

NEWSLETTER

“Caring For Our Communities”

OCTOBER 2019



OCTOBER
Breast
CANCER
AWARENESS MONTH

Helping women stay healthy is an important focus for Toiyabe Indian Health Project. In the month of October there will be a number of events available for women to receive their annual health check-up and mammogram screening. Mammograms are an essential prevention measure against breast cancer deaths. In American Indian and Alaskan Native women, breast cancer is the second most common cause of cancer deaths. If breast cancer is found early, treatment is more effective and less harmful. Mammograms are the best way to find breast cancer early. According to the American Cancer Society women age 40-45 years of age should have the choice to start annual breast cancer screening. Many receive a baseline mammogram at 40. After 45 the recommendation is to have a mammogram every year. For those with a family history of breast cancer the recommendation may be sooner.

Northern Inyo Healthcare District is providing a number of special days for walk-in and scheduled mammograms in the month of October. There will be three days set aside especially for Toiyabe patients and staff. See the calendar of events to schedule your screening mammogram or call your TIHP provider.

Pap smears and HPV testing are also important screenings for women in order to detect cervical cancer. Pap smears start after 21 years of age and every 1 to 3 years after that. Schedule your well-woman check-up today at your clinic. Bishop –760- 873-8461, Lone Pine 760-876-4795, Coleville- 530-495-2100.

OCTOBER CALENDAR

**10/8 – Community Talk in TIHP
Conference RM 6:00pm**

**Dr. Jay Harness ” What’s New in
Breast Cancer Prevention
Detection and Treatment”**

**10/11 – TIHP Lone Pine
Mammogram shuttle day**

**10/18 – Walk for Women “Wear
Pink Day” – starts at 4:30pm in
front of Toiyabe Clinic (20 minute
walk on the Coso trail)**

**10/25 - Toiyabe Annual
Community Mammogram Day**

**10/30 – Toiyabe Employee &
Moms Mammogram Day**



CEO MESSAGE

Written by Dr. Kori Novak, PhD, MBA

As we come upon October and Breast Cancer awareness month it is important to talk about not just supporting those affected by breast cancer by wearing ribbons or doing walks. While this is wonderful gesture, it is equally critical to support fighters and survivors with actions; meals for families during chemo treatments, rides to appointments, shoulders to share the burden of hopes and fears. Most of us know someone who has been diagnosed with breast cancer, many of us have fought it and won, some of us have fought it and lost. I am currently in the midst of my own battle with it.

This disease has touched many lives and for those of us who have been diagnosed and are seeking treatment, going to Lancaster or Los Angeles for a 20 minute treatment for 8-10 weeks is not sustainable. Whether breast cancer or any other type of cancer has touched your life or the lives of your friends or family having treatment 4 hours away can be a scary prospect.

At TIHP we are taking a particular focus on both the causes of Cancer and Cancer Survivorship. This has entailed partnering with major cancer research centers to help bring more comprehensive cancer care to the Owens Valley. We are creating programs to help navigate through the “oncology” system, we are looking to find more ways in which we can support those individuals and their families who have been touched by this disease. You will see in this issue that we are partnering with Northern Inyo Health Care District to provide specific TIHP mammogram screening days, and expert education for you and your family. This issue will also discuss the grant we just won with the University of Southern California’s Norris Cancer Center to further investigate how we can identify and face off the root causes of cancer, specifically in the native population.

As one of our primary focuses for growth at Toiyabe, we are looking to provide care closer to home for all aspects of your health.

Please call us to schedule your mammograms, well women checks and other annual exams. The best way to fight cancer or any disease, is early detection. As your partners in health, we are here to help.

Dr. Novak

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*Sign is located
outside of
Toiyabe Dialysis
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HELLO TO OUR NEW EMPLOYEES!



Michael Heinlein
BEHAVIORAL HEALTH
THERAPIST



Julia Loera
PATIENT CARE TECH
TRAINEE



Guadalupe Rios
PATIENT CARE TECH
TRAINEE



Tina Rodriguez
DIALYSIS FACILITY
ADMINISTRATOR AND
DIALYSIS NURSE



Desbah Lewis
PATIENT CARE TECH
TRAINEE



Max Piercey
OPTICAL ASSISTANT



Marie Saenz
FAMILY & CULTURAL
COORDINATOR



Ali Ashley
DENTAL ASSISTANT



Natalie Chang
PHARMACIST



Leticia Gomez
MEDICAL ASSISTANT



Martika Nash
MEDICAL ASSISTANT



TIHP AND USC COLLABORATE TO REDUCE CANCER DISPARITIES IN TOIYABE

By Kori Novak, PhD, MBA

We have exciting news! In our August newsletter, we spoke of plans to increase services to our patients through comprehensive cancer care and research. We are pleased to announce that Toiyabe Indian Health Project Inc. (TIHP) will be partnering with the Norris Comprehensive Cancer Center (NCCC) at the University of Southern California (USC) to identify and develop innovative strategies to reduce the cancer burden in the Toiyabe region. This collaboration with NCCC and a rural AIAN community has never been done before in California! The information from this study will lead to the development of culturally-specific cancer prevention and improve access to health care.

“

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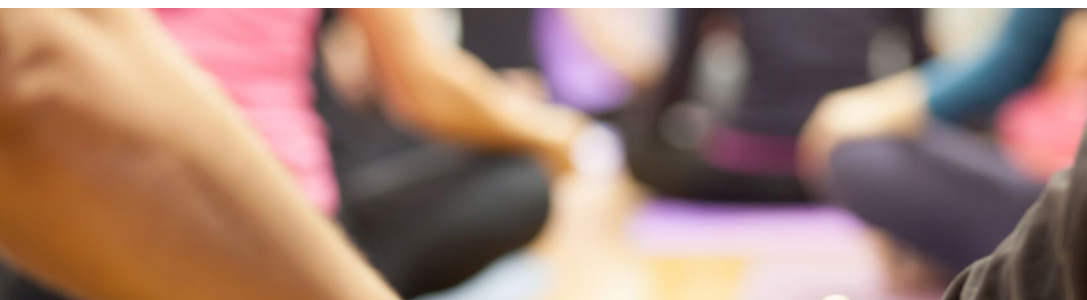
Opportunities to Participate

TIHP and NCCC will be conducting a needs assessment to reach our seven tribal communities to understand how we can best address cancer control disparities in our local area. We will be holding focus groups with cancer patients/survivors and their families, Tribal community members, and TIHP clinic staff. There will be opportunities to participate and provide your perspectives on community needs to improve cancer prevention strategies and access to services.

We are looking forward to this sustained collaboration with NCCC to identify future research opportunities and enhance our cancer control care!

For more information please reach out to your TIHP Provider.

FAMILY SERVICES MEETINGS



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: Wednesday

Time: 12:00pm—1:00pm

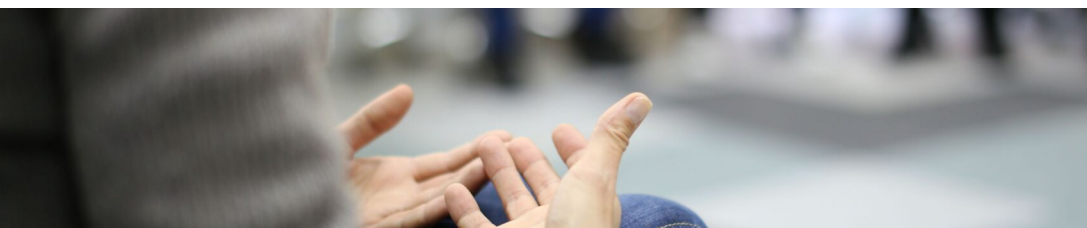
Lone Pine Meetings:

Location: Toiyabe Indian Health Project

When: Mondays

Time: 1:00—2:30pm

The Wellbriety group is based off the Medicine Wheel and 12 Step program to provide a culturally appropriate 12 Step Program for Native American People. If you or anyone is interested in attending reach out to Toni Huff or Earl Lent @ (760)-873-6394.



Circles of Care Lunch Bunch Meeting

FAMILY SERVICES

Time: Noon - 1:00 pm

Date: Wednesday, October 2, 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

FAMILY SERVICES

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.

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

Call Family Services at (760)-873-6394 to sign up!



PROTECT YOURSELF AND THOSE AROUND YOU FROM THE FLU

Infection Control/Public Health

Summer is almost over and fall is quickly approaching. Along with the beautiful changing leaves, cooler weather, and shorter days comes flu season. Every year millions of people get the flu. It is important to protect yourself, your family, and the community from possible flu exposure by doing these three easy steps:

- Get the flu vaccine. This is the best protection. It is common myth that the vaccination can give you the flu virus.
- Hand Hygiene is your first line of defense. Washing hands with soap and water is the best way to reduce the number of microbes on them in most situations. Hand sanitizer is 99% effective against the virus that causes flu.
- Cover your cough and sneeze. No matter how careful, we are we are still human and may accidentally share our flu virus by coughing or sneezing. So grab a mask from one of many locations throughout Toiyabe and protect those around you.

Remember if you have flu symptoms please do not go into work. Take a day, rest, drink plenty of fluids, and stay away from others as much as possible. You can't take care of others if you don't take care of yourself.

FLU SHOTS

PUBLIC HEALTH

NO APPOINTMENT NEEDED

Drop in and get your flu shot at any of the following Toiyabe Clinics:

Bishop Clinic- Monday thru Friday,
8:00am to 5:00pm

Lone Pine Clinic- Monday thru Friday,
8:00am to 5:00pm

Coleville Clinic- Monday thru Friday,
8:00am to 5:00pm

Get your flu shot by October 31, 2019.



You can't take care
of others if you
don't take care of
yourself.

TOIYABE INDIAN HEALTH PROJECT PRESENTS

TOIYABE ROAD RUN

EXERCISE IS GOOD MEDICINE

SATURDAY, NOVEMBER 2, 2019

#TOIYABEROADRUN2019

5K • RATE: \$20
• GUN START: 9AM

10K • RATE: \$25
• GUN START: 9AM

1K • RATE: FREE
• GUN START: 9:15AM

PRE-REGISTER BY FRIDAY, NOVEMBER 1, 2019 TO RECIEVE RATE ABOVE.

MILLPOND RECREATION AREA



ALL RACE PROCEEDS BENEFIT THE JILL KINMONT INDIAN EDUCATION FUND.

PLEASE NOTE RATES WILL BE INCREASED BY \$5 ON DAY OF. FOR GROUP RATES OF 3 OR MORE PLEASE REACH OUT TO TOIYABE. FOOD AND PRIZES WILL BE PROVIDED. ADDITIONAL T-SHIRTS WILL BE FOR SALE FOR \$10. RACE DAY REGISTRATION STARTS AT 8:00 UNTIL 8:45AM. FOR MORE ON REGISTRATION DETAILS: CONTACT (760)-872-2622 OR VISIT WWW.TOIYABE.US/COMMUNITY/ROAD-RUN/



Tina Rodriguez



Michelle Saulque



Rachel Hess



Misook Choi



Sandy Dodson

WEEKLONG CELEBRATION TO SPOTLIGHT HEALTH CARE HEROES: NEPHROLOGY NURSES

Dialysis

Bishop Dialysis Center honored our Dialysis nurses during 'Nephrology Nurses Week' September 8-14, 2019.

The award-winning Toiyabe Dialysis Center is a fully staffed 12 station facility, and is the only certified provider of Dialysis services in the Owens Valley.

Nephrology nurses care for patients with kidney disease and provide lifesaving care each day. Nephrology nurses use their vision, knowledge, and skills to take action and improve patient outcomes. They make a positive difference in the lives of patients and their families everyday. Caring for kidney patients requires nurses to be highly skilled, well educated, and motivated, and nephrology nurses cite the variety and challenges of the specialty as fueling their ongoing passion.

American Nephrology Nurses Association (ANNA) launched Nephrology Nurses Week in 2005 to give employers, patients and others an opportunity to thank nephrology nurses for their life-saving work. In addition, ANNA also hopes to spark interest in other nurses about the multifaceted career opportunities available in nephrology. One of the most diverse nursing specialties practiced today, nephrology nurses care for patients of all ages who have, or are at risk for kidney disease.

About 30 million adults in the United States suffer from chronic kidney disease. The rising number of individuals with kidney disease, many of whom are minorities, is in part attributed to the country's obesity epidemic, an alarming trend that has led to more cases of diabetes and high blood pressure. Both of these diseases are major contributors to kidney failure.

For general information about the Dialysis Department, please call us at 760-873-7611.



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.

Walk for Life- Bringing Suicide Prevention Awareness to the Bishop Community

FAMILY SERVICES

The 2019 Walk for Life was a great success. We had 145 participants at the Walk for Life. Before the start of the race, participants were able to make prayer ties and visit informational booths setup by California Rural Indian Health Board, Inc. (CRIHB) and Inyo County Health and Human Services. The Pabanamanina Powwow Host Drum Group-- Red Hoop, lead the walk with their singing, which had been a beautiful addition.

The purpose of the Walk is to bring awareness and education to the subject of suicide in Indian country. Suicide takes an enormous toll on families and friends, leaving communities across Indian country devastated by this national health problem. Suicide is ranked as the eighth leading cause of death for American Indian/Alaska Natives of all ages. Toiyabe hopes that the Walk for Life will unite Native people with the common goal of preventing suicide and ending the stigma that surrounds depression and other mental health disorders.

The Circles of Care team were on-site providing surveys to adult participants, which will be used to complete our Community Needs Assessment that we are in the process of completing. Walkers received t-shirts, water bottles, and educational materials to bring awareness to suicide in Indian Country. For those that wanted to race, we had small prizes for the top three finishers in four age categories—kids, teen, adult, and elders.





LEARN THE WARNING SIGNS:

- Hopelessness; feeling like there is no way out
- Anxiety, agitation, sleeplessness, or mood swings
- Feeling like there is no reason to live
- Rage or anger
- Engaging in risky activities
- Increasing alcohol or drug abuse
- Withdrawing from family and friends
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

National Suicide Prevention Week (Sept. 8-14)

Despite the strengths of American Indian and Alaska Native (AI/AN) families and communities, suicide remains a devastating and all too frequent event. Complex, interrelated factors contribute to an increased suicide risk among AI/AN people and include mental health disorders, substance abuse, intergenerational trauma, and community-wide issues. Factors that protect AI/AN youth and young adults against suicidal behavior are a sense of belonging to one's culture, a strong tribal/spiritual bond, the opportunity to discuss problems with family or friends, feeling connected to family, and positive emotional health.



Recognizing and Responding to Suicide

Suicide occurs across and within all races and cultures. Within Indian Country, the rates are higher than in the general population. The subject of suicide carries the stigmas of depression and death, the fear that just talking about it will make it happen, and other stigmas, including:

- Suicide is a cry for help.
- When a person decides to end his or her life, there is nothing that can be done to stop him or her.
- A person won't commit suicide if he or she has children, just bought a new car, or is just having a "difficult time"

The reality is that suicide is preventable, and help is available.



The presence of any of the following signs requires immediate attention:

- Thinking about hurting or killing themselves
- Reading or seeking information on ways to die
- Talking about death, dying, or suicide
- Showing hopelessness or expressing that they have no reason to live
- Talking about feeling trapped, being in unbearable pain, or a burden to others
- Self-destructive or risk taking behavior, especially when it involves alcohol, drugs, or weapons

Risk Factors for Suicide

- Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders, and certain personality disorders
- Alcohol and other substance abuse disorders
- Hopelessness
- Impulsive and/or aggressive tendencies
- History of trauma or abuse
- Major physical illnesses
- Previous suicide attempt(s)
- Stigma associated with asking for help
- Lack of health care, especially mental health and

substance abuse treatment

- Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma
- Family history of suicide
- Job or financial loss
- Loss of relationship(s)
- Easy access to lethal means
- Local clusters of suicide
- Lack of social support and sense of isolation
- Exposure to others who have died by suicide (in real life or via the media and Internet)

Additional Risk Factors For American Indian/Alaska Native People

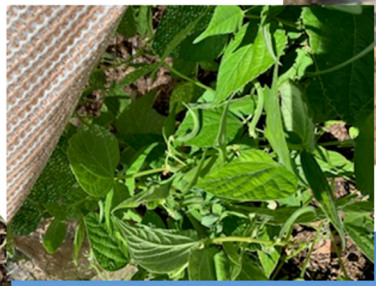
- A history of interpersonal violence/abuse
- Unwillingness to seek help because of stigma related to mental health, substance abuse disorders, or suicidal thoughts
- Unemployment
- Alcohol misuse/abuse
- Economic instability and social disintegration
- Perceived discrimination
- Isolation on reservations, feeling cut off from other people
- Local epidemics of suicide (called "Suicide Clusters")

Coleville Clinic Community Garden

This year our community garden was grown by staff with help from our families. Volunteering time, supplies and manpower we worked together on long evenings and weekends. We had a huge donation from Craig Randall, who supplied chicken wire to help keep the squirrels and other pests out of the garden.

Marjoree Neer donated plant starters and soil to give us a good foundation. From the start, we were challenged by the squirrels eating all the sprouts but after an epic battle and a lot of chicken wire, we finally got produce!

We took our first harvest and delivered to local elders. Its been a community bonding experience and we look forward to next year!



Diabetic Support Group



October 22, 2019 @ 5:15



JOIN US WITH DR. PAYMAN FROM DENTAL

We will discuss diabetes and dental health

- exams
- cleanings
- caring for your teeth

Light meal to be provided

For more information call Public Health: (760) 872-2622



TOIYABE
INDIAN HEALTH PROJECT

EARLY DETECTION SAVES LIVES.



GET A MAMMOGRAM TEST.

A reminder from the Toiyabe Indian
Health Project, INC.

SCHEDULE A MAMMOGRAM SCREENING TODAY

10/11- LONE PINE MAMMOGRAM SHUTTLE DAY

**10/25 - BISHOP TOIYABE ANNUAL COMMUNITY
MAMMOGRAM DAY**

**10/30 - TOIYABE EMPLOYEE & MOMS
MAMMOGRAM DAY.**



**CALL BISHOP- (760)-873-8461 OR
LONE PINE- (760)-876-4795 FOR AN APPOINTMENT.**



Müadübü Nüümü Elder's Talking Circle

These Talking Circles are Open to all Elders Young and Old!

Talking Circle Topics Include but are Not Limited to

- Grandparents Raising Grandchildren
- Daily Struggles of Addiction
- Grief and Loss

Wednesdays at 10:00 am

At The Elder's Building, Bishop, CA.

Light Refreshments Will Be Provided

If you have any questions regarding this Talking Circle Please Contact Toni
Huff, RADT or Bob Kittle, LCSW at Family Services at

(760) 873-6394



TOIYABE
INDIAN HEALTH PROJECT



SUPPORT THOSE FIGHTING CANCER.

WALK FOR WOMEN "WEAR PINK DAY"

*October is National Breast Cancer
Awareness Month.*

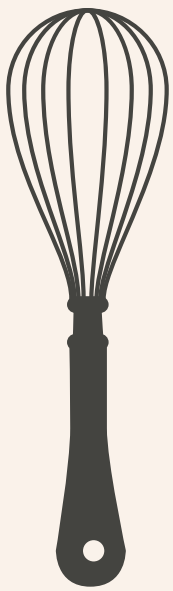
DATE: FRIDAY, OCTOBER 18, 2019

**STARTS AT 4:30PM IN FRONT OF BISHOP TOIYABE CLINIC
(20 MINUTE WALK ON COSO).**

For more information please contact: (760)-872-2622.



TOIYABE
INDIAN HEALTH PROJECT



ROASTING PINENUTS IN THE OVEN:

**PREP TIME:
10 MINUTES**

**TOTAL TIME:
60 MINUTES**

INGREDIENTS:

- Pine Nuts 2-3 cups washed and cleaned
- Large flat baking pan (18"x11"ish)
- Salt $\frac{1}{4}$ cup
- Water $\frac{1}{4}$ cup

INGREDIENTS

Preheat Oven to 400°. Pour pine nuts out onto the pan and spread them out. Pour water over the pine nut and add salt over pine nuts. Place the pan of pine nuts into the oven on the middle shelf. Check your pine nuts in about 10 minutes and move them around a little and put them back into the oven. Continue to cook for an additional 15-20 minutes. The water is evaporated and you should smell the pine nuts through the air. Check your pine nuts one more time and test a few at this point. If the nut is soft, shiny and opaque clear looking, you can take the pan out and let cool. Pour them into a bowl lined with a cotton cloth to keep them warm.



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 | N/A | (760)-873-3612 |
| Pharmacy | (760)-873-4721 | (877)-701-6319 | (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)-872-2622 | N/A | (760)-873-6362 |
| 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/ Billing | (760)-873-6111 | (877)-701-6313 | (760)-872-8152 |
| PRC | (760)-872-6111 | N/A | (760)-873-7601 |
| Administration/ Human Resources / Maintenance / IT | (760)-873-8464 | (877) 776-8100 | (760)-873-3935 |