



INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness

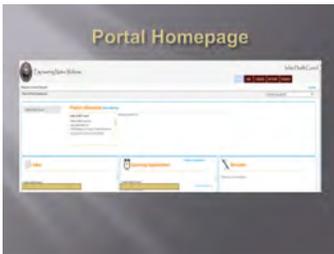


Spring 2015

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

Volume 31 Issue 1

Coming Soon: Your Very Own Patient Portal!



A cross-section of IHC staff has been working tirelessly behind the scenes to make the Medical and Dental patient experience more efficient, convenient and client-centric. By early Spring 2015, you'll be able

to dive into Phase One of the Patient Portal website!

"Our team is very excited to introduce this new 21st-century technology," says Business Operations Manager Debby Zambruski, noting that IHC continually strives to remain at the leading edge of technological innovations for community healthcare clinics.

Once the site goes live, patients 18 years of age and older will be able to access their customized portal via their desktop, tablet or smartphone. All that is needed is an email address.

Each patient's portal is private and confidential, assures Debby. "No one can access it except the individual who sets it up."

(continued on page 2)



In Memoriam: Florence Majel Lofton

**JANUARY 17, 1927 –
OCTOBER 15, 2014**

Some dynamic women have contributed mightily to Indian Health Council, Inc. (IHC) in the 45 years since its inception. Florence ("Flossie") Majel Lofton is certainly in that select group.

In fact, Flossie (Pauma/Yuima Band of Mission Indians) and her (deceased) husband, Robert Lofton, Sr. (La Jolla Band of Luiseño Indians), were not only two original incorporators of IHC, but active in the effort even before it became an official organization on January 19, 1970.

In an article published in the Fall 1999 IHC Newsletter when she was elected Chairperson of the IHC Board on which she had served for 21 years, Flossie recalled, "We were always interested in trying to get education and health started in the community." She also served for many years as Pauma Tribal Chair.

In addition to her many years of devoted service to her Tribe, IHC and the Indian community, Flossie's legacy is reflected in the current composition of our clinic. One daughter, Theda Molina, is a longtime Board member. Another daughter, Geneva Lofton Fitzsimmons, is CA-NARCH Student Program Coordinator. Her niece, Romelle Majel McCauley, is IHC's Chief Executive Officer. Daughter-in-law Kathy Lofton is Operations Admin Assistant. Florence is also survived by sons Robert Jr. and Mark, daughter Monica Madrigal, 21 grandchildren, 18 great-grandchildren and numerous nieces, nephews and godchildren.

(continued on page 3)

INSIDE THIS ISSUE



Elders Go Electric
page 2



Infection Control is a Priority
page 4



Two Perfect Fits
page 8

Coming Soon: Your Very Own Patient Portal! (Continued from front page)

Phase One

In Phase One, patients will be able to access an array of Medical and Dental information. They can:

- View and request appointments.
- Browse pertinent health facts and data relevant to their health issues.

Ensuing Phases

The next phases will expand the usefulness of the website by making the process interactive. Eventually, patients will be able to:

- Request and view test results.
- Communicate with their providers and teams by sending and receiving secure email messages.
- Update forms.
- Receive appointment reminders.

A Patient-Friendly Experience

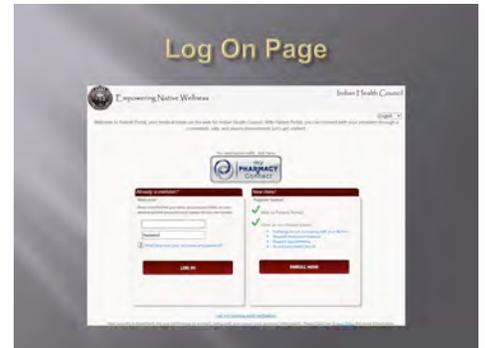
The Portal team has been focused on making this client enhancement tool very easy to navigate. They say, "A few clicks is all it takes to access a wealth of information. The log-in is simple. The homepage is clear. Best of all, we're here to help!"

A kiosk is being set up at Central Registration in the Medical Department. Staff will be available to help you complete the Terms of Agreement and to walk you through the initial log-in process so you can set up your personalized portal. For more information about this exciting new program, contact Debby at ext. 5368.

See you at the Patient Portal!



Debby Zambruski at the kiosk.



Patient Portal log-in page.



Anita Sanchez receives an electric toothbrush from Natalia Orosco during a dental cleaning appointment.

Elders Go Electric

Oral hygiene is important. But it can be difficult for people to brush well, leading to health problems.

The Dental Department recently received a \$3,000 grant from the California Rural Indian Health Board (CRIHB) to help remedy this issue. The grant, which began December 1, 2014 and concludes May 31, 2015, funds the purchase of 174 electric toothbrushes to dispense to patients who are at least 60 years old.

Registered Dental Hygienists (RDHs) Natalia Orosco and Julie Trang provide the toothbrushes within an overall dental cleaning regimen. Natalia, who manages the program, says the toothbrushes are a big hit.

She notes, "Electric toothbrushes, when used properly, can improve overall oral hygiene. They are more efficient and reduce plaque. Not only do they allow better access for difficult-to-reach places, but they also are great for patients with any type of limited manual dexterity, such as arthritis."

Make Your Appointment Soon

The electric toothbrushes are given to patients during their dental cleaning appointment. The RDH explains how to use the tool and also provides additional oral hygiene products such as Reach Flossers, as appropriate, on an individual basis.

To assess the effectiveness of the program, Natalia says, "We ask patients to return in four weeks for a quick follow-up appointment so we can determine if the toothbrush is helping to improve their oral health. We monitor plaque level, calculus (tartar) level and other measurements."

If you are an eligible-current IHC client who is 60 years of age or older, please contact the Dental Department to schedule an electric toothbrush appointment. Remember, the grant period ends May 31st, so make your appointment soon. Go electric and enjoy better oral health!

Electric toothbrushes, when used properly, can improve overall oral hygiene.

(continued from front page)

In Memoriam: Florence Majel Lofton

Flossie accomplished so much, all while raising a family, serving the California Employment Development Department as a Job Specialist for 20 years and cleaning up as a successful laundromat owner in Hawaii where her husband was stationed in the Coast Guard. (She also made a home for her family in Washington and Massachusetts.)

She joked about “being dragged kicking and screaming” to positions of responsibility, but as Bob often told her, “Go ahead, Flossie. You can handle it.” With energy, commitment, hard work and good humor, she always did.

ABOVE ALL, FLORENCE WAS A TEACHER OF LIFE

Born in Pauma Valley, Flossie lived there until her father passed away when she was nine. After a short stay on the Rincon Reservation school house, her family moved to Escondido, where she graduated from Escondido High School, then earned an AA at Oceanside Community College.

In addition to nurturing her family, serving her Tribe, IHC and the State, Flossie’s strong belief in education led her to volunteer for the California Indian Education Association. She also was at the forefront of initiating a legal battle for water rights; sitting on the San Luis Rey Indian Water Authority for more than three decades. She played an active role on CIMC, United Indian Women’s Club of California, Inter-Tribal Council and the National Indian Council of Aging.

Theda Molina recalls, “One of the greatest joys in my mother’s life was watching Indian Health Council grow over the years. She was ecstatic to cut the ribbon at IHC’s Santa Ysabel Community Health Center Grand Opening on November 14, 2003. She enjoyed a deep sense of fulfillment in January 2010 when IHC celebrated 40 years of Empowering Native Wellness.”

Geneva Lofton Fitzsimmons, who traveled globally with her adventurous mom over the years, says, “My mom and dad dedicated their lives to making things better for our people. She believed in our Indian culture and traditions. She was a very spiritual person with a strong faith. Many times she helped people financially (without repayment), gave them a place to stay and fed them. Today, when people tell me how much they loved my mom and lucky I was to have the parents I had, I say with a smile, I know.”

Romelle Majel McCauley states, “Florence Majel Lofton had an insatiable love of life and family, her faith strong and unwavering, her feet were always dancing, her arms always open and welcoming, and her heart was always loving. She was a great mother, grandmother, aunt, sister, friend, and above all a teacher of life. So many are the better for knowing her.”



Left, SY Grand Opening; left to right, Florence Lofton, Orvin Hanson, Romelle Majel McCauley, Bill Gallagher.

Below, A family gathering.



A Novel Physician

What do movie star Ben Affleck and new IHC physician Walter Jensen, MD have in common? Ben Affleck will be playing the lead role in a movie based on Dr. Jensen’s first book, *Their Unbridled Rivalry*, which has already sold more than 17,000 copies. As described by publicity, the novel features “an evolving love affair, exciting adventures, a tragic accident, and intriguing discoveries woven into the backdrop of competitive clashes” taking place in La Jolla and Napa.

Dr. Jensen wrote the book in just ten months after retiring from Scripps Clinic in La Jolla, where he specialized in internal medicine and pulmonary critical care. He joined IHC in Fall 2014. He typically sees patients two to four days per week at Rincon, where he addresses a plethora of conditions.

“I love the variety,” Dr. Jensen reports. “Whether I’m dealing with headaches, respiratory infections, heart, gastrointestinal and neurological problems, diabetes, or issues with bones and joints, I sincerely like interacting with each patient. I also enjoy giving case presentation lectures. My IHC colleagues are well-trained, affable and supportive. The office staff is wonderful. This is a very good place to work. Patients can be assured of receiving exceptional care.”

Dr. Jensen exemplifies the high caliber of IHC professionals who could choose to work anywhere yet choose to work here, serving our community. After attending highly regarded Williams College, where he captained the tennis team and co-captained the basketball team, Dr. Jensen earned his Medical Degree at Stanford University.

The father of adult twin sons, he currently lives in Rancho Santa Fe and enjoys reading and playing a mean game of tennis, among other activities. When you schedule a visit to Dr. Walter Jensen, you are booking an appointment with a man who knows his way around books! And medicine!

Infection Control is an Ongoing Key Priority at IHC

Proactive protection through rigorous preventive measures is an ongoing high priority at IHC. An Infection Control Committee meets regularly to assess current protocol, research new information from CDC and other agencies, and make recommendations to department directors – all to ensure that IHC adheres to the current and new standards, explains Human Resources Director Donna Rico.

She states, “In addition to myself from Administration, our Committee is comprised of nurses from Medical and Community Health Services, a Registered Dental Assistant, the Facilities Manager and Procurement Manager. We recently used outside consultants to review our protocols and make recommendations regarding infection control safeguards. Infection prevention is a critical requirement at all health facilities, including ours.” “Well” and “Sick” waiting room areas help prevent the spread of germs, as do the hand sanitizers conveniently placed for easy patient access. “No Food or Drink” signs minimize germ transmission and maximize cleanliness.



Enjoying their books in the Dental lobby are Amaya Hernandez, 3 and her sister Autianna Hernandez, 5; Campo Band of Mission Indians.

Lobbying for Change

One new Infection Control Committee recommendation has resulted in a change-over in the lobbies where children gather. Toys can be notorious breeding grounds for germs, especially when toddlers put toys in their mouths, as they frequently do. For that reason, the Committee recently recommended that departments take steps to change their lobby offerings.

Dental Department Director Carrie Lambert, herself a mom of two youngsters, saw this recommendation as an incentive not only to reduce the spread of germs but also add an educational component to her lobby. In lieu of toys, fun books now beckon children and their parents, who say they enjoy reading together while awaiting their appointment.



IHC is AAAHC-Accredited

When you open the door to our IHC clinic at Rincon or Santa Ysabel, you can be confident you are entering a facility that, since 2001, has been continuously accredited by the prestigious Accreditation Association for Ambulatory Health Care (AAAHC). AAAHC considered the “gold standard” of quality. According to its website, “The AAAHC certificate of accreditation is a sign that a health care organization meets or exceeds nationally-recognized Standards.”

IHC recently underwent an AAAHC audit, during which many positive comments were received. We are optimistic that our accreditation will be renewed.

We Welcome Your Donations

IHC is committed to maintaining and expanding its programs and services, and thus increasing our value to patients. In addition to fundraising events such as the Navajo Taco luncheon, we invite, encourage and greatly appreciate donations.

According to Chief Financial Officer Bill Gallagher, “Individuals can and often do earmark their contributions for a specific program, like diabetes, Journey of the Heart or the gym. These donations enable us to enhance the healthcare we deliver to clients throughout our consortium area.”

For more information on donating to IHC, visit <http://www.indianhealth.com/donate.htm> or call Nancy Flexman at ext. 5304. We thank you!

Yum... Great Food for a Great Cause



Navajo tacos and Indian frybread! Who could resist such iconic traditional dishes, especially when proceeds benefit Native foster youth. Last fall, Tribal Family Services hosted an Indian Child Welfare Act (ICWA) lunchtime fundraiser.

The Multipurpose Room quickly filled up with people attracted by the delectable aroma and knowledge that their \$10 donation would be appreciated by the many boys and girls supported by ICWA. Everyone left with full tummies and happy hearts.

Protected Against Flu ... for You!

When you enter our facility, you can be assured that the staff handling your needs, from the receptionists to the professional providers, have protected themselves – and thus you – by obtaining their influenza vaccination, commonly known as the flu shot.

According to a memo distributed to all employees from Chief Medical Officer Dan Calac, MD, on December 15, 2014, any employee declining to receive a flu shot must wear a mask at work. We are happy to report that all of our conscientious Medical employees have “armed” themselves against the flu.

A Countywide Mandate

The catalyst for IHC’s call to flu shot action came from Wilma Wooten, MD, MPH, Director of the County’s Public Health Services Department. Dr. Wooten mandated that healthcare organizations require all healthcare personnel (HCP) “to receive an annual influenza vaccination, or if they decline, to wear a mask while in contact with patients or working in patient care areas during the annual influenza season (November 1-March 31). This action will help lower the risk of transmission of influenza to patients.”

She explained, “Patients in health-care facilities are especially vulnerable to influenza. Therefore, vaccinations of HCP protect patients and reduce employee absenteeism.”

With this year’s flu season coming to an end, we hope that you and your family avoided becoming ill from the flu and its complications. We plan to renew our mandated HCP vaccination protocol each fall at onset of the annual flu season.

Here’s to your good health!



IHC Medical employees line up to receive their flu vaccine.



Employee vaccinations protect patients and reduce employee absenteeism.

Measles is a Vaccine-Preventable Disease

Since the introduction of a measles/mumps/rubella vaccine in the 1950s, aggressive immunization efforts wiped out homegrown cases of measles in the U.S. by 2000. Unfortunately, the illness has resurfaced lately.

Measles develop seven to 21 days after exposure. Early symptoms are similar to those of other illnesses, including high fever, cough, runny nose and red eyes. Then, a red rash appears on the face and head, moving down to hands and feet. Children under five are more at risk for complications from measles that include diarrhea, ear infection and pneumonia. Death can occur from severe complications.

Most adults have received the measles vaccine. Health agencies recommend two doses: the first administered at 12 months of age; the second between ages four and six. For questions about immunization, please contact our Medical Department.





About CA-NARCH

Indian Health Council (IHC), in partnership with San Diego State University (SDSU) and University of California San Diego (UCSD), is funded as a Native American Research Center for Health (NARCH) by the National Institutes for Health (NIH) and Indian Health Service (IHS). This innovative partnership offers valuable benefits for you, your family and the community, including greater tribal control over health and healthcare, and recruitment of Native Americans into studying for health and medical science careers.

Principal Investigator:
Dan Calac, MD

Program Director:
Stephanie Brodine, MD

Research Project Principal Investigators:
Christina Chambers, PhD
Roland Moore, PhD

The CA-NARCH Student Development Program (SDP) aims to increase the number of Native American students in health and science careers and ultimately reduce health disparities in California Native American populations. It offers mentorship, academic advice, research opportunities, networking, and social activities for Native American students interested in health or science at SDSU, UCSD, Cal State San Marcos and Palomar Community College.

If you are a high school or college student who wishes to learn more about the SDP, contact Geneva Lofton-Fitzsimmons at gfitzsimmons@ucsd.edu or 760-233-5592.

KATE NEWCOMER EXCELS IN A CUTTING-EDGE FIELD

If you're like most people, the term "nanoengineering" sends you straight to Wikipedia to discover it is "the practice of engineering on the nanoscale." A nanometer is infinitesimal, equaling one billionth of a meter.

There is nothing small about the accomplishments and career goals of one of CA-NARCH's newest students, Kate Newcomer (Ojibwe, AKA Chippewa), whose family hails from Minnesota but who was born and raised in San Diego.

Now a UCSD sophomore, this ambitious student plans to pursue a PhD in nanoengineering, enter the medical research field and (don't bet against her!) someday start her own cutting-edge company. While excelling at her studies, she also serves as a Bridge of Hope volunteer, tutoring student-refugees from Uganda and Burma.

"Connecting with NARCH has been a great help," reports Kate, saying she has enjoyed meeting her fellow Native students, is motivated by attending the events and appreciates the supportive network. "It's an awesome resource. I can get information regarding opportunities. Information is a quick email away. I am so glad I found this niche!"

Looking ahead, a confident Kate confides, "I don't want to merely do research. I want to be the person who creates things." She is well on her way!



Kate Newcomer

Cynthia Begay Sparkles at Research

Cynthia Begay (Hopi/Navajo) joined CA-NARCH in 2008, when she was a student majoring in Psychology at UCSD, from which she graduated in 2012. Through NARCH, she attended Harvard's Four Directions Summer Research Program and is being supported in her quest to attain her MPH at SDSU with a focus on Epidemiology. Currently, she is doing stellar work at IHC, initially with the Pill Take-Back Project and now also with Healthy Native Nation (see page 7).

"Both projects utilize community participatory-based research, which is in line with Epidemiology," Cynthia explains. Although she has been involved with research at UCSD and Harvard, this marks the first time she is working specifically with and for Native Americans, making the experience very meaningful.

"My mother was born and raised on the Hopi Reservation in Arizona. I know the history of poor healthcare and I do not want that to be the future of my people. I intend to use my skills to make a difference in my community."

Cynthia also continues the family tradition of silversmithing with her business, Hopi Girl Silver. She is a fourth generation silversmith and a young woman who strives daily to create a good future for herself and her community.

She says, "NARCH has opened up a lot of doors for me. I've been able to run with the opportunity."

CA-NARCH Sponsors Tony Luna's Trip to Germany

Auf Wiedersehen to CA-NARCH student and researcher Tony Luna (Tlingit), who heads to Germany for the American Indian Conference at the University of Frankfurt, March 24-27, 2015. The trip of a lifetime, as first-time European traveler Tony describes it, is sponsored by CA-NARCH.

Tony will make a presentation on the Pill Take-Back Project (see page 7) and make time, he hopes, to see the sights and, of course, taste the city's signature dish: a frankfurter! Thanks to his translator phone app, Tony will be able to communicate with Germans in real time. We'll share the highlights of his trip in an upcoming issue. For now, please join with us in wishing Tony Bon Voyage!



Cynthia Begay



CA-NARCH VII RESEARCH PROJECTS

PRESCRIPTION OPIATE PAINKILLER MISUSE (Pill Take-Back Project)

Principal Investigator: Roland Moore, PhD

Purpose:

In response to the rising prevalence of prescription pain medication abuse, this project will implement and evaluate an intervention designed to reduce the availability of expired prescription pain medication in the homes of Native Americans in IHC consortium reservations.



Progress:

The team is working with local law enforcement to promote responsible medication management by properly disposing of expired or unused medications. Proper disposal can help reduce: 1) potential abuse among at-risk

individuals; and 2) water supply contamination. Currently, one easy and convenient way to dispose of expired or unused medications is to drop them off at the Valley Center Sheriff Substation, 29201 North Lake Wohlford Road. A special drop-off collection box is located outside the station.

Before dropping off your medications, make sure to secure them properly.

- Keep them in their original containers, if possible.
- You can place loose medications in plastic bags available at the collection box.
- Make sure liquid medication is enclosed in a secure container before depositing it.

For questions on the grant, please email Research Coordinator Tony Luna at tluna@indianhealth.com or call ext. 5247.

HEALTHY NATIVE NATION

Principal Investigator: Christina Chambers, PhD

Purpose:

This grant continues the momentum begun with its predecessor Healthy Women: Healthy Native Nation project, expanding the focus from women and families to also focus on community solutions related to Fetal Alcohol Spectrum Disorders (FASDs). FASDs are lifelong disabilities that make life more difficult for the affected person, their family, and the community.



Cynthia Began and Sandra Pedrin-Toscano are preparing to conduct a comprehensive, confidential community survey.

Two National Organization for Fetal Alcohol Syndrome (NOFAS) Native affiliates will be established: one within the reservation community and one within the urban community. NOFAS strives to prevent FASDs and to support people dealing with FASDs.

Progress:

We are happy to welcome Cynthia Begay to our team! Also new is the project name Healthy Native Nation, which represents both Healthy Women: Healthy Native Nation and Tribal NOFAS.

Cynthia and team member Sandra Pedrin-Toscano are preparing to conduct a community survey regarding mother, child and family health. The completely anonymous survey will ask your opinions about family health issues, services needed for people with developmental disabilities, and services currently available to community members. Results will help us move forward to address the community's needs.

Research Coordinator Annika Montag says, "We want, need and value your input. For more information or to participate, please contact us as noted below. After completing our community survey, we will initiate an awareness raising campaign as instructed by our focus groups. We look forward to working with various health promotion projects to increase awareness of the risks of alcohol to women, babies and families. We also look forward to connecting more community members with helpful services."

Ask Us!

Do you have questions regarding Fetal Alcohol Spectrum Disorders (FASDs)?
Do you or your organization want information or training? We're here to help.
Email healthywomen@indianhealth.com, call 760-751-6055, or stop in to see us at IHC.

Two Perfect Fits

New Community Health Services (CHS) employees Alyssa Cooke and Julian Lavigne are “homegrown talents” who grew up in the community and enjoy giving back. They utilize their expertise and exuberance as they advance people along the path to health and wellness. We believe they are a perfect fit for your needs!

ALYSSA COOKE

Alyssa Cooke wears two hats: she serves as Diabetes Management Admin Coordinator and Physical Activity Specialist. Her wide-ranging background makes her ideal for both functions. She holds a BS in Kinesiology from Humboldt State University with a minor in Business, and currently is pursuing an MBA at the University of Redlands.

This energetic young woman grew up on Pala, where her mother, Suzan Cooke, is a Tribal member. Her father is a member of the Hoopa Valley Tribe in Northern California.

Alyssa began serving IHC in July 2014 on a temporary basis, filling in for Gwendolynne Jenkins in Medical. Just as that position was ending, the CHS position was opening, explains CHS Director Martina Portillo, who says, “With Alyssa’s business background, we evolved the position to include supporting the Diabetes Management program with outreach, recruitment and grant assistance.”

Alyssa emphasizes, “Everything we do is focused on wellness. It’s a matter of finding out what an individual needs and wants. For me, it’s hiking, running and working out. For others, it might be walking, gardening or even dancing around the house.”

One of the first things Alyssa did when she began her new duties in Fall 2014 was to transform her office into a mini-gym boasting exercise equipment, including a stationary bicycle and weights. She relates, “I am sensitive to the concerns of novice exercisers. Some people do not feel comfortable at first in a gym. I offer a way for them to get into exercise in the privacy of my office.”

Alyssa says, “I will do whatever it takes to help people along their path to wellness. The one thing I never do is preach.”



Julian Lavigne and Alyssa Cooke.

JULIAN LAVIGNE

Have you met our always-smiling, effervescent, positive-spirited Gym Attendant? Julian Lavigne helped IHC get off to an active start in 2015 by taking over the operation of our on-site fitness center in the CHS hallway. Growing up on San Pasqual, where he now lives with his lovable pitbull, Playboy (“I call him that because he’s a ladies’ man!”), Julian, like Alyssa, may be a familiar face to many clients.

Prior to joining IHC, he pursued a lucrative career in marketing, where he was based in Chula Vista and enjoyed a whirlwind of traveling. “I decided to follow my heart instead of chasing the money,” says Julian, already wise

at age 22. This buff young man says he has always had a passion for fitness and now intends to earn a degree in Kinesiology.

“I love working at the gym,” Julian reports. “In addition to helping people achieve their personal fitness goals, I make sure that everyone is exercising safely, using the equipment properly and following the rules – including no one in the gym under 18 unless accompanied by an adult. We are a family-friendly gym – no grunting or weight-dropping is allowed.”

The dozens of people who work out at the IHC gym each day can be assured that Julian is there to help them use the proper form so they will not get hurt.

He says, “If you work out regularly and safely, I guarantee that you will get fit!”

Everything we do is focused on wellness.

Heart-Healthy Recipes

Every month, IHC Nutritionist Jina George cooks up something that is good for you and tastes great, too! Her engaging cooking demos are part of the Journey of the Heart (JOH) program, but anyone can enjoy making and eating healthy dishes such as this hearty beef stew, which was featured in a recent demo. Upcoming demos will be equally nutritious and delicious. They typically take place at Noon on the fourth Wednesday of each month during JOH Noon-2pm workshops.

Turkey Beef Stew Recipe

Ingredients:

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

Directions:

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



Nutrition information:

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



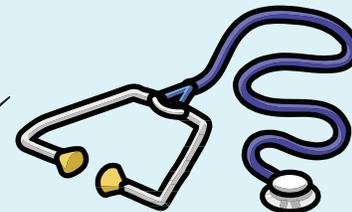
EMPOWERING NATIVE WELLNESS
INDIAN HEALTH COUNCIL, INC.
JINA GEORGE, RD CDE (760) 749-1410 x5392



Chief Medical Officer Dan Calac, MD

Dr. Dan's Corner

Give Washing a Hand



One of the most important ways to protect your family and yourself from infectious diseases is also one of the simplest. Wash your hands! Often and well.

Germs are everywhere. You collect them when you pet a dog, blow your nose or open a door. You cannot avoid collecting germs, but you can and should reduce the chance of infecting other people.

Parents of infants and small children need to be especially careful about washing their hands before and after many daily activities. (They also should insist that visitors wash their hands before touching the baby.) Always wash before feeding a baby (breast-feeding moms need to wash their hands, too) and giving medication to a child. Always wash after activities such as changing a diaper, helping a child go the bathroom, and taking care of a sick youngster.

Everyone should wash their hands after using the toilet, handling and cleaning up after pets, and doing routine daily tasks that bring you in contact with germs. You should always wash your hands before cooking and eating; make sure everyone in your family forms this habit.

Not washing your hands can have serious consequences, especially for elders and those with chronic illnesses. It puts you at a higher risk of catching contagious diseases like the cold or flu. It can cause diarrhea and other gastrointestinal conditions. It can even spread diseases that result in death.

SING WHILE YOU WASH

To wash your hands properly, you need warm water and soap. Wet your hands, then thoroughly lather them, spreading the soap on both sides of your hands and between your fingers. Rinse, then pat dry. It should take 20 seconds to wash your hands well; that's about the time it takes to sing "Happy Birthday" two complete times. Using a sanitizer or antimicrobial wipes also cleans your hands and protects you.

In addition to the before-and-after activities described above, there are many times you should make sure your hands are clean. When in doubt, wash!

"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.

Have You Seen Our Counselor Bios?

Luis Clement, PsyD, likes the golden era of hip hop. Michael Carlish, PhD, is an amateur woodworker. Movie buff Paul Gonzales enjoys riding his motorcycle.

These and more fascinating factoids are now known to clients at Santa Ysabel. The bios of these three IHC counselors who hold weekly office hours at SY are displayed at that facility.

According to Behavioral Health Director Rebekah Barratt, PhD, "We wanted patients to familiarize themselves with the professionals who serve them."

Here are the counselors' SY hours. To schedule an appointment with them, at either Rincon or SY, please call ext. 5249.

Behavioral Health Department



Name: Michael Carlish, Ph.D.
Profession/Title: Clinical Psychologist
Start of Service: April 2012
Certification: Licensed Clinical Psychologist
Primary Scope of Work: Therapeutic services to adults, children, teens and families
Interests: hanging out with my children, amateur woodworking, audio books

Wednesdays, Noon-4:30 pm

Behavioral Health Department



Name: Luis Clement
Profession/Title: Registered Psychologist
Start of Service: August 2014
Certification: Psy.D. in Clinical Psychology
Primary scope of work: Individual and Couple/Marriage
Interest: Family, Personal Development, Culture, Fishing, Sports, Golden Era of Hip Hop

Tuesdays, 1:00-4:00 pm

Behavioral Health Department



Name: Paul A. Gonzalez
Profession: Substance Abuse Counselor
Start of Service: June 28, 2008
Certification: CADC II, ICADC, CSAC
Primary Scope of Work: Substance Abuse Counseling
Interests: Family, Movies, Riding Motorcycle, Hiking & Fishing

Fridays, 9:00 am-1:30 pm



DENTAL HYGIENIST ALSO AT SY: Beginning in January 2015, a Registered Dental Hygienist now serves Santa Ysabel clients on Mondays. This temporary position will continue through the end of June. Dental Director Carrie Lambert explains, "We added an additional provider to increase access to hygiene services at this facility. We intend to assess utilization and need."

2015 | CLINIC SCHEDULES



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

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

BLOOD DRIVES

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

DIABETES CLINICS

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

DIABETES 101

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

MAMMOGRAM CLINICS

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

OB CLINICS

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

BLOOD PRESSURE CLINICS

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

CHILD CAR SEAT SAFETY CLASSES

These classes, which are funded by an IHS Tribal Injury Prevention Cooperative Program (TICAP), demonstrate proper usage of a safety seat. Native American parents who complete the class and show they can properly install a seat in their vehicle receive a free convertible or booster child safety seat. Please call ext. 5356 for information on classes at Rincon and Santa Ysabel.

ACUPUNCTURE CLINICS

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

CHIROPRACTIC CLINICS

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

PREVENTION AND EARLY INTERVENTION (PEI) PRESENTATIONS

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

FITNESS FUN:

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

WELCOME TO THE IHC NEIGHBORHOOD

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



Sean Fallon
Physician Assistant



Alyssa Cook
Diabetes Mgt Admin/
Physical Activities Specialist



Marissa Leal
Central Reg/Patient Services Rep



Misty Taylor
Associate Clinical Social Worker



Walter Jensen, M.D.
Physician



no cavities club

Yothengeemal Ambriz
Gracee Hall
Reece Machado
Jason Albright
Rebekkah Duro
Vincent Lambert
Nathanael Goldtooth
Easton Ratliff
Elijha Garcia
Robert Wendruck

Jacob Barnes
Ezekiel Hinger
Maximus Cueva
Victoria Lira
Cheyanne Majel
Chloe Romero
Sula Dever
Samuel Spurgeon
Kash Holguin
David Mendoza Jr.

Shayley Kitchen
Vanessa Gonzales
Abigail Goldtooth
Jayleen Walsh
Mundy Jr. Redfern
Cesar Sidon
Audrina Montoya
Betty Walsh
Jeremy Sykes Jr.

Awesome job!

INDIAN HEALTH COUNCIL, INC.

A facility as unique and valuable as the community it serves

Newsletter

50100 Golsh Road
Valley Center, CA 92082

FORWARDING SERVICE REQUESTED

BOARD MEMBERS EXECUTIVE BOARD

Robert Smith, Chairman	Pala
Carolyn Stalcup, Vice Chairwoman	Santa Ysabel
Melody Arviso, Secretary	San Pasqual
Leia Arviso, Treasurer	Inaja Cosmit
Theda Molina, Member-at-Large	La Jolla

MEMBERS

Mary L. Arviso	Inaja Cosmit
Doris Beresford	La Jolla
Andrew Campbell	Los Coyotes
Milton Campbell	Los Coyotes
Tina Garcia (Alternate)	Los Coyotes
Tony Gumataotao	Mesa Grande
Mercedes Amavisca	Mesa Grande
LeeAnn Hayes	Pala
Benjamin Magante, Sr.	Pauma
Patricia Dixon	Pauma
Jim Murguia	Rincon
Gilbert Parada	Rincon
Patricia Ockert	San Pasqual
Melanie Luna	Santa Ysabel

Romelle Majel McCauley, Chief Executive Officer

INDIAN HEALTH COUNCIL, INC.

www.indianhealth.com

Email: info@indianhealth.com

Phone: (760) 749-1410

Fax: (760) 749-1564

24/7 Comment/Suggestion Line: Ext. 5307

Patient Transportation Medical Department:

Ext. 5269

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

OFF-HOUR EMERGENCIES

Palomar Hospital: (760) 739-3000

Fallbrook Hospital: (760) 728-1191

Children's Hospital: (760) 739-1543

INDIAN HEALTH COUNCIL, INC SCHEDULE

Medical Department

M-F 8:00-6:30

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

Obstetrics

every other Thurs 8:30-12:00

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

Podiatry T, Th 8:30-4:30

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

Diabetes | Ophthalmology Clinic

every other Wed 8:30-12:00

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.

Pharmacy Department

M, W 10:00-12:00

Fri 10:00-12:00

Community Health Department

M-F 8:00-4:30

Public Health Nursing, Home Health

Aides and Environmental Tech,

Nutritionist.