

# NEWSLETTER

“Caring For Our Communities”

AUGUST 2019



## Message from CEO

BY KORI NOVAK, PHD, MBA

It is now nearing the end of my second quarter as the Toiyabe Indian Health Project- CEO. I am so proud of the staff; what we do and how well we do it. It is no secret that there has been instability in our past, however, it is just that, our past! Now we look forward and are seeing many positive changes for our employees and patients. We have been working hard to provide new services and increase staff. You can see their pictures and where they work inside the newsletter!

With Summer upon us, it is also hot hot hot! Make sure you check out the article on making sure you can avoid heat related illness while you are enjoying your summer fun! If you do find yourself or your family needing assistance due to a heat related illness, don't forget we are now open on Saturdays and can accept walk in appointments!

We are currently in the process of obtaining an accreditation for all our clinics through AAAHC. This will assist us in providing additional quality care and keep us at the highest national standards.

(Continued on page 2)

## This issue:

Message from CEO

PAGES 01-02

New Employees

PAGE 03-04

Congratulations

PAGE 05-06

Updates from WIC

PAGE 07-09

Avoiding & Identifying Heat  
Related Illness

PAGE 10

Family Services

PAGE 11-17

Info from Pharmacy

PAGE 18

Purchased & Referred Care

PAGE 18

Toiyabe Vehicle Bids

PAGE 19

Optical

PAGE 20-22

Diebetic Recipes

PAGE 23



## CEO Message Continued...

BY KORI NOVAK, PHD, MBA

There was a rumor that we were shutting down our dialysis unit. It is completely untrue; we have not had any plans to and will not be shutting down the dialysis unit. It is a critical service in our community and we are actually investing in the unit moving forward. We just purchased brand new dialysis machines, have refreshed the paint in the unit and will be looking to expand in the next 6-9 months. We are bringing on a full time Nephrologist to assist our patients and the guest patients we serve. Stay tuned for more exciting news as we move forward.

Speaking of moving forward, we are continuing with plans to increase services to our patients which include more comprehensive Cancer care and research as well as other disease specific programs.

We are so excited for the changes, new faces and new opportunities at TIHP. As we move forward we are identifying new programs and opportunities to provide increased quality services for the community. We look forward to continue to provide quality care for you and your loved ones.

In Service,

Kori Novak, Phd, MBA  
CEO

"We are continuing with plans to increase services to our patients which include more comprehensive Cancer care and research as well as other disease specific programs."

KORI NOVAK, PHD, MBA



# HELLO TO OUR NEW EMPLOYEES!



**Celia Acevedo**  
DENTAL HYGIENIST



**Rustie "Lorraine"  
Root**  
FAMILY SERVICES  
YOUTH PREVENTION  
WORKER



**Leticia Lucille Gonzales**  
FAMILY SERVICES YOUTH  
PREVENTION WORKER



**Abimbola Iketubosin,  
(Abbie).**  
NURSE PRACTITIONER



**Valerie Diaz-Butterbredt**  
EXECUTIVE ASSISTANT TO  
COO/CFO



**Melissa Kramer**  
FAMILY SERVICES  
OFFICE MANAGER



**Auwwahu Pierce**  
OPTICAL  
RECEPTIONIST



**Jacquelyn Miller**  
LVN /MAT



**Heather Momberg**  
RN/ INFECTION CONTROL



**Chad McRae**  
EVALUATIONS COORDINATOR



**Rachel Hess**  
DIALYSIS RN



**Yvonna Chandler**  
DENTAL ASSISTANT

# HELLO TO OUR NEW EMPLOYEES!



**Paula Chandler**

HR MANAGER



**Michelle Cozad**

ADMINISTRATIVE  
RECEPTIONIST



**Alexis Jauregui**

RECEPTIONIST FLOAT  
CLERK



**Chris Richards**

ENVIRONMENTAL  
WORKER



**Carlos Madrea**

HR ASSISTANT



**Tawni Andrade**

ADMINISTRATIVE  
ASSISTANT



**Daniel Montalvo**

ENVIRONMENTAL  
WORKER



**Tiffani Mauro**

ACCREDITATION  
DIRECTOR

## Looking for a Job?

### How to Apply:

Please download the Toiyabe Employment Application, which is found on our website or pick up an application. You can submit the application In-Person, Email, or Mail.

In-person to Toiyabe at  
Administration's receptionist

Email  
to [HR@toiyabe.us](mailto:HR@toiyabe.us)

Mail the application to Toiyabe at the  
following address:  
Toiyabe Indian Health Project  
250 N. See Vee Lane  
Bishop, CA 93514





TOIYABE INDIAN HEALTH PROJECT, INC.  
ADVERTISEMENT FOR POSITION VACANCIES

Toiyabe is currently accepting applications for the following open positions.

- Grants and Contracts Manager
- IT Director
- Dialysis Registered Nurse
- Medical Aide
- Psychiatrist
- Pediatrician
- Family Practice Physician
- Family Nurse Practitioner
- Physician Assistant
- Family and Cultural Coordinator
- Psychologist
- Procurement/Motor Pool Person

For more information, complete job descriptions and applications, please visit [www.toiyabe.us](http://www.toiyabe.us) or contact:  
Toiyabe Human Resource Office, 250 See Vee Lane, Bishop, CA 93514  
Telephone: 760-873-8464 Fax: 760-873-3935  
Email: [hr@toiyabe.us](mailto:hr@toiyabe.us)

Toiyabe is an E.O.E. within the confines of the Indian Preference Act.

# CONGRATULATIONS:



## Toiyabe congratulates Toni Huff for completing training to be a certified Registered Alcohol and Drug Technician.

### FAMILY SERVICES

Toni Huff has recently been hired to work in the Family Services Department, as one of the Substance Abuse Counselor Trainees. She is working towards multiple certificates and credentials, such as the Registered Alcohol and Drug Technician (RADT) and Certified Alcohol Drug Counselor I (CADC I) through California Consortium of Addiction Programs and Professionals (CCAPP). A RADT is a person who possesses and utilizes a competency based core of knowledge and skills to assist alcohol/drug-affected persons, and those affected by the alcohol/drug affected person. CADC I has access to professional employment within the field of substance recovery services, such as continuum of care, including residential, inpatient, hospital, detoxification unit, outreach center, sober living, and clinical case management. The California Department of Health Care Services recognizes the CCAPP as an accredited organization. CCAPP can register and certify alcohol and drug counselors in California.

"I think that with my life experiences and education that I can help my people and my community with the daily struggles of Addiction."

TONI HUFF

### Requirements for RADT initial application:

- ▶ Completion of an approved nine-hour orientation course consisting of ethics, professional boundaries, and confidentiality
- ▶ Completion of RADT Application
- ▶ Signed CCAPP Code of Conduct for Credentialed Alcohol and Drug Professionals
- ▶ Passing score on the IC&RC ADC examination
- ▶ Renewal due every two years (continuing education required)

So if you or anyone you know is struggling with addiction do not hesitate to reach out! Call Family Services at (760)-873-6394. We are here for you,





Above: Tashina Chavez

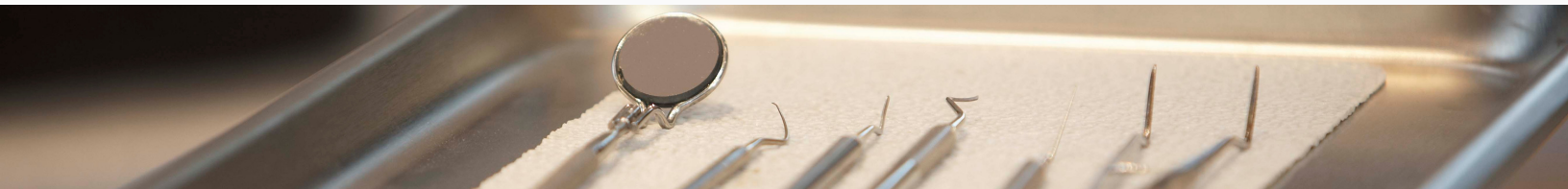
## Toiyabe congratulates Tashina Chavez & Su-Wah-Vee “Hai-Wee” Mason on passing their registered Dental Assistant exam.

### DENTAL

In June 2019, Tashina Chavez took her General Law and Ethics Written exam for the Dental Board of California and passed. She currently is a Registered Dental Assistant.

In July 2019, Su-Wah-Vee “Hai-Wee” Mason, took her General Law and Ethics Written exam for the Dental Board of California and passed. She currently is a Registered Dental Assistant.

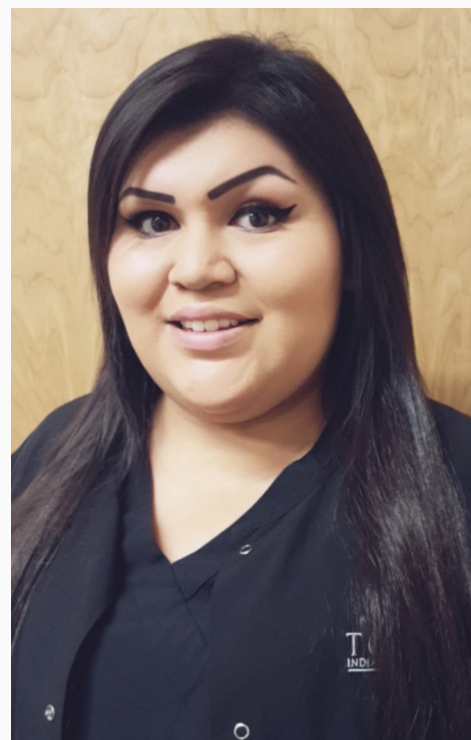
There are many different types of dental assisting programs in the United States. Graduates of dental assisting have a variety of job opportunities in general dentistry settings or in specialty areas. Ms. Mason and Ms. Chavez have been trained on the job and became eligible to take the DANB certification exam after they have completed two years of full-time dental assisting work experience. Some states also recognize successful completion of components of the CDA examination, such as the radiation health and safety examination or the infection control examination, for licensing and regulatory purposes.



To be licensed as a Registered Dental Assistant (RDA) in California, one must:

1. Graduate from a California Board-approved RDA educational program, or complete 15 months of work experience as a dental assistant, AND
2. Successfully complete California Board-approved courses in radiation safety and coronal polishing, AND
3. Successfully complete a 2-hour Board-approved course in the California Dental Practice Act and an 8-hour course in infection control within 5 years prior to application for licensure, AND
4. Successfully complete an American Heart Association or American Red Cross-approved course in Basic Life Support, AND
5. Pass the state combined written RDA General and Law and Ethics exam\*, AND
6. Apply for licensure as an RDA to the Dental Board of California.

Graduates of dental assisting have a variety of job opportunities in general dentistry settings or in specialty areas. The profession is one of the fastest growing occupations in the US, and the Bureau of Labor Statistics reports that the number of dental assistant positions is set to grow 25% nationally between 2012 and 2022, which is higher than the average for job growth.



Above: Su-Wah-Vee “Hai-Wee” Mason



# August is worldwide Breastfeeding Awareness Month!

WIC

Everywhere around the world people will be celebrating and promoting the benefits of breastfeeding. Why? Breastmilk provides protection and optimal growth for babies.

In breastmilk there are antibodies, anti-cancer factors, and disease fighting stem cells, anti-allergens, anti-parasite and many more. In fact, there are over 450 factors in breastmilk and many which contribute to specific benefits—protecting babies from infections—and reducing risks in the future for other major diseases. Some of these risks are diabetes, cancer and obesity.

Recent research has shown breastmilk can provide protections and benefits and are passed on through several generations. Some of these benefits have been identified in the brain development of 10 year olds if they were exclusively breastfed.

So countries around the world support mothers and families who choose to breastfeed. What does this support look like? Mothers continue to receive full salaries and insurance anywhere from 6-18 months depending on the country where they live. Sadly, the USA is the only country which does not provide these extended benefits. Wouldn't it be great to see support like this in our country? So be an advocate (write your congressman for covered family leave), educate (family & friends) and support those who choose to breastfeed.







## Introducing the California WIC Card!

WIC

**Great news for all WIC participants in the state of California! The WIC EBT Card will soon be available throughout the state....Inyo & Mono Counties will be issuing the card by October 1, 2019. (No more checks)**

**Flexible shopping—Get your WIC foods as you need them**

**Easier checkout—Your EBT card will be just like a credit card**

**Convenient benefits—Carry all your family's WIC food benefits on one card**

**So get ready for the new WIC EBT Card.**



**The California Department of Public Health/WIC Division (CDPH/WIC) is excited to introduce the California WIC Card. The WIC Card will replace the current paper food checks and will provide an easier way to issue food benefits, as well as improve the shopping experience for WIC families and grocers.**

**Each family will receive one WIC Card for all of their family's food benefits. The WIC Card will provide a more convenient way for families to shop for WIC foods and provide flexibility to get just what they need at each shopping trip. In addition, families will not lose their WIC food benefits if their WIC Card is lost, stolen or damaged.**

**The WIC Card is not the only change happening in California WIC. A new computer system is coming that will modernize operations at WIC offices across the state. In order to implement the new WIC Card, CDPH/WIC must replace WIC's current computer system with a new system, which will be called WIC WISE (WIC Web Information System Exchange).**



## New Screen Time Recommendations from WHO

The World Health Organization (WHO) has issued new guidelines around screen time: infants under 1 year old should not be exposed to electronic screens at all, and children between the ages of 2 and 4 should not have more than one hour of "sedentary screen time" each day. Limiting, and in some cases eliminating, screen time for children under the age of 5 will result in healthier adults, the organization, a United Nations health agency, announced last week. Children under 5 should also get more exercise and sleep in order to develop better habits that will stave off obesity and diseases in adolescence and adulthood, the guidelines said.

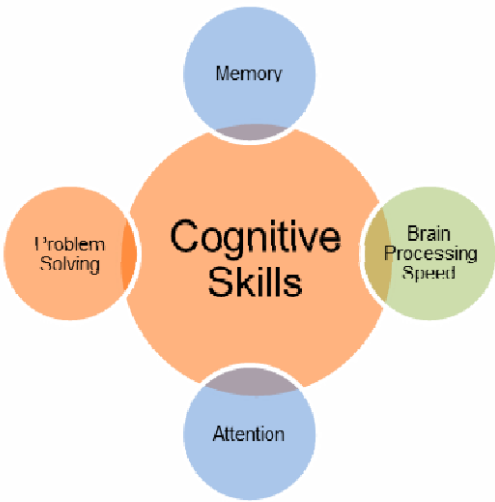
## Why Breastmilk Helps Micro-Preemies' Brain Development

Micro-preemies who primarily consume breastmilk have significantly higher levels of metabolites important for brain growth and development, according to sophisticated imaging conducted by an interdisciplinary research team at Children's National. While previous research established that vulnerable preterm infants who are fed breastmilk early in life have improved brain growth and neurodevelopmental outcomes, it was unclear why, until researchers were able to measure metabolites essential for growth and answer that question. According to the Centers for Disease Control and Prevention, about 1 in 10 U.S. infants are born preterm.



## Adverse childhood experiences (ACEs) Affect Cognitive Skills, Focus

Adverse childhood experiences (ACEs), such as poverty, residential instability, parental divorce or substance abuse, can affect executive function and lead to changes in a child's brain chemistry, muting the effects of stress hormones, according to a new study. Cognitive skills are the core skills your brain uses to think, read, learn, remember, reason, and pay attention. Working together, they take incoming information and move it into the bank of knowledge you use every day at school, at work, and in life. Children from families that had lower income and higher adversity tended to have both lower executive function and an atypical diurnal cortisol pattern. Each of those contributed to more behavior problems and lower social emotional competence in children when they were about to start kindergarten. The study shows that not only do low income and adversity affect children's adjustment, but they also impact these self-regulation systems that then add to children's adjustment problems. While past research has pointed to the effects of adversity on executive function, and to the specific relationship between cortisol and executive function, this new study shows the additive effects over time, researchers say. The research could be used to inform parenting programs, early childhood and school-based interventions.







## Avoiding & Identifying Heat Related Illness

### ADMINISTRATION

The heat index, which factors in the relative humidity when combined with the actual air temperature, is going to top out somewhere around 106 degrees during this upcoming patch. With temperatures this high it is really important that you stay hydrated and mindful of the dangers of heat exhaustion. Heat exhaustion is a heat related illness that can occur after you have been exposed to high temperatures and often goes hand in hand with dehydration. There are two types of heat exhaustion, water depletion and salt depletion. Heat exhaustion can progress to heat stroke, which can damage vital organs and even cause death.

"With temperatures this high it is really important that you stay hydrated and mindful of the dangers of heat exhaustion."

### TOIYABE INDIAN HEALTH CLINIC

Some common symptoms of heat exhaustion include:

- confusion
- dark colored urine
- dizziness
- fainting
- fatigue
- headache
- muscle or abdominal cramps
- nausea, vomiting, or diarrhea
- pale skin
- profuse sweating
- rapid heartbeat

After you have recovered from heat exhaustion, you will likely be more sensitive to high temperatures in the following week. Some other things to consider:

- exercise during the cooler temperatures of the morning or night
- plan outside work to avoid the hottest times of day, typically 12-5pm
- urban areas stay hotter, longer into the night by way of the asphalt and concrete storing heat from the day
- cook meals outside to avoid heating up your home

Treatment for heat exhaustion is pretty straight forward:

- get out of heat, into an air conditioned room, or at least in the shade out of direct sunlight
- drink plenty of fluids, sports drinks like Gatorade and Powerade help replace salts, avoid caffeine and alcohol (if you don't have to urinate, you aren't drinking enough)
- remove tight or unnecessary clothing, wear light colors
- take a cool shower, bath, cool off with a garden hose.



## Toiyabe-Paiute Mountain Camp

BY EARL LENT- TOIYABE YOUTH PREVENTION

The inaugural Paiute Family Camp took place this year and was a great success. A total of 70-80 people attended this year's four day adventure which took place at Cloudburst campground located along Sonora Pass road.



Families throughout TANF and Toiyabe's service area attended including Lone Pine, Big Pine, Bridgeport and Benton. The camp focused on prevention through culture and language to build resiliency and re-unite the bond between families. The camp had several different events for the participants creating an everlasting link between families and culture. The events included horseback riding, cultural and language teachings, fishing and hiking.

The hiking path took us deep into the Sierra Nevada mountain range and over the summit into the back country alpine lakes, an overall journey of 12 miles. The families hiked the same terrain and used the same paths as their ancestors and after the trip all the participants had a better appreciation, culturally and spiritually, realizing what their own bodies were capable of.

Thanks to all the participants who attended the Paiute Family Camp and the staff members who put together this great event, Camp staff set a great example for our tribes and our programs. Toiyabe and TANF would like to thank all the participants, tribes, and agencies that helped make the Paiute Family Camp a great success.

The first Paiute  
Camp that took  
place in June  
2019 at  
Cloudburst  
campground.

PHOTO OF RUSTIE ROOT,  
FAMILY SERVICES YOUTH  
PREVENTION WORKER, WHO  
IS WEARING THE TOIYABE-  
PAIUTE MOUNTAIN CAMP  
TEE SHIRT





# Indigenous Games

## 2019





Toiyabe Indian Health Project- Family Services most recently held the most anticipated youth event of the summer. The 2019 Indigenous Games took place Wednesday, July 24th at Millpond Park in Bishop, Ca with a tremendous turn out of about 100 youth! This Annual event is a take on the Alaska Indigenous games which involves various skilled events. The competitive events included; Hand Slap, Alaskan Two-foot high kick, Alaskan One foot high kick, Handslap, Footrace, Softball throw, Stick pull, Tug-of-War, and the 11-13 year old competed in an Atlatl Throw. First through third places were awarded in each category! The youth had a lot of fun during the Indigenous Games and we could see the progress they are making in developing skills necessary for the games. TIHP- Family Services would like to thank the Bishop Indian Education Center and their staff, Lone Pine Tribal TANF, and all the TIHP Staff that helped make this event possible for the youth.

## ***Youth Prevention***

☞ **Earl Lent** ☞

earl.lent@toiyabe.com

Ext: 322

☞ **Lorraine Root** ☞

rustie.root@toiyabe.com

Ext: 195

☞ **Leticia Gonzales** ☞

leticia.gonzales@toiyabe.com

Ext: 215





## White Bison Training- “The Medicine Wheel and 12 Steps for Men and Women.”

### FAMILY SERVICES

A White Bison Wellbriety Training session was recently hosted by Toiyabe Indian Health Project Family Services July 12-14 at Toiyabe’s Bishop Clinic. Attending the training were 26 participants who received instruction on “The Medicine Wheel and 12 Steps for Men and Women.” At the conclusion of the training, the 26 participants were certified as facilitators, able to lead Wellbriety groups.

White Bison, Inc., is an American Indian non-profit charitable organization that offers sobriety, recovery, addictions prevention, training and wellness/Wellbriety learning resources to the Native American community nationwide.

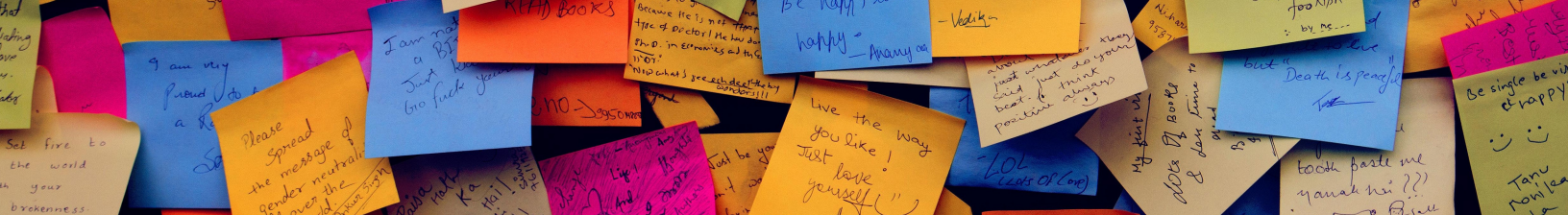
The Medicine Wheel and 12 Step program was developed to provide a culturally appropriate 12 Step program for Native American people. This program was developed by White Bison, based upon the Teachings of the Medicine Wheel, the Cycle of Life and the Four Laws of Change.

The program is designed in a series of modules that enable people seeking Wellbriety to meet their individual needs. Participants watch a video that explains Medicine Wheel teachings and how to apply them to their lives. In addition, participants share their insights and experiences in a talking circle. They also learned how to mind map their own innate knowledge around these teachings and apply that knowledge to their daily lives and decision making processes.

For participants seeking Wellbreity, working through the program in a group setting creates strong social and emotional bonds to help each individual develop trust, autonomy, and other healthy feelings and thought patterns to will help them to grow emotionally, mentally, physically, and spiritually.

Wellbriety meetings offered through Toiyabe Family Services are scheduled noon to 1 p.m. Mondays, Tuesdays, Thursdays and Fridays in the Family Services conference room at Toiyabe’s Bishop Clinic; noon to 1 p.m. on Wednesdays, beginning Aug. 21, at the Big Pine Wellness Center; and 1 to 2:30 p.m. Mondays at the Toiyabe Lone Pine Clinic.

For further information on Wellbriety meetings, contact Toni Huff or Earl Lent III At Toiyabe Indian Health Project, Family Services Department at (760) 873-6394.



# Circles of Care

## FAMILY SERVICES

Toiyabe Family Services Circles of Care grant program is into the final half of its three-year grant to identify and analyze community needs and develop a blueprint for Native American youths in need of mental health services.

The 3 year planning grant provides funding to develop culturally appropriate strategies to serve young people with serious behavioral health challenges. The grant aims for families of these youth to also participate in the process of developing a plan for implementing behavioral health services.

At the foundation of the Circles of Care program is the idea of creating a system of care—a coordinated network of holistic, community-based services and supports to help meet the needs of children and youth with serious mental health challenges.

The Circles of Care grant is a Substance Abuse and Mental Health Services Administration program launched in 1998. The primary goals of the Circles of Care grant program are to:

- Plan for the development of a community-based system of care model for children with mental health challenges and their families.
- Develop local capacity and infrastructure to assist tribal communities in obtaining funding and resources to implement a system of care model to improve the mental health and wellness of their children, youth, and families.

Grant funds are designated for use to support:

- Planning and development of infrastructure
- Overall systems change
- Local capacity building to improve mental health, substance abuse prevention and wellness services, and supports for children, youth, and families

In addition, grantees must:

- Strongly emphasize cross-system collaboration
- Include family, youth, and community resources
- Use culturally relevant approaches

Specific items required under the Circles of Care program include:

- Community Needs Assessment
- Community Readiness Assessment
- Community Resource/Asset Map
- Social Marketing/Public Education Plan
- Process evaluation
- Local evaluation plan
- System of Care Model (a “Blueprint”)
- Implementation Plan, including a feasibility study for the Blueprint
- Outcome Measurement Plan for the Blueprint

Currently, Toiyabe Circle of Care grant program is in the process of collecting data from the adult Native American community through the use of written surveys and monthly meetings. In the upcoming months, Toiyabe Circles of Care will begin expanding the collection of information from Native American youth through planned activities and written surveys.

**"The 3 year planning grant provides funding to develop culturally appropriate strategies to serve young people with serious behavioral health challenges."**

FAMILY SERVICES





## Wellbriety Group Meetings

### FAMILY SERVICES

#### **Bishop Meetings**

**Location:** Family Services Conference Rm

**When:** Mon; Tues; Thurs; Fri

**Time:** 12:00pm—1:00pm

#### **Big Pine Meetings:**

**Location:** Big Pine Wellness Center

**When:** Meetings Start Wednesday, August 21st and Every Following Wednesday

**Time:** 12:00pm—1:00pm

#### **Lone Pine Meetings:**

**Location:** Toiyabe Indian Health Project

**When:** Mondays

**Time:** 1:00—2:30pm

If You Have Any Questions Regarding These Groups Please Contact Toni Huff or Earl Lent III At Toiyabe Indian Health Project, Family Services Department at (760) 873-6394.

---

## Circles of Care Lunch Bunch Meeting

### FAMILY SERVICES

**Time:** Noon - 1:00 pm

**Date:** Wednesday, August 7, 2019

**Location:** Toiyabe Indian Health Clinic Multi-purpose Room (250 See Vee Lane Bishop CA 93514)

Adult members of the Native American community are invited to attend the monthly Circles of Care lunch meetings to participate as part of the program's adult advisory committee.

The purpose of the Circles of Care program is to provide tribal and urban Native American communities with tools and resources to plan and design a holistic, community-based, coordinated system of care approach to support mental health and wellness for children, youth, and families.

For additional information, call Angela Lewis at (760) 873-6394 ext. 324

## Therapeutic Options:

### FAMILY SERVICES

Family Services offers several therapy options to fit the Native American community needs:

- Family Therapy
- Couples Therapy
- Individual Therapy
- Psychiatry

For more Information call:

Family Services- (760)-873-6394.





# NARCAN TRAINING

*NARCAN® (naloxone HCl)*

*Nasal Spray is the first and only FDA-approved nasal form of naloxone for the emergency treatment of a known or suspected opioid overdose.*

**CALL FAMILY SERVICES AT  
(760)-873-6394, IF YOU WANT  
TO SIGN UP!**

Get your FREE NARCAN® Nasal Spray so you can help reverse an opioid overdose.



## Pharmacy is now open during lunch.

### PHARMACY

When refilling your script please be sure to include:

- Your name
- Rx number
- or Prescription name.

Please make sure to submit any necessary medication re-fills prior to any holiday closures. Allow 24/48 hours of notice to refill prescriptions.

Reminder: If you are on the last five days of your prescription call in the order to make sure the doctor has authorized for a refill.

As always, we appreciate your patience and are happy to serve the community!

Pharmacy Refill#- (760)-873-4721

Pharmacy Fax- (760)-873-6127



**Pharmacy Hours:**  
**Monday - Friday**  
**8:00 am - 5:00 pm**



## What is Purchased/Referred Care?

### PURCHASED & REFERRED CARE

Purchased/Referred Care is a program designed to assist eligible Native American patients with healthcare costs when all other resources have been applied for and utilized. The PRC program has guidelines set forth that determine services which it may pay for. When Toiyabe cannot provide specific care, a referral is required to an outside physician, specialist or hospital. This care, when authorized, is paid for through the Purchased/Referred Care program.

Purchased/Referred is not an entitlement program or an insurance program and operates as funds are available. The Purchased/Referred Care program must rely on specific regulations relating to eligibility, notification, residency, and a medical priority rating system. Purchased/Referred Care is the payer of last resort and not all services are guaranteed for payment.



## Keep an Eye on Your Vision Health

### OPTICAL

Going to the doctor, going to the dentist—all part of taking care of your health. But going to the eye doctor? Also important! Eye exams at every age and life stage can help keep your vision strong. Many people think their eyesight is just fine, but then they get that first pair of glasses or contact lenses and the world comes into clearer view—everything from fine print to street signs.

Improving your eyesight is important—about 11 million Americans over age 12 need vision correction—but it's just one of the reasons to get your eyes examined. Regular eye exams are also an important part of finding eye diseases early and preserving your vision.

### Only Your Eye Doctor Knows for Sure

Eye diseases are common and can go unnoticed for a long time—some have no symptoms at first. A comprehensive dilated eye exam by an optometrist or ophthalmologist (eye doctor) is necessary to find eye diseases in the early stages when treatment to prevent vision loss is most effective.

During the exam, visual acuity (sharpness), depth perception, eye alignment, and eye movement are tested. Eye drops are used to make your pupils larger so your eye doctor can see inside your eyes and check for signs of health problems. Your eye doctor may even spot other conditions such as high blood pressure or diabetes, sometimes before your primary care doctor does.

**"Regular eye exams  
are also an  
important part of  
finding eye  
diseases early and  
preserving your  
vision."**

OPTICAL

## Vision Care Can Change Lives

Early treatment is critically important to prevent some common eye diseases from causing permanent vision loss or blindness:

- Cataracts (clouding of the lens), the leading cause of vision loss in the United States.
- Diabetic retinopathy (causes damage to blood vessels in the back of the eye), the leading cause of blindness in American adults.
- Glaucoma (a group of diseases that damages the optic nerve).
- Age-related macular degeneration (gradual breakdown of light-sensitive tissue in the eye).

Of the estimated 61 million US adults at high risk for vision loss, only half visited an eye doctor in the past 12 months. Regular eye care can have a life-changing impact on preserving the vision of millions of people.



## Start Early

Though people tend to have more vision problems as they get older, children need eye exams to ensure healthy vision, too. But less than 15% of preschool children get an eye exam and less than 22% receive vision screening. Vision screening can reveal a possible vision problem - but can't diagnose it. A comprehensive dilated eye exam is needed to diagnose eye diseases. Amblyopia (reduced vision because the eye and brain aren't working together properly) is the most common cause of vision loss in children — 2 to 3 out of 100 children. Amblyopia needs to be treated promptly to help avoid vision loss.

## Eye Exams: How Often?

Children's eyes should be checked regularly by an eye doctor or pediatrician. The US Preventive Services Task Force recommends.

- vision screening for all children at least once between age 3 and 5 years.
- to detect amblyopia or risk factors for the disease.
- People with diabetes should have a dilated eye exam every year.
- Some people are at higher risk for glaucoma and should have a dilated eye exam every 2 years:
  - African Americans 40 years and older
  - All adults older than 60, especially Mexican Americans
  - People with a family history of glaucoma

## 5 Ways to Protect Your Vision

1. Get regular eye exams.
2. Eat a healthy diet, including leafy greens such as spinach or kale, and maintain a healthy weight.
3. Know your family's eye health history.
4. Wear sunglasses that block out 99% to 100% of UV-A and UV-B radiation (the sun's rays).
5. Quit smoking or don't start.



## Other Reasons to See Your Eye Doctor

If you have any of the following eye problems, don't wait for your next appointment—visit your eye doctor as soon as possible:

- Decreased vision
- Draining or redness of the eye
- Eye pain
- Double vision
- Floaters (tiny specks that appear to float before your eyes)
- Circles (halos) around lights
- Flashes of light



### Easy on the Eyes

If you spend a lot of time focusing on one thing, such as a computer screen, your eyes can get tired. Try the 20-20-20 rule to reduce eyestrain: every 20 minutes, look away about 20 feet in front of you for 20 seconds.

## Other Reasons to See Your Eye Doctor

Diabetic retinopathy is a common complication of diabetes. High blood sugar damages the blood vessels in the retina (a light-sensitive part of the eye), where scarring can cause permanent vision loss.

Diabetic retinopathy is also one of the most preventable causes of vision loss and blindness. Early detection and treatment can prevent or delay blindness due to diabetic retinopathy in 90% of people with diabetes, but 50% or more of them don't get their eyes examined or are diagnosed too late for effective treatment.

People with diabetes are also at higher risk for other eye diseases, including glaucoma and cataracts. If you have diabetes, an eye exam every year is necessary to protect and preserve your eyesight and eye health.

## Looking Ahead

Due to our aging population, the number of blind and visually impaired people in the United States is estimated to double by 2030. Encouraging people to take care of their vision health as part of their overall health and wellness could significantly reduce that number and improve quality of life for millions of Americans.

To see one of our TIHP Optometrists call 760-873-3611!

# Diabetic Recipes

## Pasta with Grilled Shrimp and Pineapple Salsa

RECIPE BY: ROBYN WEBB

Prep- 15 m

Cook- 20 m

Ready In- 35 m

"Refreshing and citrusy! Preparation Time: 20 minutes. This recipe is from The WEBB Cooks, articles and recipes by Robyn Webb, courtesy of the American Diabetes Association."

### Ingredients

- 3 cups rotini pasta
- 1/2 fresh pineapple - peeled, cored and chopped
- 1 large red bell pepper, chopped
- 1 large red onion, chopped
- 1 jalapeno pepper, seeded and minced
- 1/2 cup fresh orange juice
- 1/3 cup fresh lime juice
- 1 1/2 pounds large shrimp - peeled and deveined

### Directions

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente. Drain.
2. In a large bowl combine pineapple, red pepper, red onion, jalapeno pepper, orange juice, and lime juice. Mix well and set aside.
3. Prepare an outdoor grill with an oiled rack set 6 inches from the coals. On a gas grill, place the setting to high. Grill the shrimp for 2 minutes per side.
4. Toss the cooked noodles with the salsa. Arrange the shrimp on the pasta and serve.



## Can't Tell They're Low-fat Brownies

RECIPE BY:ROBERTA TRIPP

Prep- 10 m

Cook- 30 m

Ready In-40 m

"This was my attempt to make my mom's brownie recipe lower in fat. My family loves them!"

### Ingredients

- 1/2 cup all-purpose flour
- 6 tablespoons unsweetened cocoa powder
- 1 cup white sugar
- 1/8 teaspoon salt
- 2 tablespoons vegetable oil
- 1/2 teaspoon vanilla extract
- 1 (4 ounce) jar pureed prunes baby food
- 2 eggs

### Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease an 8x8 inch square pan.
2. In a medium bowl, stir together flour, cocoa, sugar, and salt. Pour in oil, vanilla, prunes, and eggs. Mix until everything is well blended. Spread the batter evenly into the prepared pan.
3. Bake for 30 minutes in the preheated oven, or until top is shiny and a toothpick inserted into the center comes out clean.



**TOIYABE**  
INDIAN HEALTH PROJECT

Toiyabe Newsletter  
250 North See Vee Lane  
Bishop, CA 93514  
Phone No. 760-873-8464  
Toll Free No. 877-776-8100

Toiyabe Indian Health Project, INC			
Department	Telephone #	Toll-Free	Fax #
Medical	(760)-873-8461	(877)-701-6318	(760)-873-3908
Dental	(760)-873-3443	(877)-701-6321	(760)-873-3889
Optical	(760)-873-3611	(877) 701-6318	(760)-873-3612
Pharmacy	(760)-873-4721	(877)-701-6318	(760) 873-6127
Family Services	(760)-873-6394	(866)-270-5003	(760)-873-3254
WIC	(760)-872-3707	N/A	(760)-872-6563
Public Health	(760)-872-2633	N/A	(760)-873-6361
Dialysis	(760)-873-7611	(877)-776-8100	(760)-873-3361
Coleville Clinic	(530)-495-2100	N/A	(530)-495-2122
Lone Pine Clinic	(760)-876-4795	(877) 701-6317	(760)-876-5624
Fiscal	(760)-873-6111	(877)-701-6313	(760)-872-8152
Billing	(760)-872-7611	N/A	(760)-873-7601
Administration/ Human Resources / Maintenance / IT	(760)-873-8464	(877) 776-8100	(760)-873-3935