

The Spirit of Health

September 2017

A newsletter from

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 well-being of the community.

Welcome to Our New Clinical Staff



Fara Izadi, ASW

Fara Izadi is an Associate Clinical Social Worker (ASW) with over 10 years of experience in a variety of settings serving diverse individuals. Fara started her journey as a social worker in 2006 in Southern California serving individuals and families who struggled with mental illness and addiction. She moved to Northern California in 2011 to pursue a master's degree in social work. She graduated from San Jose State University in 2014 and accepted a position as a Mental Health Specialist with Lake County, California. She has used modalities such as mindfulness, Solution focused Cognitive Behavioral Therapy, and Neurofeedback to treat trauma, depression, and anxiety. She also has extensive experience providing case management services to Severely Mentally Ill individuals. Fara believes in collaborating and providing a safe and supportive environment to individuals and families to assist them to overcome obstacles and move forward and thrive.

Jerie Lynn Williams, FNP

Jerie Lynn Williams is an American Academy of Nurse Practitioners Board Certified Family Nurse Practitioner. She relocated to California from the Oklahoma-Missouri area to join CTHP's Medical Department in August 2017. Prior to beginning a career in Medicine she served as a Logistics and Optar specialist for eight years in the United States Navy. Following an Honorable Discharge, she began the pursuit of her long time goal of a career in medicine and attended the University of Oklahoma where she completed her Bachelors of Science in Nursing. Jerie Lynn then worked as a registered nurse in Critical Care for five years, after which she pursued and received her Masters of Science in Nursing with a Family Nurse Practitioner focus from Walden University.



Outreach Update



September 17-23 is Child Passenger Safety Week!

Motor vehicle injuries are a leading cause of death among children in the United States. But many of these deaths can be prevented by using the right car seat for your child and ensuring it is installed in the vehicle correctly.

Buckling children in age-appropriate and size-appropriate car seats or booster seats reduces the risk of serious injury and death for infants under 1 year by 71%, for toddlers (age 1-4) by 54% and for children aged 4-8 years by 45%.

CALIFORNIA LAW

- Children under 2 years of age must ride in a rear-facing car seat unless they weigh 40 or more pounds OR they are 40 or more inches tall.
- Children under the age of 8 years must be secured in car seat booster seat in the back seat.
- Children who are 8 years old OR are 4'9" tall may be secured by a booster seat, but at a minimum must be secured by a safety belt.
- Passengers who are 16 years old, or older, are subject to California's Mandatory Seat Belt Law.

To provide protection the car seat must be correctly installed. However, approximately 72% of car seats are installed incorrectly.

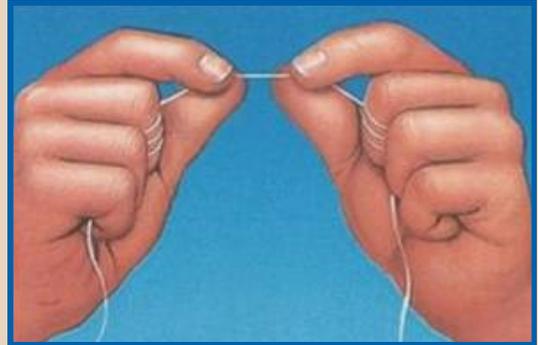
Need a car seat? Want to know if your car seat is installed correctly?

CTHP will be offering car seat classes on a monthly basis. Eligible participants can attend a class taught by a Certified Child Passenger Safety Technician. After attending class and demonstrating correct installation they will receive the appropriate car seat for their child. This service is at no cost to the participants. More information will be available on the CTHP website soon.

Dental Update

Flossing: *Why do I need to clean between my teeth?*

Even if you brush twice a day, there are places your toothbrush bristles cannot reach. There are several ways to clean between your teeth and flossing is the most common. Flossing removes plaques and food particles from between teeth and under the gum line. Your dentist or hygienist can show you the right way to floss. It may feel clumsy at first, but don't give up! It takes time to get the hand of it.



The following suggestions may help:

If you haven't been flossing, you may experience sore or bleeding gums for the first five or so days that you floss. This should stop once the plaque is broken up and the bacteria are removed. If the bleeding does not stop, see your dentist.

If you have trouble handling floss, you may wish to try some other ways to clean between your teeth. There are a number of other products, known as interdental cleaner that you can use. These include water flossers, pre-threaded flossers, tiny brushers and wooden plaque removers. Talk to the dental team about which product may be the most helpful for you.

Medical Update

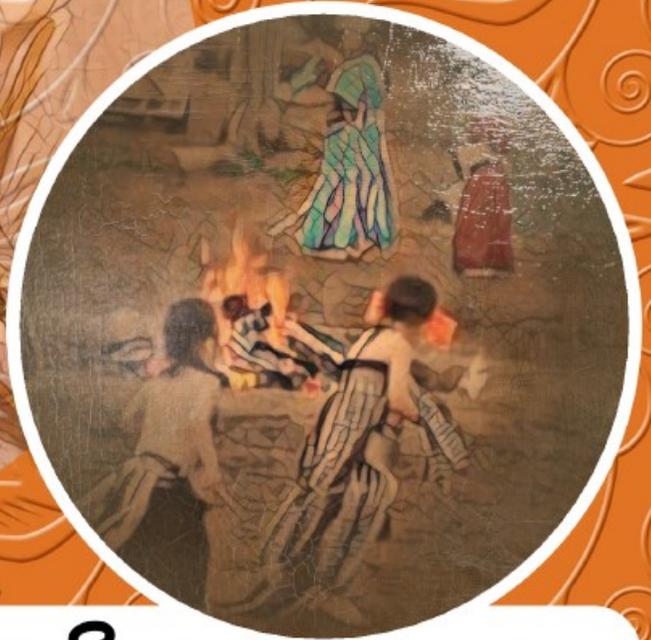


Just in, the flu shot is in!! Schedule a nurse only appointment to get it. You may have noticed the pharmacies are telling you to come in for an appointment for refills of chronic medications. We are encouraging this because with the transition to ATHENA we have noticed a large number of patients are on autopilot with their meds and not coming in to be seen and monitored for their chronic conditions. If you are one of these people, please make an appointment and get seen. We are doing this because we care about you and your health.

Also, please have either a list of your medications or the medications themselves with you at all appointments. This will help to make sure we have the correct list of your medications, especially if you see specialists who prescribe you meds as well. And lastly, no-shows and late arrivals continue to be an issue. Please try to be on time for your appointments and if you are not going to be able to make an appointment please call and cancel so that we can offer it to someone else.

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**Join Us for our
Fall Gathering with
Dancing Starting
at 4:00pm, Vendors,
Raffles, Educational
Booths, and Dinner.**



**Fall Gathering
October 21, 2017
3:00pm - 7pm
at CTHP in the Wellness Building**

MC Services By: Kucin's Event and Venue Services

If you would like to have a Vendor booth please contact our Executive Director
Richard
at 707-485-5115.

Walk-in Clinic Hours

Our medical walk-in clinic at full provider capacity is Monday, Tuesday, Thursday, Friday from 1:30-4:30/5:00 pm depending upon the number and type of patients. It is a first come, first serve for the first 6 patients, with possibly more if the first six are straight forward and use the walk-in clinic for appropriate complaints similar to same day appointment types. Below are the conditions seen at our walk-in clinic:

All Patients:

- ◆ Influenza (FLU) symptoms
- ◆ Common cold symptoms (usually for more than 3 days)
- ◆ Sore throat, possibly strep
- ◆ Kidney/bladder/urinary tract infection
- ◆ Medication — adverse reactions (severe reactions that include difficulty breathing, please call 911)
- ◆ Earache
- ◆ Diarrhea
- ◆ Nausea/vomiting

Pediatric Patients:

- ◆ Bodily harm (major incidences like visible fractures, please call 911)
- ◆ Playground and sports injury
- ◆ Possible pink eye
- ◆ Acute infections (sudden onset)
- ◆ All newborn babies (let triage RN/LVN know)

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Contact Us:

Main number: 707-485-5115

Medical appointments: 707-467-5649

Dental appointments: 707-467-5601

Behavioral Health appointments: 707-467-5645

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