



The Native Sun Newsletter



March/April 2022 Inside News

National Native HIV/AIDS Awareness Month	1 -2
Community Wellness Department 2021 Year in Review	3-4
Optometry Clinic Open!	5
International Women's Day	6
AIH&S New Patient Portal	7
March 2022 Calendar	8
April 2022 Calendar	9
Colorectal Cancer: Catching It Early	10
Community Celebration	11
Traditional Foods Teaching with Yazzie the Chef	12
Keep Tobacco Sacred/ Newsletter Update!	13
Diabetes Corner Recipes	14
AIH&S Staff Spotlight	15
Word search	16

National Native HIV/AIDS Awareness

March 20, 2022, is National Native HIV/AIDS Awareness Day that serves as an opportunity to increase awareness of the impact of HIV/AIDS on American Indians, Alaska Natives, and Native Hawaiians. It also welcomes the opportunity for Native people and others to create a greater awareness of the risks of HIV/AIDS to their communities, remember those who have passed, and acknowledge those effected and affected by HIV/AIDS.

HIV (Human Immunodeficiency Virus) is a virus that attacks and weakens the cells in your body that protect you from diseases and infection. Eventually, HIV weakens the immune system to such an extent that the body can no longer fight off other diseases and infections, leading to the advanced stage of HIV, which is Acquired Immunodeficiency Syndrome (AIDs).

HIV/AIDS epidemic has disproportionately impacted American Indian, Alaska Native, and Native Hawaiian communities; the best way to fight against the epidemic is to be informed. Help a friend, family member, or loved one by learning about prevention and speaking to a health provider about getting tested and the treatment options available.

NATIONAL

NATIVE HIV & AIDS Awareness



Did You Know?

According to the CDC, there has been a gradual **increase** in HIV diagnoses in American Indians and Alaska Natives since 2013.

"At the end of 2018, an estimated 1,173,900 PEOPLE had HIV. Of those, 3,900 were AI/ AN people."

Information source: <https://www.cdc.gov/hiv/pdf/library/reports/surveillance/cdc-hiv-surveillance-supplemental-report-vol-25-1.pdf>

HIV IS NOT TRANSMITTED BY



Air or Water



Saliva, Sweat, Tears, or Closed-Mouth Kissing



Insects or Pets



Sharing Toilets, Food, or Drinks

FACTS ABOUT HIV

HIV stands for Human Immunodeficiency Virus. It can be spread through bodily fluids and attack the body's immune system. Once the body can no longer fight off opportunistic infections, it can lead to AIDS.

The most common form of transmission is through unprotected sex and sharing used needles. Although less common, HIV may be spread from mother to child during pregnancy, birth, or breastfeeding.

SIGNS & SYMPTOMS

Fever	Swollen lymph glands	Weakness	Muscle ache
Chills	Skin rashes	Weight loss	Joint pain
Fatigue		Headache	Sore throat

Prevention

There is no vaccine that protects against HIV but you can reduce your risk by practicing safe sex and use condoms, limit the number of sexual partners, and never share needles. STDs also increase the risk of HIV, so make sure you get tested regularly.

Talk to your doctor about PrEP and PEP

PrEP is a preventative medicine used to lower the risk of contracting HIV and is highly effective when used as prescribed. **PEP** is used in a case of an emergency after a possible exposure to HIV and must be taken within 72 hours.

Seek medical care if you are HIV positive

Antiretroviral therapy (ART) is a prescribed medicine used to decrease your viral load so you effectively have no risk of transmitting HIV to your partner.

RESOURCES

HIV/AIDS Hotline for CA residents:
1-800-367-2437

Contact your doctor to discuss HIV/AIDS testing.

The **Ryan White HIV/AIDS Program** works with cities, states, and local community-based organizations to provide medical care for people living with HIV who are low income or uninsured.



STOP AIDS

Get Tested and Know Your Status

Information adapted from www.cdc.gov

2021 Year in Review

Community Wellness Department

Connecting Culture to Wellness



6 Reasons to Celebrate our Community!



Community Wellness Department Staff

AIH&S' Community Wellness Department (CWD) works to support the holistic well-being of our community through culturally grounded programs. The goal of CWD is to create a sense of belonging for our patients and community members through programs that:

- **Aid the community in healing from the effects of intergenerational & historical trauma**
- **Promote historical and intergenerational resiliency**
- **Build and strengthen relationships and amongst the community**
- **Foster cultural connectedness**

We have been happy to serve the community throughout the many challenges this past year. We provide this Year in Review as a reflection on how the community stayed united through the times.

1. Creating Community Virtually

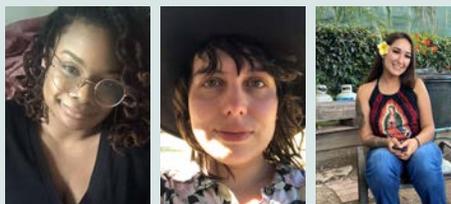
Although the COVID-19 pandemic affected our programming, **CWD hosted 64 virtual programs in 2021.**

In total, CWD programs had **over 1,300 program attendees!**

Thank you to all of our community members who joined CWD programs in 2021!

2. Growing our Team

Community Wellness expanded! In 2021, Simone Nalls (Native Connections Project Coordinator), Oliver Murray (Youth & Family Advocate), and Sierra Ramirez (Administrative Assistant) joined the CWD team!



We are so grateful to be working with these intelligent and thoughtful people.

3. Native Connections Launch

The transition to the Native Connection grant occurred in January, 2021, and focuses on suicide prevention. The Community Advisory Council was involved in providing insight and support to GONA materials and appreciated the GONA data share-back presentation.

Also, the AI/AN Graduation Ceremony had **over 90 community members join** to honor AI/AN high school and college graduates!



Picture from GONA Day 1

4. Gathering of Native Americans (GONA)

The 3rd annual GONA occurred virtually from July 13th-16th, 2021! The GONA curriculum is rooted in 4 powerful themes: belonging, mastery, interdependence, and generosity. These four themes helped guide the activities throughout the day, including: storytelling, song, prayer, and traditional foods.

"The best part I think was socializing with everybody. I got to hear a lot of funny interesting stories of peoples lives. It was so fun and I enjoyed it a lot." - Youth Participant

"What has changed in my life: friendships from GONA, learning about peoples' different lives, some are new to GONA." - Clan Elder

With **over 40 attendees**, this year had 9 more youth, 5 more peacemakers, and 4 more clan elders participate compared to 2020!

6. Cultural Art Workshops

These activities are designed to strengthen physical and mental health, wellbeing, tribal identity, and connection to culture. In 2021, CWD hosted 12 Native plant talks, 12 traditional food workshops, 8 beading for wellness workshops, and 5 community celebrations!

"Our Community was brought together in a beautiful way. I learned how to make a ribbon skirt by hand, w/o the noise made by a sewing machine, I was able to listen to people share stories as I used my hands. People shared memories of their loved ones, of their youth, of their knowledge of all kinds of things. [AIH&S] created the safest of places in which folks could share what's going on in their lives."
- Community Participant

Overall, CWD hosted over 38 Tribal Practice for Wellness in Indian Country Programs in 2021!

5. Program Evaluation: Our Success!

Our Evaluation team is centered around conducting trauma-informed evaluation and building staff capacity through trainings and continuous quality improvement. In 2021, the team developed a new qualitative coding framework that is based on the following 4 objectives: Safety & Engagement, Wisdom & Connection, Leadership & Coping Skills, and Cultural Values & Holistic Wellness. This framework is applied to community surveys unveiling a narrative of strengths and opportunities.

CWD conducted a community readiness assessment (CRA) with GONA leaders' to discuss and establish community's readiness to address suicide prevention. With this data, we compared it to the 2018 CRA and analyzed how GONA, one of our prevention healing programs, have benefited the community.

Want to learn more about our approach?
Contact Morgan Love at mlove@aihscorp.org

Looking forward to 2022!

As we look forward to the upcoming year, we are excited to see you at community events and workshops!

Let's Stay Connected:

Community Wellness Department

supports the holistic well-being of our community through culturally-grounded programs and activities.
(805) 681-7356
CommunityWellness@aihscorp.org

Behavioral Health Department

provides individual and group counseling and referrals.
(805) 681-7144
behavioral@aihscorp.org

Medical & Pediatrics Department

provides comprehensive healthcare services.
(805) 681-7144

Dental Department

provides preventative and restorative care for adults and children.
(805) 696-1002

aihscorp.org



Newsletter Sign-Up



@aihscorp



@aihssantabarbara



Optometry Clinic is open and taking appointments.

Eye Health



Dr. Camtu Le

AIH&S' Optometry Clinic is open and serving the community now! Schedule an appointment with Dr. Camtu Le, Optometrist, who is committed to providing quality eye care to the AIH&S community. Dr. Le's scope of care include comprehensive eye examination and medical eye emergency services to adult patients and children ages 6 and up.



Comprehensive Eye Exams

- Eye glass prescription
- Evaluation of overall eye health

Comprehensive eye exams are an important part of preventive health care. Many vision and eye problems have no obvious signs or symptoms. Children's eye exams are particularly important as vision problems can go undetected and impact their ability to learn in school and prevent their eyes from developing properly. It is recommended to get your eyes checked every 1-2 years. At the eye exam, you should expect to be dilated, in which eye drops are used to enlarge the pupils to assess for any eye diseases, such as cataracts, glaucoma, retinal detachments, and more.



Medical Eye Emergencies

- Eye infections
- Eye injuries
- Red Eyes
- Swollen eyelids
- Sudden loss of vision
- Light sensitivity
- Watery eyes
- Eye strain

An eye emergency occurs any time you have a foreign object or chemicals in your eye, or when an injury or burn affects your eye area. It is important to get your eyes checked immediately after an eye incident or injury, as it can permanently damage your vision. Eye emergencies cover a range of incidents and conditions.

Make an appointment

To make an appointment or for questions regarding patients eligibility, please call **(805) 681-7144**

Eligibility

AIH&S services the entire community. We accept CenCal, Medi-Cal, Medicare, and a sliding scale discount



International Women's Day

March 8th, 2022

Thank you to our providers and staff for providing quality patient care!

Women stand at the front lines of the COVID-19 crisis, as health care workers, caregivers, innovators, community organizers and as some of the most exemplary and effective national leaders in combating the pandemic.

We recognize the women who are AIH&S staff, nurses, and providers who are committed to the health of our communities in Santa Barbara and Ventura counties.

Show your appreciation
Call to make an appointment:

Medical Department ----- (805) 681-7144
Dental Department ----- (805) 696-1002
Behavioral Health ----- (805) 681-7144
Community Wellness ----- (805) 681-7356

American Indian Health & Services New Patient Portal



American Indian Health & Services is thrilled to offer you a new feature – the Patient Portal! The Patient Portal is a convenient, secure, online tool available 24/7.

The new patient portal allows you to:



1 Communication with providers

Exchange secure messaging with your physicians and staff members.



2 Manage Medications

Request refills and/or review your prescription medications.



3 Appointment Management

View and manage appointments in one convenient location.



4 Health Record Management

Access and view your health information and records.

How do I enroll in the Patient Portal?

- Provide a valid email address to your provider. You'll receive an invitation to enroll.
- Create a username and password, then follow the onscreen prompt to activate your account.

Where can I access AIH&S Patient Portal?

Visit the AIH&S website at www.AIHSCORP.org. On the home page, click the "Patient Portal" button at the top right of the page.

March 2022

Springtime is the land awakening

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	 2 Traditional Foods Teaching w/ Yazzie the Chef 3:30 - 5 PM	3	4 AIHS Closed for Employee Appreciation Day	5
6	7	 8 International Women's Day	9	10	11	12
 13 Daylight Savings	14	15	16	 17 Community Celebration 4-5 PM	18	19
 20 Native American HIV/AIDs Day	21	22	23	24	25	26
27	28	29	30	31		

"Often the most broken among us, become the most beautiful"
 - Wayne Snellgrove, Fishing Lake First Nation Canada

April 2022

Be a month of rebirth, regrowth, and renewal.

Sun Mon Tue Wed Thu Fri Sat

					1 April Fool's Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15 AIHS Closed for Good Friday	16
17	18	19	20	21	22  Earth Day	23
24	25	26	27	28	29	30

"We must look at Mother Earth not as a resource, but as a responsibility for us all"
- Elders Circle



Colorectal Cancer: Catching It Early

March is Colorectal Cancer Awareness Month. Colorectal cancer is the third most commonly diagnosed cancer in both men and women in the US. Routine testing can help prevent colorectal cancer or find it at an early stage, when it's smaller and easier to treat. Many more lives could be saved by understanding colorectal cancer risks, doing regular screenings, and making lifestyle changes.

What is Colorectal Cancer?

Colorectal cancer is cancer that occurs in the colon or rectum. Sometimes it is called **colon cancer**, for short. Sometimes abnormal growths, called **polyps**, form in the colon or rectum. Over time, some polyps may turn into cancer. **Screening tests** can identify evidence of cancer early on, which can help your doctor recommend further screening and/or treatment options.

What can I do to reduce my risk of Colorectal Cancer?

The most effective way to reduce your risk of colorectal cancer is to get screened for colorectal cancer routinely, beginning at age 45 (or earlier as determined by your primary care provider). Reduce your risk by eating a diet high in fiber and low in red meat, maintaining a healthy weight, staying physically active, and avoiding commercial tobacco consumption.

Call your primary care provider and schedule an appointment to talk about testing options appropriate for you (some can be done from the comfort/privacy of your home!).



Everyone Can:

- Learn about different screening test options.
- Talk to your medical provider about the best test for you based on your preferences.
- Find out if you're at higher risk than most people because of family history or other reasons.
- Don't wait: Use age 50 as your time to start screening to prevent colorectal cancer or find it early.

THERE'S MORE THAN ONE COLORECTAL CANCER SCREENING TEST.



To make an appointment, please call AIH&S Medical Clinic at 805-681-7144

You're invited
to

American Indian Health & Services 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!

March 17,
2022

Honorees to be announced!

4 - 5 PM

Let's gather (virtually) on March 17th 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 March 11, 2022, to receive the sign-on link and ceremonial medicine box, and plant medicines.

While supplies last, participants will receive a materials kit to support participation from home.

Scan QR
code or use
below link to
register



Raffles Prizes
&
more!

Community
Connection,
Ceremony,
and
Celebration!

Registration link:

<https://forms.office.com/r/aLNHkD9uKn>

For questions, contact AIH&S Youth & Families Advocate **Oliver Murray** by phone at (805) 681-7356 x 404 or email at omurray@aihscorp.org.



Traditional Foods Teaching

with **Yazzie the Chef**

Wednesday

March 2, 2022

3:30 - 5:00 PM



Cancelled



Brian Yazzie is a Diné chef from Tłı̨chǫ́, Arizona Navajo Nation.

"His creativity to share his knowledge through modern techniques."

Scan QR code or use below link to register

Join this virtual live cooking webinar to learn how to include Indigenous foods into your meals!

Registration: <https://forms.office.com/r/bqg5RdEF6e>

For questions, contact AIH&S Youth & Families Advocate **Oliver Murray** by phone at (805) 681-7356 x 404 or email at omurray@aihscorp.org.



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/>



Update

Native Sun E-Newsletter is now available!

AIH&S is excited to announce that an E-Newsletter is now available. If you would like to receive a digital copy by email in addition to or in replacement of the mailed hardcopy, please update your registration using the link below or scan the QR code with a smartphone or tablet.



Questions?

Contact AIH&S Communications Coordinator, Kiana Cates
at
Kcates@aihscorp.org or (805) 681-7356 x401

<https://forms.office.com/r/VLQVsMPRND>

Diabetes Corner

Winter Recipe



PREP. TIME

20 Mins



COOK TIME

0 Mins



SERVES

17

Peanut Butter Energy Balls



INGREDIENTS

- 2 cups rolled oats (see Tip)
- 1 cup natural peanut butter or other nut butter
- 1/2 cup honey
- 1/4 cup mini chocolate chips
- 1/4 cup unsweetened shredded coconut
- Tip: People with celiac disease or gluten sensitivity should use oats that are labeled "gluten-free," as oats are often cross-contaminated with wheat and barley.

DIRECTIONS

1. Combine oats, peanut butter (or other nut butter), honey, chocolate chips and coconut in a medium bowl; stir well.
2. Using a 1-tablespoon measure, roll the mixture into balls. Store in an airtight container in the refrigerator for up to 5 days or in the freezer for up to 3 months.

Chicken & Spinach Skillet Pasta with Lemon & Parmesan



PREP. TIME

10 Mins



COOK TIME

25 Mins.



SERVES

4



INGREDIENTS

- 8 oz. gluten-free penne pasta
- 2 tbsp. extra-virgin olive oil
- 1 lb. boneless, skinless chicken breast or thighs, and cut into bite size pieces
- 1/2 tsp. salt
- 1/4 tsp. ground pepper
- 4 cloves garlic, minced
- 1/2 cup dry white wine
- Juice and zest of 1 lemon
- 10 cups chopped fresh spinach
- 4 tbsp. grated parmesan cheese, divided

DIRECTIONS

1. Cook pasta according to package directions. Drain and set aside.
2. Meanwhile, heat oil in a large high-sided skillet over medium-high heat. Add chicken, salt, and pepper; cook, stirring occasionally until just cooked through, 5 to 7 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute. Stir in wine, lemon juice, and zest; bring to a simmer.
3. Remove from heat. Stir in spinach and the cooked pasta. Cover and let stand until the spinach is just wilted. Divide among 4 plates and top each serving with 1 tablespoon Parmesan.

Source: <https://www.heart.org/en/recipes>

AIH&S Staff Spotlights



Dr. Krista Armenta-Belen

Licensed Marriage & Family Therapist

haku kč'anč'antik'. My name is Krista Armenta-Belen, I am samala čumaš from alaxulapu' (Santa Ynez). For more than a decade I have worked in tribal behavioral health in multiple roles supporting community wellness and youth prevention. I have provided psychotherapy services to Native and underserved people since 2010 which has included individual therapy, couples therapy, family therapy, and group therapy. I received my bachelor's and master's degrees here in Santa Barbara at UCSB and Antioch University before attending Arizona State University for my doctoral degree. My pursuit of higher education has been fueled by my passion to cultivate health and give back within my tribal community. As a practicing Licensed Marriage and Family Therapist, I utilize my clinical education and personal experiences to help build whole-person wellness. My hope is that both the formal therapy and community support I offer will contribute to developing and maintaining the healthy, resilient Native community in which I live and raise my future generations in. Presently I work part-time at AIHS offering talk therapy, EMDR therapy, and administrative support for community programming.

Off the clock, I am a language learner, mother of two sons, community helper, coach, sister, daughter, cousin, traditional singer and dancer, novice hiker, runner, joke teller, enjoyer of food, and lifelong student of wellness. I strive to continue to seek out opportunities where I can be of service to Native people and support wellness in new and meaningful ways. Eleven years into tribal health and I intend for this to only be the beginning of a long career of uplifting community voices and supporting indigenous-led healing. I am blessed to do what I love and love what I do and I hope to develop new relationships here at AIHS which support existing innovative work and people. kaqhinalin i pi' a ktalawahač a AIHS. aho. yil a kiyiskon.



The mission of American Indian Health & Services Corporation is to promote and provide quality services to improve the health and well-being of American Indians/Alaska Natives and all other community members.

AIH&S will be closed for the following days: March 4th & April 15th, 2022

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

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

Sign up to receive the newsletter here:



N C E E U Y A O K L C H H N J O
 B U T T E R F L Y O P S J S T W
 S P R I N G K T C S G M L G O O
 D Y K G R A S S T G D O A B P T
 P A B G C E P N E E O R N A O I
 A S N A K I T E E F K I I T F B
 Q B H D D H R L L L A S E B L B
 B X U O E P T I A R L R A T O A
 E H I B I L R M T D U O B B W R
 E D E C B P I D R T Y L P R E D
 S H N Y A L E O A A O B U T R L
 R I N A N P E N N O W E U T S Q
 C A A Y U O E S M S X R I G E R

- April fools
- Basket
- Bloom
- Spring
- Flowers
- Birds
- Rainbow
- Dandelions
- Eggs
- Butterfly
- Warmth
- Grass
- Pollen
- Bees
- Ladybug
- Rabbit
- Bubbles
- Kite
- Nature
- Picnic



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:
Call for hours