



# INDIAN HEALTH COUNCIL, INC.



Winter 2009

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

Volume 25 Issue 4

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## A LIFE-SAVING CALL



Rita Majel and Araceli Garcia.

When CHR Araceli Garcia is determined to do something, she does not give up. That perseverance – and the willingness of her client, Rita Majel of Rincon, to take heed – in Rita’s words, “saved my life.”

This summer, Araceli motivated Rita to make one simple phone call – perhaps the most important call of her life: to schedule a mammogram. Please turn to page 3 to read a paraphrased excerpt from a letter Rita wrote this fall while undergoing treatment for breast cancer.

## Happy Birthday to Us!



### FORTY? ALREADY?

WE DON'T LOOK A DAY OVER 39!

On January 19, 2010, Indian Health Council, Inc. will turn 40 years old. The clinic was incorporated on January 19, 1970. A celebration will be held this summer. Stay tuned for details in the months ahead.

# A BOLD NEW APPROACH:

## Prevention and Early Intervention



*PEI staff: back row, Arturo Calvo, George Pojas, Corinne Owen-Biggs, Leon Altamirano; front row, Karan Kolb, Hector Torres, Evelyn Galasso. Not pictured: Martina Portillo, Nancy Flexman, Monica Jauregui.*

Advancements in healthcare are often evolutionary; taking place slowly, step by step. Indian Health Council's Prevention and Early Intervention (PEI) program is revolutionary in its approach and anticipated beneficial results. The program, which kicked off with an August 2009 Open House at the PEI Elder/Youth Center in the Human Services Department at the Rincon clinic, is already reaping successes.

### What is Prevention and Early Intervention?

PEI is a "Dreamweaver Consortium" of Indian Health Council, Southern Indian Health Council, Sycuan Medical/Dental Center and San Diego American Indian Health. All are equal partners in a grant funded with Proposition 63 Mental Health Services Act monies through San Diego County. IHC has received \$620,000 in first-year funding.

### What Services Are Covered?

The grant delivers mental health prevention and early intervention services to the County's Native American population. PEI covers a multitude of prevention and early intervention services designed to help people of all ages. These include elder and youth activities, elder support, child, youth and family support as well as referral services and other activities.

### How Does PEI Operate?

At IHC, PEI employs a powerful multidisciplinary approach. The team, led by directors of Human Services, Community Health Services and Tribal Family Services, exhibits a synergy in which members are cross-trained and information is shared through weekly huddles. Through identification, assessment and referral, problems can be detected when they are small and addressed before they grow larger.

As an example, if Elder Navigator Arturo Calvo, while conducting a presentation to seniors, observes a child in the home with possible developmental issues, he can provide an immediate referral to appropriate clinic staff. Concerted actions like these can keep fewer children and adults from falling through the cracks of care.

"By identifying issues early, we can intervene earlier, giving the individual a chance at a better outcome," Dr. Torres believes. Martina Portillo concurs, adding, "When appropriate, presentations and interventions are incorporated in a cultural framework." Karan Kolb explains, "Things like teen pregnancy and drug abuse are not part of our traditional ways. At our center, youth learn from respected elders about their culture."

### What Kinds of Activities Take Place?

PEI is community-centric. Team members have performed outreach to ascertain programs Tribal members need and want. Then, they build events around these needs.

Programs have included presentations on H1N1, cutting, suicide and other issues of concern to young and old alike. On-site events include a "Stitch-to-Wellness" quilting group, depression screening, a fun Halloween "Elder Scare" with both seniors and toddlers in costume and a moving Veterans Day presentation.

Feedback from clients has been positive and many exciting aspects lie ahead. The "dreamcatcher" moniker is symbolic. It reflects the program's Native American focus and it is a multidisciplinary dream come true for the team. They say, "In medicine we tend to fix problems after the fact. PEI enables us to help people avoid major issues down the road."



*A fun Halloween "Elders Scare."*

### How Can I Obtain More Information?

We are setting up a special email address: [PEI@IndianHealth.com](mailto:PEI@IndianHealth.com). You also can contact any team member on a confidential basis to ask questions, obtain information or share your suggestions for future activities.

The entire team wants the community to know: "PEI is YOUR program."

**PEI Team Leaders:**  
**Hector Torres, PhD,**  
 Human Services Director  
**Martina Portillo, RN, MPH,**  
 Community Health Services Director  
**Karan Kolb,**  
 Tribal Family Services Director

**PEI Staff**  
**George Pojas,** Outreach and Prevention  
**Arturo Calvo,** Elder Navigator  
**Evelyn Galasso,** LCSW  
**Corinne Owen-Biggs,** Social Worker  
**Leon Altamirano,** PsyD  
**Nancy Flexman,** Accountant  
**Monica Jauregui,**  
 Administrative Assistant



*Stitch-to-Wellness quilters Leila Jose, Shirley Kolb, Cynthia Kolb.*

## A LIFE-SAVING CALL

[continued from front page]

By Rita Majel

"I'm writing my story with the hope other women may be prompted to schedule a mammogram. I didn't make the appointment on my own. It was only through the effort of Araceli Garcia, who made a home visit. When Araceli learned it had been 10 years since my last mammogram, she was not going to take no for an answer. She scheduled me for an appointment that month.

"When the day came, I was 'too busy,' so I rescheduled it for the next month. About 80% of mammogram appointments made each month end up as 'no shows.' I guess 'more important' things come up and women don't put mammograms very high on our priority lists.

"I had no lumps I could feel and no signs of anything wrong. The only way to detect what I was diagnosed with, 'Ducal Carcinoma In-situ' was through my mammogram. "I was very lucky because the cancer was caught in the earliest stages and in my left breast only. It was treated by a mastectomy. When my pathology report came back, I realized how truly lucky I was. The cancer had spread beyond the milk ducts and the report also showed a mass along with many microscopic invasive cancer cells that had spread throughout my whole left breast.

"I was months away from having full-blown cancer. This kind of cancer, left untreated, would have spread through-

out my whole body and this is the reason why women die from this disease. Because I had no symptoms, the ONLY way to detect my cancer was through a mammogram! Because the cancer was detected in its earliest stages, I have a 98% chance of full recovery.

"I never thought about how important having a yearly mammogram was until now. This simple test saved my life! Without Araceli's effort, I would not have made the appointment.

"I hope my story can help save someone else's life. If you haven't had a mammogram in the last year, pick up the phone and schedule that appointment today. More importantly, show up!

"Breast cancer is a lot more common than we think. If detected early, breast cancer is very treatable. Left undetected, breast cancer can end our life. I'm sure many of you think as I did, that it could not happen to you. Take it from someone who knows: it can happen to any of us.

**"So please pick up the phone and schedule a mammogram appointment today."**



*Rita Majel hugs Araceli Garcia.*

## STEPPING UP FOR AWARENESS



*After completing the Komen Race, IHC staff, clients and community members pose happily in front of the IHC booth.*

Fall was a season of feats of feet for Community Health staff and other IHC employees. On September 12, CHS Director Martina Portillo and her colleague Peggy Richards, who coordinates the breast cancer program, participated in the Avon Walk for Breast Cancer in Long Beach. On November 1, they were joined by other IHC staff at the 5K Komen Race for the Cure in San Diego. Both events raise money and awareness for the fight against breast cancer. Participants included HR Administrative Assistant Angie Cuevas, who also participated in the November 20-22 Breast Cancer 3Day, raising a few blisters and more than \$2,000 for the cause.

## AVOCADOLICIOUS!



Food, facials, breast cancer awareness, domestic violence and overall health were on the menu of activities for the Community

Health-sponsored 2009 Women's Day on October 28, supported by Avon and Komen grants. The women enjoyed listening to presentations, including a guest speaker from the Komen foundation, making crafts, sharing experiences and meeting cancer survivors.

In addition to discovering the healthful skin benefits of avocados and other fun stuff, the women gained valuable insights into prevention, early detection and wellness. They left with informative flyers and the motivation to improve their health – for themselves and for everyone who loves them.



*Women's Day coordinator Peggy Richards with Susan G. Komen Foundation guest speaker and breast cancer survivor Sandy Rabourne.*

# A Message From Santa



"Indian Santa," AKA Medical Director Dan Calac, MD, invites you to be an "angel" and donate a gift to a foster child.

Yes, foster children, there IS a Santa Claus! Indian Santa, in fact! He will arrive in mid-December for a Tribal Family Services (TFS) Angel Tree Christmas party.

Each year, IHC staff, clients and community members pick "angels." Based on the child's age and gender, these warm-hearted people buy a new gift, place it in a gift box and bring it to TFS. At the party, Native American foster children from infants to age 19 unwrap their gifts while they and their families enjoy refreshments and fun.

If you'd like to help a foster child have a great Christmas, bring your gift or monetary donation to TFS or call ext. 5324 to learn how you can help these valued children get 2010 off to a great start.



## FOSTERING A PATH TO HIGHER EDUCATION

Higher education was the topic and the Rincon clinic was the site on October 23, when Indian Health Council hosted and co-sponsored College Connect Day for foster care middle and high school students and caregivers. The event was co-sponsored by the San Diego County Office of Education (SDCOE), Foster Youth Services College Connection Advisory Council with support from the Casey Family Programs San Diego Field Office.

Representatives from area community colleges and universities made presentations to help guide attendees toward their higher education and career goals. They answered questions such as: 1) Which college will you attend? 2) What will be your major? 3) Do you know how to enroll? 4) How will you pay for college? and 5) Where will you live while in college? Participants also received a college preparation toolkit.

Presentations from area community colleges and universities will help guide foster youth toward higher education and career goals.

Thanks to events such as these, with widespread support from area colleges and the SDCOE, our foster youth can see the path to higher education and learn how to get on it and get ahead in their lives.



Dancers Brent Robbin of Los Coyotes and Shawnee and Danielle Schmidt of La Jolla entertain at the event.

## ASSESSMENT CENTER ON THE WAY

While being brought into protective custody, a young child asked his social worker why he couldn't stay on the Reservation and see his IHC doctor. His question initiated a conversation between IHC and North Inland Child Welfare Services, which resulted in an agreement to partner in developing an Assessment Center. The center will mirror North County's Child Assessment Network North (CANN), which operates as an intake center for abused and neglected children placed in protective custody.

The agencies are developing a memorandum of agreement and will collaborate to provide necessary services and foster homes on local Reservations, thereby keeping children in their familiar environment during time of removal and helping to reduce possible trauma. After being medically triaged, drug tested if exposed to illegal substances, and undergoing an exam, they will be transported to a Tribally approved foster home in their community.

Efforts are being made to recruit foster homes and approve Non Related Extended Family Member (NREFM) homes. An NREFM is a person who is not related by blood, but has an established familial or mentoring relationship with a child prior to placement.

The goal is to keep Indian children in their community if they are unable to safely reside with their family, and place them with a Tribally approved home while relative placement is arranged. Both agencies are energized to work closely to keep children safe and healthy in their community.



Shawnee Schmidt sings a song and accompanies herself on the hand drum.

## HERE'S SOMETHING TO SMILE ABOUT: DENTAL OPEN HOUSE ON JANUARY 21



IHC's Dental Team hopes to see YOUR smiling face on January 21!

Parents of children from birth to five years old as well as expectant moms are invited to get 2010 off to a great start by participating in the Dental Department's Open House taking place January 21 from 1:00-4:00 pm. The event funded by the California Rural Indian Health Board's Tribal Oral Health Mini-Grant Program.

"We're presenting an afternoon of entertaining education, with information, raffles and prizes," says Dental Director Carrie Lambert, DDS. "The most important 'prize' will be the oral health enjoyed by children in attendance," she notes, stressing that early care sets the standard for

lifelong good habits.

Parents will learn when to bring infants in for their first exam and all about sealants, fluoride varnishes and other healthful tips. The clinic's own Pediatric Dentist, Kyomi O'Connor, DMD, PhD, is the event's guest speaker.

If you have a young child or are pregnant, please mark January 21 on your calendar, and remember: We want to see your smiling face!

## AN EXPERT WITH BITES AND BYTES

Overseeing the operations of IHC's Dental Department, with close to two dozen employees and hundreds of patients, not to mention a huge technological enhancement in process, is no easy feat. Dental Office Manager Julie Shepard is totally up to the challenge, and up to her teeth in work - which is just how she likes it.

"I am the kind of person who focuses on getting things accomplished," Julie says, noting that her business is also her pleasure. "This is an extraordinary clinic: a beautiful facility with a great staff doing wonderful things. Everything we do is for the patients' benefit."

Julie has 25 years of dental experience, mostly as an office manager in private practice. She also is a dental assistant, which brought her to Indian Health Council as a "temp" before she officially joined the clinic in January 2008. Dental Director Carrie Lambert, DDS, says, "Julie is passionate about her role in the Dental Department and inspires others with her enthusiasm."



Julie Shepard.

### Smooth Operator

Julie supervises front office and billing personnel, keeps front and back office operations meshing smoothly, answers patient concerns and participates in multidepartment activities. She has played a key role in the move to the high-tech Dentrix patient management system and the consolidation of Medical and Dental records. "We are taking steps to make the process work better for patients," Julie confirms, in terms of registration, paperwork and electronic records.

Julie and her husband live in Escondido. They have two grown sons, one of whom is serving in Iraq, and a new grandbaby. She says she loves coming to the clinic every day: "This position offers a learning and growing process. And it's a great place to work."

## DENTAL DEPARTMENT RULES PROTECT YOUR CHILD

The Dental Department wants to make sure that every child has a safe and complete experience. Therefore, these rules are in place for parents of children under age 18. If you have any questions, please call ext. 5233.

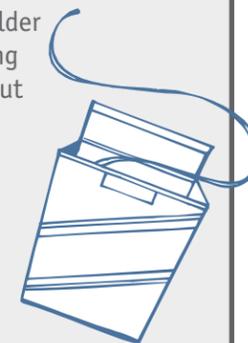
### Rule #1: Accompany your child

Children MUST be accompanied to their appointment by their parent(s) or legal guardian(s). Extended family members such as aunts, uncles, grandparents, older siblings or cousins cannot bring your child for treatment without you.

If you wish to have someone other than yourself accompany your child, you must first obtain and fill out an Absent Parent Form stating that a specifically named person is allowed to bring your child to the Dental Department. These forms are available at the Dental Department and must be completed prior to your child's visit.

### Rule #2: Remain with your child

Parents are required to stay in the Dental waiting room while their child is receiving treatment. This requirement is imperative, especially in case of consent or emergency situations.





# Exciting NEWS CA-NARCH Funding Received!

## 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 NARCH, please contact:  
Student Program Coordinator  
Geneva Lofton-Fitzsimmons  
at (760) 749-1410, x5278.

## Academic Partners



SAN DIEGO STATE UNIVERSITY



In Spring 2008, CA-NARCH applied to the National Institutes for Health (NIH) for funding to enable the continuation of the NARCH core project, student project and three new research projects that will take place at the IHC clinic. All projects have been funded for four years, effective September 1, 2009.

Here is a brief overview. Stay tuned to this newsletter for progress reports in the months and years ahead.

### CA-NARCH Core Project

The California Native American Research Center for Health (CA-NARCH) is a partnership of tribal and university organizations committed to reducing health disparities in American Indian/Alaska Indians (AI/AN) populations and to increasing the number of AI/AN scientist and professionals. This core project supports the IHC management team and activities of the Institutional Review Board (IRB).

### CA-NARCH Student Development Project

The Student Development Program (SDP) has been funded for the past five years. This new funding will enable the program, which is under the leadership of SDSU's Stephanie Brodine, MD, to continue and grow. The SDP's goals are to: 1) develop a cadre of skilled AI/AN scientists engaged in research; 2) establish a model of AI/AN recruitment into graduate studies leading to research careers in science and medicine; 3) enhance partnerships and reduce distrust of research among AI/AN communities.

### Oral Flora, Periodontitis and Vascular Dysfunction in Young Native Americans

Principal Investigator: Roberta Gottlieb, MD

This research is intended to increase the understanding of the relationship between periodontitis and vascular function in young adults. The study will examine a population of AI/AN clients from the IHC clinic who have had limited dental care, to determine if periodontal disease is associated with early signs of vascular dysfunction or systemic inflammation.

### Prenatal Alcohol Consumption Among Native American Women in San Diego County

Principal Investigator: Christina Chambers, PhD

This project will identify culturally appropriate screening and intervention methods for possible fetal alcohol syndrome. The study will examine the effectiveness of two translational methods of screening, brief intervention and referral for risky alcohol consumption among AI/AN women at the IHC clinic who are or have the potential to become pregnant.

### Acupuncture and Diabetic Peripheral Neuropathy Among Native Americans

Principal Investigator: Deborah Wingard, PhD

The aims of this project are two-fold: 1) to determine the prevalence of clinically diagnosed peripheral neuropathy among Native Americans attending a southern Californian Indian diabetes clinic (Prevalence Study); and 2) to determine if acupuncture is associated with improved micro circulation and a reduction of peripheral neuropathy symptoms (Intervention Study).

# ANOTHER GREAT YEAR GETS UNDER WAY



A festive dinner.

Two dozen CA-NARCH students and staff had a wonderful evening at the October 19 back-to-school dinner held at UCSD. Student Program Coordinator Geneva Lofton-Fitzsimmons reports, "The event gave us an opportunity to get reacquainted, meet new students and discuss the school year calendar as well as opportunities in programs, research, conferences and events."

Students Sarah Fredickson (Chickasaw), Cynthia Begay (Navajo/Hopi) and Chelsea Kolander (Choctaw) shared their current research projects. Dr. Wingard told of student research opportunities, including the new research project, Acupuncture and Diabetic Peripheral Neuropathy among Native Americans.

### Shae Lynn Zastrow Wins Prestigious UCSD Award



Shae Lynn Zastrow accepts her award.

**It's official: CA-NARCH student Shae Lynn Zastrow is outstanding!**

She has proven to be outstanding as a student, as an advocate for Native American issues and as a dedicated mentor to middle and high school students. She was honored in Spring 2009 as one of two students at the University of California San Diego (UCSD) "who have already accomplished extraordinary things on campus." Shae Lynn, who graduated with a degree in cognitive science and minor in biology, plans to pursue graduate studies in cognitive ethnography.

As a child, Shae Lynn (Hupa) spent much time on the reservation where her father, also a member, is from. Upon arriving at UCSD, she discovered that the campus had about the same number of Native American students – 1,000 – as tiny Humboldt State University, where her father

directs an Indian Teacher Personnel Program. Undeterred, she organized a Native American Student Alliance on campus, worked with other students of color at a Summer Bridge program and became an active participant in CA-NARCH.

UCSD got it right. There is only one word for Shae Lynn Zastrow: OUTSTANDING!

### Travis Numan Hits Master's Thesis Out of the Ballpark

CA-NARCH student Travis Numan (Paiute and Shoshone), a former pro and semi-pro baseball player, high school baseball coach and recent recipient of a master's degree in exercise physiology at San Diego State University (SDSU), swung for the fences when he created his master's thesis on the role of central adaptation on sweat gland response to heat acclimation. He hit a home run.



Travis Numan presents his thesis.

In August, Travis and his colleagues received an exciting email from Anne McArdle, associate editor of the American Journal of Physiology. She wrote, "I am pleased to inform you that your manuscript has been accepted. 'Is active sweating during heat acclimation required for improvements in peripheral sweat gland function?' will be published online as an Article in Press. Congratulations on such an excellent study."

**Way to go, Travis!**

### Students Attend SACNAS

Four CA-NARCH students were thrilled to attend the Society for Advancement of Chicanos and Native Americans in Science (SACNAS) conference held October 15-18 in Dallas. They are: Tabitha Whipple (Mono), Cynthia Begay (Navajo/Hopi), Ashley Warren (Umatilla/Nez Perce) and Brittany Trischler (Cherokee).

Tabitha was particularly pleased. As an earlier astronomy major, she studied the stars. Now a senior at SDSU majoring in American Indian Studies with a double minor in psychology and astronomy, she reached for the stars: her research poster captured first place in her division.

Tabitha, who is president of SDSU's Native American Student Alliance (NASA) and former student representative of American Indian Science and Engineering Society (AISES), says, "Attending the conference was amazing. Winning was exciting and unexpected."

### What is a good way to make – and keep – New Year's Resolutions?

#### Answer:

At this time of year, people start reflecting on the past year. Many look at resolutions made the previous year. They either pat themselves on the back for achieving them or criticize themselves, make excuses, then resolve to make the same resolutions for the coming year. For many, this becomes a yearly cycle. When the resolution is not completed, it becomes a real pain.

#### Create a Success-Oriented Plan

To break the yearly cycle of not being able to complete your New Year's Resolution, you need to develop a strategic plan.

#### STEP ONE:

Select a reasonable resolution. For instance, if you smoke three packs of cigarettes a day on December 31, chances are you won't be successful in quitting on January 1. Set an achievable goal. If you want to stop smoking, develop a plan with several steps that will help you be successful.

#### STEP TWO:

Develop strategies to help you achieve your resolution.

#### STEP THREE:

Break down larger goals into small ones. If you want to lose 30 pounds, consider setting a series of small goals to lose five pounds at a time. You might also want to include going to the gym and eating healthier food.

#### STEP FOUR:

Develop alternative behaviors. If you smoke to relax, you need to find alternative ways of relaxing. If you enjoy eating rich desserts, look at other desserts with fewer calories.

**FINAL (and most important) STEP:** Make sure that the resolution is yours and that you are not doing it because others expect you to do it. If you need assistance in creating or completing your New Year's Resolution, please contact Human Services. We will be happy to support you!

Hector Torres, PhD, is IHC's Director of Human Services. If you have a question you would like Dr. Torres to answer in print, you can submit it, anonymously and with full confidentiality, to Human Services or via email at [htorres@indianhealth.com](mailto:htorres@indianhealth.com). Although each of us is unique, many issues are shared among people. Dr. Torres' response to your question may help others in the community.

According to government research, the most popular New Year's Resolutions are to:

- Lose weight
- Manage debt
- Save more money
- Get a better job
- Get fit
- Go back to school
- Drink less alcohol
- Stop smoking
- Reduce stress
- Take a trip
- Volunteer



## SWEAT, LEARN AND EARN BIG:

### THE 2009 CLASS CHALLENGE

IHC is up for the Challenge, and so are dozens of community members from our consortium reservations.

The exciting 2009 Class Challenge has motivated people of all ages to spend quality time between November 1-December 31 swimming, hip-hopping, mastering the downward dog and other yoga positions, enjoying low-impact chair aerobics, lifting weights and pursuing other active as well as non-exercise healthy living activities. The latter options include parenting education, Prevention Early Intervention programs, a beading workshop and other events.

Classes and events are taking place throughout the area. Almost every day of week, something is happening somewhere. Exercise enthusiasts are getting their groove on at IHC's Rincon and Santa Ysabel clinics, the Pala pool, La Jolla gym and various outside facilities partnering with IHC in this active effort. To date, Physical Activity Specialist and Challenge Coordinator Angelina Renteria says, "Each individual has been extremely dedicated to working out and staying active. I'm extremely proud of each of these people for their hard work and dedication."

Participants earn reward points that make them eligible for great prizes. Prizes accumulate as each level of participation is reached. Big point winners will need



Weight lifting and cardio group exercisers muscle up for the Challenge as they work out at Valley Center High.

a big bag to hold all of their booty, which may include a water bottle, t-shirt, yoga mat, sports watch and an MP3 player.

"The best prize of all is improved health and a better quality of life," emphasizes Angelina. "We hope that the 2009 Challenge helps to transform people's lives. The contest concludes on the last day of the year. We want to see the benefits continue as people ring in the New Year with an active resolution to make exercise part of their daily lives."



## DIABETES DO'S AND DON'TS | Focus: Exercise

Physical activity is beneficial for everyone, and it is very important for people with diabetes. Being active can help you control blood glucose, weight and blood pressure. It can help raise "good" cholesterol and lower "bad" cholesterol. It also can reduce the risk of heart disease and nerve damage, two problems that may plague people with diabetes.

Here are some exercise **DO's** and **DON'Ts**. (If you notice more **DO's**, that's by intent: the more you **DO**, the healthier you can BE.) For personalized assistance, please contact Physical Activity Specialist Angelina Renteria at ext. 5263.

This mini-column offers ways in which people with diabetes can maintain healthy habits, avoid preventable complications and improve their physical and emotional well-being while managing their disease. For more information on how you can take control, please visit the clinic.

**DO** discuss a safe exercise plan with your health care provider before you begin a regimen, to make sure you have no special problems that limit the kinds of exercise you should do.

**DO** begin slowly, perhaps walking 10-20 minutes a day. As you get stronger, aim for moderate-intensity physical activity (such as walking briskly, swimming, mowing the lawn or dancing) at least 30 minutes a day at least five days a week.

**DON'T** force yourself to do things you don't enjoy or you won't continue them. Find things you like to do, then do them religiously.

**DO** find a friend or relative to work out with. Exercising together is motivational and fun.

**DO** check your blood glucose before and after exercise to help prevent hypoglycemia. Drink plenty of fluids during physical activity, since blood glucose can be affected by dehydration.

**DON'T** exercise if your blood glucose is above 300, or your fasting blood glucose is above 250 and you have ketones in your urine.

**DO** wear cotton socks and athletic shoes that fit well and are comfortable. After you exercise, check your feet for sores and injuries.

**DO** give yourself a big pat on the back for actively taking charge of your health!

# 2009 | 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.

## FLU SHOTS

Standard flu shots are available to all. The H1N1 (swine flu) vaccine, if available, will be provided first to high-risk patients such as the elderly and those with poorly controlled asthma. Please contact Medical.

## BLOOD DRIVES

Blood drives are open to everyone. They take place from **8 am-3 pm** at the Rincon Clinic. Please call ext. 5313 for details. Next up: **December 17.**

## 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 held from **8:30-9:30 am** on the **second** and **fourth Thursday** of each month in Medical. Please call ext. 5392.

## 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. 5356 for the early 2010 schedule.

## MAMMOGRAM CLINICS

Mammogram clinics are held from 9 am-2 pm on the first Friday of each month in Medical. Appointments are required. Please call ext. 5344 for the early 2010 schedule.

## OB CLINICS

OB clinics are held at **8:30 am** on the **first** and **third Thursday** of each month in Medical. Please call 233-5560.

## CHILD PASSENGER SAFETY CLASSES

Child passenger safety classes funded by the Indian Health Service to 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. Classes are held in the Community Health Kitchen at 9 am on the following dates: January 22, February 26, March 26. Please call ext. 5356 to reserve your spot.

Next up: **December 18.**

## 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 **9 am-2 pm**. Please call Medical to schedule an appointment.

## 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. To request a class on your reservation, please call ext. 5263.

- IHC Multipurpose Room Exercise Class: Wednesdays, 12:00-1 pm.
- Pala Senior Water Aerobics: Mondays and Thursdays, 9:30-10:30 am.
- Pala Chair Aerobics: Tuesdays and Thursdays, 9:30-10:30 am.
- Santa Ysabel Group Exercise: Thursdays, 12:00 – 1 pm.
- Valley Center High School Weight Room: Tuesdays, 5:15-6:15 pm.
- La Jolla Group Exercise: Tuesdays, 12:00 - 1 pm.
- La Jolla Gym "Shaun T's Hip Hop Abs" DVD Program: Monday, 7-8 pm.
- Free personal training sessions are available to Tribal members by appointment only. Call ext. 5263.



*Happy Holidays to All  
from Our Indian Health Council  
Family to Yours*

# no cavities club

Akwaliimay Ambriz  
Mila Beentijes  
Jolie Beentijes  
Octavia Calac  
Juan Cervantes  
Nashayla Chaipos  
Keon Chapparosa  
Cassandra Constantino  
Julian Cuevas  
Samuel Desrosiers  
Jasmine Duro  
Joseph Flores

Cadence Howard  
Marlyce Howard  
Lucianna Lasseigne  
Miah Lasseigne  
Victoria Lira  
Kamaay Magante  
Corey Minjares  
Miles Moriarty  
Darrius Ochoa-Williams  
Demetrius Ochoa-Williams  
Matteo Ortega  
Deazillah Ramirez  
Easton Ratliff

Scarlett Reed  
Haise Rodriguez  
Justin Rodriguez  
Thelma Rodriguez  
Shullaw Romero-Cloninger  
Shuuluk Romero-Cloninger  
Hailey Sheperd  
Cullen Smith  
Maleah Teller  
Leone Torres  
Paa'ila Rivas

### Feeling sick but not sure if it's H1N1?

Before you visit the doctor, you can visit [www.flu.gov/evaluation](http://www.flu.gov/evaluation), a website established by the federal government. There, you can take a test that can help you determine what you have and what to do.



# INDIAN HEALTH COUNCIL, INC.

A facility as unique and valuable as the community it serves

## Newsletter

50100 Golsh Road  
Valley Center, CA 92082

FORWARDING SERVICE REQUESTED

### BOARD MEMBERS EXECUTIVE BOARD

|                                      |             |
|--------------------------------------|-------------|
| Robert Smith, Chairman               | Pala        |
| Benjamin Magante, Sr., Vice Chairman | Pauma       |
| Francine Kupsch, Secretary           | Los Coyotes |
| Scott Constantino, Treasurer         | Rincon      |
| Theda Molina, Member-at-Large        | La Jolla    |

### MEMBERS

|                      |              |
|----------------------|--------------|
| Leia Arviso          | Inaja Cosmit |
| Viola Peck           | La Jolla     |
| Andrew Campbell      | Los Coyotes  |
| Tony Gumataotao      | Mesa Grande  |
| Julia Nejo           | Mesa Grande  |
| LeeAnn Hayes         | Pala         |
| Patricia Dixon       | Pauma        |
| Gilbert Parada       | Rincon       |
| Melody Arviso        | San Pasqual  |
| Barbara Lawson-Risso | San Pasqual  |
| Melanie Luna         | Santa Ysabel |
| Dorothy Ponchetti    | Santa Ysabel |

Romelle Majel McCauley, Chief Executive Officer

### INDIAN HEALTH COUNCIL, INC.

[www.indianhealth.com](http://www.indianhealth.com)

Email: [info@indianhealth.com](mailto: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

### RINCON HEALTH CENTER SCHEDULE

M-F, 8:00 am - 6:30 pm

(unless otherwise noted)

### MEDICAL - Ext. 5344

(Note: Currently, Medical is open on a pilot basis until 6:30 pm every day. These extended hours are subject to change, depending upon client demand.)

### DOCTORS/NURSES

(including child visits) M-F, 8:00 am - 6:30 pm

### Obstetrics every other

Th, 8:30 am - 12:00 pm

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

Podiatry every other F, 8:30 am - 4:30 pm

X-Ray M - F, 8:30 am - 6:30 pm

### Diabetes Clinic

every other Th, 8:30 am - 12:00 pm

### DENTAL - Ext. 5255

#### Dentists/Hygienist

M, T, Th, F, 8:00 am - 4:30 pm

W, 8:15 am - 6:30 pm

### Orthodontist and other Specialists

Call Ext. 5253 for schedule

### COMMUNITY HEALTH - Ext. 5237

Public Health Nursing, Home Health Aides,  
Environmental Technician, Nutritionists, etc.  
M-F, 8:00 am - 4:30 pm

### HUMAN SERVICES - Ext. 5249

Social Services, Child Abuse, Domestic  
Violence, Substance Abuse, Tobacco  
Education, Parenting and Specialty Programs  
M-F, 8:00 am - 4:30 pm

### TRIBAL FAMILY SERVICES - Ext. 5321

Services and Programs

M-F, 8:00 am - 4:30 pm

### PHARMACY - Ext. 5251

All Services M - F, 8:30 am - 6:30 pm

### OTHER PROGRAMS & SERVICES

Call for schedule

### SANTA YSABEL COMMUNITY HEALTH CENTER SCHEDULE

110-1/2 School House Canyon Road

Phone (760) 765-4203 \* Fax (760) 765-4208

Temporary: General Hours of Operation  
M, W, 8 am - 4 pm F, 8 am - Noon

