



# INDIAN HEALTH COUNCIL, INC.

*Empowering Native Wellness*



Winter 2012

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

Volume 28 Issue 4

## Happy Holidays from our IHC Family to Yours!

Happy holidays!

Five years ago, a Board-directed restructuring of Indian Health Council, Inc. brought staff out of their department "silos" and into a team-oriented "village square." The intent was to implement a multidisciplinary approach to further the health and well-being of clients and our consortium community.

This newsletter issue illuminates some of our many multidisciplinary efforts. These include the Prevention and Early Intervention (PEI) program and Journey of the Heart (JOH) cardiovascular program for people with diabetes.

Our staff members form a cohesive and cooperative group that works together, works out together and makes everything work well for clients. I am honored to serve as your CEO.

Romelle Majel-McCauley  
Chief Executive Officer



Paula Acosta and Cori Owen-Biggs at the Angel Tree.



### Be an Angel. Help a Foster Youth.

Two of the Tribal Family Services (TFS) Department's favorite events are the annual holiday Angel Tree celebration for Native foster children and the See's Candy Fundraiser. Each fall, IHC staff, clients and community members purchase an age- and gender-specific gift for an "angel" they select. In December, the foster families enjoy a festive gathering financed by the candy sales. Santa makes his visit, the girls and boys excitedly open their gifts and express their delight and appreciation.

Although this year's occasion has passed, it's always the season to be an angel to these deserving children. From tots to teens, they need our support year-round.

Your monetary contribution can help TFS fulfill foster children's routine and emergency needs. For more information, please email [kkolb@indianhealth.com](mailto:kkolb@indianhealth.com) or stop by our TFS office.

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# Steady as an Oak for 100 Years: Happy Birthday, Nelda Taylor!



For years, she's been a familiar figure to IHC staff. For decades, she's been a familiar name in North County Indian Country. And now, centenarian Nelda Taylor is enthralled folks at Crestview Manor in Escondido, where she has lived for the past two years. On September 27, 2012, surrounded by family and friends, Nelda joyfully celebrated her 100th birthday.

Everyone who knows Nelda loves her, says IHC PHN/Diabetes Case Manager Linda Mayberry. Linda visited Nelda at her Mesa Grande home for several years. In 2009, she wrote a lovely tribute in this newsletter to Nelda and her lifelong best friend, Bernyce Ponchetti. Bernyce is six months younger, still lives at her home and visits Nelda frequently (bringing her friend her favorite treat: See's Candy).

Linda recalls, "On every visit I made, Nelda always had a smile on her face and clippers in her hand. In the spring, we'd clip lilacs in her yard for me to bring back to the clinic. She is a person who never complains. I have so much respect for Nelda. Life wasn't always easy growing up 100 years ago, but Nelda loves to recount the many stories about her childhood and the adventures she remembers so vividly."

## Nelda Flourished Despite Difficult Conditions

Her life began on the Shenandoah of the Mesa Grande Reservation on September 27, 1912. Nelda's father was an Italian immigrant named Frank Campagnoli. Her mother was a Native American Diegueño, born Sara Kota. Nelda had three sisters and one brother; she is the only surviving sibling.

According to Nelda's grandson, Vale Taylor, her sister Hazel was quite fluent in her Native language. Although Nelda can also speak her language, she was sent away to Catholic school as a child

and lost some of her fluency in the process.

Vale says, "As children, Nelda and Hazel would speak to each other in their Native tongue, but living in a period where their culture was shunned, she was spanked for using their Diegueño language."

The Campagnolis lived in an adobe home with bare dirt floors and no electricity. Nelda and her aunt frequently gathered acorns and ground them in preparation for their traditional foods. In fact, Vale says, "My grandmother has shown her grandchildren the mortar holes where she ground acorns."

Nelda grew up on Mesa Grande, but also lived for a brief time behind what is now Wild Animal Park while her hard-working father worked at the local dairy. He also worked the Black Canyon Road between Mesa Grande and Ramona, filling the crevices of the road with rock. The road, now asphalted over the rock, is still in use today.

## Trails and Tales

Her life is full of stories from the past, which Nelda remembers and shares with others. She can recount how she traveled the grades of Mesa Grande, Ramona and San Pasqual and the trails of Lake Wolford in a horse and buggy. She will point out these wagon trails and places she played as a child.

One favorite memory was making soapbox cars and riding them down Mesa Grande. The mailman would pick her up and allow her to ride around with him as he continued his route before taking her home.

Nelda married Banning Taylor and served as a full-time housewife and mother raising two children. After her husband passed away in 1998, Nelda continued living at home until she was 98 years old. Now at Crestview Manor, she continues to be an IHC patient and is loved by all who have had the privilege and pleasure of knowing her.



Nelda Taylor  
and Bernyce  
Ponchetti.

IHC's Medical Administrative Assistant Gwendolyn Jenkins says, "We at Indian Health Council wish Nelda Taylor many more years of good health, happiness and love. She blesses all who meet her. As an elder, she gives younger people hope for a long and prosperous future."

To our strong and steady elder: Happy 100th birthday, Nelda!

## Darla Schmidt Helped Change the Face of Child Welfare



Darla Schmidt, left, with the first TCA family.

When Darla Schmidt of La Jolla died unexpectedly in August, she left behind her adoring husband Greg, three adult children and brand-new grandbaby. She also is greatly missed by her colleagues at IHC, where she served as Indian Child Welfare Act (ICWA) Court Advocate for more than six years.

Tribal Family Services (TFS) Director Karan Kolb says, "Darla left her mark here at IHC and throughout Indian Country. She helped change the face of child welfare for the Tribes. She coordinated the first Tribal Customary Adoption (TCA) in California, giving a Los Coyotes family a way to keep children safe without severing parental ties."

Darla earned the respect of people at all levels and throughout the county, from the courts to staff at the Health and Human Services Agency. Her expertise and compassion will be missed.

The Dental Department before and after.



# Mural Invites Young Dental Patients to Grin and “Bear” It

Notwithstanding IHC’s friendly pediatric dental staff, going to the dentist can be a scary prospect for young children. So, when the Dental Department decided to repaint the primary wall this fall, RDA Supervisor Liz Barreto, an artistic person, suggested going from mundane to magnificent.

Dental Director Carrie Lambert, DDS, agreed. They decided to create a fun, colorful mural that would welcome children into the area and help them relax throughout their procedure.

“My nieces and nephews love the ‘Brother Bear’ movie,” reports Liz. “The Disney film with a Native American theme teaches respect for animals and nature. Plus, the characters are delightful and popular with children.”

Liz and Human Services’ Sergio Quintero, another artistic employee, created a concept and beginning sketch. The department hired Fallbrook muralist Anna Parker, who devoted 40 hours to creating the masterpiece. As part of the area remodel, the staff decided to further embellish the space by replacing ordinary ceiling light panels with cloud and sky panels. A bench for parents also was installed. The result is a destination where children are eager to be.

## Things Are Looking Up

Dr. Lambert relates, “When young patients sit in the chair, they can enjoy the mural. When they recline, they can look up at the ‘sky.’ The new décor has made a big difference in their comfort level, which translates into a better overall experience and more successful outcomes.”

To keep the fun theme going, the No Cavities Club display in the lobby was redesigned. No Cav kids receive little fishes that they can take home as a reward for outstanding oral checkups and motivation to brush and floss each day.

*The new Dental décor in pediatrics has made a big difference in young patients’ comfort level, which translates into a better overall experience and more successful outcomes.*

Next up, Dental plans to continue the cloud-and-sky panel décor throughout the adult operatories. They believe that “kids of all ages” will welcome a little relaxation when visiting the dentist.

It’s clear that IHC’s Dental Department has raised the practice of dentistry to an art!

# Have You Met Hygienist Natalia Orosco?

Natalia Orosco, RDH, MPH, is new to IHC’s Dental Department, but she is a familiar face in the community. A Kumeyaay from San Pasqual, Natalia grew up on the reservation. She attended UCSD, spent one quarter at prestigious Dartmouth College, and upon graduation in 2001, moved to Washington D.C. to participate in a Congressional Fellowship.

Natalia recalls, “Observing health policies being adopted at the federal level sparked my interest to pursue a career in the health field.”

After her Fellowship, Natalia returned home to work for San Pasqual Education Department, where she was instrumental in developing and instructing educational and cultural programs. While serving San Pasqual for eight years, she attended graduate school at SDSU, earning her Master of Public Health (MPH) with an emphasis in Health Promotion.

Natalia relates, “Graduate school brought many opportunities, including traveling to South Africa where I was able to learn about their rich culture, wretched history (similar to that of American Indians) and health disparities. The experience reaffirmed my desire to work in the health field.”

## COMMITTED TO PATIENT CARE

Natalia, who began on a temporary basis at IHC in 2011 before joining the department full-time in 2012, says, “My dental hygiene career allows me to provide direct patient care and increase patient oral health awareness.” She currently works four days per week at Rincon and one at Santa Ysabel.

In her free time, Natalia likes spending time with her husband and nine-year-old stepson. She says, “We enjoy hiking, traveling, camping at the beach, watching movies, traveling to gatherings and playing Peon.”

Above all, Natalia is committed to her family, her work and her people. She says, “It is nice to be back working in the community. One main thing my father always instilled in his daughters was the importance of receiving an education and returning to give back to your community.”

We’re all very glad Natalia Orosco has done just that!



Natalia Orosco, RDH, MPH.

# Spooktacular!

Halloween arrived early at Indian Health Council's Rincon clinic when everyone from babies to elders and families in-between enjoyed a raucously exciting evening of fun and games at the first-ever Community Night Fall Festival on October 25th.

The event was presented by the Prevention and Early Intervention (PEI) program funded by San Diego County Grant Agreement 528301. It was coordinated by a PEI team of Elder Navigator Art Calvo, Outreach Educator George Pojas and Outreach Coordinator Katie Ruiz. Katie also produced a mouth-watering Nacho Bar for the event.

George reveals, "We expected about 50-60 people. We were pleasantly surprised to host more than 200, from throughout our consortium area."

## A "Ghoul" Event

From 5:00-7:30 pm, the clinic was alive with activities. Costume contests held in the categories of children, adults and elders attracted a colorful assortment of werewolves, ghostbusters, witches and some wildly creative getups including a ketchup bottle. Thanks to cakes donated by staff and community members, dozens of Monster Mash Cake Walks were enjoyed. Physical Activity Specialist Angelina Renteria made the cake walk into an exercise activity, with monster mashers executing specialties such as the backward crawl.

Refreshments, giveaways and prizes abounded, and the fun was for a great cause: health and wellness. Children visiting the PEI booth earned tickets for correctly answering questions such as, "How can you help someone who is being bullied?" The answer: "Tell an adult."

Booth questions also were created to inform adults about IHC's programs and services as well as the resources available to them. "People who identified types of IHC providers and who learned about programs such as domestic violence prevention felt empowered," notes George. "In this informal setting and atmosphere of fun, people feel comfortable discussing serious issues."



## The Ticket to Better Health

Event-goers accumulated tickets to use at a variety of carnival games. The games and information booths represented a cross-section of IHC programs and related resources, including PIRE, Peace Between Partners, MediCal, Commodities, Dental Department (staffed by – what else – tooth fairies!), Pala Youth Program, Rincon Education Center and the All Tribes Charter School.

"It was all of us reaching out to the entire community," say PEI organizers Art, Katie and George. "Everyone had a great time. We have fielded many requests for more community festivals such as this."

This special event was far from a piece of cake to coordinate, but it was well worth the effort, believes everyone at IHC who participated. Event-goers had a great time and learned a lot about how the clinic can help empower them to achieve improved health and well-being. For us, that's the icing on the cake!



"Monster Masher"  
George Pojas.

## Karan Kolb Speaks at NCAI

The National Congress of American Indians (NCAI) is a powerful group that includes representatives of all tribal councils in the nation. When the NCAI met this fall, TFS Director Karan Kolb was honored to speak to the gathering. Also in attendance was moderator Terry Cross, CEO of the National ICWA program. Karan's presentation centered on the importance of ICWA programs and the need for Tribal councils to support these programs and through them, Native children, families and the community.



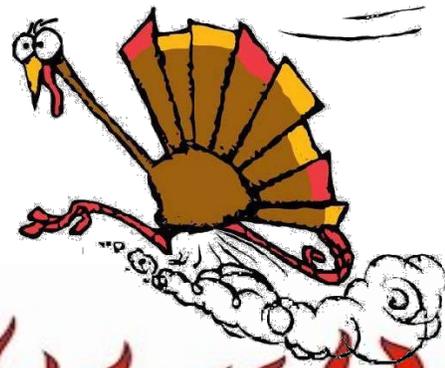
# Hot to Trot

Two days before Thanksgiving, IHC put its mission of “Empowering Native Wellness” into action for diabetes awareness. The November 20th fundraiser organized by Community Health Services featured a Turkey Trot followed by a Chili Cook-Off.

Dozens of people of all ages (plus Mickey the Dog!) from throughout IHC’s consortium area donated \$5 to walk or run a 5K, 2K or 1K. Afterward, many joined the huge group crowding into the Multipurpose Room for the \$5 chili, salad, cornbread and beverage extravaganza. The people’s choice competition offered generous tastes of chili recipes based on healthy criteria, including at least four vegetables. Any meat ingredient had to be lean.

With everything from Sangria Chile to Mary’s Merry Chili on the menu, judging the six entries was difficult, said a jovial Miguel Hernandez, who chowed down with his Pauma Water Department colleagues. He quipped, “I can’t decide. I’ll have to go back for seconds!”

The Native American band, Cloud Feather, provided entertainment. As they sang the Doors’ lyrics, “The time for hesitation’s through,” it was clear that, at IHC, the time for hesitation about following a healthier lifestyle is through. The time to race into action is now!



## Staying the Course

The comments of Turkey Trotters tell a story of determination, accomplishment and inspiration.

**“I’ve never run before. I didn’t train, but I made it the entire 3.1 miles. I plan to keep on running.”** *Noah Trujillo, 15, Pala*

**“It was a challenge to do the 5K, but I pushed through it and finished. I want to make change. It starts right here, right now, with me.”** *Rose Galimov, 20, San Pasqual*

**“I’m having a good time volunteering. It’s fun to take pictures and cheer people on.”** *Karla Garcia, 13, La Jolla*

**“Mickey won the 2K in his category: dog! The secret to his success? Pushing him in a stroller.”** *Joe, San Pasqual*

**“I finished the 5K first in my age group (at 23 minutes and change). I’ve made big changes in my life over the past several months. I bike 18 miles three times a week. I’m in the gym all the time. And in January I’ll be running the Carlsbad Half-Marathon again.”** *Jimmy Walker, Cheyenne/Arapaho, Journey of the Heart and Team Running Strong member.*

**“It was great to show our support for the clinic. And I did well in the race!”** *Marco Gonzales, Rincon Fire Department Reserve Firefighter*

**“I’m out of breath. I need an orange quick!”** *Four-year-old 1K finisher.*

### WE THANK OUR SPONSORS

Thank you to our many volunteers, including Club 7, and to our wonderful sponsors, who helped makes this fundraiser a success!



- PLATINUM:** Valley View Casino
- BRONZE:** La Jolla Band of Luiseño Indians; American Indian Veterans Association;
- In Kind:** Harrah’s Casino
- COMMUNITY:** John Kolb, Karan Kolb



## About CA-NARCH

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

**Principal Investigator:**  
Dan Calac, MD

**Program Director:**  
Stephanie Brodine, MD

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

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

## Academic Partners



SAN DIEGO STATE UNIVERSITY



## SACNAS SUCCESS

SACNAS is devoted to advancing Hispanics, Chicanos and Native Americans in Science. Its October 11-14, 2012 “Science, Technology and Diversity for a Healthy World” national conference in Seattle was well-represented by Native Americans from Indian Health Council; specifically 14 CA-NARCH students plus high-level staff, including Drs. Dan Calac (Principal Investigator) and Stephanie Brodine (Program Director) and Student Program Coordinator Geneva Lofton-Fitzsimmons.

Dr. Brodine notes, “IHC’s CA-NARCH is unique among NARCH student programs in its large student numbers, year-round mentoring and presence across four college campuses. ”

The motivational conference not only showcased cutting-edge science conducted by the nation’s leading minority scientists, but also gave CA-NARCH students an opportunity to meet and mingle with professionals in the field.

In the case of Alexandra (Ally) Mazzetti of Rincon, SACNAS offered a thrilling chance to present a poster based on the “Healthy Women: Healthy Native Nation” Fetal Alcohol Spectrum Disorder (FASD) research (profiled on page 7) which she helps coordinate. She works 20 hours per week at the clinic in addition to attending Palomar College.

Ally relates, “At last year’s conference, I was determined to challenge myself in 2012 by presenting. It was a growth opportunity,” she says, confiding that it was challenging to be one of approximately 1,200 undergraduate presenters.

Staff members concur that Ally did a great job, and Ally believes the accomplishment will help her achieve her goal. “Ultimately, I want to help our Native people through health and nutrition.”

We thank Ally and all CA-NARCH students who attended SACNAS. We look forward to seeing you on the podium as a success story in the future!

## Positive Directions

The direction of Kristen Regini’s life was initially inspired by the professionalism and empathy shown by her mother, a nurse who took excellent care of young children with severe difficulties at work and took her young daughter along as she treated them to outings on weekends.

Kristen, a member of the Tule River Yokut Tribe who grew up in Central California, says another positive direction resulted from a chance conversation with David Kamper, PhD, a Native American Studies instructor at SDSU, where she currently is a senior majoring in Public Health.

“Dr. Kamper pointed the way to CA-NARCH,” Kristen reveals, saying her involvement led to acceptance to this summer’s nine-week Four Directions program at Harvard Medical School. She was one of nine students selected to attend the elite program, which IHC’s Chief Medical Officer, Dan Calac, MD, attended when he was a university student and for which he wrote a persuasive letter of recommendation for Kristen.

“The experience was amazing,” says this goal-oriented young woman who worked long hours on a research project on abdominal sepsis in mice. “I finished two complex experiments, analyzed data and wrote an abstract. I learned basic cell culture techniques that involve growing, passaging, planting and treatment of cells under sterile environments. I also shadowed a primary care doctor in the ICU and ER.” While at Harvard, Kristen carved out time to explore Boston’s many historical sites and enjoy side trips to places such as Cape Cod.

The next exciting direction in Kristen’s life journey will be Washington DC, where her husband, a Marine, is stationed. She plans to pursue a Master’s Degree and forge a career in the medical field.

Just as her mom, who Kristen recalls “always came home from her job happy,” inspired her, we feel confident that Kristen will enter a profession where she helps and inspires others.



*“IHC’s CA-NARCH is unique among NARCH student programs in its large student numbers, year-round mentoring and presence across four college campuses.”*



# WINTER 2012 UPDATE ON NIH-FUNDED RESEARCH PROJECTS

The “Healthy Heart = Healthy Gums?” Oral Flora, Periodontitis and Vascular Dysfunction in Young Native Americans has ended. HERE ARE UPDATES ON THE TWO ONGOING PROJECTS.

## ACUPUNCTURE AND DIABETIC PERIPHERAL NEUROPATHY AMONG NATIVE AMERICANS

*Principal Investigator: Deborah Wingard, PhD*

### **Purpose:**

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

### **Progress:**

In terms of the prevalence of diabetic peripheral neuropathy portion of the project, Acupuncturist Anne Bailey says, “I have been busy analyzing the data from 322 diabetes patients who graciously allowed us to interview them. We are researching the existing medical literature for data on similar studies. We are in the process of determining how to proceed in terms of publishing the study.”

The second element is evolving, Anne reports. “We removed the randomization aspect of recruitment and now allow participants to choose whether they want to be treated or be in the care-as-usual group. IHC CMO and CA-NARCH Principal Investigator Dan Calac, MD, has been of immense help in taking the time to call qualified candidates and move recruitment forward. Out of the 17 current enrollees, 12 have opted for treatment and five for care-as-usual. Eleven patients have completed the study.”

After understanding the potential benefits of acupuncture in relieving their symptoms, the majority of people wish to be treated. Time constraints have limited a few people to being able to commit only to the two visits required for the control group.



## HEALTHY WOMEN: HEALTHY NATIVE NATION

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

*Principal Investigator: Christina Chambers, PhD*

### **Purpose:**

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

### **Progress:**

Healthy Women: Healthy Native Nation will soon be holding focus groups to get feedback on our peer-based protocol. Participants will view three peer interview videos, see our new material, and tell us what they think of it. We really want to know what you think! You will receive a gift of appreciation and, if the focus group is at lunch time, lunch. Call us if you are interested in participating (ext. 5333).

Team members Kiana Nelson, Alexandria Mazzetti and Annika Montag took part in Pala Prevention Day where Alexandria talked to the crowd about why it's not good to drink alcohol while you are pregnant. Alexandria and Annika also attended the SACNAS conference (see page 6). Alexandria presented a project poster concluding that the community has a high level of knowledge regarding the effects of alcohol on a pregnancy, but a somewhat lower level of knowledge about alcohol and women. Team members Marina Ortega and Annika attended the 24th Annual Native Health Research Conference in Seattle where they talked about implementing the project to date.



*Alexandria Mazzetti and Kiana Nelson at Pala Prevention Day.*

# The SMART Way to Achieve Your Goals

If everyone who made New Year's Resolutions stood up, almost everyone would be standing. If everyone who kept their New Year's Resolutions stood up, almost everyone would remain sitting.

Physical Activity Specialist Angelina Renteria believes, "Setting goals is a good way to improve your life, but you need to do more than that. To be successful, you need to make a plan to achieve the goals you set and you need to monitor yourself against the plan to make sure you are sticking to it. When you see the results listed on paper, you'll be motivated to continue working toward your goals."

Angelina says that making a plan is not a one-size-fits-all program. She notes, "One person may want to lose 10 pounds, another to drink less and another to quit smoking. Other people may want to start exercising, eat healthier or spend more time with their kids."

## Make a Plan, Then Follow It

People tend to make goals that are too ambitious to achieve. Then, when they falter, they feel like giving up entirely. To avoid this universal problem, once you nail down the category of your goals (food, family, fitness, etc.), make a plan as businesses do. These goal-setting plans are known by their acronym: SMART.

SMART plans are Specific, Measurable, Attainable, Relevant and Time-bound.

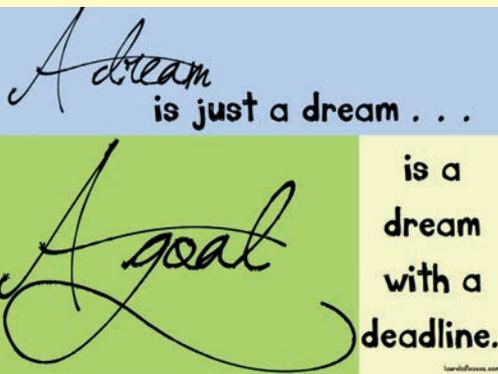
**Specific:** Be clear and state what you want to accomplish. Instead of saying something general like "I will eat more fruits and vegetables," say something like: "I will eat at least five servings of different fruits and vegetables a day."

**Measurable:** Make sure you will be able to measure the progress toward attaining your goal. For instance, if your ultimate goal is to walk four laps around a park, you can measure your progress as you proceed from walking one lap, then two, then three, then four.

**Attainable:** Avoid setting a goal that is unrealistic or out of reach. Saying, "I will lose 100 pounds," can be overwhelming to contemplate. Saying, "I will lose 10 pounds" is more attainable. After you lose those first 10 pounds, you can set a goal to lose 10 more, and 10 more after that, and so on.

**Relevant:** Select a goal that matters to you – not one someone has chosen for you or wishes to impose on you. Your friend may be training for a triathlon, while you want to run a 5K. Do what works for you.

**Time-bound:** Give yourself a realistic timeframe to achieve your goal. This will keep you on track. For instance, if you are ready to quit smoking, create a plan that will help you do so in a reasonable amount of time; for instance at the end of three months. If you say, "I'll quit tomorrow," you are setting yourself up for failure. If you say, "I'll quit eventually," you are not creating a plan to achieve that result. But if you say, "I will quit by March 15, 2013," you now have a goal you can attain.



## You Can Do It! We Can Help!

The New Year will soon be here. What do you want to do in 2013 to better your life? Now is the time to set your goals and make a plan. Contact us if you need guidance or support. And then ... get SMART!

GOAL SETTING:  
Making It Happen!



Angelina Renteria, PAS  
Linda Mayberry, PHN  
Jina A. Mitchell, RD, CDE



## The Wheel Deal



Two area Indian motorcycle clubs teamed up in October to enjoy a poker run to benefit IHC's Tribal Family Services (TFS) programs. The Descendants got the ball (or wheels) rolling, with the Rez Riders enthusiastically joining them on the route through Barona, Viejas and Jamul.

At each of five stops, participants received a card. At the end, the person with the best hand won half the jackpot, with the other half, plus raffle proceeds, earmarked for TFS.

Everyone who participated felt like a winner. The recipients of our programs and services will be the biggest winners of all. Thanks, guys!

## Don't "Weight" – Participate!

Does Weight Watchers work? Just ask svelte lifetime member and IHC Executive Assistant Barb Amiotte, who lost 80 pounds on the program and has kept it off for several years. Or lithe lifetime member and IHC Human Resources Administrative Assistant Angie Cuevas, who, like Barb, has reached her weight loss goal. Angie coordinates the ongoing program at Indian Health.

The 12-week Weight Watchers program is now in its sixth series at IHC. Close to 20 staff and community members meet every Tuesday from Noon-1 pm.

Angie reports, "We have many success stories. Not only are both women and men losing weight and looking great, but people with diabetes and high blood pressure are being able to get off their meds."

Barb says one secret to the program's success lies in the flexibility it affords participants. She explains, "The weekly meetings help keep everyone's motivation high, but what I like most is that, in contrast to a typical 'diet,' Weight Watchers allows you to eat the foods you want. It's based on a point system, so you can eat moderate amounts of items – even some sweets! – that you really enjoy."

## Your Healthy New Lifestyle Starts Here

If you are ready to go from feeling fatigued and frustrated to healthy and energized, we invite you to join our next Weight Watchers series. It is scheduled to begin in mid-January 2013. Contact Angie at ext. 5387 or [acuevas@indianhealth.com](mailto:acuevas@indianhealth.com) for details. Here's to your health!



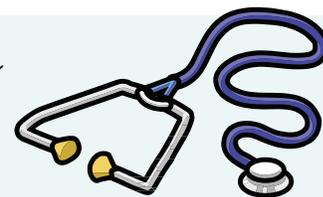
Series Sixers watch their weight disappear.



Chief Medical Officer Dan Calac, MD

## Dr. Dan's Corner

### "Oh Ick – I'm Sick!"



#### WHAT TO DO ABOUT THE FLU

You know you don't feel well, but you're not sure whether it's a common cold or the dreaded flu, so you aren't sure how to treat it. You're not alone.

According to information offered at [www.flu.gov](http://www.flu.gov), "The flu and the cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar flu-like symptoms, it can be difficult to tell the difference between them based on symptoms alone."

The website notes, "In general, the flu is worse than the cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations."

#### IHC CAN HELP ALLEVIATE YOUR SYMPTOMS

If you experience typical cold symptoms such as a mild sore throat, runny/stuffy nose and simple cough, contact the Pharmacy Department. Our pharmacists can provide you

with over-the-counter medications to ease your symptoms. We will explain the medications and proper dosages, which are dependent upon the person's age. Never exceed the prescribed dosages.

If you have more severe symptoms, including chills, sweats or high fever; ear pain; severe sore throat; shortness of breath; or are coughing up green or blood-tinged sputum, call the Medical Department to make sure your problem is not more serious.

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

## Did You Get Your Flu Shot?



The National Center for Disease Control (CDC) recommends a yearly flu vaccine for everyone six months and older as the first and most important step in prevention. You need to get the vaccination annually to protect against new strains that appear each year.

Throughout the fall, IHC's Medical and Community Health Services staff vaccinated clients on reservations, during home health visits and at the clinic.

If you haven't yet received your flu shot, please contact us. And please encourage your family, friends and co-workers to "arm" themselves with a quick and painless shot. The more people who are protected against the flu, the less likely it will be to spread.

In addition to getting vaccinated, you should take preventive steps such as washing your hands frequently to reduce the spread of germs. If you are sick, stay home! You'll feel better faster and you'll help prevent the disease from spreading to others.

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

# 2013 | CLINIC SCHEDULES



IHC's mission is: **“To continually nurture a balance of physical, mental, emotional, and spiritual well-being.”**

Please enable us to help you by participating in the following activities, as relevant to your needs.

## **BLOOD DRIVES**

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

## **DIABETES CLINICS**

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

## **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. Please call 760-749-1410 and press #1 for Medical for information.

## **CHILD PASSENGER SAFETY CLASSES**

Child passenger safety classes funded by the State of California American Indian Infant Health Initiative “Bright Future” program, demonstrate proper usage of a safety seat. Native American parents who complete the class and show they can properly install a seat in their vehicle receive a free convertible or booster child safety seat. Please call ext. 5356 for information on 2013 classes at Rincon and Santa Ysabel.

## **ACUPUNCTURE CLINICS**

Acupuncture clinic are held **Mondays from 9am-3 pm** and **Thursdays from 9 am-11:30 am** in Medical. For information, please call 760-749-1410, and press #1 for Medical.

## **CHIROPRACTIC CLINICS**

Chiropractic clinics are held **every Tuesday and Thursday from 1-4 pm**. For information, please call 760-749-1410, and press #1 for 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.*



**Pati Rivera**  
Patient Service Representative



**Natasha Siva**  
Administrative Assistant



## They're Still Running Strong ... And You Can, Too!

After completing every single step of the Carlsbad Half-Marathon on January 22, 2012, Jimmy Walker (Cheyenne/Arapaho), confided, "I went from almost passing out when I started to run to completing 13.1 miles in two hours and ten minutes."

Jimmy, who has diabetes, is one of about two dozen Team Running Strong (TRS) athletes connected with IHC. In fact, he and other Journey of the Heart (JOH) participants are recipients of IHC scholarships that support race entry fees and related costs.

Sporting bright yellow singlets and positive, sunshiny outlooks, TRS runners and walkers cannot be missed. Throughout 2012, TRS members, including "newbies" such as Human Services' Shyanne Boston, have enjoyed participating in 5K (3.1-mile) and longer races. They currently are training for 2013 events.

Six committed runners – Larry Yazzie, Marlene' Dusek, Adam Geisler, Angelina Renteria, Jen Roberts and Tishmall Turner – earned the 2012 Triple Crown for finishing the Carlsbad Half, La Jolla Half and AFC Half in one year. IHC's Physical Activity Specialist Angelina Renteria chuckles, "Yes, we're crazy, but in a good way!"

She beckons, "Please consider joining us. A limited number of IHC scholarships are still available for JOH participants." If you're ready not merely to talk the talk, but walk the walk (and run the run), contact

her at [arenteria@indianhealth.com](mailto:arenteria@indianhealth.com) or ext. 5263.

For more information about TRS, visit [www.indianyouth.org](http://www.indianyouth.org). In the meantime, says Angelina, "Join our team and keep running strong!"



Jimmy Walker, left, with friends at the Turkey Trot.



## no cavities club

Joseph Alba

Naylynn Howard

Felix Linton

Titus Miranda

Christopher Page

London Pierce

Nusun Pojas

Joseph Tracey

*Good job!*

# INDIAN HEALTH COUNCIL, INC.

A facility as unique and valuable as the community it serves

## Newsletter

50100 Golsh Road  
Valley Center, CA 92082



### FORWARDING SERVICE REQUESTED

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Rincon  
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Santa Ysabel  
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

## 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