

The Spirit of Health

a monthly newsletter from

November/December 2020

Consolidated Tribal Health Project, Inc.

Consolidated Tribal Health Project, Inc. is committed to healthy lifestyles and honoring traditional Native American values to maintain physical, mental, emotional, spiritual and social wellbeing of the community.



CTHP COVID-19 TESTING

Providing a Much Needed Community Service in the Fall of 2020



CTHP has performed over 1,600 Surveillance Tests since July



Even when it was 37 degrees Fahrenheit, our team shows up!



Drive-thru (even on bicycles) was the most popular testing mechanism



Holiday Planning during COVID-19

Since the beginning of the COVID-19 pandemic, holidays, special events, ceremonies and celebrations have changed dramatically. For many people, this is the first time they have been confronted with empty chairs at the table because loved ones cannot or are unwilling to attend family gatherings. Cherished traditions and religious/spiritual events may have been canceled due to the virus, with no clear end in sight to social distancing restrictions. People who live alone or far from family, or who have lost loved ones, may find holidays especially difficult.

These changes can trigger a variety of emotions, from grief to guilt or anger. Holidays may not be the same, however, there are various ways to find peace and moments of joy in the midst of the sadness and sense of loss that we may sometimes feel.

Here are some suggestions for handling holiday planning during the pandemic:

- ◆ Think about changing your family traditions to adapt to social distancing. If hosting a big dinner, meeting up with friends and attending holiday parties are no longer possible, consider virtual alternatives to keep in touch with important people in your life.
- ◆ Follow the CDC's recommendations when organizing a gathering at your home. If possible, hold outdoor events with a small group of local friends and family members, make sure everyone wears a mask, maintain social distance and do not share food or drinks.

- ◆ If you have lost a loved one, honor their memory with a special ornament, wreath or centerpiece, or perhaps a candle lit during a holiday. If you can, take part in a voluntary activity that your loved one used to do.
- ◆ If in-person religious services or events have changed see if you can still participate via televised services, video chats and online prayer meetings.

Most importantly, take care of your mental health. The pandemic has increased stress and anxiety levels for many people. If you feel overwhelmed, try to replace negative thoughts by focusing on the things you can control. Building your resilience skills can help protect your mental health.

Try these tips to use your strengths and build resilience:

- ◆ Keep connected by staying in touch with positive and supportive people, even if you cannot see them in person.
- ◆ Recharge your batteries by allowing yourself time every day to do something you like. Taking time to engage in a pleasant activity or hobby will give you a positive lift.
- ◆ Keep your sense of humor by seeking out things that make you laugh.
- ◆ Practice gratitude by focusing on the things you are grateful for every day liked loved ones and nature.





Outreach

Wishes You a
Happy Holiday Season

Outreach has missed each and every group member from all of the health education, diabetes and other groups as well as any new members that we were unable to meet due to COVID 19.

Although the Holidays will be celebrated a bit differently this year there are many things you can do to make it fun and exciting and stay connected while remaining socially distanced. For example:

- ◆ Mailbox Secret Santa-Have someone write names on a card and place them in mailboxes for those participating. After checking your mailbox and receiving the name purchase a small, simple gift to place in that person's mailbox.
- ◆ Write a Heartfelt Letter-Give a loved on a letter outlining all the reasons he or she is important to you, be specific.
- ◆ Homemade Movie Night-Make a short movie on your phone or computer and share with others on a date set for your virtual meeting.
- ◆ Create a Photo Memory Book-Dig out old holiday photos and create a personalized book for siblings/parents or other loved ones.

Want to add in a few funny, random, and weird celebrations?

Try the following:

December 4th – Wear brown shoes day

Wear brown shoes, or buy a new pair of brown shoes

December 8th – Pretend to be a time traveler

Pretend to be from another century or planet

December 11th – Official lost and found day

If you have lost something try to track it down

December 12th – Gingerbread house day

Make a gingerbread house, hold a gingerbread house competition

December 14th – Monkey day

Learn more about monkeys, watch Planet of the Apes

December 16th – Chocolate covered anything day (YES!)

Really, do we need to say anything about this one, ENJOY

December 18th – Underdog day

Support those feeling like an underdog, watch the cartoon Underdog

December 22nd – Date nut bread day

Make date nut bread, or small muffins

December 27th – No interruptions day

Disconnect or turn off phones, computer, TV, etc.

December 31st – Make up your mind day

Make a pros and con list, ask for support if needed

Stick to your decision!!

Tips for Celebrating Safely This Thanksgiving

SAFE

CELEBRATE AT HOME



Prepare traditional dishes with those in your household

Host a virtual dinner and share recipes with family and friends



Put up your favorite decorations and share photos online

Watch parades, sporting events, and movies at home



Shop online instead of in stores

LESS SAFE

IF YOU GATHER, DO SO WISELY

Keep it small and stay local



Stay outside if possible and ensure proper ventilation if indoors

Wear masks and social distance



Wash or sanitize your hands regularly, especially before eating

Avoid contact with non-attendees for 14 days before and after your gathering



UNSAFE

AVOID...



Large gatherings, especially indoors

Potlucks, buffets, or other shared food



SALE



Places with crowds, such as stores, parades, running events, and sports

Contact with anyone who is sick or may have been exposed to COVID-19



These tips were developed from guidelines from the Centers for Disease Control and Prevention (CDC). You should also follow advice from your local health department.

If you are sick or have been in contact with someone who is sick or has COVID-19 symptoms, you should stay at home and away from others.

Public Health
Communications
COLLABORATIVE

Learn more at
publichealthcollaborative.org

Human Resources

We are always looking for ways to enhance our team at CTHP.
Please share our list of open positions with your communities:

- ◆ Medical Director/Staff Physician
- ◆ Registered Nurse
- ◆ Patient Services Representative (on-call/intermittent)
- ◆ Certified Medical Assistant (on-call/intermittent)
- ◆ CHR I

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