



## The Native Sun Newsletter

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### Celebrating Indigenous Knowledge and Cultures!

November is **Native American Heritage Month (NAHM)**. This month is a great reminder to continue the celebration and honoring of the diverse and vibrant Native American and Alaska Native traditions and cultures. As this year's theme is "Gifts of Our Ancestors: Celebrating Indigenous Knowledge and Cultures," we use this month to reflect on the historical legacy, sacrifices, and the continuous strengths and resiliencies of Native peoples.

NAHM is an opportunity to educate the general public about the original stewards of the land, to raise awareness of the unique challenges that Native people face, and to encourage the continuation of intergenerational teachings throughout families.

# WAYS TO CELEBRATE NATIVE AMERICAN HERITAGE MONTH

## ROCK YOUR MOCS WEEK

NOVEMBER 14 - 20, 2021

.....

SHOW OFF YOUR MOCCASINS AS A WAY TO  
SHOWCASE TRIBAL INDIVIDUALITY AND INDIGENOUS  
UNITY. TAKE A PHOTO OF YOU MOCCASINS AND  
SHARE THEM ONLINE USING THE **#ROCKYOURMOCS**



## RED SHAWL DAY

NOVEMBER 19, 2021

.....

THIS IS A DAY OF REMEMBERING AND HONORING ALL  
THE MISSING AND MURDERED INDIGENOUS  
RELATIVES. WEAR A RED SHAWL AND RAISE  
AWARENESS ONLINE USING THE **#REDSHAWLDAY**

## VIEW ONLINE EXHIBITS

.....

VISIT **NATIVEAMERICANHERITAGEMONTH.GOV**  
TO FIND ONLINE EVENTS HAPPENING  
THROUGHOUT THE MONTH. FROM THE NATIVE  
CINEMA SHOWCASE TO ART EXHIBITS AND  
PANELS, FIND VARIOUS WAYS TO CELEBRATE  
NATIVE AMERICAN HERITAGE MONTH VIRTUALLY!





# NOVEMBER 2021

Celebrating Native American Heritage Month

## HERITAGE 365 INDIGENOUS PEOPLES DAY POW WOW AT HOPKINS

OCTOBER 11, 12:00-2:00PM ET  
KEYSER QUAD  
REGISTER: [BIT.LY/JHUOMA](https://bit.ly/jhuoma)



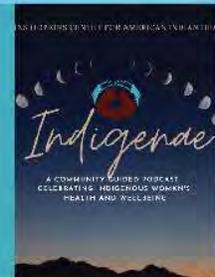
## COOKING WITH INDIGENOUS FOOD DEMO

JUSTIN PIOCHE, OWNER, PIOCHE FOOD GROUP  
NOVEMBER 2, 2:00-3:00PM ET  
REGISTER: [HTTPS://BIT.LY/CAIHXPFG](https://bit.ly/caihxpfpg)



## INDIGENAE PODCAST SCREENING & DISCUSSION

DR. SOPHIE NEUNER, SARAH STERN, OLIVIA TRUJILLO  
NOVEMBER 8, 12:00-1:00PM ET  
REGISTER: [HTTPS://BIT.LY/INDIGENAE](https://bit.ly/indigenae)



## PENDANT BEADING WORKSHOP

CARLEIGH LAMEMAN  
NOVEMBER 12, 5:00-6:00PM ET  
REGISTER: [HTTPS://BIT.LY/CAIHBEAD](https://bit.ly/caihbead)



## INDIGENOUS LESSONS FOR THE WORLD: TRADITIONAL PERSPECTIVES ON THE COVID-19 PANDEMIC AND CLIMATE CHANGE

THOMAS BANYACYA JR & OREN LYONS  
NOVEMBER 17, 12:00-1:30PM ET  
REGISTER: [HTTPS://BIT.LY/CAIHKEYNOTE](https://bit.ly/caihkeynote)



For more information, contact Olivia Trujillo [otrujil2@jhu.edu](mailto:otrujil2@jhu.edu)



# Diabetes and Your Feet



If you have diabetes, here's a way to keep standing on your own two feet: check them every day—even if they feel fine—and see your doctor if you have a cut or blister that won't heal.

There's a lot to manage if you have diabetes: checking your blood sugar, making healthy food, finding time to be active, taking medicines, going to doctors appointments. With all that, your feet might be the last thing on your mind. But daily care is one of the best ways to prevent foot complications.

About half of all people with diabetes have some kind of nerve damage. You can have nerve damage in any part of your body, but nerves in your feet and legs are most often affected. Nerve damage can cause you to lose feeling in your feet.

## Could You Have Nerve Damage?

Anyone with diabetes can develop nerve damage, but these factors increase your risk:

- ✓ Blood sugar levels that are hard to manage
- ✓ Having diabetes for a long time, especially if your blood sugar is often higher than your target levels
- ✓ Being overweight
- ✓ Being older than 40 years
- ✓ Having high blood pressure and/or cholesterol

## Tips for Healthy Feet

**Check your feet every day** for cuts, redness, swelling, sores, blisters, corns, calluses, or any other change to the skin or nails. Use a mirror if you can't see the bottom of your feet, or ask a family member to help.

**Wash your feet every day** in warm (not hot) water. Don't soak your feet. Dry your feet completely and apply lotion to the top and bottom—but not between your toes, which could lead to infection.

**Wear shoes that fit well.** For the best fit, try on new shoes at the end of the day when your feet tend to be the largest. Break-in your new shoes slowly—wear them for an hour or two a day at first until they're completely comfortable. Always wear socks with your shoes.

**Trim your toenails straight across** and gently smooth any sharp edges with a nail file. Have your foot doctor (podiatrist) trim your toenails if you can't see or reach your feet.

**Don't remove corns or calluses yourself**, and especially don't use over-the-counter products to remove them—they could burn your skin.

**Get your feet checked at every health care visit.** Also, visit your foot doctor every year (more often if you have nerve damage) for a complete exam, which will include checking for feeling and blood flow in your feet.

**4** Be sure to check in with your doctor regularly and ask what else you can do to keep your feet healthy.



American Indian Health & Services



**VACCINATED**  
FOR THE LOVE OF OUR PEOPLE



Call AIHS Medical clinic at (805) 681-7144  
to schedule your vaccine appointment.



# Beading for Wellness Series

Medicine Bag Series & Leather Earrings

Let's create handmade regalia together! Join the AIH&S Community Wellness team in November and December for two virtual beading workshop series: Medicine Bags & Leather Earrings.

## Medicine Bag Series ----- \* Nov 30 - Dec 7, 2021

Learn to create your own medicine bag out of leather hide! This bag can be kept with you to carry plant medicines on the go, or anything else that brings you spiritual wellness.



Scan QR code to register!

### Online Program Dates

Tuesday, November 30, 3:30-4:30 PM

Wednesday, December 1, 3:30-5:30 PM

Tuesday, December 7, 3:30-5:30 PM

## Leather Earrings ----- \* Dec 8, 2021



Scan QR code to register!



Honor your animal materials by committing them to your next project. If you have leather remaining from attending the Beaded Medicine Bag program series, you can use it to create beaded earrings!

### Online Program Dates

Tuesday, December 8, 3:30-5:30 PM

**Raffle prizes are available to win at all programs!**

Sign up for one or both of these program series. No experience is necessary. Supplies are limited to AI/AN residents of Santa Barbara or Ventura counties on a first come-first serve basis. Register by Nov 18 to receive your supplies in time!

For questions regarding the program series, reach out to AIH&S Community Programs Coordinator Manuel "Manny" Luna at [MLuna@aihscorp.org](mailto:MLuna@aihscorp.org) or (805) 681-7356 x272.

Follow us on social media for updates on future programs!

Facebook  
@AIHSCORP

Instagram  
@aihssantabarbara

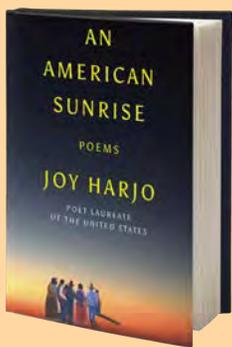


**American Indian Health & Services**

4141 State Street, Suite B-11, CA 93110 | Phone: (805) 681-7356

# ***Native People, Native Voices***

In partnership with the Santa Barbara Public Library for Santa Barbara Reads 2021. Listen in to a virtual panel discussion hosted by Santa Barbara Public Library with local Native community leaders and advocates as they discuss topics inspired by Joy Harjo's book *An American Sunrise* for Native American Heritage Month.



## ***Virtual Program Date***

Wednesday, November 17th

5:30 - 7:00 PM

Register online at [sbplibrary.org](https://sbplibrary.org)

In this stunning collection, Joy Harjo finds blessings in the abundance of her homeland and confronts the site where the Mvskoke people, including her own ancestors, were forcibly displaced. From her memory of her mother's death to her beginnings in the Native rights movement to the fresh road with her beloved, Harjo's personal life intertwines with tribal histories to create a space for renewed beginnings.

Harjo, Joy. *An American Sunrise: Poems*. W.W Norton & Company, 2019.

For further questions, contact:

**Oliver Murray**

Youth & Families Advocate

[omurray@aihscorp.org](mailto:omurray@aihscorp.org)

(805) 681-7356 ext 404

For more information about

SB Reads:

Check out [sbplibrary.org](https://sbplibrary.org) or call

(805) 962-7653

# November 2021

## Native American Heritage Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2  Moccasins Day 3 3:30 - 5:30 PM	3	4  Moccasins Day 4 3:30 - 5:30 PM	5	6
7  Daylight Savings Time Ends	8	9  Moccasins Day 5 3:30 - 5:30 PM	10	11 AIHS Closed for Veteran's Day	12	13
14	15	16	17 	18	19 Red Shawl Day	20
	Rock Your Mocs Day		Native People, Native Voices Panel Discussion 5:30 - 7:15 PM		Rock Your Mocs Week	
21	22	23	24	25	26 AIHS Closed for Thanksgiving Holiday	27
28	29	30  Beaded Medicine Bags Day 1 3:30 - 4:30 PM	1	2	3	4

"The definition of a healer and lover are the same. We want everything for you, but nothing from you."

- Wayne Snellgrove, Fishing Lake First Nation Canada

# December 2021

Happy Holidays!  
From AIH&S to you and yours.

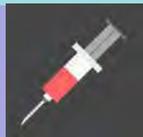
Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	 1 Beaded Medicine Bags Day 2 3:30 - 5:30 PM	2	3	4
			Handwashing Awareness Week			
5	6	 7 Beaded Medicine Bags Day 3 3:30 - 5:30 PM	 8 Beaded Leather Earrings 3:30 - 5:30 PM	9	10	11
12	13	14	15	16	17	18
19	20	 Virtual Community Ceremony 4 - 5 PM	21	22	23	24
					AIHS Closed for Christmas Eve	
26	27	28	29	30	31	1
2	3	4	5	6	7	8

"There are always messages available to us from the Spirit. They are found in every situation and at any time. We must continually be aware and available. Some are found in silence. Others are found within the noise and haste. Still, others are found in darkness."

- Wayne Snellgrove, Fishing Lake First Nation Canada



# The Flu & You 2021-2022 Season



The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting vaccinated each year.

## Frequently Asked Influenza (Flu) Questions shared by The Center for Disease Control and Prevention:

**Who should get a flu vaccine?**

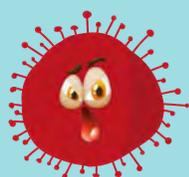


Everyone 6 months and older should get a flu vaccine, especially if you are at high risk for complications or live with or care for someone at high risk for complications.

**When should I get a flu vaccine?**

It's best to be vaccinated before flu begins spreading in your community. September and October are generally good times to be vaccinated against flu. Ideally, everyone should be vaccinated by the end of October. However, even if you are not able to get vaccinated until November or later, vaccination is still recommended because flu most commonly peaks in February and significant activity can continue into May.

**What is the difference between flu and COVID-19?**



Flu and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a coronavirus (called SARS-CoV-2) and seasonal flu (most often just called "flu") is caused by infection with one of many influenza viruses that spread annually among people.

**Can I get a flu vaccine at the same time I get my COVID-19 Booster shot?**

Yes, you can get a flu vaccine at the same time you get a COVID-19 vaccine, including a COVID-19 booster shot.

**10** Schedule your next flu vaccination at AIH&S by calling the Medical Clinic at (805) 681-7144.



# HOLIDAY CELEBRATIONS: SAFER WAYS TO CELEBRATE



**Holiday traditions are important for families and children. There are several ways to enjoy holiday traditions and protect your health. Because many generations tend to gather to celebrate holidays, the best way to minimize COVID-19 risk and keep your family and friends safer is to get vaccinated if you're eligible.**

**Schedule a vaccine appointment, by calling AIH&S Medical Clinic at (805) 681-7144.**



## Ways to celebrate



Protect those not yet eligible for vaccination, such as young children, by getting yourself, and other eligible people around them vaccinated.



Wear **well-fitting** masks over your nose and mouth in **public indoor** settings if you are not fully vaccinated.



Even **fully vaccinated people** should wear a mask in public indoor settings in communities with substantial to high transmission.



**Outdoors is safer than indoors.**



**Avoid** crowded, poorly ventilated spaces.



If you are sick or have symptoms, **do not** host or attend a gathering.



Get tested if you have symptoms of COVID-19 or have close contact with someone who has COVID-19.



## Special considerations:



People who have a condition or are taking medications that weaken their immune system may not be fully protected even if they are fully vaccinated and have received an additional dose. They should continue to take all precautions recommended for unvaccinated people, including wearing a well-fitted mask until advised otherwise by their healthcare provider.



You might choose to wear a mask regardless of the level of transmission if a member of your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated.



Suppose you gather with a group of people from multiple households and potentially from different parts of the country. In that case, you could consider additional precautions (e.g., avoiding crowded indoor spaces before travel, taking a test) in advance of gathering to reduce risk further.

Visit the [www.CDC.org](http://www.CDC.org) and your local Public Health websites for additional Holiday Safety guidance. **11**



You're invited to

# Virtual Gathering: Community Celebration

Please join us as we celebrate 4 surprise honorees in a blanketing ceremony. Honorees are outstanding wellness warriors who have gone above and beyond as leaders and supporters in our community. Join us in celebrating them!

December 21, 2021

Honorees to be announced!

5 - 6 PM

Let's gather (virtually) on December 21st for AIH&S Community Celebration!

Join us as we celebrate our cultural practices through ceremony and celebration. All ages are welcome to participate and are encouraged to wear their regalia! Register by December 15, 2021 to receive the sign-on link and ceremonial medicine box cedar, tobacco, bee pollen, and white sage.

Please note: Program supplies are reserved for AI/AN residents of Santa Barbara & Ventura County on a first-come-first-serve basis, while supplies last.

Scan QR code or use below link to register



Raffles Prizes & more!

Community, Connection, Ceremony, and Celebration!

Registration link: <https://forms.office.com/r/yYOqgxcK5s>

For questions, contact AIH&S Community Coordinator Manuel "Manny" Luna at (805) 681-7358 x272 or [MLuna@aihscorp.org](mailto:MLuna@aihscorp.org).



Christian

Tanner



Jairo & Dolores



Nancy



Anabel & Alexis

Sylvia



Check out the honorees from our last gatherings on March 26 & April 21, 2021.



# KEEP TOBACCO SACRED

Indian Health Services has announced a new 24/7 mobile messaging tool to help people who want to quit commercial tobacco use.

While sacred tobacco is important in many Native cultures for prayer, healing, and ceremony, commercial tobacco is harmful to our health. We encourage you to keep tobacco sacred and quit commercial tobacco. To promote living free of commercial tobacco, Indian Health Services is launching **SmokefreeTXT** for American Indians and Alaska Natives, a new mobile messaging tool to help you quit.

BY TEXTING "NATIVE" TO 47848, THE 6-8 WEEK PROGRAM WILL PROVIDE PARTICIPANTS WITH 3-5 TEXT MESSAGES PER DAY TO SUPPORT THEIR EFFORTS TO QUIT.



TEXT "NATIVE" TO 47848

<https://www.ihs.gov/newsroom/announcements/2020-announcements/smokefreetxt-for-american-indians-and-alaska-natives/>



## National Handwashing Awareness Week

DECEMBER 1 - 7, 2021

### Follow the 5 steps to wash your hands the right way!

- 1 Wet your hands with clean, running water, turn off the tap, and apply soap.
- 2 Lather your hands by rubbing them together with the soap. Lather the back of your hands, between your fingers, and under your nails.
- 3 Scrub your hands for at least 20 seconds.
- 4 Rinse your hands well under clean, running water.
- 5 Dry your hands using a clean towel.



### Can't Use Soap and Water? Use Hand Sanitizer!

The CDC recommends to use hand sanitizer that uses at least 60% alcohol if soap and water are not available.

Remember that soap and water is best to use as sanitizers do not get rid of all types of germs!



# Diabetes Corner

## Fall Recipe



PREP. TIME  
20 Mins.



COOK TIME  
15 Mins.



SERVES  
5

## Cheddar Cheese and Broccoli Soup



### INGREDIENTS

- 1 lbs. broccoli
- 1 tbsp. olive oil
- 1 onion, chopped
- 1 celery stalk, chopped
- 2 tbsp. all-purpose flour
- 1 can chicken broth, reduced-sodium
- 12-ounce can milk, evaporated fat-free
- 1 1/4 cup reduced-fat cheddar cheese (such as Cabot's 50% reduced-fat cheddar)
- 1/2 tsp. black pepper, freshly ground
- 1/4 tsp. nutmeg salt, to taste

### DIRECTIONS

1. Trim and peel broccoli stems. Cut off 15 small florets. Coarsely chop enough remaining broccoli to equal 2 cups.
2. Blanch chopped broccoli and florets in boiling water just until bright green, about 2 minutes. Drain and set aside.
3. Heat olive oil in medium saucepan over medium heat. Sauté onion and celery until soft, about 5 minutes. Whisk in flour and cook 1 minute. Add broth and milk. Cook, stirring constantly, until mixture simmers and thickens, about 5 minutes.
4. Add chopped broccoli, cheese, pepper, nutmeg, and salt. Stir until cheese melts and soup is heated through, about 3 minutes. Garnish each bowl with reserved broccoli florets.

## Mini-Pumpkin Tarts

### DIRECTIONS

1. Preheat oven to 350 degrees.
2. Line mini-muffin pan with paper baking cups and place one Nilla wafer in the bottom of each cup.
3. In medium bowl, add remaining ingredients and mix with an electric mixture until smooth.
4. Fill each muffin cup with pumpkin-cream cheese mixture.
5. Place muffin pan in oven and bake for 30 minutes or until done. Serve cool.

### INGREDIENTS

- 8 oz. light cream cheese (softened)
- 30 Mini-Nilla wafer cookies
- 1/4 cup light sour cream
- 1/4 cup Splenda Sugar Blend
- 1 egg
- 1/2 tsp vanilla extract
- 3/4 cup canned pure pumpkin
- 1/2 tsp ground cinnamon
- 1 pinch ground nutmeg



PREP. TIME  
10 Mins



COOK TIME  
30 Mins



SERVES  
30



Source: <https://www.diabetesfoodhub.org/recipes>



*Vincent Gonzales, CATC III*  
**Substance Use Counselor**



Chokma! Hello, family! My name is Vincent, and I am one of the newest members of the Behavioral Health team! I am a proud descendant of the Chickasaw Nation and Lakota People, as well as the son of Mexican Immigrants. I have the honor of joining this wonderful team as the Substance Abuse Counselor. It is truly a privilege to be in this field and work with, learn with, and walk alongside sacred people on their journey to discovery and healing.

I received my training in counseling for substance use disorders through Santa Barbara City College, a B.A. in Psychology from Antioch University, and am also currently completing an M.A. in Clinical Psychology program with Antioch University. I have had the opportunity to facilitate multiple trainings on trauma-informed care and cultural competency for local organizations in the Santa Barbara community. Most recently, I was appointed to an advisory board for Santa Barbara that focuses on Community Development. Counseling is my passion, but in addition to working as a counselor, I have also worked as a music educator since 2013 (specializing in percussion - but, fun fact, I can play over 25 different instruments! My motto is: "Anything can be an instrument. And all instruments are beautiful.") and have a podcast focused on mental health!

Having the opportunity to pursue higher education as well as work in a field that I am passionate about is the direct result of hard work and support from my loved ones that are currently walking this plane of existence with me and those that have moved on (this includes my two dogs, Eevee and River). This connection has helped me develop and integrate a deep sense of compassion, gratitude, and love in everything I do and everyone I meet. It is a blessing to be with American Indian Health and Services, and I look forward to all the encounters that I will have during my time here.  
Yakoke - Thank you.



AH&S will be closed for the following days: November 11th, 25th & 26th, and December 24th, 2021

Questions about the Native Sun Newsletter? Interested in signing up?

Sign up to receive the newsletter here:

Contact: Kiana Cates, Communications Coordinator  
Kcates@aihscorp.org or (805) 681-7356 x 401



A E E R T S A M T S I R H C F C D S  
 E T A L O C O H C T O H P W J U A M  
 E R F A M O O A Q F B S L A R T E I  
 A J L E W E N V L O F I O Y N O R S  
 O B P M H O E E S U T M D E O Y B T  
 L S F M O P U M P K I N U S R O R L  
 L A L C A N D Y C A N E R C T S E E  
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- Acorns
- Pumpkin
- Christmas
- Santa
- Reindeer
- Rudolph
- Snowball
- Sled
- Mittens
- North Pole
- Scare Crow
- Eggnog
- Mistletoe
- Christmas tree
- Elf
- Candy cane
- Lights
- Ornaments
- Gingerbread
- Hot Chocolate

**Administration:**

4141 State Street, Suite B-11  
Santa Barbara, CA 93110  
Phone: (805) 681-7356  
Fax: (805) 681-7358

Mon - Fri: 8AM to 5PM

For Referrals, please call:  
(805) 681-7356 x 244

For Medical Records, call:  
(805) 681-7356 x 235

**Behavioral Health:**

4141 State Street, Suite B-11  
Santa Barbara, CA 93110  
Phone: (805) 681-7144  
Fax: (805) 683-6108

Mon - Fri: 8AM to 6PM

**Community Wellness:**

4141 State Street, Suite B-11  
Santa Barbara, CA 93110  
Phone: (805) 681-7356 x 401

Mon - Fri: 8AM to 5PM

**Medical Clinic:**

4141 State Street, Suite B-3  
Santa Barbara, CA 93110  
Phone: (805) 681-7144  
Fax: (805) 683-6108

Mon - Fri: 7:45AM to 6PM

**Pediatric Clinic:**

4141 State Street, Suite A-1  
Santa Barbara, CA 93110  
Phone: (805) 681-7144

Mon - Fri: 8AM to 5PM

**Dental Clinics:**

4141 State Street, Suite C-2  
Santa Barbara, CA 93110  
Phone: (805) 696-1002  
Fax: (805) 696-1003

Mon - Fri: 7:45AM to 6PM

5412 Carpinteria Ave  
Carpinteria, CA 93013  
Staff observe lunch  
12:30PM-1:30PM  
Phone: (805) 696-1002

Mon, Tue, Thurs:  
8:30AM to 5:30PM