



# INDIAN HEALTH COUNCIL, INC.

*Empowering Native Wellness*



Spring 2018

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

Volume 34 Issue 1

## We Are Your AAAHC Patient-Centered Home



Indian Health Council, Inc. is proud to announce that we have received the maximum three-year accreditation from the national Accreditation Association for Ambulatory Health Care (AAAHC) as a Patient-Centered Home for both Medical and Dental. This prestigious status puts IHC among the top healthcare facilities that serve American Indian/Alaska Native communities, and indeed, mainstream community clinics, in the state and the nation.

IHC's Board of Directors states, "AAAHC represents the pinnacle of highly professional, patient-oriented healthcare accreditation. We received our first AAAHC in 2001 and have moved forward steadily to expand our services and enhance our value to our nine-consortium community, and to each patient we serve."

## A Heart Day's Night!

Valentine's Day arrived one week early at IHC when people throughout our consortium area enjoyed the inaugural February 7, 2018 "Heart and Soul Soirée." The colorful Community Event was presented by IHC's Prevention and Early Intervention (PEI) Program funded by the County of San Diego HHSA Mental Health Services Act.

The multi-department effort was spearheaded by Health Promotion Services Director Beth Turner, who was dressed to the hilt in '50s/'60s attire, as were Public Health Promotions Director Angelina Renteria and other staff. The Multipurpose Room was decorated as well, with a diner scene on the wall and hearts and flowers everywhere.



*Attendees get in the happy spirit of the Heart and Soul Soirée.*

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### NEWS FLASH:

Meet 8 of CA-NARCH's  
BEST & BRIGHTEST  
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### INSIDE THIS ISSUE

# Rez Beats Movement Gives Voice and Vision to Youth



The exciting new Rez Beats creates spaces for Native youth ages 15-25 to honor their indigenous voice, strong mind, sacred story and vision.

Rez Beats is not merely a program, but a “movement,” explains Coordinator Ami Admire, who operates IHC’s Native Connections grant awarded by the U.S. Department of Health and Human Services. She says, “We have collaborated with the UCSD Community and Labor Project and with San Diego Urban Beats to offer youth a safe space in which they can express themselves. We tell them, ‘We want you to write, draw, build, play, dance and live as only you can.’ We provide a drug- and alcohol-free space that belongs to them and where they are supported by positive adults.”

Ami has been delighted to see the community come together to support Rez Beats. She says, “We had our first gathering in the form of a Rez Beats Youth Workshop on January 17, 2018. Twenty-five youth and trainers from Pechanga, La Jolla, Santa Ysabel and La Jolla participated. Local families supplied refreshments.”

Buoyed by this energy, enthusiasm and community involvement, Rez Beats has lifted off the ground and is ready to soar. The movement is supported by a planning committee of volunteers consisting of various Native and non-Native professionals and community members who promote mental health services and the prevention and reduction of suicide and substance abuse. Committee members offer their talents and resources in terms of securing sites and headliners. Local families and elders provide food. Currently, All Tribes Charter School loans Rez Beats microphones and lighting equipment for the performances.



*Rez Beaters, including, 4th and 5th from the left, headliners Calina Lawrence and Desirae Harp and Calina Lawrence.*

## Monthly Open Mic Nights

The first Open Mic Night was a stellar success. Youth and community supporters gathered at Rincon Tribal Hall on January 26th to enjoy event headliners Calina Lawrence and Desirae Harp of Audiopharmacy (whose new single, “Don’t County Me Out,” just dropped) and the San Diego Urban Beats Team. “Art-ivists” Calina Lawrence and Desirae Harp expressed their views of social justice, misrepresentation of Native Americans, suicide prevention, foster youth and violence against women.

After learning of the event from a friend on social media, Shellie Herrera, 25, a member of the Rincon Band of Luiseño Indians, decided to check it out. She was not disappointed! “I liked the good atmosphere; the positive vibes; the warm welcome that greeted the performers.” A dental assistant with an interest in writing poetry, Shellie says, “The performances were amazing! People sang in their Native language, recited original poetry, rapped and shared other talents. I was so inspired by the experience that I have offered to become a Rez Beats volunteer. I’m ready to help Ami in whatever capacity she needs, from assisting with set-up for future events to mentoring youth. It’s all good!”

## A Continuing Impact

Galvanized by the support of participants such as Shellie, Ami hopes the monthly Rez Beats Open Mic Nights lead to a positive impact that expands beyond the movement to ultimately provide pathways to employment, housing, mental health and other services needed and valued by youth.

The Rez Beats movement is definitely on the move, Ami says. “We encourage local communities to donate food and invite Tribes and agencies to help fund honorariums for headliners. Please contact me at ext. 5775 if you would like to get involved.”



*SDAIHC Youth Council Vice Chair  
Sophia Garcia.*



*Shellie Herrera and Julia.*

The Rez Beats movement  
encourages youth:

*“We want you to write, draw, build,  
play, dance and live as only you can.”*



# Strategies Grant Addresses Dangerous Teenage Behaviors



Strategies for Preventing Underage Drinking  
And Other Substance Use Project

The teenage years are fraught with changes, challenges and temptations; among them, the lure of alcohol and drugs. IHC's five-year (2016-2021) "Strategies for Preventing Underage Drinking and Other Substance Use in Native American Tribal Communities" grant – Strategies, for short – addresses the issue in multifaceted ways.

Strategies marks an evolution from the original 2006 grant. It is now extended to delaying the onset of and reducing substance use in addition to alcohol, and driving under the influence.

Funded by the NIH's National Institute on Alcohol Abuse and Alcoholism, the grant continues the fruitful collaboration with Scripps Research Institute and Pacific Institute for Research and Evaluation. Strategies Project Coordinator Maya Goodblanket says, "Together, we strive to implement an inclusive prevention technique to better serve our youth and improve the future of our community, and of other rural Tribal communities as well."

Maya reports, "We conduct community outreach at events, gatherings and in various educational programs and schools. We plan to create more partnerships and relationships and provide resources to our youth."

## A Wider Scope; Ambitious Outreach; Prevention Intervention

Whereas the previous grant focused on preventing underage drinking, Strategies has expanded to prevention of substance use more generally, including commercial tobacco products, marijuana and other drugs. Preventing driving while intoxicated with alcohol or drugs is also part of the project.

## To accomplish program goals, the Strategies team will:

- Implement a prevention intervention using Motivational Interviewing and Psychoeducation in a group setting with participants ages 13-20. (These interventions showed a decrease in alcohol use over a prolonged period of time in the previous study.)
- Survey the community to ascertain current youth behaviors and later hold one-on-one interviews with Tribal leaders and elders. The intent is to learn more about how youth gain access to alcohol.
- Use the data collected to provide feedback to the community to promote a concerted effort to address the problem and move the program forward.



Strategies Research Assistant Pedro Tomas-Domingo and Project Coordinator Maya Goodblanket share program information at IHC's Heart and Soul Soirée.

## Seeking Participants

- Strategies invites males and females ages 13-20 to be a part of the CONFIDENTIAL Motivational Interviewing and Psychoeducation program.
- Participants can be individuals who have or have not drunk or used.
- Incentives are offered for participation.
- Contact [mgoodblanket@indianhealth.com](mailto:mgoodblanket@indianhealth.com) or 760-749-1410, ext. 5327 to learn more and sign up.

## Moving Forward

Maya confirms that the information collected will remain confidential. She says, "Individual, community and Tribal names are not connected with the data we collect. The aggregated data will benefit IHC's entire consortium community. We plan to submit papers in academic journals that will provide other Native communities with valuable information on how to prevent underage drinking and early substance use. We also will attend conferences to gain new ideas, network and present our findings."

The team is excited to move forward on the many "strategies" of this important program. The issue is at the forefront of all communities, both Tribal and non-Tribal, in America today.

Maya believes that understanding the problem is a big step forward. She says, "We want to engage with the community to stress that providing alcohol, commercial tobacco, and other drugs to youth who are friends, relatives and neighbors is not doing them a favor, in the short or long term."

## Facts & Stats

- 18.2% of 8th-graders, 34.3% of 10th-graders and 48.9% of 12th-graders have tried an illicit drug.
- 23.1% of 8th-graders, 42.2% of 10th-graders and 61.5% of 12th-graders report drinking alcohol. One-quarter of 10th-graders admit having been drunk at least once.
- Other 2017 nationwide survey results are at <http://www.monitoringthefuture.org/data/17data/17drtbl1.pdf>.

# A Heart Day's Night! (Continued from page 1)

## A Fun Vibe, A Serious Intent

The Heart and Soul night was young when the event kicked off at 5 pm. In fact, enticed by the upcoming appearance of “Elvis” (tribute artist James Kruk) many came early to enjoy the fun vibe, peruse information on a variety of heart and health topics, and make valentines at an arts and crafts table.

Among the early guests was Mesa Grande mom Brittany Murillo with her children, Tatiana, seven, and Cyruss, six. Brittany reported, “We came to the clinic because Cyruss had just broken his arm. When the people in Medical told us about Heart and Soul, we decided to check it out. I’m so glad we did. I am currently on a diet and working hard to give my children healthy food choices. (It’s working: Tatiana’s favorite vegetable is squash and Cyruss loves corn.) Heart attacks and strokes run in my family, so I want to do everything I can to make sure my kids and I avoid bad things and have a healthy life.”

That was precisely the event’s intent, confirms Beth. “Our presentations emphasized what people can do to promote both physical and emotional heart health.”

## Powerful Tools Toward a Healthy Lifestyle

After a blessing by Mr. Wilson, Karen Yazzie-Meyer previewed how IHC’s new Youth Support Group Talking Circles (contact ext. 5335 for details) can help identify and protect against factors to high-risk behaviors that can harm our future leaders. Joking that her only experience with social media is “smoke signals,” Karen warned about the implications of new technology on adolescents and advised that group discussion can be a powerful tool to promote youth awareness, potential and spiritual growth.

Whitney Baugher explained how stress can have a negative impact on the functioning of a healthy heart, offering ways to manage it. Angelina Renteria shared her passion for healthy eating and exercise. A delicious and nutritious dinner of baked chicken, cauliflower mash, rootbeer floats and fortune cookies enabled participants to put their heart-health plans into action. A costume contest and raffle kept the energy high.

All this and then – finally – ELVIS!



*Kids enjoy making valentine-themed arts and crafts.*



*Health Promotion Services Director Beth Turner spearheaded the lively and informational community event.*



*Elvis croons a tune.*



*Tatiana, Brittany and Cyruss Murillo.*



*Angelina Renteria helps get this party started.*



**Like Us on  
Facebook**

Make sure to follow us on Facebook [www.facebook.com/indianhealthcouncil](http://www.facebook.com/indianhealthcouncil) to enjoy up-to-date event photos, learn about ongoing programs and upcoming activities, and interact with other IHC friends.



# Pharmacist Sahar Naz Has It All: Education, Experience and Enthusiasm

IHC's newest Pharmacist, Sahar Naz, PharmD, has an impressive educational and vocational background, including specialty work in diabetes protocol and training in infectious diseases. She has been impressing IHC staff and patients with her professionalism, knowledge and customer-friendly approach since joining the clinic in May 2017. She works primarily at Rincon, Tuesdays through Fridays, and at Santa Ysabel on Mondays.

Sahar is enthusiastic about her job, saying, "I enjoy working at the IHC clinic. I enjoy meeting new people and having the opportunity to speak with the patients; getting to know them and having the time to provide them with information and care."

After graduating from prestigious UCSD with a degree in Biochemistry – and a minor in Psychology, a study that serves healthcare providers well – Sahar

earned her Doctor of Pharmacy in 2012 at an equally prestigious school: Loma Linda University. She then embarked upon an upwardly mobile career at CVS Pharmacy, where she had begun as an intern in 2008.

After serving as a full-time Pharmacist at the CVS in La Jolla, Sahar was promoted to Pharmacy Manager at the busy CVS site in 2016. She supervised a staff of 10+ employees while managing all demanding aspects of the Pharmacy, including scheduling, compliance, training/coaching and complaint resolution – AND while fulfilling daily full-time Pharmacist duties!

IHC Pharmacy Director Ella Solis, PharmD states, "Having a multi-skilled professional like Sahar on our staff is an advantage to me and a benefit to our clinic and its clients. Her people skills are as significant as her healthcare capabilities."



*Sahar Naz, PharmD*

Sahar resides in San Diego. Among her interests, she says, "I especially enjoy traveling, visiting new places and having new experiences!"

This enthusiastic Pharmacist adds, "I am happy to be here and happy to be learning about the Native American culture from my co-workers and patients!"

## A Fast New Way to Refill Your Rx!



As part of IHC's ongoing efforts to improve quality of care to you, our clients, the Pharmacy has implemented an interactive, automated phone system that streamlines the prescription process. Pharmacy Tech Supervisor Adrienne Stevenson explains, "We have introduced an inbound-outbound system created especially for pharmacies by Advance Innovative Solutions (AIS), an industry leader. Patients calling into our Pharmacy at 760-749-1410, option 6, can access the Dial-a-Script feature to order their prescription refill in a jiffy. They also can obtain hours and locations and even request the medication to be delivered to our Santa Ysabel Pharmacy. Once the prescription is ready, the system will call the patient to notify them," she says, advising

people to make sure their phone number of record is correct and up-to-date.

Physicians can use the AIS system to call in new prescriptions. All of these features operate 24/7, so if you're up at 3 am, so is our system!

Adrienne says the Dial-a-Script function has been well-received by both clients and staff. "Patients are happy to have this convenience. The system frees up Pharmacy staff from having to provide live assistance to being able to work more efficiently and effectively on our customers' behalf."

Pharmacy Director Ella Solis emphasizes, "The automated phone system serves as an additional route of communication. Patients who wish to speak to a Pharmacy staff directly still have that option."



*Pharmacy Tech David Avala assists a patient on the phone.*

## More Enhancement On the Way

Next up: the system will be upgraded to provide text notifications and a mobile app. Patients will continue to be able to refill prescriptions by accessing the Pharmacy Portal on the homepage at **[www.indianhealth.com](http://www.indianhealth.com)**, or by calling or visiting us in person.

It's all about convenience and customer service, confirms Adrienne. "We want to make *Empowering Native Wellness* your reality!"



# California Native American Research Center for Health

A Program of the Indian Health Council, Inc. (CA-NARCH) Spring 2018

## 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](mailto:gfitzsimmons@ucsd.edu) or 760-233-5592.

## FRESH FACES!

Here are brief profiles of eight new students. It is a pleasure to nurture these future leaders of our community as they tackle challenging coursework on the way toward achieving their goals.

### University of California San Diego

**Christopher Villalobos** (Cherokee Nation) is a freshman majoring in Physiology and Neuroscience. He plans to become a Neurologist (MD) or Neuroscientist (PhD). He found our SDP by reaching out to his school's resource center. Christopher says, "They were very helpful in giving me tips for school and introducing me to CA-NARCH."

Freshman **Samuel Lucero** (Taos Pueblo) is a man with a plan. He says, "My major is Psychology with a specialization in Clinical Psychology. I intend to get an advanced Clinical Psychology degree and open up my own therapy practice. CA-NARCH will help me get more experience in research with professionals in my field. Being part of CA-NARCH is a great way to help me reach my goals."

Pre-Med Sophomore **Anah Esquerio** (Kiowa) is majoring in Ethnic Studies. Anah reveals, "My goal is to become a Doctor of Osteopathic Medicine and give back to my reservation in Oklahoma to help underserved communities. I joined CA-NARCH in hopes of gaining hands-on experience in research and expanding my knowledge of medicine."

Junior **Leonard Almero** (Citizen Potawatomi Nation) is preparing for a medical research career by majoring in Biochemistry and Cell Biology. He states, "I wanted to be part of this group to promote my Native American heritage, build friendships and learn to be an effective leader in my community. CA-NARCH provides opportunities and a support system that will allow me to achieve this goal."

Cyber-criminals, beware: senior **Earnest Scott** (Apache-Chiricahua) will soon be on your trail! This Math/Computer Science major plans to become a Cybersecurity Analyst. Earnest says, "I joined CA-NARCH to further embrace my Native American heritage and get to know more of the Native American community on campus."

### Palomar College

Freshman **Cassie Whitten** (Pechanga Luiseño) is studying Psychology on her way to becoming a Marriage and Family Counselor. She says, "CA-NARCH has helped me stay focused; motivating me to try harder and keep my grades high. It makes me want to stay part of the community and reach out more. It has helped me find the career I want and how to get there with their support."

### San Diego State University

Sporting the proactive mantra, "Attitude is EVERYTHING!" and on a path to becoming a Registered Dietician, senior **Misty Faulkner** (Lumber Tribe of North Carolina) is eager to help people dealing with diabetes or GI disorders. She believes, "Having a cultural connection to Native people can create unity and belonging. Forming meaningful connections with the Native community will help me treat clients."

### California State University San Marcos

Future Clinical Neuropsychologist **Micah Savin** (Lakota) is a senior majoring in Psychology, minoring in Biology and serving as a Biopsychology Student Instructor. Micah says, "I aim to address health disparity in the Native community in the field of cognitive impairment. CA-NARCH mentors conduct impactful top tier research, and serve as exemplary role models by demonstrating wisdom, bravery, fortitude, and above all else generosity."

# CA-NARCH VII RESEARCH PROJECTS

## PRESCRIPTION OPIATE PAINKILLER MISUSE (Pill Take-Back Project)

Principal Investigator: Roland Moore, PhD

### Meet New Project Manager Gloria Alonzo

After joining the Pill Take-Back Project as Research Assistant in August 2017, Gloria Alonzo was well-prepared to take the reins from longtime Project Manager Tony Luna in January 2018.

Armed with a recent B.S. in Health Science from Cal State Fullerton ... plus public health outreach experience ... plus an ability to plan, organize, coordinate and lead ... plus



Gloria Alonzo accepts medications at the All Tribes Charter School Take-Back event.

an enthusiastic commitment to reducing the prevalence of prescription pain medication abuse, Gloria brings a wealth of “pluses” to her new position. Among her ongoing tasks is the continuation of the take-back program, media advocacy

and community mobilization as well as collaboration with outside agencies such as the San Diego County Sheriff's Department.

Gloria dove into her new responsibilities right away, conducting a Pill Take-Back event on January 31st at All Tribes Charter School. She says, “I am excited to be following in the footsteps of Tony Luna, who has done so much for the community. I am happy to be part of a project that is dedicated to Empowering Native Wellness and look forward to continuing the momentum by taking part in more community outreach activities and pill take-back events.”

For more information, please contact Gloria at ext. 5237 or [galonzo@indianhealth.com](mailto:galonzo@indianhealth.com).



## HEALTHY NATIVE NATION

Principal Investigator: Christina Chambers, PhD

### HNN Moves Forward on Many Fronts



Healthy Native Nation (HNN) continues efforts to raise awareness about Fetal Alcohol Spectrum Disorders (FASDs). FASDs are disabilities that can affect a child exposed to alcohol before birth. Brain damage can result in minor to severe disabilities, causing lifelong challenges.

There is no cure, but HNN offers treatment and support. Our resource library and updated Resource Guide provide information and parenting tips, explaining how to get a diagnosis, access services and more.

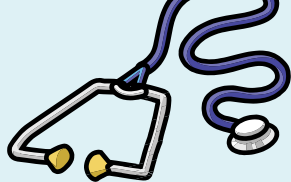
Family members and caretakers are invited to attend support group meetings, held the first Tuesday of every month from 4-5 pm in Public Health. Child care is provided and refreshments are served.

During the past quarter, HNN held three support group meetings, two teacher trainings, one youth and three community presentations. We participated in Medical OB clinics, sharing information about how to enjoy a healthy pregnancy and the dangers of alcohol use.

We are creating our [www.healthynativenation.org](http://www.healthynativenation.org) website, developing PSAs and conducting surveys to assess the effectiveness of outreach efforts over the past five years. We are collaborating with urban organizations to conduct focus groups in the San Diego Native community. We'll be getting out the word with posters and t-shirts using some of our contest's winning artwork. For more info, email [healthywomen@indianhealth.com](mailto:healthywomen@indianhealth.com), call 760-751-6055 or stop by our office across from the gym.







# Dr. Dan's Corner

## Talking to Someone with Diabetes? Be Helpful, Not Hurtful!

From time to time, all of us have said things that we later (sometimes immediately!) wish we could un-say. Often, we speak with the best of intentions, but the person we are trying to “educate” or help may feel frustrated, upset or even deeply offended by our remarks.

This can be especially true in the case of a person struggling with diabetes. A 2016 Wakefield Research study revealed that more than half of people with diabetes felt “frequently judged” by family and friends for the way they manage their diabetes.

### Be Constructive, Not Critical

My advice is to be constructive, not critical. Instead of saying, “You should be more careful about what you eat and get more exercise,” say, “Let’s both try to eat more vegetables at lunch and then enjoy a walk.”

When you let someone know you understand that managing their diabetes is a daily challenge and that you are in this battle together with them, you frame the conversation in a positive way. Instead of feeling judged, they will feel encouraged. Energized. Motivated to take charge of their health, with the support of people in their life.



Chief Medical Officer Dan Calac, MD

### Half of Americans Have Diabetes or Pre-Diabetes

If you have or are at risk of developing diabetes, you are not alone. According to a recent CDC report that includes data from Indian Health Service, nearly one in ten Americans has diabetes. That percentage (9.4%) is higher among Native Americans. Alarming, 24% do not know they have the disease.

In addition to the more than 30 million people with diabetes, 84 million (34%) have prediabetes. Their elevated blood sugar puts them at high risk of developing Type 2 diabetes.

IHC offers many programs to help prevent and/or manage this chronic disease. We hope you take advantage of these opportunities ... for the “health” of it!

“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](mailto:atesterman@indianhealth.com).

## Register to Become a Blood Stem Cell Donor

“Will you marrow me” is a program with a whimsical title and a serious purpose: to recruit blood stem cell donors. Minority populations are under-represented on the national donor registry. Seven out of ten patients who need a life-saving blood stem cell transplant rely on volunteers; ideally between the ages of 18-44. Here is how you can help.

- Register at <https://join.bethematch.org/Kaiser>.
- The effort begins with a simple cheek swab.
- You’ll be contacted if you turn out to be a match for a patient in need.
- Typically, stem cells (rather than actual bone marrow) are taken by a process similar to giving blood.
- You could be a match for anyone in the world.
- If you become a donor, you save a life!





# Your Home Emergency Preparedness Kit

The Boy Scout motto, “Be Prepared,” is good advice for all of us living in earthquake-, fire- and mudslide-prone Southern California. Indian Country is no exception to the rule. In the event of a major disaster, everyone needs to be ready to live on their own without help from officials for up to 72 hours.

Do you have a home emergency preparedness kit? To get started, take a large, clean, garbage can with a sealable lid. In it, place key basics you may need to survive. For more information, visit [www.ReadySanDiego.gov](http://www.ReadySanDiego.gov). And remember another useful slogan: “Better Safe Than Sorry!”

## The Basics

- One gallon of water per person per day.
- Three days’ worth of nonperishable food items per person (and pets).
- Can opener and utensils.
- Battery-powered radio, flashlight and extra batteries.
- First aid kit and medications.
- Blanket, sleeping bag, change of clothes and shoes.
- Toiletries, glasses/contacts, and specific items needed for elderly, infant and disabled residents.
- Extra set of keys.
- Tools such as a wrench, screwdriver and small shovel.
- Family evacuation plan.



## Let's Talk Dental

### Oral Health and Systemic Health Belong Together

Optimization of patients’ health is the primary objective in both the medical and dental professions. As you evaluate your own health, it is important to realize that oral health affects systemic (overall body) health and vice versa.

The mouth serves many important functions such as speaking, chewing, and swallowing. Digestion is initiated in the oral cavity and our smile plays an important role in our identity.

Many conditions have an established or accepted relationship between oral and systemic health. These include atherosclerosis, pulmonary diseases, and diabetes mellitus.

Put simply, the teeth and the tissues that support the teeth harbor bacteria. Within our mouths live thousands of different species of bacteria, viruses, fungi and protozoa, which are constantly swallowed, inhaled, and enter the blood stream. How well we take care of our oral hygiene

affects the number and type of organisms that live in our mouths.

Typically, individuals with good oral hygiene have a simple list of often beneficial bacteria colonizing their teeth and tissues. As oral hygiene is neglected, the list of bacteria colonizing our teeth tends to become more diverse and complex – often including bacteria that are not only harmful to our teeth and gums, but to our overall health.

As we age, all of us struggle to maintain optimal health. If you find that your health has been challenged, it is worth considering how your oral hygiene may be impacting your overall health. This process begins with an accurate health history and an honest conversation with your dentist including compliance or non-compliance with currently prescribed medications.



*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](mailto:cbodini@indianhealth.com).

# 2018 | CLINIC SCHEDULES



## RED CROSS BLOOD DRIVES

Periodically, 9am-3pm. Appointments are not necessary. 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 BASICS

SDPI-funded intro/refresher for patients with diabetes and those who wish to learn more about diabetes. **2nd Tuesday, 10am-12:30pm, 3rd Wednesday, 4-5:30pm**, Public Health Programs Kitchen; **1st Monday, 2-3:30pm**, Santa Ysabel. Call ext. 5455 to reserve your seat.

## EYE CLINICS

**Wednesdays, 8:30am-12:30pm** 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.

## FITNESS FUN

Tai Chi "Moving For Better Balance" (55+), **Tuesdays & Thursdays, 9-10am**, Rincon MPR; **11am-Noon**, Santa Ysabel, **Mondays & Wednesdays, 11am-Noon**, San Pasqual Tribal Hall.



# WELCOME TO THE IHC NEIGHBORHOOD

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



**Shonna Parker**  
HR Assistant/Admin Receptionist



**Angel Nelson**  
PEI Family Preservation Case Manager



**Gloria Alonzo**  
PTB Project Program Manager



**Andrew Pittman**  
Social Media Specialist



## no cavities club

Katheryne Dixon

Leiyannah Paipa

Aiyanna Aukai

Taliya Gonzales Clark

Mundy Redfern, Jr

Aria Cueva

Camilla Devers

Joseph Tyon Jr

Donovan Goldtooth

Rayley Belardes

Jasmine Duro

Cole Guiliano

Jillian Horton

Christopher Servis

Kaine Paipa

*Awesome job!*

# INDIAN HEALTH COUNCIL, INC.

Empowering Native Wellness

50100 Golsh Road  
Valley Center, CA 92082

FORWARDING SERVICE REQUESTED



## BOARD MEMBERS EXECUTIVE BOARD

Robert Smith, Chairman	Pala
Carolyn Stalcup, Vice Chairwoman	Santa Ysabel
Mercedes Amavisca, Secretary	Mesa Grande
Leia Arviso, Treasurer	Inaja Cosmit
Theda Molina, Member-at-Large	La Jolla

## MEMBERS

Mary L. Arviso	Inaja Cosmit
Doris Beresford	La Jolla
Andrew Campbell	Los Coyotes
Mariah Aguayo	Los Coyotes
Tony Gumataotao	Mesa Grande
LeeAnn Hayes	Pala
Open	Pauma
Patricia Dixon	Pauma
Alfonso Kolb Sr.	Rincon
Tishmall Turner	Rincon
Patricia Ockert	San Pasqual
Jenny Monteforte	San Pasqual
Melanie Luna	Santa Ysabel

Orvin Hanson, Chief Operating Officer/  
Acting 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: (442) 281-5000  
Temecula Hospital: (951) 331-2200  
Children's Hospital: (760) 739-1543

## INDIAN HEALTH COUNCIL, INC SCHEDULE

### Medical Department

M-F 8:00-6:30

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

Lab M-F 8:00-4:30

(open 12:00-1:00 drug testing only)

X-ray M-F 8:00-6:30

Specialty Clinics (see page 10)

### Dental Department

M-F 8:00-6:30

Specialty Hours, 8:00-4:30

### Pharmacy Department

M-F 8:30-6:30

### Public Health Programs Department

(formerly 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 Promotion Services 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

W 8:00-4:30

First appointment 9:00 a.m.

### Pharmacy Department

M, W 10:00-4:00

Fri 10:00-12:00