



INDIAN HEALTH COUNCIL, INC.



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Community Safety is a Priority at IHC



Theresa Ludwick with four-week-old Cheyenne Cabrera, Mesa Grande. Cheyenne is one of our precious children IHC wants to keep healthy and safe.

As part of our strategic focus on being your Medical Home, IHC is committed to the safety of each individual who enters our premises at the Rincon and Santa Ysabel clinics. To ensure your safety and that of the community, every IHC employee has been trained in Mandated Reporting. As a Mandated Reporter, each staff person has the responsibility to report violations of the law on our property.

As an example, according to Senate Bill 929, which goes into effect on January 1, 2012, "Children riding in any vehicle must be restrained in the back seat in a child restraint until their eighth birthday." Children must be buckled up in their safety seat during every trip, no matter how short.

To promote community safety, IHC, in conjunction with San Diego County, provides Mandated Reporting training to Tribes and area programs. The comprehensive training covers many facets of the issue, including the responsibilities of mandated reporters. If you would like us to conduct a training for your

group, please contact Social Services Director Karan Kolb at ext. 5324 or kkolb@indianhealth.com.

We thank everyone for adhering to standards so that no staff members are placed in the position of having to report a violation on our property. That way, Indian Health Council will be your "Medical Home, Safe Home."

We're Here to Ensure Your Child's Safety

Art Calvo currently manages the Injury Prevention Program at IHC. The program is funded by Indian Health Service's Tribal Injury Prevention Cooperative Agreement Program (TIPCAT).

Art conducts periodic child safety classes at both clinics. 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. If you have questions about installation or use, please contact him at ext. 5281 or acalvo@indianhealth.com.

Art notes, "Previously, the child restraint law protected children under the age of six or under 60 pounds." For the complete new law, visit http://www.leginfo.ca.gov/pub/11-12/bill/sen/sb_0901950/sb_929_bill_20111004_chaptered.pdf.



Art Calvo displays a brand-new carseat, saying "A carseat is perfect Christmas gift for your child!"



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Summit Soars to Heights of ICWA Achievements



There is nothing more precious to our Indian community than our children. Protecting our youngsters, notably through prevention and early intervention as well as court advocacy and family reunification efforts, is the goal of IHC's Tribal Family Services (TFS) Indian Child Welfare Act (ICWA) program.

Tribal leaders from throughout IHC's consortium community came to the clinic on November 3rd to attend a Summit where they could learn about and discuss the many facets of TFS' ICWA program, celebrate its successes over the past year, confront challenges and look toward more achievements in years to come.

According to Social Services Director Karan Kolb, who oversees TFS, "The Tribal Leaders Summit was packed with presentations and panels. It offered four very full hours and covered the spectrum of issues."

The Summit was presented by TFS and facilitated by Tom Lidot and Margaret Orrantia of Tribal STAR. Topics included the following: ICWA Court Advocacy and Reunification ("What happens if my children are removed?"); Judicial Panel ("How does ICWA work with State and Tribal courts?"); BIA ("What BIA programs does IHC offer?"); Health and Human Services Agency (HSA) Panel ("How do the County and TFS collaborate on prevention?"); California Disproportionality Project Findings ("How does disproportionality affect Indian families?"); Community Services for Families "How have prevention services changed the face of Child Welfare?"; and Prevention and Early Intervention ("How have prevention services helped with mental health?").

Each participant received a packet containing the Indian Child Welfare Act of 1978 and explicating diverse facets of IHC's ICWA program as well as an array of support material, including protocols, worksheets, photos and publications. Karan says the object was educational: "We provided a comprehensive mini-course on our ICWA program; what it entails, what we have done to date and what we hope to do in the future."

They Came, They Learned, They Celebrated



The event was well attended by IHC's Board members. Jim Murguia of Rincon said, "As a new person on the Board, I came here to be educated." His table-mate, Gilbert Parada of Rincon, a 12-year member of the Board, said, "I support the program wholeheartedly. It's all about protecting and preserving the health and welfare of our Indian children."

Kathy Jackson, San Diego County HSA Manager of North Inland San Diego, listened to the presentations and was a panelist, along with HSA Supervisor Antonia Torres (a former IHC ICWA employee) and IHC's Chief Medical Officer, Dan Calac, MD, on a discussion regarding how the County and TFS collaborate productively on prevention.

"The County and Tribal Family Services have an amazing collaboration. We couldn't be as successful as we have been without Karan and her team as well as the support of IHC."



She said, "We [the County] and Tribal Family Services have an amazing collaboration. We couldn't be as successful as we have been without Karan and her team as well as the support of IHC. They have taught us cultural competencies we need to know to work with families. The collaborative infrastructure of services we now provide with TFS keeps Native American kids connected to their community and to services on reservations. By serving families together, we have made a huge dent in the disproportionality of kids in long-term care. That is a hugely successful outcome."

The afternoon, which had begun with a warm welcome from IHC CEO Romelle Majel McCauley, ended on a high note with inspiring closing remarks from her and Karan Kolb. All in all, it was a Summit to remember.



Clockwise from Left: Jim Murguia and Gilbert Parada, HSA Manager Kathy Jackson, IHC Executive Board members Melody Arviso and Leia Arviso, and Margaret Orrantia and Tom Lidot.



The Three L's of this story: Lorelei, Liliana and Lisa.

“This is just the place I’ve been looking for!”

IHC enjoyed a wow of a surprise at the Pala Powwow in August, where several staff conducted community outreach at department booths situated in front of the clinic’s mobile unit. When a visitor approached Business Operations’ Lisa Sherman and Community Health Services’ Liliana Morales and Lorelei Legaspi to ask about the clinic, they instantly became cheerleaders for IHC.

“The man expressed a genuine interest in everything we are and do,” Lisa relates. “We pointed out the Tribal names on the mobile unit and explained that we serve our consortium community of nine reservations as well as other Natives. He continued to ask questions about the clinic, so we told him about our departments, our staff and our many programs serving everyone from babies to elders.”

Liliana says, “We emphasized how hard we work on diabetes, which we told him is a major health issue among Native Americans. We shared how we treat people who have the disease and conduct a lot of awareness and prevention activities so younger people won’t get it.”

“He was intrigued,” Lorelei reports. As it turns out, the man was not only intrigued, but impelled to do a wonderful thing.

He told them, “This is just the place I’ve been looking for!” With that declaration, he confided to that he had won money at an Indian casino and wanted to give back to the Native American community. “I have been looking for a worthy place, and now I’ve found it. You’ll be hearing from me soon,” he promised.

True to his word, the man, Mr. Woods, called and made arrangements to donate \$5,000 to Indian Health Council. On behalf of the Board of Directors and staff, Board Chairman Robert Smith and CEO Romelle Majel McCauley responded with a letter of gratitude, saying, “The \$5,000 donated to our clinic and consortium members was very generous. We will use the funds to help carry out our mission of continually nurturing a balance of physical, mental, emotional and spiritual well-being in the community we serve.”

From all of us who serve or benefit from Indian Health Council: Thank you, Mr. Woods!

IHC will use the \$5,000 generously donated by Mr. Woods help carry out our mission of continually nurturing a balance of physical, mental, emotional and spiritual well-being in the community we serve.

IHC Video Interviewing Program Shares in National Award

A San Diego County Health and Human Services Agency (HHS) program that makes it easier for rural North County residents to access Medi-Cal and Cal Fresh through video interviewing was recently one of just six programs in its category to be nationally recognized with a Digital Government Achievement Award (DGAA). Indian Health Council is pleased to share in the award; in fact CEO Romelle Majel McCauley received a personal phone call from a County official announcing the recognition.

According to the HHS press release, “Approximately 450,000 rural residents face unique barriers to access County services. In the past, County staff or the clients would have to travel up to 90 miles roundtrip to be evaluated for eligibility for County services. The North Inland and North Coastal Regions have utilized the video interviewing technology to help these residents obtain the help they need. The success of the program is due to HHS’s partnership with multiple, community-based organizations, including Indian Health Council, Inc.”

Tribal Family Services employee Nancy Spence helped coordinate the IHC portion of the video interviewing program, which has proven to be so successful it has rolled out to other HHS regions and programs throughout the County.

“This program is an important step in implementing the County’s ‘Live Well, San Diego!’ initiative,” said Nick Macchione, HHS Director. “The video interviewing program makes accessing services convenient for our rural residents, which is part of our goal to build a better service delivery system.”



Barbara Jimenez and Nancy Spence.



Women's Day is Informative and Inspiring

It was all women and all good at the 2011 Women's Day event presented by Community Health Services on October 13th and shared among 60 attendees. According to Presenter Laura Downey, "Women's Day serves multiple purposes. Taking place during October as National Breast Cancer Awareness Month, we educate women on breast cancer and on women's health in general. We recognize the breast cancer survivors among us. And we pay homage to women who have passed from the disease."

She says that one of the event's main goals is to encourage women to get clinical breast exams and mammograms.

After an opening prayer, the event kicked off at 11 am with exercise and a sun salutations led by Physical Activity Specialist Angelina Renteria. Shayna Murdock, MD spoke on a range of topics, from breast cancer and heart disease to other issues of concern. During lunch, Dietician Jina Mitchell shared information on nutrition. Afterward, Komen guest speaker Sammantha McDonald advocated for awareness and action. Perhaps the most inspiring

portion of the day was the Survivors' Panel in which those who have lived through breast cancer shared their experiences and were honored by all.

Beading for Health

Throughout the day, women beaded, using beautiful pink beads and letter beads to create bracelets and necklaces. The beading was therapeutic and bonding, says Laura. "It brought everyone to together in a relaxing activity that kept their hands busy as their minds absorbed the information."

This year's annual event was sponsored by the Pala Band of Mission Indians and La Jolla Band of Luiseño Indians with donations provided by Jersey Mikes-Fred Downey and Steve Leonard, Pala Casino and Spa Resort, Valley View Casino and Resort, San Pasqual Band of Diegueño Mission Indians, Carla Rodriguez, Melvin Bitsui, Stephanie Downs and an anonymous donor.

The donations were used to provide an assortment of great raffle prizes. The biggest "prize" participants took with them was information and inspiration on leading a healthy life.



"The annual Women's Day event educates women on breast cancer and women's health, recognizes breast cancer survivors and pays homage to women who have passed from the disease."



Laura Downey Keeps People in the Pink of Health

Laura Downey, PHN reflects the spirit of Community Health Services. She supervises the clinic's American Indian Infant Health Initiative (AIIHI) grant and has an enthusiasm for serving all segments of the community, from infants to elders. She reports, "I love being with the kids, and I value the stories of elders."

Laura has been in the nursing field since 1993. She joined IHC in 2010. Originally from Connecticut, she now lives with her husband and their two children in Valley Center. In addition to working at IHC, she works part-time at Rady Children's Hospital in San Diego.

How does Laura Downey fit it all in? She reveals with her ever-present, effervescent smile: "I love what I do!"



Pharmacy Clerk Sabrina Wlasjuk displays cold pack information and medication.

What to Do About the Flu

Wondering what to do about the flu? How not to fold from a cold?

Help in staying healthy is as close as your IHC Rincon and Santa Ysabel Pharmacy facilities.

Of course, the best treatment for any illness is prevention, so get your flu shot, get plenty of rest and try to avoid people who are sick. If you do become ill, we're here to help get you through it and get you well again.

- If you experience typical cold symptoms, such as a mild sore throat, runny/stuffy nose and simple cough, our registered pharmacists can provide you with over-the-counter medications to ease your symptoms.
- We will explain the medications and proper dosages, depending upon the person's age (3-5; 6-11; 12-adult). Never exceed the prescribed dosages.
- If you suffer from more severe symptoms, including chills, sweats or high fever; ear pain; severe sore throat; shortness of breath; or are coughing up green or blood-tinged sputum; you should see an IHC physician or nurse practitioner to make sure your problem is not more serious.

For more information or a Cold Pack Info Sheet, please stop by the Pharmacy, call us at ext. 5348 or visit us online at <http://www.indianhealth.com/pharmacy.htm>.

IHC Establishes Productive Association with Wound Care Center

A newly established association between Indian Health Council, Inc. and Palomar Pomerado Health (PPH) Wound Care Center in San Marcos will have a salutary benefit on IHC patients with diabetes.

IHC's Chief Medical Officer Dan Calac, MD, relates, "We are pleased to begin what we believe will be a very productive working relationship with PPH's Alexander Salloum, MD, one of the nation's most prominent vascular and interventional surgeons who is focused on using a multi-disciplinary approach and leading-edge medical technology to prevent limb amputations."

Dr. Salloum, a highly trained

physician in multiple specialties, is among the first in his field to utilize groundbreaking techniques that are less invasive, less risky and more successful at preserving limbs and preventing amputations.

IHC patients with diabetes are currently undergoing Ankle Brachial Index (ABI) screenings to determine if they are at risk of potential future amputation. Patients who fall into this category may be referred to Dr. Salloum's team at the PPH Wound Care Center.

Dr. Salloum enjoyed a recent site visit to IHC's Rincon clinic, where he met with Dr. Calac and other staff. Dr. Calac reports, "We were quite



Dan Calac, MD, Amber Chambers, Cardio Vascular Systems Inc., representative, Christina Redmond PPH Wound Care Center liaison, Alexander Salloum, MD.

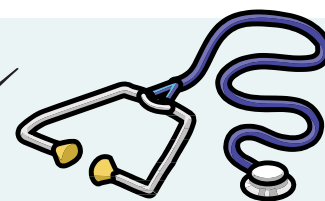
impressed by Dr. Salloum, and he was equally impressed with all that we do here at IHC."



Chief Medical Officer Dan Calac, MD

Dr. Dan's Corner

Poison Oak Can Give You a Rash of Bad Luck



How many times have you heard your friends say they are immune to poison oak? That's a fallacy.

You're clearing brush on your property or your dog chases rabbits in the brush, then jumps on you. You have just been exposed to poison oak.

If you are aware of the exposure, you calmly go inside, shed all your clothes and wash them in warm, soapy water. You do the same to your skin, scrubbing GENTLY to remove any oils from the poison oak. Congratulations: you have just saved yourself from uncontrollable itching and uncomfortable sleepless nights.

If you don't recognize and treat the signs, within a day or two of exposure you'll notice an itch developing on your arm or neck. The next morning, you'll discover a raised rash that is extremely itchy.

Treatment of poison oak is time-sensitive. If you catch it early and wash the oils off your skin, you won't develop the rash. If you catch it early and treat it with topical anti-itch creams and Benadryl, you can limit the rash to a week. If you wait and let it spread, you will need topical or

oral steroids. This is not a good solution! The multiple side effects of steroids far outweigh its treatment potential for poison oak. A solumedrol injection (the "shot") carries risk of an allergic reaction, infection or short-term mood disorder.

The best treatment is prevention, so even if you think you're immune, stay on path of safety. When you are in suspect areas, wear a long-sleeved shirt, long pants, boots, hat, scarf, safety glasses and gloves. The gloves should be taped shut to prevent entry of loose (possibly poison oak) leaves. This apparel is an excellent way to prevent tick bites as well.

We like to see you here at Indian Health Council, but we like to see you healthy. That's why we focus on prevention, prevention, prevention.



Photo / www.backyardnature.net

"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.



California Native American Research Center for Health

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

Winter 2011

About CA-NARCH

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

Principal Investigator:
Dan Calac, MD

Program Director:
Stephanie Brodine, MD

Research Project
Principal Investigators:
Christina Chambers, PhD
Roberta Gottlieb, MD
Deborah Wingard, PhD

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

Academic Partners



SAN DIEGO STATE
UNIVERSITY



California State University
SAN MARCOS

SAN PASQUAL DONATION HELPS STUDENTS EXCEL

The road to success is smoother for CA-NARCH students, thanks to a recent \$2,500 donation to the Student Development Program (SDP) from the San Pasqual Band of Diegueño Mission Indians. The funds will be used to support a variety of student expenses, including traveling to conferences, preparing for the Graduate Record Exam and pursuing other activities to further their education and ultimately their careers, says SDP Coordinator Geneva Lofton-Fitzsimmons.

She states, "We thank San Pasqual and also recognize past donations from Rincon and individual contributors. We welcome the involvement and support of all consortium reservations. We have increased the number of students from local reservations, so the money provided goes directly to the future of our Tribes and our community."

To contribute to the advancement of Native Americans studying for health and medical science careers, please call ext. 5297 or email slinton@indianhealth.com.



An Inspiring Gathering

Autumn leaves are falling and the aspirations of students are rising, as evidenced by the festive and fulfilling get-together held on October 4th at the SDSU Alumni Center.

Principal Investigator Dan Calac, MD delivered an opening prayer and Program Director Stephanie Brodine, MD welcomed attendees, who enjoyed a buffet dinner while mingling with familiar and new faces. Students shared what they learned during their summer programs across the country. Discussing their experiences were Cynthia Begay (Navajo/Hopi), Harvard Four Directions; Ashley Warren (Umatilla/Nez Pierce), University of Arizona; Natalie Lomayesva (Hopi), UCLA Summer Medical/Dental Program; and Marc Emerson (Navajo), UCSD Moores Cancer Center.

Project Manager Lucy Cunningham reports, "These bi-annual events are a great way for students and staff to catch up with each other and for newer students to meet and be inspired by seasoned students. The presentations by summer program participants were very motivational for our younger students, especially as they look toward graduate school."



Whitney Baugher Named AIR "Mentor of the Year"

CA-NARCH student Whitney Baugher (Cahuilla/Hualapai) is walking on air and who could blame her: she was named 2011 "Mentor of the Year" by the American Indian Recruitment (AIR) Program. She received the honor at AIR's October 26th meeting at the Sycuan Reservation.

An ambitious, energetic Whitney has fit mentoring into her busy schedule as she pursues a B.S. in Psychology at UCSD and participates as a CA-NARCH Directed Research (CANDR) student. Whitney began serving AIR in Spring 2010. She relates, "Counseling students on getting into college is something I enjoy. I see a great gap in the information Native students are getting about college and I want to help fill that in, as well as seeing students learn more about their culture and be proud of who they are."

Whitney focuses on AIR's high school efforts. She notes, "I participate in higher education workshops, assist students with research projects and presentations, and share my own high school and college experiences." She also has participated in tutorial and summer programs.

When asked how and why she fits it all in, Whitney replies, "I learned from AIR mentors and now I try to do what I can for the program and students. It is a great feeling to know that a program I love working with appreciates what I do."

With her enthusiasm and dedication, it's certain that mentorees regard Whitney Baugher as a breath of fresh AIR!



*Whitney Baugher with students
and fellow mentor.*

UPDATE ON RESEARCH PROJECTS

HERE ARE UPDATES ON OUR THREE CA-NARCH RESEARCH PROJECTS FUNDED BY THE NATIONAL INSTITUTES FOR HEALTH (NIH).

HEALTHY WOMEN: HEALTHY NATIVE NATION

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

Principal Investigator: Christina Chambers, PhD

Purpose:

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

Progress:

According to Study Coordinator Annika Montag, "We want all babies to be born healthy and have the best possible start in life. The project now has four amazing research assistants: Marlené Dusek, Alexandra Mazzetti (both Rincon Band of Luiseño Indians), Liana Nelson (San Pasqual Band

of Diegueño Indians), and Marina Ortega (Santa Ysabel Band of Diegueño Indians)! She says, "If you are a Native woman between 18 and 45 years of age, you can still participate! To participate, you fill out a confidential survey and, if randomized to the web-based program group, answer questions and receive feedback containing information that we hope will be both interesting and helpful. It doesn't matter whether you are pregnant or not, or whether you drink alcohol or not. Your input is important! If you would like to join this study, please come see us in our office in Human Services (look for our poster with a picture of an adorable baby on the door), email HealthyWomen@indianhealth.com call ext. 5333."



RAs Marlené Dusek, Marina Ortega, Liana Nelson, and Alexandra Mazzetti.

ACUPUNCTURE AND DIABETIC PERIPHERAL NEUROPATHY AMONG NATIVE AMERICANS

Principal Investigator: Deborah Wingard, PhD

Purpose:

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

Progress:

The diabetic peripheral neuropathy prevalence study now includes 293 people, says Acupuncturist Anne Bailey. She says, "The treatment portion of the project is up and running. Since August, Priscilla has recruited seven individuals into the study; five have randomized into the acupuncture group and two to the care-as-usual group. Our first enrollee completed the study in late October and received his Robert Freeman print. We're really enjoying working with and getting to know our current enrollees over the 12-week treatment period and look forward to meeting more participants as the study progresses."

The project is expanding, Anne notes, "We're also inviting individuals without diabetes to participate in a smaller, one-visit project that, like the neuropathy study, measures the effect of acupuncture on the circulation in the legs. The visit takes about two hours to complete and each participant receives two complimentary movie tickets." To obtain more information, call Anne Bailey or Priscilla Summers at ext. 5376.

HEALTHY HEART = HEALTHY GUMS?

Oral Flora, Periodontitis and Vascular Dysfunction in Young Native Americans

Principal Investigator: Roberta Gottlieb, MD

Purpose:

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

Progress:

"Participate in the study with a smile," invites Study Coordinator Crystal Anderson-Antoniades. She explains that the research project is important to individuals and the community:

"Participants can have a key impact on their own health while helping to advance research on the connection between the health of their gums and their blood vessels." The project is taking place with the support of IHC's Dental Department.

Crystal states, "We need more participants, so that we can reach our goal of 200 people. Participants receive small gifts and gift cards in appreciation of their time and willingness to volunteer."

To participate, patients must be Native Americans between the ages of 21-40. Eligibility also depends upon the subjects' medications and any existing health conditions. Participants undergo dental evaluation, blood work and measurement of blood vessel function. If you are interested, please call ext. 5330 or email healthygums@indianhealth.com.



Crystal Anderson-Antoniades holds a gift card and stress ball, two of the gifts provided to study participants.

HIS JOB'S A PERFECT FIT

"Hey, David: how's it going?" "Hey, David: can you spot me?" "Hey, David: can you show me how this elliptical machine works?"

Every day, these "Hey, Davids" are music to the ears of IHC's Gym Attendant, David Najera, a man who loves his job. For good reason.

He confides, "I was a heavy equipment operator for 20 years. Due to the slow economy, I was laid off a few years ago. I didn't know what to do with myself. I sat home and drank. My two sons urged me to come to this gym. Three years ago, I did. I stopped drinking, went to AA, came here and worked out. Whenever I wanted a drink, I'd come here; sometimes two or three times a day. Now I work out every day. I've lost 37 pounds. I can move around and breathe better. And I haven't had a drink in three years."

David worked himself up from five minutes on the treadmill to eight-ten miles a day on the bike. He also worked himself into a job. One year ago, he saw the employment posting, applied for and obtained the position. Currently, he is educating himself to become a personal trainer.

"I feel blessed that Indian Heath gave me the chance to work here," says David. "This gym changed my life and I want to help people improve theirs."



David Najera with some of the tools of his trade.

Physical Activity Specialist Angelina Renteria believes, "David is going to help a lot of people. He already has helped a lot of people."

According to David, the person he has helped the most is himself.



A circuit training class.

Put Your Best Foot Forward in 2012

2012 is a leap year, so what better time to leap into an exercise regimen! Take advantage of our fitness center, open to staff and the community five days a week. Check out the class schedule on page 10 and get into gear.

IHC's Accounting Manager Nancy Flexman has become a flexible woman, thanks to her ambitious exercise program. She says, "I sit at my desk all day. Being able to get up and move during lunchtime keeps me fit. I get a great workout from Angelina. Her passion for exercise is infectious. She works us to the hilt, but she does it with a smile."

We want to make you smile in 2012 – see you at the gym!

Making History, One Mile at a Time

The very first group of So Cal Team Running Strong is based at Indian Health Council, Inc., where Physical Activity Specialist Angelina Renteria and Preventing Underage Drinking Project Coordinator Jennifer Roberts have combined their twin passions for running and for the health of their Native community. The result: a strength of numbers that supports Indian causes and personal wellness.

Currently, one dozen enthusiastic team members of diverse ages, from teens to elders, are walking and running as a group twice a week at various spots throughout IHC's consortium area. They're in training for the Carlsbad Half-Marathon on January 22, 2012; several will be doing this 13.1-mile distance for the first time.

"We're also doing shorter races," says Jennifer, who invites anyone who's interested to contact her at ext. 5327. She reports, "One of our team members, Marlene Dusek,



recently placed first in her age group in her very first race!"

Wherever you finish, at the front, middle or back of the pack, doesn't matter, Jennifer and Angelina say. "We want to help everyone accomplish their goal." They also plan to raise

funds to cover entry fees for those unable to pay.

Running Strong is committed to making an impact on the lives of American Indian youth and their families. For more information, visit www.indianyouth.org or www.billymills.org.

Iron Girls Marlene Dusek, Jennifer Roberts, Angelina Renteria.





Jennifer Primrose, RDH

Jennifer Primrose, RDH, Combines Expertise with Enthusiasm

When clients visit Registered Dental Hygienist Jennifer Primrose at the Rincon or Santa Ysabel clinic, they're as impressed by her chair-side manner as by her credentials and skills. That's because Jennifer not only takes pride in what she does, she LOVES what she does.

"My job has so much variety," reports this veteran of the U.S. Navy. "I see children and adults. I rotate to Well Child and OB clinics in Medical, where I perform oral screenings and fluoride varnishes. I work on the CA-NARCH 'Healthy Heart = Healthy Gums?' Oral Flora, Periodontitis and Vascular Dysfunction in Young Native Americans research project (see page 7). One of my favorite responsibilities is periodically visiting five area preschool programs to teach little ones about good oral hygiene."

With a three-year-old daughter, Izabella, Jennifer gets lots of practice on instructing children how to brush, even when she's not at work. "We have a great time together. We are Sea World addicts. I spend every spare minute with her," this happy mom says. Jennifer also enjoys horseback riding, journaling and visiting friends in her hometown of Albuquerque.

After being discharged from the Navy, Jennifer served as an LVN before making the decision to attend hygiene school. She graduated from Southwestern College in 2006 and has been at Indian Health ever since. She says, "I love the community and I truly love my work; I get to do a little bit of a lot of things."

Everything Jennifer does she does well, and she has a good sense of humor besides. When asked what advice she might offer clients, Jennifer repeats something a dentist once said to her: "You should only floss the teeth you want to keep!"

Here's the Perfect After-Christmas Treat: Meatloaf Cupcakes!

Get the new year off to a heart-healthy start with some kitchen wizardry brought to you by Nutritionist Jina Mitchell: Meatloaf cupcakes with half-the-carb potato "icing."

Preheat Oven at 350 degrees

Mix Meatloaf ingredients together. You can use a food processor to "mince" veggies or do by hand. DO not "over handle" the meatloaf. It can leave your meatloaf "dense" in texture.

Spray tin liners or tray with cooking spray. Put meatloaf into liners and/or tray – pushing lightly to ensure meatloaf will mold correctly into the cup-cake pan. Cook for about 20-30 minutes or until cooked.

While the meatloaf is cooking, cut and boil potatoes and cauliflower (you may need to do in separate pans as the cauliflower will cook faster). When potatoes and cauliflower are soft, use a food processor to blend. Blend cauliflower first until smooth. Then, add potatoes, milk, Brummel, Whipped cream cheese (optional) and "pipe" on top of meatloaf cupcakes. Put back into oven under "broiler" for 2 minutes to create browning effect.

Makes 12-15 cupcakes. Meatloaf is one of the easiest dishes to make. And it just got easier. And prettier. Each "Iced" Cupcake is low-fat and is only 1 carbohydrate serving (15~grams). Suggested serving: 2 "Iced" Cupcakes with a large garden salad (Total: 2CHO, 2PRO, 3NSV).

MEATLOAF

1 pound lean ground turkey
2 large egg whites
1C Bread crumbs
1-2 C chopped or minced mixed veggies of choice (bell pepper, onion, celery, mushroom, zucchini, car-rot)
1-2 splashes of Worcestershire
1 tsp garlic powder
1/2 tsp black pepper
2 tbsp minced parsley
1/4 C low-fat milk
Cooking Spray (PAM)



HALF-THE-THE CARB WHIPPED POTATOES

1 1/2 C boiled potatoes
2 C boiled soft cauliflower
2 tbsp Brummel and Brown spread
1/4-1/2 C low-fat milk

Enjoy!

Winter 2012 Cooking Class Schedule



January (TBA)

Recipe: Chicken Tortilla Soup

- Tips on dry and fresh herbs
- Soup-ready chicken using a crock pot
- Up the vegetables and thicken your soups by blending them in
- Topping overload that won't weigh you down

February (TBA)

Recipe: Zupa Toscano (Creamy Potato Soup)

- A healthy spin on the Olive Garden favorite!
- Using pasta sauces to create soup bases
- Nutrition benefits of Kale

To RSVP or request information on class times, please call Community Health Services at (760) 749-1410 x5237 or Jina Mitchell, RD at (760) 749-1410 x5392. All Diabetics & Their Families are Welcome!

www.indianhealth.com

2011 | CLINIC SCHEDULES



IHC's mission is: **“To continually nurture a balance of physical, mental, emotional, and spiritual well-being.” Please enable us to help you by participating in the following activities, as relevant to your needs.**

BLOOD DRIVES

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

DIABETES CLINICS

Diabetes educational classes are geared for people with diabetes and people who want to learn more about diabetes. Topics cover a variety of issues, information and concerns. Clinics are generally held from **8:30-11:45 am** on the **second and fourth Thursday** of each month in Medical. Please call ext. 5237 for information. Upcoming dates: **December 22**

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 for 2012.

OB CLINICS

OB clinics are typically held **every other Thursday** at **8 am** in Medical. Please call 760-233-5560 for information. Upcoming Dates: **December 15 | December 29**

CHILD PASSENGER SAFETY CLASSES

Child passenger safety classes funded by the State of California American Indian Infant Health Initiative “Bright Future” program, demonstrate proper usage of a safety seat. Native American parents who complete the class and show they can properly install a seat in their vehicle receive a free convertible or booster child safety seat. Please call ext. 5356 for information about 2012 dates at Rincon and Santa Ysabel.

PERIPHERAL ARTERY DISEASE CLINICS

Peripheral Artery Disease (PAD) can negatively impact circulation. IHC encourages all Native Americans 50 and older to participate in a simple, non-invasive PAD screening to detect clogging in leg arteries. Clinics are held **every Tuesday**, from **8 am-2 pm**. The schedule is subject to change. Please call ext. 5344 to schedule an appointment with Dr. Allison.

PREVENTION AND EARLY INTERVENTION (PEI) PRESENTATIONS

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

FITNESS FUN

Most ongoing exercise classes are funded through JOH and SDPI grants to improve and prevent diabetes. They are open to everyone in the community. You also are invited to consult with Physical Activity Specialist Angelina Renteria to create a training program that is right for you. Call ext. 5263 to schedule an appointment, to request a group class on your reservation and to find out the current schedule (days, times, locations) for the following group activities.

**Rock ‘n’ Box • Circuit Training • Walk-in Circuit Training • Walking Club • Salsa Aerobics, Zumba Style
Biggest Loser Weigh-In • Senior Chair Aerobics • Line Dancing • Cardio Kickboxing • Beginners’ Yoga**

WELCOME TO THE IHC NEIGHBORHOOD

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



Nancy Bucaro
TANF Case Aide



Teri Frank
RDA



Erika Jamerson
Endodontic RDA Coordinator



Rae-Lynn LaVine
Registered Nurse



Newsletters and More on the Web

Would you like to share this issue of the newsletter with friends and family who do not receive it in print? Want to re-visit an article from a past issue, but don't have it at hand? Newsletters are posted at www.indianhealth.com, along with a wealth of information about the clinic.

One great new feature is a photo gallery of recent events attended by clients. Check out:
http://www.indianhealth.com/ihc_photo_gallery.htm.
You might be there!



no cavities club

Nicanor Alvarado

Mark Banks

William Nelson III



Good 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

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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

Pallomar Hospital: (760) 739-3000

Fallbrook Hospital: (760) 728-1191

Children's Hospital: (760) 739-1543

INDIAN HEALTH COUNCIL, INC SCHEDULE

Medical Department

M-F 8:00-6:30

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

Obstetrics

every other Thurs 8:30-12:00

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

Podiatry T, Th 8:30-4:30

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

Diabetes | Ophthalmology Clinic

every other Wed 8:30-12:00

Dental Department

M-F 8:00-6:30

Specialty Hours, 8:00-4:30

Pharmacy Department

M-F 8:30-6:30

Community Health Department

M-F 8:00-4:30

Public Health Nursing, Home Health

Aides and Environmental Tech,

Nutritionist.

Human Services Department

M-F 8:00-4:30

Social Services, Child Abuse, Domestic
Violence, Substance Abuse, Tobacco Ed,
Parenting and Specialty Programs.

Tribal Family Services Department

M-F 8:00-4:30

SANTA YSABEL CLINIC SCHEDULE

Medical Department

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

First appointment 9:00 a.m.

Dental Department

M, W 8:00-4:30

First appointment 9:00 a.m.

Hygiene Wed Only

Pharmacy Department

M, W 10:00-4:00

Fri 10:00-12:00