



INDIAN HEALTH COUNCIL, INC.



Fall 2011

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

Volume 27 Issue 3

Dear Community: We Are Your Medical Home

The first of four Strategic Concepts in Indian Health Council, Inc.'s 2011 Business Plan is very important to us, and to you. It states that IHC intends to "become the Preferred Patient-Centered Home and Provider of Choice to our Community."

The goal, says Chief Medical Officer Dan Calac, MD, is "to provide complete, continuous, seamless care for clients and the community. We are committed to achieving this goal for all the right reasons: to improve the delivery of medical services to each patient."



2-year-old Oshiila Nelson of La Jolla will find a caring medical "home" at IHC for many years.

Primary Care Teams Will Improve Quality of Service

To transform the Strategic Concept into actuality, IHC is establishing a Primary Care Provider supported by a Primary Care Team to be assigned to each patient. The members of your Primary Care Team will become your regular providers and your partners in health. We believe that establishing these patient-provider relationships will improve the quality of medical services overall and for each client.

Dr. Calac emphasizes, "We want to get to know you, your values and your needs. We want to provide you with higher quality healthcare. We want to partner with you and work together to establish a long-term relationship."

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Lois Galt and her daughter, Natali.



Healthy Events Show We ARE Stronger Than Diabetes

The Indian Health Council forecast for Friday, July 22nd could have read: "Hot morning followed by chili afternoon." The free Diabetes Walk under a very warm sun and ensuing Chili Cookoff fundraiser were in support of diabetes awareness. Both events attracted an enthusiastic group hungry for exercise and healthy food.

Lois Galt and her daughter Natali came early from Escondido, bringing their chili before walking the walk. "This is a great event. We wanted to be here to offer our support and share the day with everyone," Lois said.

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Chief Medical Officer Dan Calac, MD

Whether we are at the beach, La Jolla Camp-ground or Rincon Fiesta, it is the time of year when the community comes alive; the time we call the Endless Days of Summer. Although the sunsets are breathtaking and the lemonade ice-cold, there are problems that can make a summer dream turn nightmarish. One popular complaint is sunburn.

93 million miles away, the sun provides nourishment and warmth for Mother Earth. Despite the warmth and comfort, at the peak of the day, the sun can produce significant damage to your skin. The peak hours of sun exposure are from 10 am- 3 pm. The sun's rays are at such an angle to deliver the most energy to exposed and unprotected skin. Over years of exposure, despite how dark your skin may be, the sun will produce long-term damage that will be seen years later when we are in our 50s and 60s. Skin cancer is our worst fear, but whether it be

aggressive melanoma, squamous cell or basal cell carcinoma, new evidence suggests that only a few early significant sunburns make our risk for skin cancer very high. This is especially true for young children.

Protection comes in simple forms. Sunscreen is the obvious choice. There is mixed evidence at the effectiveness of sunscreen and its protection against ultraviolet (UV) A or UV-B sun rays. Despite some conflicting evidence, it is an effective prevention against sunburn. Some clothing actually has a Sun Protective Factor (SPF). A similar measurement is Ultraviolet Protective Factor (UPF). A white T-shirt has a UPF of about 7 versus a heavy denim shirt with a UPF factor of 1,700.

The best way to protect skin is to use hats, sunglasses (protect against cataracts) and sunscreen on exposed areas. It definitely beats losing a tip of your ear or nose later in life.

Medical Home ... continued from front page

How The Primary Care Team Works

Your Primary Care Team will cover all medical services you need, including:

- Screening exams and immunizations.
- Treatment and monitoring of chronic medical conditions.
- Care for urgent medical conditions.
- Referral for specialty medical care, if needed.

To accomplish this ambitious, inclusive healthcare approach, each Team features a doctor and/or mid-level provider, a registered nurse and support personnel. The RN serves as the team's coordinator, working behind the scenes to assist in the coordination of clinical visits, medication renewals, specialty referrals and tracking of high-risk patients. You will enjoy a personalized experience with the members of your Team and access to appointments to meet your needs.

Let's Get This Partnership Started

We're eager to get to know you and we want you to get to know us as well. Soon, you will be able to access your Team's photos and brief profiles on our website. We also will hold a raffle to name the care teams in the near future.

For now, here are the planned compositions of two Primary Care Teams and the Specialty Care Team. Other Medical staff, including Ambulatory Services Director Corinna Nyquist, Lab Tech Rita Avalos and specialty professionals, will intersect with Teams and patients as appropriate.

PRIMARY CARE TEAMS

- Dr. Elaine Davidson; Cindy Adriano, PA; Sheila Farr, Nurse Case Manager; MAs Coreen Nelson, Marleny Sibrian, Nicole Minjares and Mike Jorgenson.
- Dr. Shayna Murdock; Mary Jo Strom, FNP; Lourdes Craven, Nurse Case Manager; MAs Irene Garcia, Aliesha Hulett and Natasha Kitchen.

SPECIALTY CARE TEAM

- Dr. Dan Calac; Regin Baysa, Nurse Case Manager; MAs Rollena Guachino, Debbie Torres and Justine Ceja-Duro.

Your Care is our First Priority

We look forward to putting our Primary Care Team program into action. Your input will help us continue to improve. When you visit the clinic, please fill out a Patient Comment Form, available at the reception desk. Thank you for helping us serve you better.

PROFILE





My favorite cartoon character is – Bionic Women
 My favorite holiday is - Christmas
 Someday I will - "Take a Real Vacation"

Medical

Physician
Elaine Davidson, MD



Date Joined IHC – February 20, 2008

Sees all ages of patients. Attends to all medical conditions from common cold to the out of control diabetic. Perform procedures like joint injections and other.

School Attended: Loma Linda School of Medicine, University of California, Irvine Medical Center

Board Certification: Family Practice Board Certified

Interests: Church, family, guitar, exercise, women's bible study, dog lover



Jina Mitchell presents First-Place Award to Roy Ellison.

GRANDPA RAE RAE'S 3 BEAN CHILI

By Roy Ellison

CHILI:

- | | | |
|--------------------------------------------------|------------------------------------------------------|--------------------------|
| 1 yellow squash diced | 4 large tomatoes (<i>boil, remove skins, mash</i>) | 1 tbsp red pepper flakes |
| 1 zucchini diced | 2 cloves garlic minced | 1 tbsp dried cilantro |
| 1 red bell pepper diced | 4 green onions diced | 2 tsp oregano |
| 1 green bell pepper diced | 1 handful fresh cilantro | 1 tsp cumin |
| 1 carrot diced | 2 medium brown onions diced | 2 tsp chili powder |
| 1 habanero chile diced (<i>remove seeds</i>) | 1 pinch salt | 1 c habanero BBQ sauce |
| 2 jalapeno chilies diced (<i>remove seeds</i>) | 1 lime juice | |

In a large bowl mix all spices with tomatoes and habanero BBQ sauce then add to veggies. Let this mixture marinate for 1 hour in refrigerator

MEAT:

- | | |
|--------------------------------------------------|------------------------|
| 1 lb. ground turkey | 4 green onions chopped |
| 3 lean turkey sausages (<i>large uncooked</i>) | 1 tsp olive oil |

Heat olive oil in large skillet and add onions and meat. Add spices and marinated veggies to this meat mixture.

BEANS:

- | | | |
|-----------------------|----------------------|----------------------------|
| 1 c black beans | 1 onion diced | 2 tsp chili powder |
| 1 c pinto beans | 1 tsp oregano | Pinch of salt |
| 1 c kidney beans | 1 tsp dried cilantro | 1 medium brown onion diced |
| 2 gloves garlic diced | 1 tsp cumin | |

Rinse all beans. Put into 6 quart slow cooker with water to cover and cook with above spices for approximately 4 hours under low heat. Add all ingredients to beans with one cup of salsa. When beans are done, add everything together and cook on low heat in slow cooker all night long.



When asked why he was there, Darren Higuera of Pechanga showed his tattooed wrist displaying, "Diabetes II."

Lorelei Legaspi, CHR, and Linda Mayberry, PHN, were on hand to check pre- and post-walk blood sugars. Inter-tribal bird singers Vincent Nelson, Brian Robbin and young George Salgado, age nine, set the stage for the 1.5-mile walk. Also entertaining was Native Blues Band singer Tracy Lee Nelson (Luiseño/Diegueño).

CHS Director Martina Portillo praised everyone for taking a stand against diabetes. She said, "As Native Americans we are all affected by diabetes; whether it's ourselves or someone in our family."

After the introductory activities, 60 happy, smiling people of all ages took off on their journey; some walking, some running and all united in their stand against a disease that affects so many people in Indian Country.

Soon, a bit sweaty and hot but feeling great, the walkers and others – 130 in all – entered the refreshingly cool multipurpose room to taste 10 delicious versions of chili. Roy Ellison captured First Place (see his winning recipe); Stephanie Downs took Second; and Dr. Dan Calac won the People's Choice award.

Most delicious on this summer day was the unity of community.

Yes, diabetes, we are stronger than you!



Meet Medical's New Admin Assistant

Gwendolyne Jenkins has been hired to fill the newly created position of Medical Administrative Assistant. She will help navigate the many appointments, meetings and multitude of tasks and responsibilities of Dan Calac, MD, the busy Chief Medical Officer of IHC and Principal Investigator of IHC's CA-NARCH program. Gwendolyne also assists Director of Ambulatory Services Corinna Nyquist in her multifaceted daily operations.

Gwendolyne, from the Athabascan Tribe of Alaska, hails originally from Fairbanks. She says that she, her husband and two children are greatly enjoying life down here in San Diego County. Gwendolyne previously worked for Indian Health Services at the Chief Andrew Isaac Health Center, the second largest IHS clinic in Alaska.

Gwendolyne is quickly becoming familiar with the operations of the Medical Department and the clinic. She reports, "I'm very excited to serve Dr. Calac and Corinna Nyquist."

Wesley White walked to support the cause.

The Diabetes Walk and Chili Cookoff were broadcast live by John Fox of KOPA Pala Rez Radio 93.1. The station can be accessed online at www.PalaTribe.com



MEDICAL DEPARTMENT ESTABLISHES LATE POLICY

Indian Health Council sees approximately 17,000 patients every year. The clinic strives to make sure the needs of each patient are addressed. To accomplish this, the Medical Department has initiated a Late Policy effective September 1, 2011.

The Late Policy applies to both 15-minute and 30-minute visits. All patients are encouraged to arrive at least 15 minutes early to complete required paperwork.

For 15-minute visits, a patient may check in if they are not more than five minutes late. If the patient is more than five minutes late, (s)he will be

offered the next available slot (which might be the next day or later).

For 30-minute visits, a patient may check in if they are less than 10 minutes late. If they are more than 10 minutes late and the next 15-minute slot is open, the patient will be seen in that time period. If the slot is not open, the patient's immediate needs will be addressed in a 15-minute visit and the long visit will be rescheduled. Urgent medical needs will be addressed by a nurse.

We hope the community appreciates the new policy. For concerns, please contact Dr. Dan Calac at ext. 5272.



Patient Services Representative Sandra Gibson is one of IHC's Medical staff serving approximately 17,000 patients per year.

Need an Rx Refill?

The Request is as Close as your Computer!



The Pharmacy refill process is now at your fingertips, says Pharmacy Director Robert Schostag. He explains, "With the help of IT Director Brian Barker, we have created an email account that patients can utilize to request prescription refills and other Pharmacy services." As with all prescriptions, please contact us 3-5 days in advance, so you do not risk running out of your medication.

TWO WAYS TO ACCESS

1. Visit IHC's website at www.indianhealth.com. Click on Appointments, then on Pharmacy email.
2. Send your request directly from your computer to contact_pharmacy@indianhealth.com.

PROVIDE COMPLETE INFORMATION

We need several details to fill the prescription. These are:

- The patient's name (as designated on the prescription).
- The Rx# of the prescription.
- Name of the medication.
- Your contact information: phone number, email address.
- The location (Rincon or Santa Ysabel) where you wish to pick up your medication.

HOW THE PROCESS WORKS

- Once you send us the above information, we will contact you via e-mail to acknowledge the receipt of your request and then again via e-mail when the refill is available for pickup.
- Prescriptions cannot be refilled without a physician's approval so there may be a delay in processing prescriptions requiring the doctor's authorization.
- Please note that the Indian Health Council Pharmacy now is capable of receiving new prescriptions electronically from your doctor through the SureScripts processing system.



We hope these new innovations make obtaining your prescriptions easier and more convenient. For clients who wish to continue refilling their prescriptions in person or on the phone, please do! We're here to serve you in the way that is best suited to your needs.

Pharmacy Clerk Sabrina Wlasiuk is ready to receive your email refill request.

Beat the Heat - Stay Cool with Us



IHC is not yet a county-established Cool Zone, a program intended to provide refreshing relief for older adults, people with respiratory problems and others during hot summer months. Nevertheless, we are happy to share our refreshingly cool Multipurpose Room with clients when the need to beat the heat arises.

Elders are especially susceptible to heat-related health issues. If you do not have air conditioning at your home during a heat wave, please feel free to drop into our "home, cool, home" at the clinic.

As with everything we do at IHC, we are here to serve the community.

IHC -
your "home,
cool, home"
during a
heat wave!



New HS Director Merges Clinical Services and Cultural Approach for Healing

IHC's new Human Services Director, David Tweedy, Ph.D., has a passion for Harleys, bodybuilding, running and spending time with his wife, Gale, and their teenage daughter, Danielle. One of his major assets to IHC is his passion for serving and compassion for people.

"I've been in the medical field since I was 18, working as an orderly at a hospital in Arcadia, where I grew up," says this affable and approachable professional who has Master's degrees in Counseling and Clinical Psychology and earned his Ph.D. in Psychology. Prior to joining IHC, he spent several years in hospital administration; most recently serving as Director of Behavioral Health at Tri-City Medical Center and also as a board member of that Oceanside-based facility.

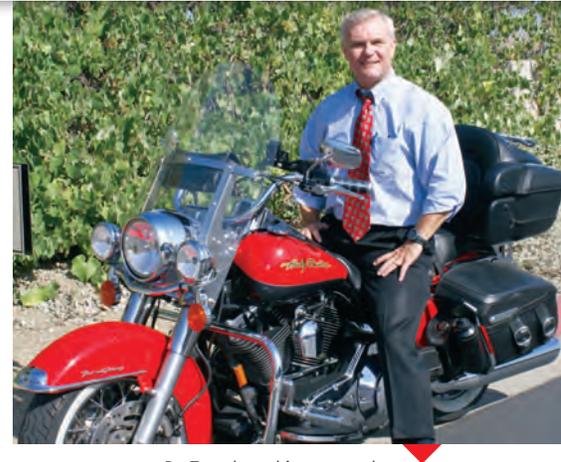
In addition to overseeing the daily operations of Human Services, its 12-person staff and many grant-funded programs, Dr. Tweedy sees patients and plans to pursue a special focus on elders. "I love helping and learning from

senior adults; in fact I continue to visit skilled nursing facilities." He also operates a private practice in Carlsbad, where he lives.

An avid motorcycle enthusiast and Native American currently in the process of becoming enrolled in his Choctaw Tribe of Oklahoma, Dr. Tweedy says he greatly enjoys absorbing the beauty of North County Indian Country as experienced from a Harley and immersing himself in the area's culture and traditions. "Soon after starting here in May, I attended Cupa Days," he relates.

"It is challenging and inspiring to merge cultural awareness and sensitivity with the delivery of clinical services. It is through culture, spirituality and traditional values that one can heal, and healing is the objective of the services we provide."

Dr. Tweedy says the department is currently developing grant applications that will move current programs forward and fund new programs. He also says that one new venture takes



Dr. Tweedy on his motorcycle.

a multidisciplinary approach to a common problem. He states, "Human Services and other IHC departments have teamed up with the Medical Department to form a comprehensive Pain Management Clinic. The role of HS is to conduct evaluations/assessments and to offer individual and group therapy for those interested."

For more information on this and all HS programs and services, please contact the department at ext. 5279.

Animal Passion

Who is the mystery man? He seems to be the Tooth Fairy, Easter Bunny and Saint Nick all rolled into one. He has a veritable Noah's Ark of stuffed animals that find their way to IHC's Rincon clinic, surprising children in the waiting room. Rumor has it that kids at local churches also are beneficiaries of this anonymous man's generosity.

Now the secret is revealed: The man's name is Mr. Al and he's a 91-year-old Escondido resident who loves to play the stuffed animal game at his favorite restaurant and loves to donate his furry winnings to delighted children. His intermediary is an IHC staff member whose father often dines with the man he calls friend.

The IHC kids call him friend as well.



Many have written lovely "Thank you, Mr. Al!" cards expressing their appreciation for the warm and cuddly gifts.

Who knew that going to the doctor could be so much fun!

*"Thank you,
Mr. Al!"*





California Native American Research Center for Health

A Program of the Indian Health Council, Inc. (CA-NARCH) Fall 2011

About CA-NARCH

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

Principal Investigator:
Dan Calac, MD

Program Director:
Stephanie Brodine, MD

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

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

Academic Partners



SAN DIEGO STATE
UNIVERSITY



California State University
SAN MARCOS

ANNUAL BOARD MEETING YIELDS INFORMATION and INSIGHTS

Every year, the CA-NARCH Community Advisory Board, whose members parallel the Indian Health Council, Inc. (IHC) Board, gathers for an Annual Meeting. This year's Annual Scientific and Community Advisory Board Meeting took place at IHC's Rincon clinic on July 7, 2011.

The meeting was attended by a majority of Advisory Board members, by IHC CEO Romelle Majel McCauley, IHC Chief Medical Officer and CA-NARCH Principal Investigator Dan Calac, MD, and by CA-NARCH staff, research teams and students. Study progress reports were shared and presentations highlighted the many accomplishments achieved over the past several months. Advisory Board members gained answers to their questions and put forth recommendations for the future.

Romelle Majel McCauley says the meeting was beneficial to all. She reports, "Coming together once a year to assess our progress and communicate ideas helps us move forward in productive directions, in line with the Advisory Board's wishes."

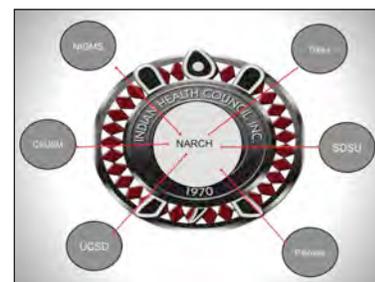


Overviews Presented

The meeting began with an opening prayer, welcoming message and introductions. Dr. Calac presented an overview of CA-NARCH, recalling how this innovative and collaborative program began in 2001. He explicated the Tribal and educational institution partnerships and stated that the current NARCH 5 projects will be funded through August 31, 2013.

Attendees enjoyed brief but comprehensive team presentations on the Underage Drinking, Student Development, Acupuncture/Diabetes, Fetal Alcohol, Fatty Liver and Periodontal projects. Deborah Morton discussed the importance and operation of the Institutional Review Board.

Whitney Baugher (Cahuilla) and Joe Hill (Mohawk) added their perspectives as students on the benefits they have received from their involvement with CA-NARCH. Advisory Council members were impressed with the students' accomplishments to date and their ambitious career goals.



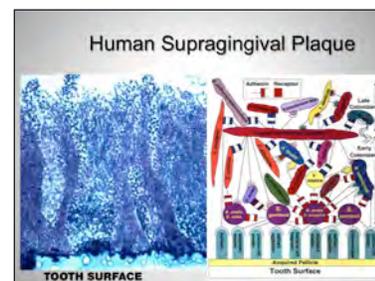
CA-NARCH Makes a Difference on Many Levels

Board member Tony Gumataotao of Mesa Grande says he is impressed by what CA-NARCH has achieved. He relates, "As a nurse at UCSD Hospital in Hillcrest, which also is a teaching facility, I observe high-level research being conducted at the hospital level. To see this same level of research occurring at our clinic blows me away. Not only are we doing research on many important health issues, but we're going out into the community and making a difference with programs such as the Underage Drinking Project."

He says he also is impressed with the student development arm of CA-NARCH. "The two students who spoke to us had been very motivated by their involvement with the program and staff. Program Coordinator Geneva Lofton-Fitzsimmons is amazing. She is a mentor to all the students."

Pala alternate Pauline Lattimer says that she, too, has heard great things about the Student Development Program. She states, "I've spoken with several students from Pala and other reservations. They have told me that without Geneva and the support of CA-NARCH, they wouldn't have made it. That is powerful." She thinks all of the research is phenomenal and especially values the Underage Drinking Project.

Romelle concludes, "It appeared to be the consensus of the Board that CA-NARCH is moving in the right direction. We are pleased to continue working toward greater Tribal control over health and healthcare in our community."



UPDATE ON RESEARCH PROJECTS

THREE CA-NARCH RESEARCH PROJECTS FUNDED BY THE NATIONAL INSTITUTES FOR HEALTH (NIH) ARE MOVING FORWARD.

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:

Coordinator Annika Montag explains the project's intent, saying, "We all want babies to be born healthy and have the best possible start in life! Our project works toward that goal by exploring how to reduce risky drinking among women who are or might become pregnant. Babies exposed to alcohol in the womb may be born with a Fetal Alcohol Spectrum Disorder (FASD), the most common cause of preventable birth defects,



and learning and behavioral disabilities." She emphasizes, "FASD is preventable! It does not occur if a woman doesn't drink alcohol while she is pregnant.

Annika says, the study "is making rapid progress, thanks to our amazing research assistants Marlené Dusek and Alexandra Mazzetti (both Rincon Band of Luiseño Indians) and Liana Nelson (San Pasqual Band of Diegueño Indians). More than 100 Native women between the ages of 18 and 45 have joined our study so far. We want many more. To participate, you fill out a confidential survey and, if randomized to the web-based program group, answer questions and receive feedback containing information that we hope will be both interesting and helpful. It doesn't matter whether you are pregnant or not, or whether you drink alcohol or not. Your input is important!"

Native women interested in joining the study are invited to visit the research office in Human Services, or contact HealthyWomen@indianhealth.com or ext. 5333.

RAs Liana Nelson, Marlené Dusek and Alexandra Mazzetti.



ACUPUNCTURE AND DIABETIC PERIPHERAL NEUROPATHY AMONG NATIVE AMERICANS

Principal Investigator: Deborah Wingard, PhD

Purpose:

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

Progress:

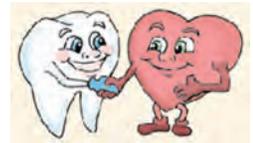
Acupuncturist Anne Bailey reports, "Priscilla Summers has brought our prevalence of diabetic peripheral neuropathy (DPN) study up to 265 participants. We're grateful to everyone who has been willing to be interviewed and will continue to collect these interviews for another six months to a year."

She states, "Changes made to the treatment study have been approved by UCSD and IHC Institutional Review Boards (IRBs). We are currently contacting the people who reported experiencing DPN symptoms to invite them into the acupuncture study. Half the participants will receive an acupuncture treatment once per week for 10 weeks while the other half will continue to receive their usual care. We'll ask each person about their DPN symptoms at the first visit and again at the 10-week mark. We appreciate the time each person who chooses to participate in this project will spend with us, so we'll have some nice thank-you gifts on hand. For example, each participant will receive two free movie tickets at the first visit." If you would like to learn more about this project, call Anne Bailey or Priscilla Summers at ext. 5376.

HEALTHY HEART = HEALTHY GUMS?

Oral Flora, Periodontitis and Vascular Dysfunction in Young Native Americans

Principal Investigator: Roberta Gottlieb, MD



Purpose:

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

Progress:

According to Study Coordinator Crystal Anderson-Antoniades, the project, with the help of the Dental Department, is moving toward its goal of 200 participants. In addition to helping to advance research, participants obtain knowledge about their health plus goodies. Crystal explains, "People learn about the health of their gums and blood vessels, and also receive small gifts and gift cards in appreciation of their time and willingness to volunteer."

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



Lab Tech Rosalin Le and Coordinator Crystal Anderson-Antoniades with Registered Dental Hygienist Jennifer Primrose.

READY TO BECOME A WEIGHT WATCHERS SUCCESS STORY?

As anyone who's fought the battle of the bulge knows, losing weight is often not a winning proposition. It's a lot easier to succeed when you're among sympathetic people all focused on the same goals: trimming down, eating better and leading a healthier lifestyle.

This summer, 20 people – both IHC staff and community members – lost a total of 183 pounds during the clinic's fourth on-site Weight Watchers program, led by Ana Pitt, who herself lost 87 pounds in 2009. The program takes place over 12 weeks. Participants meet every Wednesday at noon in the Multipurpose Room, weighing in on the scale and then weighing in on their week.

"We have so many success stories," says HR Administrative Assistant Angie Cuevas, who confides with a big smile that she is one of them. At the July 27th session, Angie reached her weight loss goal and is now considered a "lifer."



Angie Cuevas and Ana Pitt

Motivation and Inspiration

As people at the session applauded Angie, they shared their stories. The mood was upbeat and motivation permeated the room.

"I love my e-tools tracking program," said a beaming Ushla Majel of Pauma. "I notate everything I put in my mouth, plus I'm exercising and limiting the alcohol I drink."



Recent Weight Watchers Angie Cuevas, Jill Handschumacher, Lori Heck, David Najera and Stephanie Downs.

Others chimed in with their stories. "My clothes are getting baggy." "I feel great!" "I gave in at a party, but now I'm back on track!"

Angie says, "Through the program, people with diabetes and high blood pressure have been able to get off their meds. They feel better and look great."

The next session begins this fall. We need at least 15 people to participate, so if you've been thinking about losing a little or a lot of weight, contact Angie at ext. 5387. Why *weight*?!

It's not a diet!
It's a Lifestyle!



Want Six-Pack Abs? Lose the Six Pack of Beer! Alcohol and exercise, like oil and water, do not mix. Most professional body-builders are extremely conscientious about what they put into their body; for that reason, many do not drink alcohol of any kind, even in moderate quantities. Whether you aim to be a champion bodybuilder or simply want to achieve and maintain a high level of fitness, putting down the beer and picking up the weights is the best way to accomplish your goal, say health and fitness experts. Here are a few of the many reasons why this is true:

- On a purely nutritional level, alcohol, like pure sugar or fat, contains a lot of calories with zero nutrients. The more calories a person consumes in alcohol, the less likely they will be to eat enough nutritious food.
- Excessive alcohol consumption can result in blood sugar and hormonal changes which put your body in a state that is not conducive to burning fat and building muscle.
- By spiking insulin levels, alcohol can lead to increased fat storage. When insulin levels drop, the person falls into a hypoglycemic state that makes them crave sugary drinks and junk food.
- Drinking can cause muscle inflammation. It reduces strength and slows recovery time.
- Alcohol works against your participation in aerobic activities such as running, bicycling, dancing and playing active sports, because it adversely affects your physical abilities.
- Heavy drinking can cause or exacerbate depression, anxiety and insomnia. These conditions make it very difficult to exercise. Even if you drag yourself to the gym, you will fatigue quickly.
- A diuretic, alcohol causes water loss and dehydration. The less water

you drink, the less able you will be to fuel your workouts, especially in hot weather. Losing water means you also lose key minerals that help your muscles contract and relax.

- Last but certainly far from least, research suggests that alcohol decreases testosterone levels in both men and women. Lower testosterone means less muscle, more fat and ... decreased sex drive and performance.

SO WHAT'S A BODY TO DO?

Increased fat storage. Decreased muscle strength. Increased cravings for food that is bad for you. Decreased energy and interest in pursuits that are good for you.

If you want to achieve a lean, muscular look, you have to work at it. The more you put your alcohol into overdrive, the more you put the brakes on your fitness, appearance and overall health.

Our advice: instead of lifting cans of beer to your mouth, use them as weights and lift them over your head. Better yet, put them down entirely and come see us at the IHC Gym!



Healthy Cooking Made Easy

IHC Nutritionist Jina Mitchell, RD, wants to show people how easy and fun it is to create delicious and healthy meals. The accompanying schedule of fall demonstration classes (subject to change) is geared especially for people with diabetes, but is open to all. Please RSVP prior to attending.

Hungry for good nutrition right now? Try Jina's heart-healthy pasta salad; it's good for you and oh so good!

Mix together the following ingredients, then let sit in the refrigerator for one hour and serve alone or with finger sandwiches. *(Tip: Keep the ratio 50:50 pasta and non-starchy veggies. The veggies add color and depth, making your food look larger and more inviting.)*

Heart-Healthy Pasta Salad

- ♥ 1 cup cooked whole wheat or garden rotini pasta.
- ♥ Fresh chopped veggies such as tomato, bell pepper, onion, olives, cucumber, etc.
- ♥ Vinegar/herb-based salad dressing (*preferably low-sodium light Italian or Greek*).

Brighten up Your Sandwiches

Add fun and flavor to tuna or chicken sandwiches with these little tricks of the gourmet trade.

- ♥ Place shave cucumber on top or inside.
- ♥ Top off the sandwich with fresh basil or celery stalk.
- ♥ Drizzle fruity sauces lightly over the sandwich.
- ♥ Get creative with colorful toothpicks and sandwich shapes.



COOKING MADE EASY: FALL CLASS SCHEDULE



DATE	TOPIC	MENU	LESSONS TO LEARN
SEPT 21, 2011 @1045am	Quick Wok & Skillet Meals	-Chicken Teriyaki, Steamed Veggies over mixed rice	-Corn Starch & What is It? -Brown Rice vs. White Rice -Use fillers like easy stir-fry & steamed veggies to make your bowl appear bigger!
OCT 2011 Day TBA @1045am	Portion-controlled Baking	-Meatloaf Cupcakes with Half-The-Carb Mashed Potatoes	-Cupcake pans are for more than cake! -Keep blood sugar safer by trying a higher fiber alternative using oatmeal vs. breadcrumbs -Use cauliflower to <i>dilute</i> the carb content of potatoes
NOV 2011 Day TBA @1045am	Food Processors 101	-Open Faced Turkey Delight Sandwiches with Butternut Squash Soup	-All the fun of Thanksgiving in a Sandwich! -Cranberry: berry vs. sauce vs. jelly -How to use a food processor for soups and sauces

FOR MORE INFORMATION:
CONTACT COMMUNITY HEALTH SERVICES

(760) 749-1410 x5237



2011 | CLINIC SCHEDULES



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

BLOOD DRIVES

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

DIABETES CLINICS

Diabetes educational classes are geared for people with diabetes and people who want to learn more about diabetes. Topics cover a variety of issues, information and concerns. Clinics are generally held from **8:30-11:45 am** on the **second and fourth Thursday** of each month in Medical. Please call ext. 5237 for information. Upcoming dates:
September 22 | October 13 | October 27 | November 10 | December 8 | December 22

DIABETES 101

This Journey of the Heart/SDPI-funded workshop is designed to inform, prevent and empower. Classes are ongoing in the Multipurpose Room. Please call ext. 5237 for information.

MAMMOGRAM CLINICS

Mammogram clinics are held from **8:30 am-1 pm** on the **first Friday** of each month in Medical. Please call ext. 5344 to schedule an appointment.
October 7 | November 4 | December 2

OB CLINICS

OB clinics are typically held **every other Thursday** at **8 am** in Medical. Please call 760-233-5560 for information. Upcoming Dates:
September 29 | October 13 | October 27 | November 3 | November 17 | December 1 | December 15 | December 29

CHILD PASSENGER SAFETY CLASSES

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

Rincon: 9-10 am, Community Health Kitchen
October 7 | November 4 | December 2

Santa Ysabel: 1-2 pm
October 3 | November 7 | December 5

PERIPHERAL ARTERY DISEASE CLINICS

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

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.

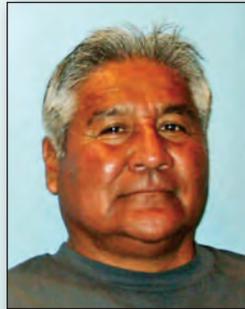
**Rock ‘n’ Box • Circuit Training • Walk-in Circuit Training • Walking Club • Salsa Aerobics, Zumba Style
Biggest Loser Weigh-In • Senior Chair Aerobics • Line Dancing • Cardio Kickboxing • Beginners’ Yoga**

WELCOME TO THE IHC NEIGHBORHOOD

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



David Tweedy Ph.D.
Human Services Director



Bradley Robbin
Operations Technician



Rodney Dominguez
Receptionist



Gwendolyn Jenkins
Administrative Assistant



Stacia Bogers
Dental Assistant



Katie Ruiz
Health Educator



no cavities club

Kaya White

Luke Pope

Good job!



Newsletters and More on the Web

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

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

Check us out online!



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

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

MEMBERS

Edward Arviso	Inaja Cosmit
Viola Peck	La Jolla
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Julia Nejo	Mesa Grande
LeeAnn Hayes	Pala
Patricia Dixon	Pauma
Jim Murguia	Rincon
Gilbert Parada	Rincon
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

Email: info@indianhealth.com

Phone: (760) 749-1410

Fax: (760) 749-1564

24/7 Comment/Suggestion Line: Ext. 5307

Patient Transportation Medical Department:

Ext. 5269

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

OFF-HOUR EMERGENCIES

Palomar Hospital: (760) 739-3000

Fallbrook Hospital: (760) 728-1191

Children's Hospital: (760) 739-1543

INDIAN HEALTH COUNCIL, INC SCHEDULE

Medical Department

M-F 8:00-6:30

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

Obstetrics

every other Thurs 8:30-12:00

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

Podiatry T, Th 8:30-4:30

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

Diabetes | Ophthalmology Clinic

every other Wed 8:30-12:00

Dental Department

M-F 8:00-6:30

Specialty Hours, 8:00-4:30

Pharmacy Department

M-F 8:30-6:30

Community Health Department

M-F 8:00-4:30

Public Health Nursing, Home Health

Aides and Environmental Tech,

Nutritionist.

Human Services Department

M-F 8:00-4:30

Social Services, Child Abuse, Domestic

Violence, Substance Abuse, Tobacco Ed,

Parenting and Specialty Programs.

Tribal Family Services Department

M-F 8:00-4:30

SANTA YSABEL CLINIC SCHEDULE

Medical Department

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

First appointment 9:00 a.m.

Dental Department

M, W 8:00-4:30

First appointment 9:00 a.m.

Hygiene Wed Only

Pharmacy Department

M, W 10:00-4:00

Fri 10:00-12:00