



# INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness



Winter 2018

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



Volume 34 Issue 4

## Meet New CEO Steve Gold



If you haven't yet met CEO Steve Gold, chances are you soon will. His favorite quote in life is: "Some see things as they are and say why, but I dream things that aren't and say why not."

Since joining IHC on August 1, 2018, this professional yet personable leader has been energetically meeting staff, attending meetings, and traveling out to consortium reservations to meet with Tribal officials

(many more scheduled). He has been working closely with the clinic's executive team to craft a roadmap to key improvements including enhanced consistency, communication, training and management. He also has carved out time to meet and talk with staff and patients.

The range of healthcare administrative skills Steve amassed over his 42 years in the industry will serve patients, staff and the community well as he pursues Board-established policies and works to assure the coordinated delivery of the highest standard of health services to our valued clientele.

Steve earned a Bachelor of Business Administration followed by a Master's in Healthcare Administration from State University of New York. He holds many professional certifications/licenses and served as a healthcare executive in numerous settings. Among them, he spent 14 years as Vice President of Sentara Health and President of Sentara Life in Virginia and more than eight years as Chief Officer of Post-Acute Care and Support Services for Palomar Health in Escondido/Poway (including a year as interim Chief Administrative Officer at Pomerado Hospital during the 2007-2008 fires). Prior to joining IHC, he was Regional Vice President of Avalon Health Care Group's Hawaii Region for five years.

*(Continued on page 2)*

## ROAM Grant Puts Behavioral Health on the Move for You!



IHC's Behavioral Health Department has received a three-year Roaming Outpatient Access Mobile (ROAM) grant to enhance access to the department's services for clients who have transportation needs or live in remote areas of our consortium communities. Through the grant, IHC will purchase, equip and staff a mobile unit that will travel to various remote locations. Transportation will also be provided to Rincon and Santa Ysabel facilities for behavioral health services.

This Innovations grant from the County of San Diego under Live Well San Diego and the Mental Health Services Act will make a significant difference to clients and the community, believes Behavioral Health Director Cheryl Pfent, PhD. "ROAM aims to increase access to mental health and substance abuse services to positively impact mental health, promote recovery and link clients to beneficial services such as therapy, substance use disorder counseling, and psychiatric services to transitional-aged youth, adults and elders with serious emotional disorders, mental illness and co-occurring disorders."

She notes, "The mobile unit should be ready to go by Spring 2019. In addition to beginning to see clients and hiring other staff, we are working with the community to ascertain how to best serve each reservation's specific needs for access and provision of services. We welcome your input as we move forward to serve you better!"

### Follow US



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# CEO Steve Gold is Focused on Improvement (Continued from page 1)

Steve states, "After years in hospitals and post-acute care settings, I am excited to work in a community-based environment where we can make a difference in people's health, in part through IHC health and dental services and 30 grant-funded programs in research, prevention-oriented programs and services. These projects range from addressing opioid addiction to smoking and drinking; from depression and suicide awareness to chronic health conditions such as diabetes. We want to share outcomes and let clients know that we are a top-notch 'home' for their entire family."

He emphasizes, "The culturally-appropriate services we provide at IHC are equal to or better than what clients could receive from outside facilities. The fact that they are provided by skilled professionals who love their jobs and the community makes an intangible but undeniable difference in people's lives."

Steve and his wife Maggie Keohane, a nurse at Rady Children's Hospital, have lived in Carlsbad for 17 years. Steve says he is happy to no longer make the



Steve Gold conducts staff meeting.

*"The culturally-appropriate services we provide at IHC are equal to or better than what clients could receive from outside facilities. We want to share outcomes and let clients know that we are a top-notch 'home' for their entire family."*

"commute" to Hawaii so that he and Maggie can spend more time relaxing with their Lab, Kobe, at home and visiting their son, spouse and two young grand-daughters in Atlanta.

## We Want Your Survey Feedback

In 2016, we initiated a Patient Satisfaction/Engagement Telephone Survey conducted by Crossroads Group to learn how our Medical and Dental departments were doing in regard to customer service and treatment. Your responses were immensely valuable. As reported in the Fall issue, Dental received the highest Crossroads accolade. Thank you for sharing your compliments!

Now, the survey is expanding to assess our Pharmacy and Behavioral Health departments. A Crossroads interviewer will be calling you to obtain confidential feedback on your clinic visits and overall experience. Once again, your responses will help us ascertain how we are doing and where we need to improve our customer service and treatment for your best health.

COO Orvin Hanson states, "The survey provides a positive way for clients to document their feedback through an independent party. Thank you for your participation!"



## Congrats, Judy Castellanos!

Judy Castellanos of Mesa Grande won the October Breast Cancer Awareness Month Mammogram Clinic Raffle. She received a basket of fall-themed goodies for completing her very important annual screening.



# IHC Patients Must Adhere to IHS PRC Guidelines

Purchased/Referred Care (PRC) is so important to you as a patient and to IHC as your healthcare provider that Indian Health Service (IHS) has devoted a website to the program. Details are at <https://www.ihs.gov/prc/>. Here is a brief overview.

## DEFINITIONS

- Care provided at IHC is called direct care.
- PRC refers to specialty care services provided away from our facility.
- IHS states, "PRC is not an entitlement program and an IHS referral does not imply the care will be paid."
- Not every procedure or treatment will be covered. Eligibility must be determined (contact ext. 5285 or 5297) and a process must be followed.

*Purchased/Referred Care is not an entitlement program. An IHS referral does not imply the care will be paid.*

## THE PROCESS

- IHC has always been aligned with IHS' PRC rules. As Payer of Last Resort, we are tightening the process to make sure guidelines are strictly followed.
- Only "active" patients (at least one IHC visit in three years) are eligible.
- The process applies to all patients, including those with other insurance.
- You must be referred to an outside specialist by an IHC provider.
- Your request must be approved before your consultation with the specialist.
- The specialist's treatment plan must be approved by IHC before the procedure.
- You cannot ask the specialty provider to "just bill IHC" or submit a bill to IHC after the fact and expect reimbursement.
- We must have prior knowledge and you must have prior approval for your treatment to be covered.

## EMERGENCIES

- The PRC process does not apply in a life-threatening emergency. In this case, call 911 immediately. You must notify IHC within 72 hours or you may not be reimbursed.
- In an after-hours, non-emergency situation, call 760-749-1410 and press Option 1. A triage nurse will assess your medical issue, reporting it to IHC overnight so that we can reach out to you the following morning and schedule a same-day appointment.



## SITVR Services Available

The Sycuan Inter-Tribal Vocational Rehabilitation Program (SITVR) provides vocational rehabilitation services to American Indians with an array of disabilities who meet eligibility guidelines. A SITVR representative is scheduling intake visits at IHC. For info, contact SITVR at 619-722-6235.



## It's Covered California Open Enrollment Time!



IHC's team of Certified Enrollment Counselors are continuing their outreach and education activities. In addition to explaining provisions, options and benefits, counselors can connect you to resources and screen you to ascertain the most appropriate coverage. For more information contact Della Freeman at ext. 5297 or Dawn Roberts at ext. 5285.

# Creativity Soars at FASD Awareness Month Event



1st Place, Sequoia Redbird. Behavioral Health Director Cheryl Pfent displays Ryan Adams' 2nd Place Cradleboard. Cathy Rodriguez and Rhonda Romero make earrings.

The art of alcohol-free pregnancies was celebrated on September 5, 2018 in an activity-packed afternoon presented by the Healthy Native Nation (HNN) team in concurrence with September's Fetal Alcohol Spectrum Disorders (FASD) Awareness Month. The 17 art contest entries showed amazing creativity in multi-media formats.

Sequoia Redbird's "Sacred Love" painting took first place. Shane Ward's evocative pencil art took third. Ryan Adams' beautiful handmade cradleboard captured second place and the hearts of exhibit-goers, who expressed awe that the board had been lovingly used by two babies.

All Tribes Charter School students' artful display helped make the Multipurpose Room a colorful backdrop for Rhonda Romero's Native hoop earring class, presentations by the FASD team and by Education Specialist Dr. Rachelle Feiler, who offered strategies to help children with learning difficulties succeed in school and in life.

## Impactful Messages

Skye Holmes, who along with Savannah Salgado and Karan Kolb served as contest judges, said the process was challenging. "Each piece is heartfelt and unique," she noted. "I based my decision on which conveyed the message in the most impactful way."

I'isha Adams was among the many staff viewing the exhibit. She said, "My favorite is 'Mothers of the Universe' by Cathy Rodriguez. It is so diverse and filled with love. The figures represent Native women and every woman."

Project Director Annika Montag says she was "bowled over" by the response to the contest. She confirms, "The annual event will continue as HNN merges with our new Child Development Resource project profiled on page 7."

## IHC Celebrates Life



Bright colors shone throughout September's "What About Life" National Suicide Prevention Month activities presented by IHC's PEI program, funded by the County of San Diego HHS Mental Health Services Act. Noting that the program kicked off with well-attended walks at Rincon and Santa Ysabel, Health Promotion Services' George Pojas reports, "The intent was to shed light on a dark place and get the subject out in the open where it can be addressed."

New social media features were extremely popular. People posted weekly thematic photos on Instagram and expressed what life means to them in a Facebook video. Among the heartfelt responses: "Freedom from drugs and alcohol," "Family and friends" and "Something you're given and get to use for a long time."

The program culminated with a family movie night where dozens of community members, many in costume, watched "Coco" as they agreed that yes, life is to be cherished.



All Tribes Charter school students and teacher Ian participated in several activities, including the walk, luncheon and Instagram photo gallery.

# Landmark Program Promotes Tradition-Driven Health

Public Health Programs Director Angelina Renteria describes the process of obtaining an innovative grant that will have lasting positive effects on the health of IHC's nine-Tribe consortium members as "nothing less than Creator-driven."

She explains, "The three-year Tribal Practices for Wellness in Indian Country (TPWIIC) grant from the Centers for Disease Control and Prevention (CDC) will enable us to pursue proactive, Tribe-centric strategies designed to ensure long-term improvements in health and wellness. The voices of the community are echoed throughout this grant and Creator has certainly guided the entire project thus far. Now we can be guided by our Tribes in a groundbreaking program that connects our culture and traditions to a healthy lifestyle. All activities are being designed with the community voice at the forefront and with cultural accuracy and respectful delivery."

The program, which began this summer, is coordinated by Tribal Practices Coordinator (TPC) Will Madrigal, a Doctoral Candidate of Native American Studies who is steeped in sharing his culture and traditions. Will is collaborating with consortium Tribes, schools, elders and others to pursue the TPWIIC's three strategies:

- 1. Family and community activities that connect cultural teaching to health and wellness.**
- 2. Cultural teachings and practices about traditional healthy foods to promote health, sustenance and sustainability.**
- 3. Traditional and contemporary physical activities that strengthen well-being.**

Through these strategies, IHC strives to increase Tribal resilience to reduce morbidity/mortality due to diabetes, heart disease, stroke and cancer. Angelina and Will confirm, "We also strive to help people of all ages learn more about – and celebrate! – the rich traditions and centuries-old culture we share."



Angelina and Will.



Will Madrigal presents to an avid Collective crowd.

## First Up: Chia Café Collective

TPWIIC embarked on its ambitious efforts with a September 20, 2018 Chia Café Collective on traditional Native food sovereignty and uses presented by Abe Sanchez, Barbara Drake and Craig Torres. Will reports, "The presentation was attended by more than four dozen people, who enjoyed learning about traditional foods such as mesquite bean pods, elderberries, cactus, beans, squash and, of course chia seeds. They also enjoyed tasting healthy foods that grow naturally all around us."



## New TPC Has a "Will" and a Way

Will Madrigal is well-suited to facilitate traditional activities and conduct historical research and outreach activities. He notes, "I am of Cahuilla/Luiseño lineage and have lived my life on the Reservation."

With a deep knowledge of research, archeology and cultural/natural resource management, he has spent years educating Native youth, adults and elders on their language, history, traditional songs, dances and games, and Tribal law/policy. Now he and his wife Cheryl (nee Devers) share their traditions at their Pauma Reservation home with their young sons, Tukut and Sukat.

Will approaches his part-time position with full-time vigor. He says, "I was eager to tackle this collaborative project and work closely with each of the nine Tribes. I am seeking input from community members, Tribal officials and other leaders. We plan to establish a committee of people who want to be involved in the program and will conduct dialogues as we progress."

Will believes, "Culture is Medicine. This project begins at Indian Health Council, yet as it evolves, it will be sustained by the community. I am excited to be part of TPWIIC and invite people to contact me at [wmadrigal@indianhealth.com](mailto:wmadrigal@indianhealth.com) or ext. 5455 for more information.

One of Will's guiding principles:

"Remember seven generations in the past and consider seven generations in the future when making decisions that affect the people."

– WILMA MANKILLER  
(deceased) Chief, Cherokee Nation

### THANK YOU, SAN MANUEL!

The Student Development Program (SDP) is ecstatic to receive a \$50,000 donation from the San Manuel Band of Mission Indians [www.sanmanuel-nsn.gov/](http://www.sanmanuel-nsn.gov/) in San Bernardino County. SDP's Richard Armenta, PhD says, "The funds will help us continue to provide myriad education-related opportunities for Native students as they pursue health and medical science careers. San Manuel is known for its 'culture of giving,' and we are so grateful to be a recipient of their generosity."



### HOMEGROWN HERO ON HIS WAY TO "DOUBLE DOC"

In 2026, Alec Calac (Luiseño/Pauma) will earn an MD and PhD from the UC San Diego Medical Scientist Training Program. He plans to pursue his PhD in Public Health-Epidemiology via a Joint UCSD/SDSU Doctoral Program, and will receive full fee support as well as a stipend funded by a National Institutes of Health (NIH) grant and other UCSD funds.

Alec has been in CA-NARCH since 2012, but his educational journey began at the 2008 Greater San Diego Science and Engineering Fair. His father, Dr. Dan Calac, is IHC's Chief Medical Officer. His grandmother, Esther Calac-Heller, is a longtime IHC Nurse Practitioner.

Alec graduated in 2016 from the University of Arizona with a B.S. in Neuroscience & Cognitive Science and Molecular & Cellular Biology and a minor in Biochemistry. He then completed a two-year NIH research fellowship, developing novel imaging techniques to visualize brain structure and function.

Alec confides, "My ultimate goal as the first Luiseño physician-scientist and second Pauma physician is to pursue a career in academic child and adolescent psychiatry; working as both a clinician-educator and researcher."



Alec and Dan Calac at UCSD Medical School.

### Training Our Own; Turning Passion Into Policy

Alec is an enthusiastic role model for Native youth. He notes, "Today, there are fewer than ten Native medical students in California. I am one of two at UCSD. I want to change the culture of the medical profession to encourage Natives to pursue medicine; to increase the capacity of our own communities to train the next generation of health professions."

To further his mission, Alec carves out time to speak up and speak out, including on Twitter (@ajcalac). At NIH, he shared his story with tribal leaders, mentored Native students, and occasionally ventured to the Hill.

Alec relates, "I shared my experiences as an URM in STEM with many Congress members and underscored the importance of programs like NARCH to Rep. Tom Cole (Chickasaw). Last March, my father and I participated in a Congressional briefing where we discussed how to increase the number of Native students in the scientific workforce and health professions; the answer lies in training our own."



Alec Calac with Rep. Raul Ruiz.

The future Dr.<sup>2</sup> Calac is working with NIH leaders to increase diversity, expand educational attainment and introduce legislation with the help of the National Indian Health Board. He says, "I also had the pleasure of working with Rep. Raul Ruiz, who attended Harvard Medical School with my father, to better understand the historic underfunding of IHS." Recently, Alec founded a chapter of the Association of Native American Medical Students at UCSD and delivered the keynote address at All Tribes American Indian Charter School's commencement.

He says, "NARCH has been there when I needed them the most. I have had a literal and figurative shoulder to lean on, and staff made me realize my inner potential. My confidence has increased; I am not afraid to challenge the status quo; and I am eager to turn my passion for health equity into policy."

# CA-NARCH X RESEARCH PROJECTS UPDATE

CA-NARCH VII Projects sunset this year.  
The following two CA-NARCH X Research Projects are newly funded.

## CHILD DEVELOPMENT RESOURCE PROJECT

*Principal Investigator: Annika Montag, PhD*

### **Purpose:**

The Child Development Resource Project works with families of children who have developmental disabilities (DDs) to identify their needs and challenges, and determine how they can best be addressed. Findings will be used to create an intervention designed to meet the specific needs of the IHC community.

DDs are a collection of conditions that may involve physical, learning or behavioral problems such as vision or hearing impairment, ADHD and autism, among other issues. Approximately one in six children has one or more DDs. Early identification and intervention improve a child's developmental trajectory and outcome, reduce the need for future costly interventions and empower the family.

### **Progress:**

The research team will use interviews and focus groups to create surveys, guides and other informational materials. It will recruit a sample of family units and use the materials to learn about their situation.

Dr. Montag reports, "We are excited to kick off the project with a Childhood Disability Survey. We need your help and welcome your input. We are ready to receive phone calls and walk-ins to our office across from the IHC gym to better understand DDs in our community and link families to appropriate services. We know there are heroes providing loving support to family members. The Child Development Resource Project exists to help you on your journey."

To participate in a study or obtain more information, call 760-751-6055.

## ADDRESSING HIV/STI AWARENESS AND PREVENTION AMONG RURAL AMERICAN INDIANS

*Principle Investigator: Tommi Gaines, DrPH (Navajo/Hopi)*

*Co-Investigator: Richard Armenta, PhD (Yaqui)*

### **Purpose:**

While a lot of progress has been made in preventing and treating the human immunodeficiency virus (HIV) in the United States, American Indians continue to be overlooked in public health prevention strategies. This project will examine awareness about HIV and other sexually transmitted infections (STIs) and identify the most effective way to deliver HIV/STI prevention strategies to American Indians.

### **Progress:**

Dr. Gaines notes, "We are in the process of receiving Institutional Review Board (IRB) approval from UCSD to be submitted for approval from IHC. This project will include a combination of qualitative (key informant interviews and focus groups) and quantitative methods (cross-sectional surveys) to better understand HIV awareness and readiness for an intervention to prevent the spread of disease."

Key informant interviews and focus groups will begin in early 2019.



Indian Health Council, Inc. is funded as a California Native American Research Center for Health by the National Institutes for Health and Indian Health Service. This innovative partnership promotes greater Tribal control over health and healthcare. IHC's donor-funded Student Development Program promotes recruitment of Native Americans into studying for health and medical science careers at San Diego State University, University of California San Diego, California State University San Marcos and Palomar Community College. By supporting research and by offering academic mentorship, nurturing and networking, CA-NARCH strives to reduce health disparities among California Native American populations.

Principal Investigator: Dan Calac, MD.

Student Development Program Director: Stephanie Brodine, MD.

Student Development Program Coordinator: Geneva Lofton-Fitzsimmons: [gfitzsimmons@indianhealth.com](mailto:gfitzsimmons@indianhealth.com); 760-801-5590

For more information about CA-NARCH, contact 760-749-1410 or [atesterman@indianhealth.com](mailto:atesterman@indianhealth.com).



Left: GenSY organizers display a metal feather presented to them by Project Coordinator Sasha Spite to decorate SY's new cultural performance space

Generation SY brought self-expression to Santa Ysabel in an entertaining way with bird singing, hip hop dancing, storytelling and more performed by local performers for dozens of community members. Before the October 19th REZolution, presented by IHC's California Reducing Disparities Program, a video <https://www.facebook.com/indianhealthcouncil/videos/280238636163428/> showed how culture connects past, present and future, as ancestors reassured youth, "We are always walking beside you." Afterward, event-goers posted their favorite performances.

Make a New Year's REZolution to get involved in 2019; contact [sspите@indianhealth.com](mailto:sspите@indianhealth.com) for upcoming events in your area.



IHC thanked Native veterans of many branches and eras for their service at a heartfelt luncheon.

## Thank You, Native Vets!

The November 2nd "Honoring Our Native Veterans" luncheon welcomed dozens of men and women who served in several branches of the military over the past eight decades in far-flung places around the globe, including Europe, Vietnam, Japan and Afghanistan. The oldest guest was World War II vet John Rodriguez. The youngest was two-month-old Lucy, accompanied by her loving foster parents, Raylyn and Raymond Belardes.

IHC's patriotic celebration, in concert with the American Indians Veterans Association (AIVA), was presented by PEI, funded by the County of San Diego HHSA Mental Health Services Act. Inside the Multipurpose Room, guests were welcomed by COO Orvin Hanson and treated to a blessing, color guard, birdsinging, roll call of military service, delicious lunch and gift basket raffles. Outside, helpful resources were offered, flu shots were given and glucose screenings were conducted.

Throughout the event, veterans of all ages mingled, swapped stories, shook hands and shared hugs. Emcee George Pojas noted, "This is IHC's way of saying thank-you for your service. We are grateful."



## The "Boo Boo Bus" Stopped Here!

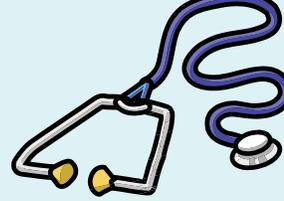
Guys, girls and ghouls dressed in their Halloween best to enjoy spooky fun at IHC's October 24th Fall Festival funded by the County of San Diego HHSA Mental Health



Services Act. Staff attired like superheroes welcomed hundreds of community members to a costume contest, fun and games, the haunted Boo Boo Bus and the "Incredibles 2" movie. The event showcased booths and activities offering diverse mental health-related resources.

Director of Health Promotion Services Beth Turner says the real superheroes are the community members who seek help for themselves or loved ones experiencing mental health issues. She believes, "Finding strength and courage makes them the true Incredibles."

# Dr. Dan's Corner



Chief Medical Officer Dan Calac, MD

## Be a Superhero – Donate Blood!

You may not see these superheroes on the screen or at Comic-Con, but otherwise ordinary mortals are quietly saving up to three lives with every blood donation.

Giving blood is quick, easy and painless. Native Americans often have O type blood products that make them especially critical to blood banks because of the general ease in giving their blood to recipients as universal donors.

As a Native American physician, I am heartened to see altruistic IHC colleagues eagerly join me at our annual Red Cross Blood Drive. During our August 2018 event, 17 people took a few minutes out of their day to give blood, potentially saving 51 lives – perhaps some from our own consortium community. You can give blood year-round by visiting [www.redcrossblood.org/socal](http://www.redcrossblood.org/socal) to find an upcoming event close to you. So be a superhero: donate blood! We thank you, and the people whose lives you touch thank you, too.



Jose Arias, Maintenance.

Gloria Alonzo, Research;  
Orvin Hanson, COO;  
Denise Hulett, RN.



“Dr. Dan’s Corner” discusses common health issues and answers your questions regarding specific topics and general overall health and well-being. If you have a question you would like Dr. Dan to address, please email [atesterman@indianhealth.com](mailto:atesterman@indianhealth.com).



### Get Your Flu Shot So the Flu Doesn't Get You!

Your best shot against the flu awaits you at our Walk-In Clinics in Medical through March 2019. Watch Dr. Dan musically show how to stay healthy <https://www.youtube.com/watch?v=51BOLMt9W6c&t=36s> and see you at our Flu Clinic soon!

**Rincon:**  
8am-5:45pm, M-F (closed Noon-1pm).  
**Santa Ysabel:**  
9-3:30 pm, M&W (closed Noon-1pm);  
9-11:30, F.



## Embracing and Sharing Culture

As a program that connects Native youth and young adults with their culture, IHC's grant-funded Native Connections also reaches out to the wider community, thus strengthening inner resiliency while breaking down barriers and combating stereotypes.

Coordinator Ami Admire reports, “We have established an Indigenous Club at Valley Center Middle School, where 20% of students are Native. Club members have welcomed the audience at school celebrations, including California Indian Day, in Luiseño and Kumeyaay languages. Learning about and sharing their history empowers our members while introducing non-Native students to the history of the place we all call home.” For more info, contact ext. 5775 or [aadmire@indianhealth.com](mailto:aadmire@indianhealth.com).



# 2018-2019 | CLINIC SCHEDULES



## RED CROSS BLOOD DRIVES

Periodically, 9am-3pm. Appointments are not necessary. Call ext. 5377.

## DIABETES MANAGEMENT CLINICS

Multidisciplinary approach to managing diabetes. Patients meet with their physician, Registered Dietician and Physical Activity Specialist in one appointment. Clinics at Rincon and Santa Ysabel at various days/times. Call ext. 5377.

## DIABETES 101

SDPI-funded intro/refresher for patients with diabetes and those who wish to learn more about diabetes. **2nd Tuesday, 10am-12:30pm, 3rd Wednesday, 4-5:30pm**, Public Health Programs Kitchen; **1st Monday, 2-3:30pm**, Santa Ysabel. Call ext. 5455 to reserve your seat.

## EYE CLINICS

**Wednesdays, 8:30am-12:30pm** in Medical North. Call ext. 5231 or 5265 to schedule an appointment.

## MAMMOGRAM CLINICS

**1st Friday of the month, 8:15am-12:30pm**, in Medical. Call ext. 5231 or 5265 to schedule an appointment.

## OB CLINICS

**Thursdays, 8am -10:30am**, in Medical. Call ext. 5231 or 5265 to schedule an appointment.

## BLOOD PRESSURE & ECHOCARDIOGRAM CLINICS

Blood Pressure: **4th Tuesdays, 9:00am-12:00pm** in Medical North. Echocardiogram: **3rd Tuesdays, 9:00am-12:00pm** in Medical North. Call ext. 5231 or 5265 to schedule an appointment.

## CHILD CAR SEAT SAFETY CLASSES

Classes at Rincon and Santa Ysabel demonstrate proper usage of a safety seat. Call ext. 5356.

## WELL CHILD CLINICS

Five monthly clinics with Providers for children ages newborn to 17 years old to get annual physical and scheduled immunizations. **1:00-4:00pm, 1st, 2nd and 4th Wednesdays; 3rd and 4th Fridays** in Medical. Call ext. 5231 or 5265 to schedule an appointment.

## ACUPUNCTURE CLINICS

**Mondays and Thursdays, 9:00-3:30** in Medical North. Call ext. 5231 or 5265 to schedule an appointment.

## CHIROPRACTIC CLINICS

**Tuesdays 2:00-5:00pm and Thursdays, 1:00-4:00pm**. Call ext. 5231 or 5265 to schedule an appointment.

## CARDIOLOGY CLINICS

**Fridays, 9:00am-12:00pm**, in Medical North. Call ext. 5231 or 5265.

## PODIATRY CLINICS

**Tuesdays, 8:00am-5:30 pm**, in Medical. Call ext. 5231 or 5265.

## PULMONARY CLINICS

For patients with asthma, COPD and/or smokers. **1st and 3rd Thursdays of the month, 10:00am-4:00 pm**, in Medical. Call ext. 5231 or 5265 for appointment (must see primary care provider to get referral).

## PAIN MANAGEMENT CLINICS

A multidisciplinary approach to managing chronic pain. Patients meet with their physician, Behavioral Health professional, Registered Dietician and Physical Activity Specialist in one appointment. **1st and 3rd Thursdays, 1:00-4:00pm**. Call ext. 5385 (Dr. Davidson) or 5365 (Dr. Calac) appts.

## FITNESS FUN

Tai Chi "Moving For Better Balance" (55+), **Tuesdays & Thursdays, 9-10am**, Rincon MPR; **11am-Noon**, Santa Ysabel, **Mondays & Wednesdays, 11am-Noon**, Pala Fitness Center.

# WELCOME TO THE IHC NEIGHBORHOOD

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



**Sonia Ortega**  
PSR II



**Lisa Harris**  
Medical Billing Manager



**Carol Priedel**  
Accounting Specialist



**Lina Guzman**  
Registered Dental Assistant



**David Ayala**  
Pharmacy Technician



**Jason Lavigne**  
PEI Health Educator I



**Kathryn (Kat) Callaghan**  
ROAM Program Manager



## no cavities club



Ace Puerta

David (Preston) Chavarria

Cheyenne Cabrera

Shealey Belardes

Sylas Mejia

Morgan Sayre

Theah Mejia

Brandon Barker

Vaeda Villalobos

Lucious Zwicker

Sierra Thiele

Jonathon Warn

*Good job!*

# INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness

50100 Golsh Road  
Valley Center, CA 92082

*Happy Holidays*  
from our IHC family to yours!



FORWARDING SERVICE REQUESTED



## BOARD MEMBERS EXECUTIVE BOARD

Robert Smith, Chairman	Pala
Carolyn Stalcup, Vice Chairwoman	Santa Ysabel
Mercedes Amavisca, Secretary	Mesa Grande
Leia Arviso, Treasurer	Inaja Cosmit
Theda Molina, Member-at-Large	La Jolla

### MEMBERS

Mary L. Arviso	Inaja Cosmit
Reuben Rodriguez	La Jolla
Andrew Campbell	Los Coyotes
Mariah Aguayo	Los Coyotes
Tony Gumataotao	Mesa Grande
LeeAnn Hayes	Pala
Linda Bojorquez	Pauma
Patricia Dixon	Pauma
Alfonso Kolb Sr.	Rincon
Tishmall Turner	Rincon
Patricia Ockert	San Pasqual
Jenny Monteforte	San Pasqual
Melanie Luna	Santa Ysabel

Steve Gold, Chief Executive Officer

## INDIAN HEALTH COUNCIL, INC.

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Fax: (760) 749-1564

24/7 Comment/Suggestion Line: Ext. 5307

Patient Transportation Medical Department:

Ext. 5269

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

## OFF-HOUR EMERGENCIES

Palomar Hospital: (442) 281-5000

Temecula Hospital: (951) 331-2200

Children's Hospital: (760) 739-1543

## INDIAN HEALTH COUNCIL, INC SCHEDULE

### Medical Department

M-F 8:00-6:30

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

Lab M-F 8:00-4:30

(open 12:00-1:00 drug testing only)

X-ray M-F 8:00-6:30

Specialty Clinics (see page 10)

### Health Promotion Services Department

M-F 8:00-6:30

Prevention and Early Intervention Program, Peace Between Partners, Strategies for Preventing Underage Drinking, Pill Take Back, REZolution, TANF Case Aide

## SANTA YSABEL 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.

Podiatry, First Monday, even months, 9:00-3:30

### Public Health Programs Department

M-F 8:00-4:30

Public Health Nursing, Home Health Aides, Env. Tech, Nutritionist.

### Dental Department

W 8:00-4:30

First appointment 9:00 a.m.

### Tribal Family Services Department

M-F 8:00-4:30

### Pharmacy Department

M, W 10:00-4:00

F 10:00-12:00

### Behavioral Health Department

M-F 8:00-6:30

Mental Health, Counseling, Domestic Violence, Substance Abuse, ROAM