



INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness



Fall 2014

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

Volume 30 Issue 3

Purple Power



IHC management and staff walked the walk in June to raise awareness about cancer. They tied bright purple ribbons along Golsh Road so everyone entering and exiting the clinic would know something important was happening. Many patients asked staff about the ribbons' meaning, raising attention about a terrible disease that strikes so many, including people in our community.

Medical Administrative Assistant Gwendolyne Jenkins spearheaded the project, with the help of Medical Assistant Nichole Minjares and support of the entire clinic, including Chief Executive Officer and cancer survivor Romelle Majel McCauley and Chief Medical Officer Dan Calac, MD. Dr. Dan served as the closing speaker at the June 21st-22nd American Cancer Society's Relay for Life at Bates Nut Farm.

On the Friday prior to the Relay, IHC held a moving prelude. Romelle and local firefighter/two-time cancer survivor Jon Hernandez led a large group of people who walked to the end of Golsh Road and back. Walkers carried pens to inscribe the names on the ribbons of loved ones who survived cancer, and those who did not. Afterward, they enjoyed a potluck lunch where people shared their experiences.

Gwendolyne says, "The event was very healing. The ribbons delivered a powerful message. They symbolize hope."

Doors Lead Diandra to Duluth

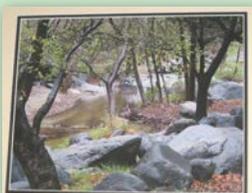
The path of 35-year-old Diandra Little Dog has been circuitous, yet everything she has accomplished to date is leading her to her goal of becoming a physician. She is heading back to her roots in the Midwest (her mother is from Bemidji, Minnesota; her father from Standing Rock Sioux Reservation in South Dakota), where she lived until she was six.



Diandra takes a "bear" break at an Alaskan conference.

Arriving at this point involved the closing of some doors and opening of others; the latter here at IHC, where Diandra walked in as a prospective new patient and walked out, thanks to caring, responsive staff, as a CA-NARCH student armed with a plan to achieve her goal. Read her inspiring story on page 6.

INSIDE THIS ISSUE



Dental Hallways Celebrate the Rez
page 3



IHC Debuts "My Pharmacy Connect"
page 5



All is WELLness at Expo
page 8

Alice Ponchetti

July 8, 1929 – April 23, 2014

Former Indian Health Council, Inc. Board member, Alice Ponchetti, who represented Santa Ysabel, was a strong person undeterred by difficulties. A woman who lived her entire life on Santa Ysabel, she surmounted challenges, beginning with having to walk over the “hill” to get to and from school.

As a young wife in her early 20s, Alice’s husband, Felix, died when her son, Felix, was three years old and her newborn, William, just two weeks old. She would ultimately outlive William as well as her four brothers, says Felix.

As a single parent of two growing boys, Alice was unafraid of hard work as she set out to support her family. She was in charge of the maid service at Warner Springs Ranch, worked at other jobs and later served as Santa Ysabel Tribal Administrator for many years.

Felix says that even before his mother became active on the IHC Board in the early 1980s (on which she served

through the late 1990s), she was instrumental in its early formation. He recalls, “Back in the 1960s, a man who lived on top of the mountain at Santa Ysabel needed emergency medical attention. There was nothing up there in the way of healthcare; no ambulance service; nothing. The man died. My mother, her friend, Dorothy Ponchetti, and others realized they would have to create something by and for themselves and the Indian community.”

As it would turn out, Alice Ponchetti lived within one mile of where IHC’s Santa Ysabel clinic now stands.

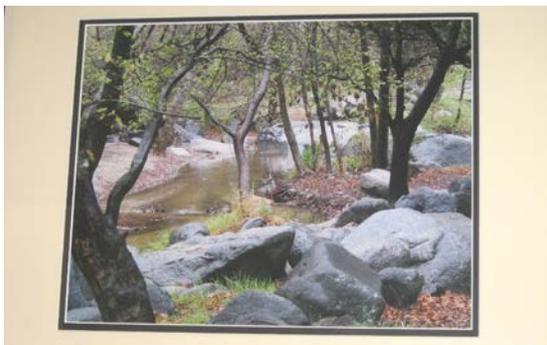
Felix says his mother left a memorable legacy of wisdom, acceptance and action. He explains, “She believed you should treat everyone right, no matter what color you are, what religion you are, no matter what.”

All in all, Felix says, “My mother was one hell of a woman!” Everyone who knew Alice Ponchetti would heartily agree.

Dental Hallways Celebrate the Rez

The next time you’re at our Rincon clinic, stop by the Dental Department to enjoy the framed photographic display of the nine consortium reservations served by Indian Health Council. One year in the making, this collaborative effort by a team of Dental staff celebrates the natural beauty of our local reservations while providing pleasant decorative art for patients, visitors and staff to enjoy.

A humble structure takes on grandeur as an iconic representation of Mesa Grande. An old footbridge in Pala opens a window to the past. A tree- and rock-studded stream on La Jolla and evocative sunsets and mountains on other reservations showcase the unique character of our area. Together, the photos offer a tranquil trip around beautiful North County Indian Country. Enjoy the picturesque journey!



Human Services Restructured into Two Departments

Effective July 1, 2014, the department previously known as Human Services has been split into two departments that better reflect and serve each structure's priorities and clients. They are helmed by seasoned IHC staff who applied for and obtained their directorship positions based on their qualifications.

Rebekah Barratt, PhD, is the Director of the Behavioral Health Services Department, which provides therapy and counseling services. Beth Turner is the Director of the Health Promotion Services Department, which provides outreach, education and awareness. The departments' overarching goals are suicide prevention, substance abuse and mental health awareness, and enhancement of healthy families and relationships.

Although the departments operate independently, they are integrated and synergistic. The directors explain, "An outreach program may result in a therapeutic referral for domestic violence or depression."

Esther Calac-Heller's CSUSM Donation Benefits Students



Esther and Dan Calac

IHC's longtime Family Nurse Practitioner, Esther Calac-Heller, has donated \$50,000 to California State University San Marcos (CSUSM) to establish a scholarship for students of Native American and Latino heritage pursuing careers in Civil Engineering or Medical fields. The

scholarship honors her deceased father, Frank Hernandez, a Civil Engineer, and her husband, Dr. Charles Heller, who died on May 9, 2014.

Frank Hernandez was the grandfather of IHC's CMO, Dan Calac, MD, who is Esther's son. Dr. Heller, Dr. Dan's stepfather, served as IHC's Orthopedist. He also taught at UC Irvine, invented surgical tools and attained many other accomplishments, says his wife of 31 years. Not least of his accomplishments was his beneficial influence on the younger generation.

"Both my father and my husband were very influential in my four children's lives as well as mine," Esther notes. "Dan and his siblings -- Leah, Bennae and Abraham -- learned from these accomplished men. This scholarship is a legacy not only for myself, but for my children and grandchildren. It will benefit student recipients and it will benefit the community."

The re-engineering concept was created by CEO Romelle Majel-McCauley, presented to IHC's Executive Committee in January 2014 and subsequently approved by the Board. Romelle reports, "As IHC grew, Human Services became very large and complex.

Restructuring benefits both facets as well as our clients, for whom the transition is seamless."

The bottom line: both new departments and staff are here to provide supportive services. Please take advantage of them!



Beth Turner and Rebekah Barratt

IHC Introduces Pain Management Clinics

In support of IHC's commitment to "Empowering Native Wellness," we have embarked on a multi-disciplinary, multi-modality approach to help patients suffering from chronic pain. Pain Management Clinics are held from 1:00-3:30 pm on the first Thursday of the month with Elaine Davidson, MD, and on the third Thursday of the month with Dan Calac, MD.

According to Dr. Calac, "The focus is on wellness and on helping people who are dealing with a variety of chronic pain issues, including knee and back pain, scoliosis, rheumatoid arthritis and other conditions that impact people's quality of life. Our intent is to address each person's situation via an 'all-in-one' program that brings together nutrition, exercise, behavioral health and medical disciplines to help mitigate and manage chronic pain."

Dr. Davidson says, "In some cases, pain management can be an alternative to invasive procedures such as surgery. It can even lead to a reduced need of opiate medication."

At the scheduled appointment, the chronic pain patient visits with each provider (nutritionist, physical activity specialist, behavioral health specialist), ultimately consulting with the physician. Dr. Davidson says the process is patient-centric. "Instead of several appointments in different departments, everything is handled, holistically, at one time. We



Dr. Davidson

hope to see each of our chronic pain patients at a Pain Management Clinic twice a year."

Parenting Classes Build on Past Wisdom to Create a Positive Future

It takes a village to raise a child. IHC has amassed a multi-department “village” (Health Promotions, Behavioral Health and Tribal Family Services) to help parents in our community raise their children in a positive environment that centers on time-honored Native traditions. The Positive Indian Parenting (PIP) program is presented by IHC’s Prevention and Early Intervention (PEI) program funded by County of San Diego Agreement #528301. It is facilitated by Karen Yazzie and Cory Owen-Biggs.

As it wraps up its current eight weeks of classes September 11th, this third PIP session has been very successful in helping mothers and fathers deal productively with children of various ages. One reason for its success is that the program is presented in a non-judgmental and non-intimidating way.

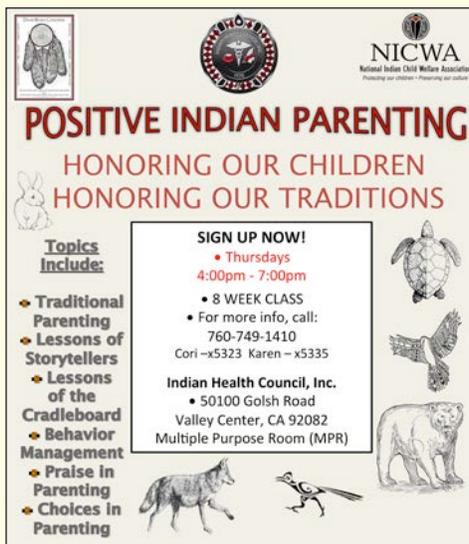
But possibly the most significant reason, believes Karen, a Substance Abuse Counselor, is more fundamental. She reveals, “This ‘new’ approach is based upon the old ways of child rearing in Native American communities. We’re getting back to Indian basics.”

Back to Indian Basics

Culturally-focused session topics include lessons of the cradleboard, an exploration of traditional nurturing methods, the concept of harmony as it relates to family life, examples from the “mother” of us all, Mother Nature, and storytelling as a way of transmitting positive values.

Presenters say, “The program shows how to reach deep inside our Native selves and reinforce our own sense of tradition as we pass along our culture to our offspring. We examine the values behind the ‘old ways’ and apply those values when guiding our children’s behavior. The sessions culminate with a challenge and an opportunity to determine what kind of a parent you want to be.”

As a value-added benefit, referrals are made for parents



The flyer for Positive Indian Parenting features a central title in red and black: "POSITIVE INDIAN PARENTING HONORING OUR CHILDREN HONORING OUR TRADITIONS". It includes logos for IHC and NICWA. A "SIGN UP NOW!" section lists the class as 8 weeks on Thursdays from 4:00pm to 7:00pm. Contact information for Indian Health Council, Inc. is provided. The flyer also lists topics such as Traditional Parenting, Lessons of Storytellers, and Cradleboard Management, and is decorated with illustrations of a turtle, a bird, a bear, a wolf, and a lizard.

in need of additional help with substance abuse, domestic violence, mental health and other issues affecting the family dynamic.

According to TFS Director Karan Kolb, PIP is attracting widespread attention and participation. She notes, “Orange County Indian Center and Child Welfare Indian Unit social workers are bringing Native clients to attend PIP. One area of law under the Indian Child Welfare Act is to offer culturally appropriate services, which Orange County and Los Angeles areas do not have. We are thus the closest link to cultural services for the urban Indian population.”

For more information about PIP and to register for a future session, please call ext. 5335 or 5323. Join us in taking a positive step toward a happier and healthier family life!

Positive Indian Parenting shows parents how to reach deep inside our Native selves and reinforce our own sense of tradition as we pass along our culture to our offspring.

Modern Child Psychology Evolved from Native Studies

Karen Yazzie, Navajo, relays the fascinating information that a global icon of modern child psychology obtained a hands-on education on child rearing by studying Native American families.

German born to a Danish Jewish mother and Christian father, schooled in Vienna and immigrant to America, acclaimed child psychoanalyst Erik Erikson (1902-1994) was a student of many theories. One of his most important breakthroughs, leading to his famous concept – the eight stages of psychosocial development from infancy to late adulthood – came from studying Native American family cultures.

In the late 1930s, Erikson closely observed the education of Sioux children on Pine Ridge Reservation in South Dakota. He later immersed himself in the culture of the Yurok Tribes in northwestern California.

Both experiences, which delved into the connection between anthropology and psychology, were instrumental in the development of Erikson’s thinking.

IHC Debuts “My Pharmacy Connect”

IHC has been ahead of the technology curve among community healthcare providers for many years. We utilize technology to serve our clients more fully and well, fulfilling our Mission of “Empowering Native Wellness” and our Tribal Health Strategic Plan. The newest innovation comes from the Pharmacy Department, which is proud and pleased to introduce “My Pharmacy Connect.”

Pharmacy Director Bob Schostag explains, “We have created a patient pharmacy electronic portal for increased access to services. It connects patients to an array of important information, helps people manage their prescriptions, receive refill reminders and more – all from their computer, smartphone or other device.”

My Pharmacy Connect enables IHC patients to:

- Order prescription refills online.
- Receive refill reminders.
- Get text/email/voicemail alerts when your prescription is ready.
- Print out prescription history reports.
- See information about your medications.

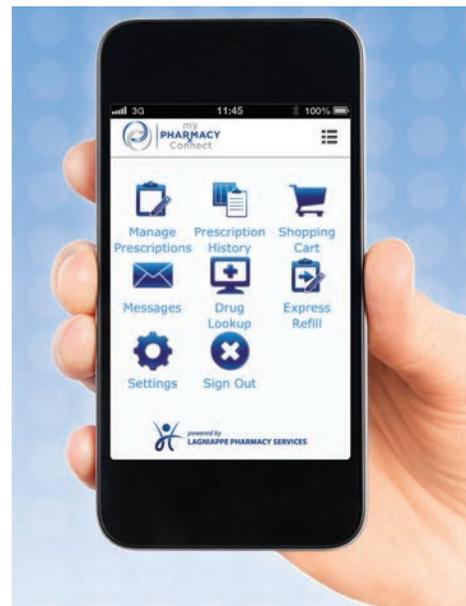
Let’s Get Connected

The privacy-protected program is easy to set up and use, at www.mypharmacyconnect.com. All you need is your name, birth date and an IHC prescription number.

Bob says, “We encourage you to create your account as soon as possible. If you have any questions or need assistance, feel free to contact the Pharmacy.”



Ally Skazy displays the My Pharmacy Connect portal on her phone



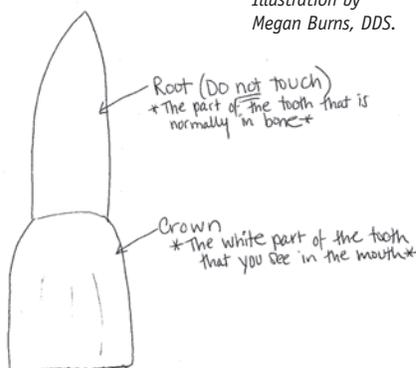
Every Minute Counts in a Pediatric Emergency

Kids being kids, stuff happens and it can easily happen to a child’s permanent adult tooth. Minor mishaps on skateboards, bicycles, playground equipment and such may not result in a medical emergency, but they can put your child’s tooth at risk. It can be chipped, or even partially or completely avulsed (“knocked out”).

Time is of the essence when it comes to saving a tooth, confirms IHC’s Pediatric Dentist Megan Burns, DDS, who serves the clinic on Tuesdays, Wednesdays and Thursdays.

“If your child has an accident that injures a permanent tooth, it’s better to be safe than sorry,” she advises. “Instead of waiting for an appointment a few days hence at IHC, take action right away. Even a few hours can make a difference.”

Illustration by
Megan Burns, DDS.



Best solutions to place an avulsed (knocked out) tooth in:

- Hank’s balanced salt solution
- Milk
- Patient’s own saliva (spit)
- Tap water (only if other solutions cannot be used)

Rady Offers Emergency Dentistry

The emergency section of Rady Children’s Hospital at 3020 Children’s Way, San Diego, 92123 (858-576-1700; www.rchsd.org) features a 24/7 emergency dentistry service that is efficient and thorough, says Dr. Burns. She should know: she completed her two-year residency at the location where, she says, she saw and handled it all.

If an accident happens during IHC business hours and you’re not sure what to do, call us here at Dental for guidance. But if the mishap takes place on a weekend – and especially if the tooth is in danger of falling out – it’s best to go straight to Rady’s.

Even if the tooth has been entirely avulsed, all may not be lost if you can recover it right away. Being careful not to touch the root surface (the part with the blood), put the tooth in Hank’s Balanced Salt Solution (available at many pharmacies) or, the next best thing, in milk.

Here’s to a mouthful of happy, healthy teeth!



Dr. Burns with Sunla Ortiz, age 7, of Los Coyotes.



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
Roberta Gottlieb, MD
Deborah Wingard, PhD

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

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

DOORS LEAD DIANDRA TO DULUTH *(continued from front page)*

As a San Pasqual High School student who loved her horses and dogs, Diandra initially considered becoming a veterinarian. Working as an animal trainer made her realize that her heart was with human medicine.

After earning a degree in Biology with a minor in Spanish at Randolph-Macon Woman's College in Virginia, Diandra worked in the exciting San Diego biotech field for eight years, including at one of the top global organizations, Genentech. The employment door closed for her at another firm, leaving Diandra opening the door to our Rincon clinic as a client.

"I told the intake person I couldn't afford medical care because I didn't have a job. I confided that I wanted to go to medical school but had no idea how to get there. She immediately tracked down [CMO] Dr. Calac, who in 20 minutes changed the course of my life. He told me the steps I needed to take before I could apply to med school and suggested I pursue a Master of Public Health (MPH) to ease myself back into school and reinforce the skills I would need for medical school. Then he sent me to CA-NARCH's Geneva Lofton-Fitzsimmons and I was on my way!"

With CA-NARCH's support, Diandra earned her MPH at SDSU and applied to the University of Minnesota Medical School at Duluth, where she was one of only 60 students accepted. It's a dream come true, she says, laughing that she is even ready to deal with frigid, snowy winters. "I intend to stay in Minnesota after I obtain my M.D., working with Native Americans on problems such as diabetes that plague our people."

We are confident that Diandra will open doors to health and fulfillment for others on their life's path.



Diandra at SDSU Native American Student Alliance High School Conference.

AN ENRICHING SUMMER

Eight students supported by CA-NARCH enhanced their learning this summer via research programs. Here is a look at three participants' experiences.

Rollena Guachino (Pala) and **Gwendolyne Jenkins** (Athabaskan) attended an activity-packed July 21-25 National Institutes of Health (NIH) Visit Week in our nation's Capitol. It was "an awesome, eye-opening experience," says Rollena, who is completing her nursing prerequisites at Palomar Community College. "I learned there is so much I can do with my nursing license, including research."

In addition to furthering skills in basics such as networking and resume-writing, the Visit was inspirational, the women say. "NIH Native American PhDs told us how they made it off the Rez and how they now serve their people."

Gwendolyne, who while working in IHC's Medical Department is striving to earn a PhD in Physical Therapy, relates, "The experience opened doors of possibility that I didn't know existed. We now are tasked with being advocates for NIH's world of research to other Natives."



Gwen and Rollena at NIH with fellow CA-NARCH student Marc Emerson.

Tenaya Siva's (Cahuilla/Luiseno) NIH Minority Health and Health Disparities International Research Training took him to Uganda from May 25-July 5. Now pursuing his Summer 2015 MPH degree, after which he will apply to medical school, Tenaya says, "The trip was extraordinary and enriching, both educationally and personally. The experience will serve as a springboard for my journey into practicing public health in underserved, resource-poor areas."

While innovating an Excel survey codebook, he and his research partner handled multiple projects simultaneously, including a cholera outbreak investigation and creation of a depression screening tool for adolescents infected with HIV. In their "spare" time, they built two small libraries on military bases!



Tenaya in Uganda.

FALL 2014 UPDATE ON CA-NARCH VII RESEARCH PROJECTS

PRESCRIPTION OPIATE PAINKILLER MISUSE

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. The project will assess the community's attitudes toward using and discarding of prescription pain medications and look at the effectiveness of a culturally-tailored drug take-back program.



According to the Centers for Disease Control and Prevention (CDC), abuse of prescription painkillers is rampant. In 2010, 16,651 Americans died from opioid-related drug overdose deaths. The CDC reports that drugs such as hydrocodone and oxycodone now kill more adults than heroin and cocaine combined.

Progress:

By the time this newsletter is published, the fledgling Prescription Opiate Painkiller Misuse research project will already have met its first milestone: the completion of 300 anonymous, confidential 10-minute surveys. Project Manager Tony Luna credits the community and IHC staff in supporting the project's efforts and spreading the word – not only about the survey but also about the dangers of prescription medication abuse.

He says, "To approach the issue from different angles, we plan to continue collaborating within IHC and conducting outreach in the community. We are producing an educational brochure, which will be available in print at the clinic and throughout the consortium area, as well as on our website at www.indianhealth.com. We also are working on the multi-disciplinary pain management program [page 2] and new Health Promotions Department [page 3] on implementing a Pill Take-Back Project."

For more information, email tluna@indianhealth.com or call ext. 5247.

FASD MODEL SUPPORT NETWORK

Principal Investigator: Christina Chambers, PhD

Purpose:

This grant continues the momentum begun with the *Healthy Women: Healthy Native Nation* project. Fetal Alcohol Spectrum Disorders (FASDs) are lifelong disabilities that make life more difficult for the affected person, their family, and the community. The National Organization for Fetal Alcohol Syndrome (NOFAS) strives to prevent FASDs and to support people and families dealing with FASDs. This grant enables the establishment of two local NOFAS chapters: one within the reservation community and one within the urban community. Each will respond to the specific needs of that community. There are currently no NOFAS chapters designed within Native communities.

Progress:

Although the recruitment portion of the *Healthy Women: Healthy Native Nation* project is complete, we will continue to serve as a resource within the community regarding FASDs. The latest raffle winner is shown here with team member Marlene' Dusek.



Marlene with raffle winner.

Project Coordinator Annika Montag notes, "After three productive years with *Healthy Women: Healthy Native Nation* and, more recently, with NOFAS, Marlene' is leaving to pursue an environmental science degree at Humboldt State University. Smart, creative, and hardworking, Marlene' is off to conquer the next challenge. She will be sorely missed!"

Ask Us!

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

ALL Is WELLness at Expo

With the temperature soaring outdoors and the food heating up indoors, the July 23, 2014 Wellness Expo & Hungry Games Relay was a warmly received success. Many people from throughout IHC's consortium area, including a contingent of elders, attended the Expo from 10 am-2 pm, punctuated by the relay at 11 am and a "Food is Fuel" lunch at Noon. Many elders enthusiastically cheered on the games.

The chipotle-inspired burrito bowl luncheon attracted staff as well as Expo attendees. Proceeds from the \$5 fundraiser support IHC's ongoing diabetes programs.

Community Health Services presenters invited people to "Come hungry!" After enjoying the delicious, slow-cooked turkey and beef barbacoa over cilantro lime rice and blend of pinto and black beans, topped with healthy veggies and washed down with clean, crisp bottled water, everyone who came hungry left happy. Now that's "haut" cuisine!



FOOD IS FUEL! *Cook well. Eat well. Live well*

Barbacoa Beef, Turkey, or Chicken

Ingredients:

- 1/3C apple cider vinegar
- 4 tsp minced garlic cloves
- 4 tsp cumin
- 2 tsp oregano
- 1 tsp ground black pepper
- 1/2 tsp salt
- 1/2 tsp ground cloves
- 1-2 Tbsp vegetable oil
- 3/4C low-sodium chicken broth
- 3 bay leaves
- 3 Tbsp lime juice
- 3-4 chipotles (canned in adobo sauce). Use only 1 for a milder sauce
- 4-5 lbs chuck roast, turkey, or chicken



Directions for 6-8 Servings:

1. Combine vinegar, lime juice, chipotles, garlic, cumin, oregano, black pepper, salt, and cloves in blender or food processor on high speed until smooth. Set aside.
2. Remove most of the fat from the roast, turkey or chicken and then cut into large chunks (approximately 6)
3. Pour oil into frying pan and sear all sides of roast on medium heat until browned
4. Place meat into Crockpot and pour adobo sauce over meat
5. Pour in the chicken broth and add bay leaves
6. Cook on high heat 6 hours or on low 10-12 hours

Top with beans, brown rice, shredded greens, salsa, and avocado!

Cilantro Lime Rice

Ingredients for 6-8 servings:

- 2C brown rice
- 1-2 tsp butter or substitute (Earth Balance, Brummel and Brown)
- 2-3C water
- 4 tsp fresh chopped cilantro
- 2 limes
- Salt to taste

Directions:

1. In a 2-quart heavy saucepan, heat butter over low heat
2. Add rice and lime juice, stir for 1 minute
3. Add water. Bring to a boil and then cover and turn down to simmer over low heat.
4. Cook until done (25-35 minutes).
5. Add chopped cilantro and fluff with fork

Seasoned Beans

Ingredients for 6-8 servings:

- 2 cans of no-salt-added black beans (or pinto) or 4C of homemade cooked beans
- 1 tsp chili powder
- 1/2 tsp cumin
- 1 garlic clove crushed
- 1/8 tsp Stevia

Directions:

1. Pour beans in small sauce pan
2. Stir in other ingredients
3. Heat over medium heat until hot





Dr. Dan's Corner

By Chief Medical Officer Dan Calac, MD



Whooping Cough is on the Rise

The illness pertussis, commonly known as whooping cough, has been labeled "an epidemic" by the San Diego County Health and Human Services Agency (HHSA). As of July 18, 2014, 895 cases have been identified in the county, compared with 120 at the same time last year.

Typically, pertussis starts with a cough and runny nose for one to two weeks, followed by weeks and even months of rapid coughing fits that sometimes end with a whooping sound; thus, the nickname whooping cough. Antibiotics can prevent the spread of disease and

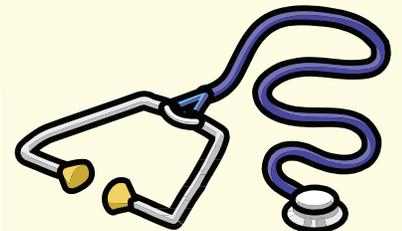
lessen the severity of symptoms.

In many patients, pertussis is not life-threatening. But, according to County Public Health Officer Dr. Wilma Wooten, "Infants are at greatest risk for severe illness and death, so we are urging parents to vaccinate their children and pregnant women to be vaccinated to protect their babies." Children under the age of one are especially vulnerable because they do not have their full dosage.

I concur with the U.S. Centers for Disease Control and Prevention's recommendations that children get

doses of the vaccine at 2 months, 4 months, 6 months, 15-18 months and 4-6 years. Preteens and adults should get a booster shot.

If you are in need of a vaccine series and/or booster for yourself or your children, please contact the clinic. You also can get vaccinated at local pharmacies and county public health centers, but please do get vaccinated. For more information on whooping cough, call the HHSA Immunization Branch at 866-358-2966 or visit www.sdiz.org.



"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.

A Case for a Cause... Foster Youth Need Luggage to Call Their Own

To you, it is a piece of luggage. To a foster child moving from one placement to another, it's a symbol of self-worth. Without a suitcase to call their own, these children often must transport personal belongings in trash bags.

Tribal Family Services welcomes your assistance in giving our Native foster youth luggage that is specifically theirs. Please bring your gently-used, functioning piece(s) to our office. You will make a foster girl or boy's move much smoother and their lives much better. We thank you.



CORRECTION

On page 9 of the Summer 2014 Newsletter, we showed a 14-year-old working out at the IHC gym.

We should have noted that Noah Tortes was exercising with an adult. **All children 17 years of age and younger must be accompanied by an adult when working out in our gym.**

2014 | 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. Next up: **December 20**.

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 9 am-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.

PAIN MANAGEMENT CLINICS

Multi-disciplinary pain management clinics for identified chronic pain patients are held on the **first and third Thursday of the month from 1:00-3:30 pm** in Medical. Appointments are required. 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

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.



Karen Wilson
ICWA Administrative Case Aide



Stacey Collings
PHN I



Ricardo Romero
Injury Prevention Coordinator



Catherine Cameron
Administrative Assistant



no cavities club

Abigail Goldtooth
Gracee Hall
Monae Salgado
Dorothy Herrera
Chadwick Moody
Leo Cloninger
Robert Wendruck
Victoria Lira
Mark Banks
Juan Reyes
Jacob Barnes
Aaliyah Hamideh
Sara Hamideh
Adeliada Martinez

Thomas Huber
Cheyanne Majel
Jillian Horton
Hannah Trujillo
Shayley Kitchen
Jayleen Walsh
Serena Peralta
Leroy Salgado IV
Serena Peralta
Chiara Oyos Haynes
Emaay Morales
Raquel Standingwater

Awesome!

INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness

50100 Golsh Road
Valley Center, CA 92082

FORWARDING SERVICE REQUESTED



BOARD MEMBERS EXECUTIVE BOARD

Robert Smith, Chairman	Pala
Benjamin Magante, Sr., Vice Chairman	Pauma
Melody Arviso, Secretary	San Pasqual
Leia Arviso, Treasurer	Inaja Cosmit
Theda Molina, Member-at-Large	La Jolla

MEMBERS

Open	Inaja Cosmit
Doris Beresford	La Jolla
Andrew Campbell	Los Coyotes
Milton Campbell	Los Coyotes
Tony Gumataotao	Mesa Grande
Mercedes Amavisca	Mesa Grande
LeeAnn Hayes	Pala
Patricia Dixon	Pauma
Jim Murguia	Rincon
Gilbert Parada	Rincon
Patricia Ockert	San Pasqual
Melanie Luna	Santa Ysabel
Carolyn Stalcup	Santa Ysabel

Romelle Majel McCauley, Chief Executive Officer

INDIAN HEALTH COUNCIL, INC.

www.indianhealth.com

Email: info@indianhealth.com

Phone: (760) 749-1410

Fax: (760) 749-1564

24/7 Comment/Suggestion Line: Ext. 5307

Patient Transportation Medical Department:

Ext. 5269

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

OFF-HOUR EMERGENCIES

Palomar Hospital: (760) 739-3000

Fallbrook Hospital: (760) 728-1191

Children's Hospital: (760) 739-1543

INDIAN HEALTH COUNCIL, INC SCHEDULE

Medical Department

M-F 8:00-6:30

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

Obstetrics

every other Thurs 8:30-12:00

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

Podiatry T, Th 8:30-4:30

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

Diabetes | Ophthalmology Clinic

every other Wed 8:30-12:00

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