



INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness



Summer 2017

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

Volume 33 Issue 2

Wellness Journey "Springs" to Life



2K.

Information, inspiration and sunshine were in the mix at the April 12th "Journey to Wellness" Celebration of Resiliency. IHC's Prevention and Early Intervention (PEI) spring event was funded by the County of San Diego HHS Mental Health Services Act.



Viola Peck.

After a blessing by Robert Arviso and AIVA Color Guard presentation, the event kicked off with a Walking in Balance 2K, which attracted dozens of participants from youngsters to Elders such as Viola Peck, who declared the walk (for her, in a wheelchair) a fun success.

(continued on page 3)

IHC Welcomes IHS Site Director



IHC CEO Romelle Majel-McCauley with IHS Acting Director Rear Admiral Chris Buchanan.

Indian Health Service California Area Office Acting Director Rear Admiral Chris Buchanan enjoyed his first visit to Indian Health Council, Inc. on March 2, 2017. CEO Romelle Majel-McCauley gave him an in-depth tour of the facility and introduced him to department directors, each of whom told the Acting Director about the broad array of services offered to our clients and the community.

Romelle reports, "Rear Admiral Buchanan said he was excited and pleased to be here. He told me he was very impressed with our people and programs, and intended to share what he learned with other clinics. We greatly appreciate the time he spent with us and look forward to future visits."

INSIDE THIS ISSUE

BLOOD DRIVE
August 21st – 8am-3pm

Every Drop Counts
See You There!



Thriving Beyond Abuse;
page 2



CA-NARCH Grads Are
Going Places; page 6



Schedule Kindergarten
Physicals Now; page 8

Community Members Learn How to Thrive Beyond Abuse

The process of making positive changes for a better life began for dozens of women, including survivors of domestic abuse, on March 24th, culminating in a healing evening sweat. On this powerful day, at IHC's "Thriving Beyond Abuse" Breaking the Cycle Workshop, women – and a few men – learned techniques to conquer self-doubt, discover hidden talents, heal their wounded spirit and create a new future for themselves.

The event was funded by IHC's Peace Between Partners Program, Blue Shield Against Violence Initiative, and Grant No. DS16071602 through the California Governor's Office of Emergency Services.

Participants felt inspired as hope began to bloom inside them. Peace Between Partners Coordinator Sandra Toscano explains, "This workshop was for women to reclaim their lives, quiet the inner voice and awaken their happy person inside. Facilitator Susan Omilian, an attorney, author and women's advocate, educated the audience on how to move to Thriver."

Participants received purple journals to decorate and a Thriver Workbook to document their journey. Sandra reports, "We had frank and lively discussions about how we don't have to be stuck or feel stagnated. We learned to not let abuse define who you are; it doesn't own you if you don't let it." Most of all, she says, people absorbed a clear and strong message: "Not to settle for anything less than a life that is better than ever."



Germaine Omish Lucero accepts a gift of a gourd from Susan Dalati and Sandra Toscano

Honoring Those Who Help Us Grow Stronger

Organizers presented Susan Omilian with a beautiful butterfly dream catcher created by Dr. Michael Carlish. A special tribute was given to Germaine Omish Lucero, Executive Director of Strong Hearted Women's Coalition. In addition to receiving a lovely gourd (courtesy of Beth Turner), tote bag with goodies and stained glass feather (courtesy of Susan Dalati, CILS), Germaine was thanked for her years of dedication in assisting Native American women overcome domestic violence and sexual assault. Sandra believes, "Germaine's efforts have enabled us to grow stronger and offer more DV/SA programs, advocates and services throughout our nine consortium Tribes."

Participants began the morning with a hope for a better life. They left that evening empowered to move beyond



abuse and excel for positive change. They received the affirmation they could do so and the tools to effect that change.

Workshop organizers agreed, "We accomplished the goal of sharing the need to discuss sensitive subjects in a comfortable, trusting environment." Noting that additional workshops and sweats will take place in the future, they emphasize, "Please remember that you are not alone. You deserve better. We are here to help."

*The workshop helped women to reclaim their lives,
quiet the inner voice and awaken their happy person inside.*

Next Up

June 21st , 8am-4pm:

**Human Trafficking Awareness Conference;
Harrah's Resort and Casino**

Sponsored by IHC; Facilitated by
San Diego Regional Human Trafficking/CSEC

Info: stoscano@indianhealth.com

June 29th Movie Night:

Join us in the Multipurpose Room
at 5 pm to watch
"We Are Birds ... A California Indian Story,"
followed by a Q&A with film director Albert Chacon.

Call ext. 5279 for info.

Nellie Casillas Promotes Healthy Lifestyles

When Nellie Casillas saw the description for Physical Activities Specialist/Diabetes Admin Coordinator, she exclaimed, "This is my dream job! It combines my experience in community health, administrative services, patient advocacy and fitness as well as my degree in Human Nutrition-Exercise Physiology and advanced certifications."

Nellie has a passion to help community members improve their health. She notes, "When I am able to help a client get off their blood pressure medication because of a substantial weight loss coupled with an exercise program, it makes me feel wonderful."

Nellie has been making IHC clients feel wonderful since joining the clinic in June 2016. She devotes a portion of her time to "Living a Life in Balance" classes; this year, the eight-week program is being conducted at Pala, Rincon, La Jolla and Pauma. She says, "We reach out to people ages 15-40 in an effort to prevent diabetes. Doing cardio for just 150 minutes per week can decrease the risk of developing many diseases."

Nellie also works with diabetes and pain management patients in Medical clinics. She reports, "Nutritionist Jina George and I consult with individuals and healthcare providers. I conduct thorough assessments and help people use exercise to break the cycle of pain from conditions such as arthritis and fibromyalgia. It's amazing how the release of endorphins can improve one's daily life."

A Personalized Path to Wellness

Nellie works with individuals to identify their goals, implementing a personalized exercise program to help them achieve their objective. At lunchtime, you can find this former championship bodybuilder with workout buddy Valerie Boyle in the IHC gym. At home in Pauma Valley, she gardens, walks with her Dachshund and hikes while spending time with her 20-year-old identical twin daughters.



Nellie coordinates the multifaceted Special Diabetes Program and chairs the monthly Interdepartmental Collaborative Meeting. The latter brings together representatives from every IHC department to identify ways to improve patient care.

Nellie immensely enjoys propelling people on their personalized path to wellness. She says, "I am eager to help people take advantage of having a gym and personal trainer right here for free." To set up an appointment for a personal consultation, contact ext. 5263 or ncasillas@indianhealth.com.

A Celebration of Resiliency (continued from front page)

Viola Peck epitomizes the power of resiliency that echoed in heartfelt talks by Brandie Taylor and Stan Rodriguez, Rincon Storytellers' "Ocean People vs. Mountain People" performance, Many Nations Drum Group, and Asha Takook and Inter-Tribal Bird Singers. Rick Romero's Tai Chi demo got people up and exercising. The mouthwatering lunch grilled by Rez Riders (as famous for their BBQ skills as their motorcycle panache) included healthful offerings like veggie burgers.

Booths staffed by IHC departments and organizations such as La Jolla Environmental Protection Office, San Diego

Children's Museum and others offered educational activities and crafts. Attendees visited booths to complete their journey to wellness and qualify for a raffle. People painted depictions of what resiliency means to them; hearts, flowers and love predominated in the optimistic works of art.

Lucy Mendez of La Jolla summed up the significance of the day. Holding a tiny radish plant she planned to nurture to fruition, Lucy said, "This is a great celebration. Everyone is smiling and happy. Coming to these events always teaches me something new."



AIVA Color Guard.



Rez Riders BBQ.



Booth passport journey.

BEHAVIORAL HEALTH SERVICES ADVANCES

Department Director Cheryl Pfent, Psy.D. states, "We are happy to announce these exciting new developments that enhance our value to clients and the community."



A New Doctor's in Our House... Luis Clement, Psy.D.

A familiar face at IHC, Clinical Psychologist Luis Clement has attained his Doctorate in Clinical Psychology. He holds a B.A., M.A. in Education, M.A. in Clinical Psychology and now his Psy. D.

As affable as he is educated ("I love it here; the community has welcomed me with open arms!"), Dr. Clement joined IHC in August 2014 after serving at facilities focused on wellness and recovery. This emphasis dovetails with his work on the Indian Health Services' Methamphetamine and Suicide Prevention Initiative (MSPI).

He says, "MSPI enables us to extend culturally-appropriate, post-vention care to address the issues someone faces upon release from a treatment facility back into the original environment, which may have contributed to or exacerbated the problem." Paul Gonzales leads Wellbriety (sobriety + wellness) 12-step groups at Rincon and Santa Ysabel.

The Wellbriety Mending Broken Hearts Intensive Native American Grief Recovery Talking Circle is an important step in the process. The curriculum takes place over three full days, followed by four half-day Talking Circles that assist adults making their way back into family and community. Dr. Clement explains, "We open a sacred communal space and use traditional healing, talking and connecting to help people at this critical juncture." For information, call ext. 5308.



Misty Taylor Earns LCSW

Misty Taylor, who joined IHC in January 2015 as a Domestic Violence/Sexual Assault Therapist, has completed stringent requirements to become a Licensed Clinical Social Worker (LCSW). A member of the Iipay Nation of Santa Ysabel, Misty currently resides on the Reservation with her ten-year-old son, Jaleel. She follows in the footsteps of her mother Silvana Osuna, a longtime ICWA Social Worker.

Exhibiting a passion for helping her community, Misty earned her Master's Degree in Social Work at SDSU, where she was the only Native student in the program. She received many scholarships, including a highly competitive award from Indian Health Service. Earning her LCSW involved a rigorous schedule of interning and passing two challenging tests.

Misty relates, "I've come full circle; first as a patient at the clinic and now as a professional helping Tribal people and the community. This work gives me purpose."

*I have come
full circle
at IHC.*



Ami Admire Coordinates Native Connections Grant

Ami Admire (Rincon Band of Luiseño Indians) has a short commute and a big job. Ami coordinates the new Native Connections grant awarded by the U.S. Department of Health and Human Services.

The five-year effort will use community voices to develop programs that "braid" western medicine with Tribal healing to reduce suicidal behaviors, substance abuse/misuse, reduce the impact of trauma and promote mental health among people 24 and younger.

The first year is devoted to data collection, primarily through interviews. Ami reports, "We want to find out what community members know about existing issues and services, so we can develop a program that meets their needs. Consortium youth, adults and Elders can help us pursue the program's goals by becoming a Native Connections Ambassador and joining our Advisory Board. These volunteers will play a critical role in program development and planning."

A mother of two, 20-year educator and student of traditional ways of being, Ami holds a B.A. in Liberal Arts from Concordia University. She continues to teach at the Rincon Indian Education Center where she created and leads the innovative Rincon Youth Storytellers, which shares culture through performances. Most recently, Ami served as a Research Assistant on IHC's "Ready, Set, Go!" project.



Volunteer

Volunteers interested in serving on the Native Connections Advisory Board are invited to contact aadmire@indianhealth.com or ext. 5775.

Proactive Case Management Program Benefits Elders and Chronically Ill

IHC's grant-funded, community-based model of PHN Case Management Services has been helping Elders and the chronically ill stay well. If you are in one of these categories, Case Manager Peggy Richards, RN, PHN, can help you, too.

Peggy explains, "Our proactive program pursues three goals for people who are elderly and/or have chronic illnesses such as hypertension, cardiovascular disease, diabetes and other conditions. The goals are to: 1) increase compliance and follow-through of medical appointments; 2) increase medication compliance; and 3) decrease hospital re-admissions."

To achieve these goals, Peggy and her team provide help with medication management, hospital discharge planning and medical appointment assistance. Much time and effort are devoted to providing the necessary information and education to increase positive health outcomes.

Peggy emphasizes, "It is important for everyone to adhere to their prescribed medication and appointment

schedules. For Elders and chronically ill patients, doing so is paramount to their ongoing health."

Education and Encouragement

Peggy derives a great deal of satisfaction from helping people understand what medications they are taking and how they should be taking them, as well as why follow-up medical appointments and tests are needed.

She notes, "One of the most important services we provide is coordinating with the hospital discharge planner and social workers. I can help with discharge planning even before a patient enters the hospital for a scheduled surgery, telling them what to expect. After the procedure, I can visit the patient in the hospital to help them understand the discharge plan. For unscheduled hospitalizations, we strongly advise the family to call us when the patient is admitted so we can get a head start on coordination and follow-up."

For more information, please call ext. 5455.



IHC's Case Management Program is intended to increase compliance and follow-through of medical appointments, increase medication compliance and decrease hospital re-admissions for elders and the chronically ill.

Shea Maxcy is a Multi-Tasking Pro



Upon observing Shea Maxcy's Pharmacy skills, bolstered by her familiarity with and commitment to her community, IHC Pharmacy Director Ella Solis knew this industrious young woman completing her 100 hours of externship would be an asset to her department. So she hired the newly certified Pharmacy Tech; initially part-time, and then, once a position opened up, full-time.

Shea is a member of the Pala Band of Mission Indians. She attained her certificate from San Joaquin Valley College in September 2016 and has quickly acclimated to the stay-on-your-toes tempo of a fast-paced Pharmacy that, on its busiest days may fill over 400 prescriptions. She explains, "We are cross-trained to rotate through many tasks, from speaking with patients and taking their prescriptions at the window to typing them up to filling them in the back. I enjoy every minute of it!"

Shea is used to multi-tasking. She is the mother of daughters Nayelli, 8; Shealee, 6; and Lailynn, 5. After being a stay-at-home mom for several years, Shea says her girls are very proud of her educational and career accomplishments. They live in a lovely, brand-new home on the Pala Res where Shea grew up.

"I came to the clinic as a kid. Now here I am working here. It's a perfect fit," Shea says. We agree!

IMPORTANT PHARMACY NOTICE

EFFECTIVE IMMEDIATELY: To comply with legal regulations and provide necessary counseling to patients, refill prescriptions prescribed by non-Indian Health Council providers and all new prescriptions must be picked up at the pharmacy when the pharmacy is open. Patients may continue to pick up refill prescription prescribed by an IHC provider at the Santa Ysabel clinic. We are here to serve you the best way we can while ensuring patient safety. We appreciate your understanding and apologize for any inconvenience.

PHARMACY HOURS

Santa Ysabel
M & W, 10am-4pm;
F: 10am-Noon

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





California Native American Research Center for Health

A Program of the Indian Health Council, Inc. (CA-NARCH) Summer 2017

About CA-NARCH

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

Principal Investigator:

Dan Calac, MD

Program Director:

Stephanie Brodine, MD

Research Project Principal Investigators:

Christina Chambers, PhD
Roland Moore, PhD

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

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

THESE GREAT GRADS ARE GOING PLACES!

Please join us in congratulating our amazing grads, who continue onward and upward on their career path. They share an appreciation for CA-NARCH and a strong will to persevere. We will catch up with **Cynthia Begay** (Hopi/Navajo), who has earned her MPH and is out of the country, in a future issue.

She jokes that she holds the record for the longest time to get her Bachelor's Degree, but **Jacquellyn (Peery) White** (Peoria Tribe of Indians of Oklahoma) is an exemplary model of perseverance. She says, "It has taken me years to reach the goal of obtaining a BA in Medical Anthropology from Cal State University San Marcos, but I NEVER gave up." Peery will return to school this fall to earn her MPH while completing prerequisites for medical school.

She credits CA-NARCH with "providing outstanding mentoring and support in helping me reach my education and career goals." The credit and kudos go to Peery, who has inspired us all.

Armed with his MPH in Epidemiology from SDSU, **Alex Esquivel** (Cupeno-Pala) plans to pursue a career in his field; initially gaining experience as a research analyst/associate. He says, "Attaining my educational goal feels amazing! NARCH provided me with scholarship information, internships, summer programs and of course mentorship. Without them I wouldn't be where I am today."

Alex's advice: "It's never too late to realize your dream. It took me a long time to figure out what I wanted to do, but I never gave up. Don't be scared to go after something you want."

Sierra Warren (Nez Perce/Umatilla) is a first-generation college grad, earning a degree in Chemistry with a minor in American Indian Studies from SDSU. With accolades ranging from science to water polo and a store of chemistry quips ("If you're not part of the solution, you're part of the precipitate"), Sierra will complete her credential to become a high school teacher.

An enthusiastic NARCH member since 2009 when she was in high school, Sierra says, "NARCH's support and encouragement pushed me past comfort zones that led to great success; growing me closer to my Native culture and always there by my side, believing in me. It's normal to feel lost or confused as a college student, but don't ever give up, because passing the finish line has been the best decision I have ever made."



Jasmine Akiko Garcia



Jacquellyn (Peery) White



Alex Esquivel



Sierra Warren, flanked by Richard Armenta, Stephanie Brodine and Geneva Lofton-Fitzsimmons

Full of (Wild)Life

Having won a 2017 Special Merit in Biological/Life Sciences, recent UCSD Biology grad **Jasmine Akiko Garcia** (Mescalero Apache) will intern in a summer NIH animal ethics program, then head to Bolivia to volunteer with big cats. She states, "I am sampling different zoology jobs. I am humbled by and proud of my accomplishments. My advice to those starting out is to remind them of perspective. There will be tough situations you have to endure, but even the grief is a blessing. Take it all in as something to learn from and you will go far in life."

This wise young woman thanks NARCH "for never-ending mental, emotional and financial support. I would not be as successful or taken as many leaps of faith without the NARCH community."

CA-NARCH VII RESEARCH PROJECTS

PRESCRIPTION OPIATE PAINKILLER MISUSE (Pill Take-Back Project)

Principal Investigator: Roland Moore, PhD

Purpose

In response to the rising prevalence of prescription pain medication abuse, this project will implement and evaluate an intervention designed to reduce the availability of expired prescription pain medication in the homes of Native Americans in IHC consortium reservations.

Progress

Did you know prescription drug abuse is one of the fastest growing drug problems in the United States? Although medications are extremely helpful when taken as instructed by a doctor, they can also be extremely harmful. The Pill Take Back Project is working to promote responsible pain medication use, management and disposal to help keep our children safe and our environment safe. Our mission is to provide opportunities to dispose unwanted or expired prescriptions anonymously, no questions asked at drop off. At the April 12th Journey to Wellness, we collected approximately 14 pounds of unused/expired medication!

We recently presented at the National Rx Drug Abuse and

Heroin Summit sharing the strategies that we are using in our local area for promoting responsible use of Rx medications. These included our Safe Prescribing policies, health education initiatives, and take back events. If you would like to learn more, please contact us at 760-749-1410, ext. 5247.

Sheriff's Deputies man the Pill Take-Back box at IHC's April 12th Journey to Wellness.



HEALTHY NATIVE NATION PROMOTES EDUCATION THROUGH ART

Principal Investigator: Christina Chambers, PhD

Healthy Native Nation (HNN) is connecting tribal members to their heritage and educating adults and youth about Fetal Alcohol Spectrum Disorders (FASD) through art. Research Assistant Rhonda Romero explains, "Using art as an educational tool reinforces our message, especially with children. We have created cradleboards in classrooms to show the importance of loving and protecting our children. Our message is that caring for a child begins before birth, stressing that an alcohol-free pregnancy is best."

HNN was established to spread awareness about FASD and provide support for affected families. FASD is a range of disabilities that can affect a child exposed to alcohol before birth. Mild to severe disabilities can cause lifelong challenges for the child and family members.

FASD can be treated, and with support, those affected can thrive. HNN helps families understand FASD, make referrals for diagnosis, if necessary, and obtain appropriate

support. Our resource library in IHC's Community Health department offers much information. A support group will start in September for caregivers who have family members with FASD. The group will meet the second Tuesday of every month from 5:30-6:30 pm.

As part of September's FASD Awareness Month, HNN is sponsoring an Art Contest, Show and Reception with educational activities, presentations, info on Pala Rez Radio, and more. We provide ongoing community outreach and education to schools, service providers and community groups. We continue to seek community feedback by conducting interviews and focus groups with adults and youth to identify needs and priorities. For additional information, please call 760-751-6055 or visit us at IHC.

Enter Our Art Contest!

HNN's art contest is open to the community. We invite you to create a drawing, painting, or other art that raises awareness about the importance of an alcohol-free pregnancy. Submit artwork by August 16th to the HNN office. An Art Show and Reception, displaying submitted art and presenting awards, will be held September 6th.



FASD FACTS

- Prenatal alcohol exposure is the leading cause of learning disabilities.
- FASD's are permanent. They cannot be cured, but they can be managed.
- Alcohol causes more damage to an unborn baby than tobacco, cocaine, marijuana, or heroin.

Schedule Kindergarten Physicals Now

If you have a child entering kindergarten this fall, now is the time to schedule an appointment for IHC's Well Child Clinic. Clinics are held from 1-4 pm in Medical on the first Wednesday (NP Carrie Gerdik), second Wednesday (Dr. Elaine Davidson), third Friday (PA Cindy Adriano) and fourth Wednesday (Dr. Dan Calac) and Friday (NP Fie Gamble) of each month.

To enroll your child in kindergarten, you will need to present proof of required immunizations, including DTaP, Polio, Hep B, MMR and Varicella. At the Well Child appointment, we will administer immunizations, provide the required record and tip-top shape as they begin their new educational adventure.

Additional Immunizations and Physicals

A DTaP booster shot is required at the beginning of seventh grade. If your student of any age plans to participate in an organized sport, please schedule a Sports Physical in advance. We want to make sure they have a ball!



Fie Gamble, Dr. Dan and other providers are eager to help your kindergartener get off to a healthy start.

Birth	Age 2 months		Age 4 months		Age 6 months		Age 12 months		Age 15 months		Age 18 months	
HepB	Interval from previous dose	Interval from previous dose	Interval from previous dose	Interval from previous dose	Interval from previous dose	Interval from previous dose	Interval from previous dose	Interval from previous dose	Interval from previous dose	Interval from previous dose	Interval from previous dose	Interval from previous dose
	DTaP ¹ (Diphtheria, Tetanus, Pertussis)	1-2 months	DTaP ¹	1-2 months	DTaP ¹	1-2 months	HepA ² (age: 12-15 months)	DTaP ³	6-12 months	HepA ²	6-18 months	
	Polio (IPV)	1-2 months	Polio	1-2 months	Polio	1-14 months	MMR ^{5,6}					
	HepB ² (age: 1-2 months)	1-2 months after birth dose	HepB ²	1-2 months after 1st dose or age	HepB ²	2-12 months and at least 4 months after last dose ⁷	Varicella ⁸ (age: 12-15 months)					
	Hib (Hib meningitis)	1-2 months	Hib	1-2 months	Hib ⁹	1-2 months	Hib	2-8 months				
	PCV (Pneumo)	1-2 months	PCV	1-2 months	PCV	1-2 months	PCV ¹⁰ (age: 12-15 months)	6-8 weeks				
	RV ³ (Rotavirus)		RV ³	4-10 weeks	RV ³	4-10 weeks and 12 weeks after 1st dose ¹¹						

Every Fall: Flu Vaccine¹¹ Everyone 6 months and older

This is a suggested schedule. For alternatives and details, including additional recommendations for immunization, see the Recommended Immunization Schedule for Children and Adolescents Age 18 Years or Younger, UNITED STATES, 2017.
¹ Minimum interval between 1st and 2nd doses is 4 weeks. Adjuvanted 1 dose of MMR to follow 6-11 months before international travel.
² HepB doses should be given on or after 12 months of age.
³ Minimum interval: Ages 1-2 age 2 months. Age 12 years and older, 4 weeks.
⁴ MMR is given in 2 doses. The 2nd dose is given 2-6 months after the 1st dose at 12-15 months.
⁵ MMR is given in 2 doses. The 2nd dose is given 2-6 months after the 1st dose at 12-15 months.
⁶ The 1st dose of DTaP may be administered as early as 12 months, provided at least 6 months have elapsed since the 2nd DTaP dose.
⁷ First dose of PCV series should be given at 12 months of age or after.
⁸ The 1st dose of DTaP may be administered as early as 12 months, provided at least 6 months have elapsed since the 2nd DTaP dose.
⁹ Hib vaccine should be given on a 2, 4, 6, 12 month schedule for 0-6 year olds. Interval is 2 months. Hib is immunocompromised or possible contact with Hib virus or other Hib 2-8 doses scheduled 2, 4, 6, 12 months.
¹⁰ A Hib vaccine series may be given to all persons 18 through 23 years of age. See MMRV for details.
¹¹ Two doses given at least 4 weeks apart are recommended for ages 6 months to 6 years who are getting the vaccine for the first time. (MMWR) 2017.

More than Sew-Sew!

Tribes 4 Christ President/CEO Susan Curo displays Sewing Circle quilts.

IHC's Stitch-to-Wellness creative women meet weekly to craft, sew, stitch, bead and quilt. These talented Elders bring projects to life while discussing topics such as mental health in a comfortable environment. The program is supported by a San Diego County Prevention and Early Intervention (PEI) Agreement.

According to Tribal Family Services Director Karan Kolb, "While jointly quilting, Elders share life lessons. They explore other forms of art through 'Spiritivity' projects. For Valentine's Day, they expertly used acrylic paint on canvas to make lovely heart trees. I was amazed at their imaginative skills; the way they used the same materials to make pieces that, like them, are unique." In June, they are creating Father's Day art.

Now, Stitch-to-Wellness efforts have been buttressed by Tribes 4 Christ Ministry to fashion cozy bed coverings for Native foster youth in our community. President/CEO Susan Curo believes, "Receiving a blanket or quilt lovingly made by people who care about them helps these vulnerable children feel more secure."

The results are much more than sew-sew - they are awesome!

Introducing: Pulmonary Clinics

People who smoke, have asthma or COPD may benefit greatly from IHC's new Pulmonary Clinics. The clinics, which began in March, are conducted in Medical on the first and third Thursdays of the month from 10am-4pm by Pulmonary Sub-Specialist Dr. Walter Jensen.

Dr. Jensen offers services such as radiological evaluation of lung diseases, pulmonary function tests, a determination of need for fiberoptic bronchoscopy, a lung biopsy or thoracentesis for a pleural effusion. The need for sleep studies, arterial blood gases and referral to the ER will also be provided.

Dr. Jensen can evaluate all forms of pulmonary infections, airway diseases including upper airway obstruction, asthma, COPD, bronchiectasis, acute respiratory failure, adult respiratory distress syndrome, and the need for airway control and mechanical ventilation. He also offers individual and group smoking cessation sessions. We want you to breathe easier, so call ext. 5275 for an appointment.



Dr. Dan's Corner

Enjoy Safe Fun in the Sun

After our long, chilly, rainy winter, the summer sun feels great. But did you know that anyone – regardless of their age or race – can get skin cancer? According to the American Academy of Dermatology, “One in five Americans will develop skin cancer in their lifetime.”

In addition to skin cancer, overexposure to the sun hastens skin aging. So for both health and aesthetic reasons, everyone in your family should use sunscreen to protect against the sun’s harmful rays.

CHOOSE SUNSCREEN WISELY

Buy sunscreen that offers:

- Broad-spectrum protection against UVA and UVB rays.
- A Sun Protection Factor (SPF) of 30 or higher.
- Water resistance.

USE SUNSCREEN WISELY

Apply sunscreen:

- On dry skin 15 minutes before going outside for an extended time.
- Everywhere that will not be covered by clothing. Use a lip balm with sunscreen on your lips.
- Generously – most people do not apply as much sunscreen as recommended.

- Every two hours, or after swimming or sweating.

TAKE ADDITIONAL PRECAUTIONS

- Avoid the sun between 10am-2pm when rays are strongest.
- Wear protective clothing such as a long-sleeved shirt, pants, hat and sunglasses.
- Know that water and sand reflect the sun’s damaging rays, increasing your chance of sunburn.

Sunscreen is inexpensive, convenient to carry and easy to apply. It’s an effective way to fight wrinkles and protect against skin cancer. This ounce of prevention is definitely worth a pound of cure!



Chief Medical Officer Dan Calac, MD

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

PCMH IS COMING! CURIOUS? ASK OUR MEDICAL STAFF!



Let's Talk Dental

What is a Crown?

There are two ways to fix a broken tooth. One method is called a direct restoration and the other is called an indirect restoration.

Direct restorations include amalgam (silver) and composite (white) fillings. Direct restorations are predictable and long-lasting when more than half the remaining natural tooth is structurally sound. When more than half of the natural tooth is affected by decay or missing, fillings are unpredictable and often break down quickly because the amount of tooth structure left to hold the filling in place is too weak to withstand the forces applied to it while we eat and speak.

When there is not enough tooth structure left to predictably support a direct restoration, dentists tend to recommend

indirect restorations. Unlike direct restorations (which can be made inside the mouth), indirect restorations must be fabricated outside of the mouth. Crowns are a type of indirect restoration made outside of the oral cavity by a trained technician at a dental laboratory.

Dental crowns are commonly called “caps.” A crown is a tooth shaped restoration that fits over a tooth and is cemented into place. Crowns can be made of gold, porcelain, zirconia (a white metal), or lithium disilicate (a white glass). The point of a crown is to protect the remaining tooth while also restoring it to its original shape and size so that it can be used effectively while we speak and eat.



By Chance Bodini, DDS

“Let’s Talk Dental” addresses general oral health topics. If you have a question or concern you would like addressed in this recurring newsletter column, please email cbodini@indianhealth.com.

2017 | CLINIC SCHEDULES



RED CROSS BLOOD DRIVES

Periodically, 9am-3pm. Appointments are not necessary. Next up: **August 21**. Call ext. 5377.

DIABETES MANAGEMENT CLINICS

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

DIABETES 101

SDPI-funded intro/refresher for patients with diabetes and those who wish to learn more about diabetes. **Third Tuesday of the month, 10am-12:30pm**, Community Health Kitchen. Call ext. 5455 to reserve your seat.

EYE CLINICS

Wednesdays, 9am-12pm in Medical North. Call ext. 5231 or 5265 to schedule an appointment.

MAMMOGRAM CLINICS

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

OB CLINICS

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

BLOOD PRESSURE & ECHOCARDIOGRAM CLINICS

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

CHILD CAR SEAT SAFETY CLASSES

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

WELL CHILD CLINICS

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

ACUPUNCTURE CLINICS

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

CHIROPRACTIC CLINICS

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

CARDIOLOGY CLINICS

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

PODIATRY CLINICS

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

PULMONARY CLINICS

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

PAIN MANAGEMENT CLINICS

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

FITNESS FUN

SDPI-funded physical activity opportunities to improve and prevent diabetes. Call ext. 5455 to schedule a personal consultation.

WELCOME TO THE IHC NEIGHBORHOOD

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



Joe Yazzie
House Keeper



Ami Admire
Native Connections Program Coordinator



Natasha Kitchen
Referral/Medical Assistant



Daniel Escamilla-Woods
Patient Services Rep. II



Fie Gamble
Family Nurse Practitioner



Jeff Brown
Registered Dental Assistant



Jenna Bogner
Medical Assistant/X-ray Tech



Kristina Englehart
Pharmacy Tech



no cavities club

Chaeton Revilla
Jayda McElroy
Kaden Low
David Duro
Mukikmal Trujillo
David Mendoza Jr.
Davisyn Yoney
Talon Nelson
Eisley Machado

Keith Redfern
Fredrick Mazzetti
Mason Vargas
Edward Calac III
Nealani QuisQuis
Temevish Leo
LiLi Bliss
Mexily Stonerburner
Wom' Si Stonerburner

Arianna Garcia
Jasmine Duro
Colin Dixon
Anthony Standingwater
Shaelynn Albright
Edward Rummel

Great job, kids!

INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness

50100 Golsh Road
Valley Center, CA 92082

FORWARDING SERVICE REQUESTED



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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: (442) 281-5000

Temecula Hospital: (951) 331-2200

Children's Hospital: (760) 739-1543

NO-SHOW POLICY

Effective June 1, 2017, Medical patients must adhere to a new No-Show Policy, defined as not showing up for your appointment with no notice or not canceling/rescheduling by noon on the previous business day. The Policy will be shared in full in the Fall 2017 Newsletter. Copies are available in Medical. Thank you for helping us maintain a high standard of care for all patients.

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, 8:00-5:30

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

Diabetes | Ophthalmology Clinic

every other Wed 8:30-12:00

Well Child Clinic

1st, 2nd, 4th W; 3rd & 4th F, 1:00-4:00

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.

Tribal Family Services Department

M-F 8:00-4:30

Behavioral Health Department

M-F 8:00-6:30

Mental Health, Counseling, Domestic

Violence, Substance Abuse

Health Promotions Department

M-F 8:00-6:30

Outreach, PEI

SANTA YSABEL SCHEDULE

Medical Department

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

First appointment 9:00 a.m.

Podiatry, First Monday, even months,

9:00-3:30

Dental Department

M, W 8:00-4:30

First appointment 9:00 a.m.

Pharmacy Department

M, W 10:00-4:00

Fri 10:00-12:00