



# INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness



Summer 2015

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

Volume 31 Issue 2

## His Big Loss is His Big Gain



Alyssa Cooke, Brian Wittmer, Jina George.

Brian Wittmer is well on his way to being half the man he was, and that's a very good thing. Five days a week, two hours a day, Brian (Ute Mountain Indian Tribe), a longtime Escondido resident, is at IHC's fitness center; headphones tuned in and the world tuned out as he laser-focuses his efforts and energy into that day's workout regimen.

Garbed often in a "Big Dog" t-shirt several sizes too large for him, shorts and high-tops with yellow shoelaces as bright as his sunny new outlook on life, 45-year-old Brian began what he calls his "quest," weighing 400 pounds, on July 10, 2014, when he visited his doctor, and on July 22, 2014, when he began his life change.

His goal: "To hit 200." Without surgery or diet pills. But with four key intrinsic factors: "Determination. Motivation. Desire. And most of all, Commitment."

Helping him succeed has been his family's support. His mom, Irene Wittmer, also an IHC client, is a role model, Brian explains. "After being diagnosed with diabetes in 1992, she applied herself, took the necessary steps, attends JOH events and now her diabetes is considered low-risk."

Above all, Brian credits IHC Nutritionist Jina George ("She's my biggest fan! She's as excited about my progress as I am!") and former and current Physical Activity Specialists Angelina Renteria and Alyssa Cooke ("They're both relentless in a big-smiling way"). They helped him create and follow a practical, realistic approach that combines proper food and fitness.

But the person most responsible for Brian's amazing transformation is someone he sees in the mirror every day. Here's how he made it happen.

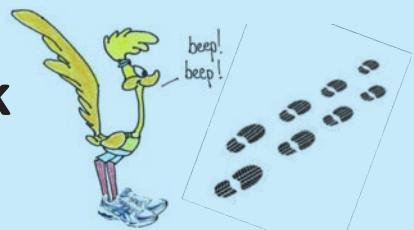
(continued on page 3)

## TRADITIONAL GATHERING RETURNS



While this issue was in production, hundreds of community members enjoyed the May 24-25, 2015 Traditional Gathering. We will highlight the event in the Fall Newsletter.

## Come Walk with Us!



Every Tuesday and Thursday morning from 9-10 am, IHC's new Roadrunners Walking Club meets at Rincon Baseball Park for an invigorating trail walk led by Physical Activity Specialist Alyssa Cooke. Walkers receive a free pedometer. Steps are tracked. Rewards are given for completing 50,000 steps in six weeks. The biggest prize: an exercise high and better health. Call ext. 5263 or just lace up your walking shoes and meet us at the park!

## INSIDE THIS ISSUE



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# Now Open: Your Patient Portal

A portal is an entry. Your IHC Patient Portal is the doorway to your private, customized, interactive "home" that allows you to access a variety of Medical and Dental information with just a few quick clicks.

The Patient Portal is for clients at least 18 years old. To enter it, all you need is an email address and a desktop, tablet or smartphone.

Creating an account and logging in are simple procedures. Navigation is clear. This ease of use is by design, explains Debby Zambrzuski, Business Operations Manager. She reports, "We have installed a kiosk at Central Registration in the Medical Department. Knowledgeable and friendly staff can walk you through the initial set-up and answer any questions you may have."



Marissa Leal and other staff are ready to assist you at the Patient Portal.

## Evolving to Serve Your Needs

Phase I of the Patient Portal launched to wide acclaim on March 2, 2015. Clients were able to view and request appointments, and to browse information pertinent to their own health issues. On April 1, 2015, Phase II went live, giving people an opportunity to communicate with their providers and teams via secure email messages.

More patient-centric add-ons will be coming soon. Eventually, you will be able to request and view test results, update forms, receive appointment reminders and more.

Debby says, "IHC's mission is Empowering Native Wellness. The Patient Portal is a tech tool that enhances our value to you."

Your new home awaits. Open the portal door and come on in!

## Schedule Kindergarten Shots Now



Patient Service Rep Pati Rivera is ready to make your appointment.

Will your child be five years old on or before October 1, 2015? If so, he or she is headed to kindergarten!

Before buying that first day of school outfit, backpack or lunchbox, call Medical to schedule an appointment for an upcoming Well Child Clinic. You will need to present to the school your child's original birth certificate AND proof of all required immunizations. As shown on the accompanying chart, that includes the appropriate number of doses of DTaP, Polio, Hep B, MMR and Varicella.

Our Medical staff will be happy to explain the immunization requirements while performing an exam to make sure your eager kindergartener is in tip-top shape to begin this exciting new phase of life.

## Additional Immunization Thresholds

In addition to having necessary immunizations to enter kindergarten, a specific regimen of shots is required for child care entrance at various ages. Proof of immunizations – notably a TDap booster shot – is also required at the beginning of seventh grade. Please contact Medical so we can check your child's record and make sure your student is up-to-date and ready to roll on Day One.

## Sports Physicals

If your student of any age plans to play an organized sport in the coming year, call us to schedule a Sports Physical in advance. Kick-off is not far away!

## Immunization Timing 2015

Birth		Age 2 months		Age 4 months		Age 6 months		Age 12 months		Age 15 months		Age 18 months	
		Age	Interval from previous dose	Age	Interval from previous dose	Age	Interval from previous dose	Age	Interval from previous dose	Age	Interval from previous dose	Age	Interval from previous dose
DTaP (Diphtheria, Tetanus, Pertussis)				DTaP	1-2 months			HepA (age: 12-23 months)		DTaP <sup>8</sup>	6-12 months	HepA	6-18 months
Polio (IPV)				Polio	1-2 months			MMR (age: 12-15 months)					
HepB (age: 1-2 months)		1-2 months after birth		HepB <sup>1</sup> (age: 4-18 months)	1-2 months if 1st dose given at least 2 months ago			Varicella <sup>5</sup> (age: 12-15 months)					
Hib (Hib meningitis)				Hib	1-2 months			Hib <sup>6</sup> (age: 12-15 months)	2-8 months				
PCV (Pneumo)				PCV	1-2 months			PCV <sup>7</sup> (age: 12-15 months)	6-8 weeks				
RV <sup>2</sup> (Rotavirus)				RV <sup>2</sup>	4-10 weeks and repeat for older 1 yr+								

### Every Fall: Everyone 6 months and older Flu Vaccine<sup>10</sup>

This is a suggested schedule. For alternatives and details, consult the latest Birth-18 Years & Catch-up Immunization Schedules United States, 2015.  
1. A dose of Hep B vaccine is not necessary if 4 months of doses are given at birth and 2 months but may be included as part of a series.  
2. Administer the first dose at age 6 wks & 4 mos. (Max. age: 14 wks, 6 days). Max. age for final dose in the series: 8 months, 0 days. Any dose given after age 12 months is considered late.  
3. This 6 month Hib dose is not indicated if Pentacel<sup>HPV</sup> and/or MCV4<sup>11</sup> are used exclusively for the 2 and 4 month infant doses.  
4. The minimum interval between the first and second dose is 4 weeks. Administer 1 dose of MMR to infants 6 through 11 months of age and 1 dose to children 12 through 18 months of age.  
5. MMRV can be used when both MMR and Varicella vaccines are indicated. The minimum interval is 3 months for children 1 through 12 years; the minimum interval is 4 weeks for those 13 years and older.  
6. Administer the first dose of Hib at age 12 months and the second dose at age 14-18 months.  
7. First dose of PCV series should be given at 2 months of age.  
8. The 4th dose of DTaP may be administered as early as 12 months.  
9. This 2nd dose of DTap may be administered as early as 2 months after the 1st dose and the 3rd dose 4 months after the second dose.  
10. Two doses given at least 4 weeks apart are recommended for children ages 6 months-8 years who are getting the vaccine for the first time.  
11. MCV4 is a registered trademark of Sanofi Pasteur Inc.

CALIFORNIA KIDS  
Love them. Immunize them.  
California Department of Public Health • Immunization Branch  
850 Marina Bay Parkway • Richmond, CA 94804 • www.eziz.org  
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## The Decision

With a family history of diabetes and his father's death from chronic heart problems at age 63, Brian seemed poised to go down the same road. At 400 pounds, the weight on his arthritic right knee was making it difficult to do his nighttime janitorial job. "I couldn't even walk up a flight of stairs." He made an appointment with IHC PA Cindy Adriano, and the rest is history – well, first there were 12 sleepless nights.

"That's how long it took me to realize deep down to my core that I needed to make a change," Brian says, confiding, "Many times, my eyes got misty as I faced the problem. On the 12th night, I made the commitment. With IHC staff's support, I started a food log, bought a pedometer, cut down my food portions and – wow – discovered vegetables! Before, the only tomato I ate was catsup with my fries. Now I stick to 30-60 grams of carbohydrates for each of my four daily meals."

He also started exercising; slowly at first, due to his tender knee. Stretching helped. Dropping weight helped. Appropriate exercises helped. "Within 10 weeks my knee was OK – amazing!"

At his May 6, 2015 weigh-in, Brian was a svelte 262.4 and had dropped from a 6X to 2X. He says, "With each weigh-in, I become more hungry to lose weight!"

## Everything's Clicking

Everyone who knows Brian has been inspired by his story. He doesn't see himself as heroic, but as someone who has given himself a healthy, happy life.

"I'm digging it!" he declares with a big smile and a light in his eyes. "Everything has soared. My confidence, courage, stamina, self-image. Everything's clicking."

Brian sums up his experience in one word that carries the weight of the pounds he has lost and the good things he has gained. "Pure. I feel pure."



In pursuing his quest, Brian has accumulated much wisdom: about health and fitness; life; himself. He chronicles his thoughts in a journal and would be happy to speak with anyone, no matter where they are in their personal journey to an improved lifestyle and a longer, happier life. He says, "My goal is to inspire everyone to make a better and healthier life for themselves." If you're interested, you know where to find Brian Wittmer weekday mornings before Noon: in the IHC gym!

## 101 Feels Like Sweet 16



IHC Medical team surprises Melie, who at 101 years of age is still going strong.

The birthday girl was surprised, but it is no surprise to anyone who knows Amelia (Melie) Contreras Villalobos Duenas of San Pasqual that, on March 29, 2015, Melie celebrated her 101st birthday!

She jokingly called the milestone her Sweet 16th, but Melie has lived six-plus sweet 16s to date, thanks to her resiliency, positive attitude and strong

Native spirit. And, we would like to think, the support of her caring IHC Medical team, who greatly admires this special client.

Medical Admin Assistant Gwendolyne Jenkins is among the fans who organized a surprise celebration, including 101 colorful candles on the cake. She reports, "When we asked Melie to share the secret of her long life, she

responded, 'Honor your father and mother.' After blowing out the candles, she honored us by singing 'Because He Lives.' She is an inspiration to us all."

Gwendolyne says, "Melie's mind is sharp and her body is still going. When we took pictures of her with our phones, Melie astounded us by asking if we were going to Facebook the photos!"

You go, Melie!

# Parent/Guardian Dental Protocol Reminders

The Dental Department lobby is a welcoming and comfortable place to relax: perfect for chatting with family members, checking your email, reading a book or taking in the pleasant outdoor view. We want you to enjoy the environment, because ... A PARENT OR GUARDIAN MUST REMAIN IN THE DENTAL LOBBY DURING THE ENTIRE APPOINTMENT OF A CHILD UNDER THE AGE OF 18.

These children are considered minors. During the visit, our Dental providers need to be able to access the mother, father or legal guardian to discuss treatment procedures or other issues that may surface while the child is being seen.

## Additional Rules

If a situation arises in which you must ask someone else to bring your child to his or her appointment, this person MUST be listed on an Absent Parent Consent Form signed by the parent or guardian. This form allows the person (who must be an adult) to accompany the child (while remaining, as noted above, in the Dental lobby). It DOES NOT allow them to sign or consent to any new or modified treatment plan. ONLY the parent or guardian can authorize a treatment plan or payment issue.

To clarify: there is a difference between: 1) someone who is not a legal guardian but merely accompanies a child to an appointment; and 2) the child's legal guardian.

Like a mom or dad, the legal guardian CAN approve treatment and sign all consents. This is because a legal guardian has full authority over the minor patient's care.

If you have any questions about our Dental protocol, we urge you to call us IN ADVANCE of your child's appointment. We are happy to answer your questions and provide the necessary forms.

Dental Director Carrie Lambert and her entire team thank you for your compliance. Dr. Lambert says, "We have your children's best interests at heart. We want to make sure that we can continue their treatment uninterrupted."

## **Parent/Guardian**

**Please remain in dental lobby during your child's appointment**



**Thank You,**

*IHC Dental Department*

## Movie Makers for Native Wellness

The time-honored Native tradition of telling stories met 21st-century technology at a three-day Digital Storytelling workshop in early April funded by San Diego Contract #548015. The result: a powerful way to promote social change around ICWA issues such as child abuse/neglect, parenting and foster care. The workshop was held at IHC's Dreamweaver Room, where stories were woven into "movies" by participants, including TFS staff.

Led by Indian Health Service Consultant Beverly Calderon, the workshop enabled participants to learn, experience, share and create personal digital stories that will be posted on a Healthy Native Communities Partnership website. The goal is to establish a private, online learning community called Voices for Native Community Wellness, where storytelling helps build healthier Native families and communities. More information is at <http://hncpartners.org/HNCP/Home.html>.



Digital storytelling can help build healthier Native families and communities.



**HEALTHY  
NATIVE  
COMMUNITIES  
PARTNERSHIP**

# Peace Between Partners Offers Culturally-Based DV/SA Services

The title of IHC's Domestic Violence/Sexual Assault (DV/SA) program reflects its culturally-based, proactive approach to a global problem that heavily impacts Native American communities.

Program Coordinator Shyanne Boston relates, "We call our program 'Peace Between Partners' because that is the basis of our efforts and overarching goal of our wide-ranging services. We utilize Native traditions such as craft-making to address issues while offering an array of assistance."



## DV/SA Info: Ext. 5279. In An Emergency, Call 911.

Emergency services include shelter for DV victims, transportation, food vouchers and a Sexual Assault Response Team (SART). Court-related services include assisting clients with restraining orders and advocacy. Counseling is offered as are referrals to a non-violence group that helps batterers understand and change their behavior.

Prevention is a key program element. The team conducts ongoing prevention education awareness on DV/SA, teen dating violence and healthy relationships and stalking as well as educational classes and outreach activities. The objective is to stop domestic violence and sexual assault before it takes place, and to address it immediately when it occurs.

As Shyanne notes, "April is Sexual Assault Prevention Awareness Month, but here at IHC, Peace Between Partners is an everyday goal."

## Misty Taylor's Heart is in Her Work



If IHC's newest Domestic Violence/Sexual Assault (DV/SA) Therapist looks familiar, it's because Misty Taylor, who began in January, is a homegrown talent. Long before Misty began working at the clinic, she was a young IHC client. She is a member of the Tipay Nation of Santa Ysabel, where she currently resides with her son, Jaleel, eight, and serves on the Tribal Council.

Misty has a strong passion for education and for helping her Native community. She earned her Master's Degree in Social Work at SDSU, where she was the only Native student in the program. She received many scholarships, including a coveted Indian Health Service scholarship. She is currently an Associate Clinical Social Worker, completing required hours to become a Licensed Clinical Social Worker.

Helping people and her community is in Misty's DNA. Her mother, Silvanna Osuna, was a longtime Tribal Social Worker for ICWA. Misty also worked for ICWA and did non-Tribal work with children in an emergency domestic violence shelter.

Here at IHC, in addition to handling individual therapy, she performs crisis intervention with survivors. She also conducts a weekly women's empowerment circle in which participants learn cultural arts such as beading while gaining support from each other and from Misty.

Inviting people to call her for more information or concerns regarding DV/SA, Misty confides, "My goal has always been to help Tribal people. I had no idea when I was growing up and coming here as a patient that I would return as an adult, working to better my community. I feel very honored to do this work."

## Dr. Skopec Says Farewell After "Only" 39 Years!

In 1976, the Academy Award for Best Movie went to "Rocky." Capturing the Grammy for Best Record was "Love Will Keep Us Together."

And when psychiatrist Howard Skopec, M.D. began serving Indian Health Council patients in 1976, we had just that year moved into our "new" facility. Twenty-four years later Dr. Skopec was among those celebrating the 2000 Grand Opening of our current, state-of-the-art Rincon facility.

Now, here in 2015, 39 years and hundreds of grateful clients later, he said farewell. The Behavioral Health Department is currently searching for a new psychiatrist to fill Dr. Skopec's position and plans to increase psychiatry hours in the future to reduce wait times for clients.

Dr. Skopec recalled, "Back in the 1970s, I operated an office in Escondido. IHC Counselor Mike Martin would send patients to my office. Soon, I began seeing them at Indian Health. I worked for the State. Two days a week, after my first workday ended at 2:30 pm, I would drive out to Rincon and counsel patients in our department trailer into the evening hours. Sometimes, people would be lined up when I arrived, and people would have to wait a long time, as appointments weren't scheduled in the organized fashion they are today."

Dr. Skopec has always been worth waiting for, say his patients. His professionalism, positive attitude and cheerful demeanor have been appreciated by clients. In turn, Dr. Skopec has loved his time here.

## Watching IHC Grow

"I've enjoyed helping people and being able to work with two or even three generations of families. Some people I met as kids are now parents themselves. It has been wonderful to watch IHC grow."

COO Orvin Hanson states, "We thank Dr. Skopec for his many years of service and dedication to the betterment of our patients. His longevity is a testament to our ongoing Mission of Empowering Native Wellness."

As you can see, Dr. Skopec's time with us was not "Rocky" and he has done a superb job of helping "Keep Us Together." Before departing, he said, "It hasn't really sunk in yet that I'm leaving, but I know that I will miss everyone." We will miss you, Dr. Skopec!

**Dr. Howard Skopec's professionalism, positive attitude and cheerful demeanor were appreciated by clients.**



Dr. Howard Skopec, flanked by Patient Service Rep Cheryl Wilson-Gray and Admin Assistant Monica Jauregui.



# California Native American Research Center for Health

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

Summer 2015

## 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](mailto:gfitzsimmons@ucsd.edu) or 760-233-5592.

## SPRINGING FORWARD

CA-NARCH students gained a growth spurt of knowledge and motivation at the April 10th Spring Event dinner at UCSD. In addition to mingling with staff and each other, more than one dozen students enjoyed a presentation by guest speaker/role model Tommi Gaines (Hopi/Navajo), PhD. A biostatistician examining the social epidemiology of sexually transmitted infections, she talked about her career path as a Native researcher.



Dr. Gaines (far left) with group.

Event Coordinator Richard Armenta reports, "Dr. Gaines was able to connect on a cultural level with students and provide valuable information about research and finding your niche."

During the event, CA-NARCH's Evaluator held a student focus group. Richard explains, "While staff provides mentorship, the Student Development Program is a research effort. Evaluating our program's impact is crucial so we can continue to learn about how we can best help Native students be successful."

## CONGRATULATIONS TO OUR GREAT GRADS!

We are so proud of our Class of 2015. We know each of them is going to accomplish wonderful things; for themselves, their community and the world!

### UCSD

- Richard Armenta (Yaqui): PhD, Public Health (joint degree with SDSU).
- Sara Kimmich (Cherokee): B.S., Cognitive Science (focus: Neuroscience) and Political Science (focus: Public Law); minors: Writing and Psychology.

### SDSU

- Aliassa Shane (Shoshone/Paiute): B.A., American Indian Studies.
- Tenaya Siva (Cahuilla/Luiseno): MPH, Epidemiology.

### CAL STATE SAN MARCOS

- Severne Heredia (Luiseno): B.S., Kinesiology.
- Alex Esquivel (Pala): B.S., Medical Anthropology.
- Linda Nieto (Cupeno): B.S., Kinesiology.

## Racing Toward Success

Today, Linda Nieto is a proud college graduate. Years ago, when she first enrolled at Palomar Community College, academics were the furthest thing from her mind.

This marathoner and triathlete explains, "As an exercise enthusiast, I was attracted by Paloma's dance classes. I became intrigued by the possibility of combining my passion for exercise with my interest in science. As I learned more about Kinesiology, I realized this would be an ideal major."

Linda says, "CA-NARCH has been very supportive. Geneva helps guide me and other students so we can get where we intend to go."

Linda, who lives with her husband Chris and their son Titus on Pala where she grew up, is currently exploring her options. Whichever path she decides to walk – rather, run – it is certain that Linda Nieto will be racing toward success.



Linda at the 2008 Tempe, Arizona Ironman

## And They're Off -- to Summer Research Programs

We're pleased to report that the following students have been selected to participate in programs that will extend their learning and enhance their career opportunities.

- Nicole Smith (Navajo): NIH Visit Week.
- Alec Calac (Luiseno), Gwendolyne Jenkins (Athabascan): NIH Summer Research Program.
- Lala Forrest (Pit River), Alex Esquivel (Pala): UCSD STARS.
- Kate Newcomer: DAAD-RISE, connects American students with German universities.
- Maya Goodblanket (Cheyenne/Arapaho), Severne Heredia (Luiseno), Nicole Smith (Cheyenne/Arapaho): NARCH CANDR at CSUSM.

Stay tuned to the next issue for an introduction to our newest CA-NARCH students.

# 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.

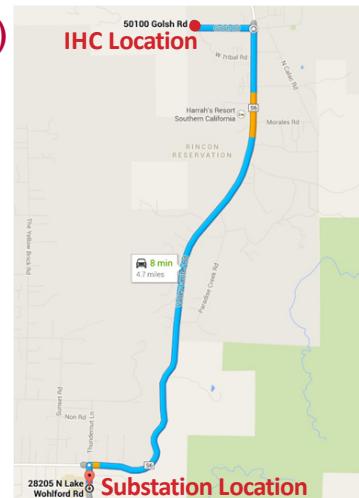


### Progress:

At some point you or someone you know will be need a prescription medication to treat pain for an injury or illness. Although they are extremely helpful when taken as directed by a doctor, it is a fine line between proper use vs. abuse. Because these medications are very strong drugs, they also carry the potential for addiction when taken for long periods of time.

The Pill Take Back Project is working to promote responsible pain medication use, management and disposal. To do this we are working collaboratively with Tribal leaders, doctors, pharmacists, law enforcement and community members to develop strategies that address these issues. One strategy is to properly dispose of unused or expired medications. Proper disposal can help reduce 1) potential abuse among at risk individuals, and 2) water supply contamination.

The project has recently worked with the Pauma Band of Luiseño Indians and local sheriffs to conduct its first take back event where community members brought their old medications for disposal. In the future, we will conduct more take back events in the local area.



Another way to dispose of your 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 inside the lobby of 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, please contact Research Coordinator Tony Luna at tluna@indianhealth.com or 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. It expands the focus from women to families and the entire community because FASDs don't just make the life of the directly affected person more difficult but the lives of their family and community members as well.

Our project will establish two National Organization for Fetal Alcohol Syndrome (NOFAS) Native affiliates: one within the reservation community and one within the urban community. Each will respond to the specific needs of that community to connect community members with helpful support and services.

FASDs are a collection of different physical and psychological disabilities that result from a mother drinking alcohol while pregnant.

### Progress:

There is now an official NOFAS affiliate within a Native community: us! We are the first.

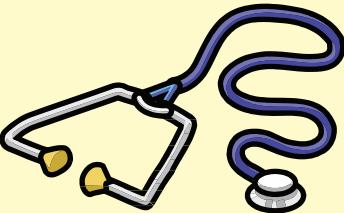
You may have seen us giving presentations at venues like Two Directions and Santa Ysabel's "Craft to Wellness." We are collecting information to help us best support the community by consulting community members and experts within the community as well as knowledgeable groups outside the community. To that end, we have also attended support meetings for parents of children with FASDs held by SoCalNOFAS at Rady Children's Hospital. In the near future we will start holding focus groups and interviews in non-reservation venues. Working with San Diego American Indian Health Clinic, we will explore concerns and priorities of the urban Native American community that relate to FASD.

### 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](mailto:healthywomen@indianhealth.com), call 760-751-6055, or stop in to see us at IHC.

# Dr. Dan's Corner

## Enjoy Safe Fun in the Sun



What summertime activities will you and your family enjoy? Whether it's going to the beach, hosting a BBQ, gardening or just relaxing, chances are you'll spend a lot of time outdoors.

In beautiful North County Indian Country, summer days can be hot, hot, hot. Here are some ways to stay cool, cool, cool.

- Avoid physical exertion during the hottest part of the day.
- Drink plenty of fluids, especially water. Avoid caffeine and alcohol, which worsen the harmful effects of heat.
- If it is too hot outside, stay indoors. If you do not have air conditioning, keep shades down and blinds closed, with windows slightly open. Take a refreshing cool shower or bath.
- Air out hot cars before entering.
- NEVER LEAVE CHILDREN OR PETS INSIDE A VEHICLE!
- When you're outside, practice safe sun protection. Apply sunscreen of SPF 15 or higher, with UVA/UVB protection, liberally and often. Wear a wide-brimmed hat and sunglasses.
- For more sun-safe information, call 1-800-CDC-INFO.

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



### Stay in the (COOL) Zone

When the temperature rises, beat the heat by beating a path to IHC's Multipurpose Room. It's an official Cool Zone, as designated by San Diego County's Aging and Independence Services to provide refreshing summer relief for older adults and others who are sensitive to heat. These air-conditioned settings lower individual home utility usage and keep people comfortable in a companionable setting.

Sanctioned Cool Zones are located throughout the County. To find other locations, call 800-510-2020 or visit [http://www.sdcounty.ca.gov/hhsa/programs/ais/cool\\_zones/index.html](http://www.sdcounty.ca.gov/hhsa/programs/ais/cool_zones/index.html).

## Summer Diabetes Schedule

Nutritionist Jina George offers Lunch & Learn at Noon on the fourth Wednesday of each month during JOH Workshops. Next up: June 24, Kidney Smart Class, Grilled Chicken Tacos and Zesty Stew; July 22, The Truth About E-Cigarettes, Slow-Cooked Beef and Veggie Bowls.

### Recipe: Peruvian Quinoa Salad



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

#### Directions

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

#### Quinoa Defined <keen-wa>

Quinoa is a cereal-like grain native to South America. You can substitute this complete protein in any recipe in which you would typically use rice, bread or cereals. Try quinoa in soups, stuffed peppers, pilafs, meatballs, stir-fry recipes and other foods.

Prep Time: 15 mins Cook Time: 20 mins. Serves: 4

# New Employees Love Their Jobs

## Personable PA Says His Job is a Pleasure

Before joining IHC in December 2014, Physician Assistant (PA) Sean Fallon "jumped around" a lot in his career, and we're happy he landed here. Sean was a Navy Seal who participated in combat tours in Iraq and the Arabian Gulf. He performed 150-200 jumps from airplanes and helicopters, including one jump from 35,000 feet!

"It was while serving as a primary air operations specialist that I realized I liked medicine," Sean says. He earned his Master of Science degree at Western University of Health Services, then worked in Emergency Room settings

in San Bernardino and Los Angeles, in South Dakota on the Pine Ridge and Eagle Butte Reservations, and in the Albuquerque area for the Acoma-Canoncito-Laguna Tribes.

IHC is his first non-ER position, and Sean says he loves it. "I enjoy all the staff. The patients are very pleasurable. Everyone has been most welcoming and friendly. I like the lunchtime pickup baseball games, too."

At work, Sean handles primary care and pediatrics, frequently seeing as many as 20 or 30 patients per day. His evenings at home in Vista are full as



well. Sean is married with three young children: seven, three and two years of age. With a trio of active kids, it appears that Sean Fallon's jumping around days are not over!



## Rick Romero Enjoys Keeping Kids Safe



Bike Rodeo



As the parent of three boys, Rick Romero, knows the importance of being a good "roll" model in terms of safe traveling. As IHC's Injury Prevention Coordinator, he strives daily to keep kids safe, whether they are riding in a car or on a bike, scooter or skateboard.

Rick holds monthly child passenger safety classes funded by the Tribal Injury Prevention Cooperative Agreement Program (TIPCAP), where he demonstrates proper installation and usage of a safety seat. Native American parents who complete the class receive a free safety seat appropriate for their child. He also facilitates IHC's bike rodeos on consortium reservations. Native participants under 18 receive a free, brand-new bike helmet.

## A Man for All Seasons – Except Maybe Snow

Rick has wide-ranging skills and interests. Of AuAutam and Mexican descent, he grew up in Banning and currently lives with his wife, Rhonda, and sons on La Jolla Indian Reservation. Before joining IHC in July 2014, he served as the "go-to guy" for Pala-based Tribal Digital Village,

a regional Indian-owned/operated Internet service provider.

"I did it all," he says of his duties, from home installations to maintenance and repair and more. "I learned it's not fun climbing an 80-foot tower when it's snowing!"

In addition to keeping up with his

three sons, Rick enjoys hunting, fishing and traditional crafts. Most of all, he notes, "I feel very good about my work. This is the best job I've ever had."

Asked why, he answers without hesitation: "I find it very fulfilling to serve the people who are my family and friends. This is my community."

# 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.*



**Georgina Cante**  
Patient Services Rep



**Gina Moreno**  
Registered Dental Assistant



**Elisa Ramirez**  
Medical Assistant



**Fie Gamble**  
Family Nurse Practitioner



**Whitney Baugher**  
Health Educator



**Lien Nguyen**  
Health Info Management Manager



**Gentry Wallace**  
Patient Services Rep



## no cavities club

Bo Herrera

Aubrey Ochoa Williams

Kyln Alexander

Cypress Alfaro

Lucious Zwicker

Khloe Cote

Hunter Taylor-Banegas

Robert Chavez

Moyla Paa'ilala Cloninger

David Calac

Kaylah Chavez

Mariah Briceno

Sequoyah Scales

Joleen Vedenti

Arianna Gonzalez

*Great job, kids!*

# INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness

50100 Golsh Road  
Valley Center, CA 92082

FORWARDING SERVICE REQUESTED



## BOARD MEMBERS EXECUTIVE BOARD

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Carolyn Stalcup, Vice Chairwoman	Santa Ysabel
Melody Arviso, Secretary	San Pasqual
Leia Arviso, Treasurer	Inaja Cosmit
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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  
Temecula Hospital: (951) 331-2200  
Childrens 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

### **Pediatry**

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.

### Medical Department

Hygiene Wed Only

### Pharmacy Department

First appointment 9:00 a.m.

### Pharmacy Department

Nutritionist.

### Pharmacy Department

M, W 10:00-4:00

Fri 10:00-12:00