical science careers is reflected in the accomplishments of these students. We are confident they will continue achieving their objectives in the future."

Congratulations to the CA-NARCH Class of 2012:

SDSU

Ashley Warren (Umatilla/Nez Pierce)
Mark Emerson (Navajo)

CSUSM

Temet McMichael (Luiseño)

UCSD

Cynthia Begay (Navajo/Hopi)
Aries Yumul (Cherokee)
Whitney Baugher (Cahuilla/Haulapai)
Sean Paul Begay (Navajo)



Graduates

TWO FOR THE ROAD

Temet McMichael is headed for Ohio State. Kristen Regini (Yokut) is packing to go to a summer program at Harvard. Good luck to both! We'll catch up with Temet and Kristen in a future issue.

NIH-FUNDED RESEARCH PROJECTS MOVE FORWARD!

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.



Alexandrea and Liana display t-shirts and fans.

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

We have added a new incentive to the gift cards, t-shirt, and fan! Now, for every follow-up call our participants complete (three in all), they will receive a raffle ticket for a chance to win one of ten \$100 awards! They will also receive a raffle ticket for each new participant they refer to us.

Don't Miss a Visit from Morgan Fawcett on June 19th!

Morgan Fawcett is a young Alaska Native known for his work raising awareness of FASDs. In addition to founding One Heart Creations, Morgan is a gifted Native American flute player and a sought after public speaker. Watch for flyers, contact us and learn more at <http://morganfawcett.vpweb.com/Our-Story.html> and <http://www.youtube.com/watch?v=K0VrkLQfkFg>

HELP PREVENT FASDS!

Help your community prevent risky drinking among women who are or may become pregnant! If you are a Native woman between 18 and 45 years of age, we want your input. To participate, you fill out a confidential survey and, if randomized to the web-based or peer-based program group, answer questions and receive feedback containing information that we hope will be both interesting and helpful. 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. If you want to participate, stop by to see research associates Alexandra Mazzetti, Liana Nelson, Marina Ortega and Marlene Dusek or 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:

"The study is rolling along," reports Anne Bailey. She says, "To date, Priscilla Summers has interviewed more than 300 people with diabetes about neuropathy symptoms. Currently, we are enjoying getting to know our three new participants."

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 time, says Coordinator Crystal Anderson-Antoniades. She notes, "We currently are accepting participants in just two (of the original four) categories: No Periodontal Disease and Severe Periodontal Disease. We need patients in these two categories to balance out the research being conducted on participants with Gingivitis and with Slight-to-Moderate Periodontal Disease."

In addition to providing 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. Small 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 are interested and believe you qualify, please call ext. 5330 or visit IHC's Dental Department.

Innovative Program Connects Elders and Youth

For centuries, Native Americans have ensured the continuity of their traditions and culture through the intergenerational sharing of wisdom and ways. In this process, elders teach youth and are re-energized by youthful exuberance. Sometimes, elders even learn from youth!

To connect the generations and to make the connection count by the sharing of traditional activities IHC's 2012 Club 7 Intergenerational Cultural Workshop Series begins late this spring. The series takes place under the auspices of the Prevention and Early Intervention (PEI) program funded by PEI San Diego County Agreement 528301.

One of the departments coordinating PEI services (along with Human Services and Community Health Services) is Tribal Family Services (TFS). TFS Director Karan Kolb, IHC's Director of Social Services, says this effort benefits all participants. She explains, "One facet of PEI focuses on combining culture and crafts to reduce isolation and prevent the early onset of mental health disease. The Intergenerational Cultural Workshop Series builds on this focus by incorporating the rich cultural history and traditions of our people. This project helps elders realize the importance of their teachings and helps youth feel grounded in their heritage and their community. This grounding is key in maintaining a balanced and healthy life, in adolescence and adulthood."

More Than a Song and Dance

Starting in May, the series employed the participation of elders and "cultural brokers" from various communities (e.g., Luiseño and Diegueño).

Community members, including elders and Stitch-To-Wellness participants, came forward during three-hour late afternoon sessions to present their stories, songs, ways of dance and talents to younger participants. They also assisted in making dance dresses and shirts for Club 7 youth. The series kicked off in Rincon and will culminate June 28th, location TBA.

The cultural training has been serious, but not somber, Karan says. "Participants enjoy IHC-provided food while they converse with each other, breaking down age barriers and opening channels of communication and enlightenment. The evenings are enjoyable for all."

Karan relates, "We call our PEI program the 'Dreamweaver Consortium' and this Intergenerational Cultural Workshop Series fits perfectly under that heading. It is not only a consortium in the sense of widespread participation by our Tribes, but also in the sense of providing a collective gathering space for people whose ages span the decades. It is a Dreamweaver event because our hopes and dreams for the future of our youth and our community are woven into the fabric of these activities."

For more about this innovative series, please contact kkolb@indianhealth.com.



Stitch-to-Wellness elder Cynthia Kolb assists her granddaughter, Deena Morrow, with a sewing project.

PEI's Cori Owen-Biggs Makes a Positive Impact

Calm. Empathetic. Knowledgeable. Client-oriented. These are words that describe Cori Owen-Biggs, a PEI Case Manager in IHC's Tribal Family Services (TFS) Department. The adjectives reflect her value to the many people upon whose lives she makes a positive – sometimes transformational – impact.

Cori, of lineal descent from the San Pasqual Band of Diegueño Mission Indians, earned her Bachelor of Social Work (BSW) degree from the University of Anchorage, Alaska, where she lived for 14 years. She joined IHC in January 2009 and immediately began serving clients of all ages in multiple ways.

Cori explains, "I link clients to services such as mental health, housing and vocational programs; both here at the clinic and throughout the county. As an example, I help homeless people find housing. One major effort involves connecting people who have a disability and wish to work with the Sycuan Intertribal Vocational Rehabilitation facility. I also work with people of all ages to help prevent early onset of mental health issues such as depression."

The focus on mental health comes to life in the ongoing Stitch-to-Wellness groups Cori runs from Noon-3 pm; on Wednesdays at the Rincon clinic and on Thursdays at Santa Ysabel. "Coming together to work on projects opens up communications, alleviates isolation and creates opportunities for socialization," Cori believes. Activities include quilting, beading and other handwork. The sessions have evolved into fun get-togethers, she

notes. "We typically break at around 2 pm for a pot luck snack. Everyone enjoys the food and the conversation."

Giving People What They Need to Succeed

Don't know how to quilt or bead? That's no excuse, says Cori, who learned how to quilt when the program began. "We provide all materials and we'll teach you how to do it," confirms this born teacher who used to instruct deaf children using American Sign Language and who now teaches people to become independent.

Whether it's learning to bead, linking people to services or helping a client fill out a government form, Cori is there to help. She says, "I like to empower people; to give them the tools to take care of themselves and succeed."

Cori, who resides in Escondido, employs several tools to keep herself active and in good shape. She likes to hike, bike and hang out at the beach. And she plays a mean game of Frisbie disc golf! Check out the activity at Kit Carson Park and check out the programs Cori Owens-Biggs and her PEI colleagues provide to keep you on top of your game.



Club 7 Founder Pays It Forward

Club 7 is the brainchild of Erwin, a Native young adult who was a foster youth. Inspired by the California Disproportionality Project of 2008, Erwin launched the Club 7 youth group two years ago with the intent of reducing the isolation of current and former transitional-aged Native American foster youth through exposure to social activities, living skills and Native American culture.

The presence of an adult former foster youth acting as mentor provides invaluable support for the youth. Typically, Club 7 meets from 4-7 pm twice monthly in IHC's Rincon Dreamweaver Room. The group also participates in enriching outside events. Recently, Club 7 youth attended Building Better Futures at CSUSM, Mental Health Services' Youth Summit and an Intergenerational Dinner with San Diego American Indian Youth Center and Soaring Eagles.

For information about Club 7, please contact hsheldon@indianhealth.com.

Healthy Recipes and Cooking Class Schedule



FISH: A COMPLETE POWER FOOD!!

NEWSFLASH!!! In adults, the death rate from heart disease was 36 percent lower among those who ate fish twice a week compared with those who ate little or no seafood (The Journal of the American Medical Association). Overall mortality was 17 percent lower (Harvard School of Public Health).

So you ask WHY? .. Fish is LOADED with nutrition!!

Fish is a low-fat high quality protein. Fish is filled with Omega-3 Fatty Acids and vitamins such as D and B12 (Riboflavin). Fish is also rich in Calcium and Phosphorus, and is a great source of minerals, such as, Iron, Zinc, Iodine, Magnesium, and Potassium.

Fish, in combination with a healthy diet, can help protect you from heart disease, and can even improve the way your insulin works!!

Grilled Fish Tacos & Cabbage Slaw

- 4 C very thinly sliced green/red cabbage
- 1 C chopped tomatoes
- 1/3 C thinly sliced green onions
- 1/4 C chopped fresh cilantro
- 2 Tbsp fresh lime juice
- 3 tsp olive oil, divided
- 1/4 teaspoon salt, divided
- 1 pound tilapia fillets
- 1 tsp chili powder
- 8 (6-inch) corn tortillas

Directions:

• Combine first 4 ingredients in a large bowl. Add lime juice, 1 tablespoon oil; toss well to combine.

• Pre-heat grill on medium flame. Spray PAM or add 2 tsp olive oil to hands and coat Tilapia. Dust with a dash of Salt, Pepper, and chili powder. Grill on foil or grill pan. The fish will cook very quickly. Cook 3 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Remove from grill, and cut fish into bite-sized pieces.

• Warm tortillas according to package directions. Spoon about 1/4 cup cabbage mixture down the center of each tortilla. Divide fish evenly among tortillas; fold in half. Serve tacos with remaining cabbage mixture.

• 2 Tacos + 1C Slaw = 2 Carbohydrate Servings



INDIAN HEALTH COUNCIL, INC.
JINA MITCHELL, RD (760) 749-1410 x5392



"EMPOWERING NATIVE WELLNESS" with... Healthy Cooking Class Summer Schedule 2012

Month Date: TBA Time: 1045am	Menu	Cooking Method	Lessons to Learn
June 2012 	Backyard BBQ: Savory Homemade Burgers & Colorful Pasta Salad	-BBQ	<ul style="list-style-type: none"> • Broaden your burger horizon by adding veggies, apples, and spices • Tips on shopping for turkey vs. beef and lean vs. extra lean • Keep the pasta around but always go half veggies, half pasta
July 2012 	Filipino Dish in the House: Chicken & Veggie Pancit with guest cook, Lorelei Legaspi	-Stir-Fry	<ul style="list-style-type: none"> • Cut salt in half by using lemon for flavor • Chicken-shredding tips • Easy-to-do green onion garden in you home
August 2012 	A Franco-Italian Favorite: Marsala Chicken Medallions sautéed with Fresh Mushrooms over Creamy Mashed Potatoes	-Sauté	<ul style="list-style-type: none"> • Make a "reduced" sauce from cooking wine. • Preserve color and crispness with veggies by "Blanching" & "Shocking" vegetables • Cut the carbs by blending cauliflower into mashed potatoes

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

Create a Unique Dry Rub

Gather some of your favorite spice ingredients to form your very own dry rub. You can use this on fish, chicken, and even veggie dishes.

Try this one!!

Add 1 tsp of each: black pepper, dried oregano,

Dried mustard, garlic powder, chili powder

Add 1/2 tsp of each: brown sugar, Stevia

Mix together and add to any meat/poultry prior to cooking/grilling

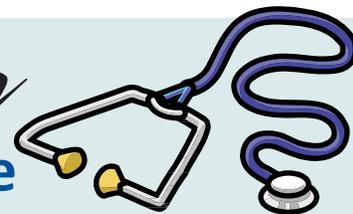
Makes a great housewarming or holiday gift!!



Chief Medical Officer Dan Calac, MD



Dr. Dan's Corner IHC is a Designated Cool Zone



IHC's Multipurpose Room at the Rincon Clinic is now an official Cool Zone, as designated by San Diego County's Aging and Independence Services to provide refreshing relief for older adults and others during hot summer months. In the summer, the County designates air-conditioned settings where people can gather, lowering individual usage and helping to conserve energy. During dangerous hot weather spells, members of our

community are invited to take refuge from the heat in a companionable setting.

Sanctioned Cool Zones are located throughout the County. To find other locations, call 800-510-2020.

HOW TO COPE WITH HEAT

Here in our beautiful North County Indian Country, summer days can be hot, hot, hot. Here are a few tips on beating the heat. For more information, visit http://www.sdcounty.ca.gov/hhsa/programs/ais/cool_zones/index.html.

- Avoid physical exertion during the hottest part of the day.
- Stay indoors as much as possible. If you are not using air conditioning, keep shades down and blinds closed, with windows slightly open.
- Take a cool shower, bath or sponge bath.
- Drink lots of fluids, especially water. Avoid drinks with caffeine or alcohol, which worsen the harmful effects of heat.
- Air out hot cars before getting into them.
- **Never leave children or pets inside a vehicle!**



"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.

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: July 6 • August 3 • September 7**

Santa Ysabel, **1 pm: July 9 • August 9 • September 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

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

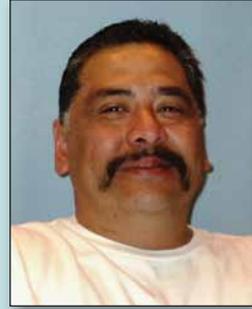
Please join us in extending a warm welcome to these newly hired employees.



Berent Lawton
Injury Prevention Coordinator



Frances Lewis
Endodontist RDA Coordinator



Rene Jaime
Housekeeper



Larry Schallock
Pharmacist



Ashley Anderson
RDA



no cavities club

Arrow Duro

TaTiana Murillo-Alfaro

Tyee Vasquez

Nusun Pojas

Mary-Sue Pojas

Jay Rico

Levi Miranda

Great job kids!

INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness

50100 Golsh Road
Valley Center, CA 92082

FORWARDING SERVICE REQUESTED



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INDIAN HEALTH COUNCIL, INC.

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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

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

Dental Department

M-F 8:00-6:30

Specialty Hours, 8:00-4:30

Medical Department

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

First appointment 9:00 a.m.

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

Community Health Department
M-F 8:00-4:30
Public Health Nursing, Home Health
Aides and Environmental Tech,
Nutritionist.