



The Native Sun Newsletter

MISSING & MURDERED
INDIGENOUS RELATIVES
#MMIR

January/February 2022 Inside News

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January is National Stalking Awareness, Human Trafficking, and Slavery Prevention Month

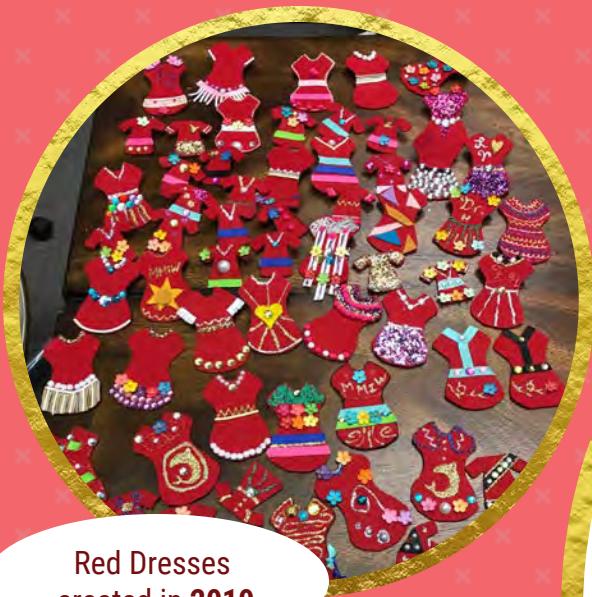
This month is dedicated to spreading awareness and prevention for stalking, human trafficking, and slavery in the United States.

Stalking refers to the unwanted behaviors that violate one's privacy, makes them feel threatened or scared. This can include in-person or cyberstalking.

Human trafficking, also known as **modern slavery**, is a crime that uses force, fraud, or coercion to compel a person to perform a type of labor/provide services (labor trafficking) or engage in commercial sex (sex trafficking).

It is important to recognize that individuals from any class, religion, culture, or ethnic group can be targeted by perpetrators of human trafficking. Indigenous people are at a higher risk of experiencing trafficking. It is important to educate ourselves to spot signs of trafficking and stalking. We here at AIH&S believe that with increased awareness, change can be made. Please join us by wearing our Missing & Murdered Indigenous Relatives Red Dresses on **January 11th, 2022** to remember our missing relatives, spread awareness of the crisis, and create change.

AIH&S 4TH ANNUAL MISSING & MURDERED INDIGENOUS RELATIVES (MMIR) RED DRESS CAMPAIGN



Red Dresses
created in 2019



Manny L., Kiana C., &
Sierra R., 2019

#MMIR Red Dress Campaign

Join the movement to spread awareness about the Missing & Murdered Indigenous Relatives crisis. By wearing a red dress pin, you stand in solidarity with those affected by human trafficking.

How to Make an MMIR Pin:

First, use scissors to cut out the shape of the red dress shown below. After, use hot glue to glue a pin to the back of the red dress. Once dried, you can wear your pin!

Upload a photo of your red dress with #MMIR to our Facebook page (@AIHSCORP).

You may decorate the pins with ribbons, glitter, gems, and any supplies you have at home.

Be creative!





HUMAN TRAFFICKING & DOMESTIC VIOLENCE RESOURCES



The following resources are to help people further understand the Missing & Murdered Indigenous Relatives (MMIR) crisis, offer healing services, and services to implement justice.

Local Resources

Domestic Violence Solutions

Offers resources and emergency shelter in SB county to safely escape domestic violence situations.



805-964-5245



dvsolutions.org

Interface Children & Family Services

Provides direct, responsive, wrap-around services for those in the crisis of human trafficking, domestic violence, and homelessness in Ventura County.



805-485-6114



icfs.org

Transition House

A family shelter with programs to help families attain housing stability.



805-966-9668



transitionhouse.com

National Resources

StrongHearts Native Helpline

StrongHearts Native Helpline is a confidential and anonymous culturally-appropriate domestic violence and dating violence helpline for American Indians and Alaska Natives.



1-844-7NATIVE (762-8483)



Live Chat (5am-8pm PST)
StrongHeartsHelpline.org

National Human Trafficking Hotline

Use this hotline to get help, report a tip, find services, and learn about the options.



1-888-373-7888



Text
"BeFree" (233733)



Live Chat
HumanTraffickingHotline.org

National Domestic Violence Hotline

Provided essential tools and support to help survivors of domestic violence.



1-800-799-7233



thehotline.org



January 20-26, 2022



A message from your AIH&S Substance Use Counselor

As an addictions counselor, I have seen many people move from active addiction to a full and happy recovery... I have also witnessed many people move in the opposite direction. The journey is not always clear-cut and predictable. This is because healing from an addiction truly requires addressing every aspect of our existence: our mental, emotional, physical, and spiritual selves. Although there is not always a clear path for everyone, there are patterns that begin to emerge from those that have healed. Below I have listed a few tips/reminders for those in early recovery.

Vincent Gonzales, CATC III

AIH&S Substance Use Counselor

"It takes a community."

Early Recovery? Struggling with Sobriety?

Here are a few things to remember



1 "Addiction"/"Alcoholism" is really Substance Use Disorders (S.U.D.). Why the differentiation? It's important to remember that it is in fact a medical condition. A chronic S.U.D. causes changes in brain chemistry, which make substance use compulsive. A S.U.D. is not a moral failing. It is a chronic and acute condition that you can heal from.

2 There is often a lot of stigmas, misunderstanding, and judgment around S.U.D.s and their treatment. This judgment is a reality in our external world – but it does not have to be a reality within your internal world. Grant yourself grace for the large strides you've made to heal from your S.U.D., regardless of how they are judged by others. If you are still struggling to get sober, that is still early recovery. Do not discount the strength it takes to know you want to stop.

3 Find tools that work for you – there is an infinite list of skills that you can try out, such as: drinking water, meditating, digging your feet into dirt, going for a run, writing out your thoughts, progressive muscle relaxation, singing out loud, grounding, and the classic technique of just talking to someone. Healing from a S.U.D. is complex and requires internal restructuring. For those in early recovery, your entire being has been trained to go to one solution; so it has to be reminded that there are other options - this often means having to ask for help. It doesn't have to be done alone.

4 If you have a history of relapse, it is not an indicator of permanent suffering (even though it may feel that way). There is a lesson in each journey – including a relapse. What didn't work? What tools were ineffective? What blocks were present that we now need to be vigilant for? The narrative does not have to automatically be shameful... You can find in it the wisdom to stop the cycle.

5 The idea of "hitting rock bottom" to have a successful recovery is not true. You can find peace in addressing small red flags, so you never get to the point of being flooded in red. Know your red flags, and don't ignore them. Your safety is priority #1. Are those red flags, people? Events? Places? Thoughts? Your workplace? Identify it - then tackle it.

6 Above all, remember that it will take time to heal. The brain has been primed to want things immediately and it can sometimes result in feelings of shame, guilt, anxiety, or anger when it doesn't get what it wants or what it expects (which you won't always get in early recovery). There will be moments of intense vulnerability; and that's okay. A tree that has lost its leaves in winter is just as beautiful as it will be when it grows its new shape in the spring. The path to peace and healing is itself not always peaceful, nor does it always feel good; but the road is paved with strength, compassion, and inspiration.

If you or your loved one needs help, please do not hesitate to reach out for help. A substance use disorder is life-threatening. You can contact the AIH&S Behavioral Health Department at **805-681-7144** or call the Santa Barbara County 24/7 ACCESS Line at 888-868-1649 or Ventura County ACCESS Line 844-385-9200

4



Beading for Wellness Series

Let's create cultural arts for regalia and for your home! Join the AIH&S Community Wellness team in January and February for two virtual beading workshop series: Soapstone & Pine Nut Necklaces, and Tule Mats.

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



Soapstone & Pine Nut Necklaces

Join us in this virtual space as we learn how to create beaded necklaces from natural materials.

Register by scanning this QR code or going online to:



<https://forms.office.com/r/VjJhtShj7>

Online Program Dates

January 11, 2022 | 3:30 - 4:30PM

January 12, 2022 | 3:30 - 5:30PM

January 13, 2022 | 3:30 - 5:30PM

Register by January 5 to receive your supplies in time!

Raffle prizes are available to win at all programs!

Tule Mats

Join us in this virtual space to learn how to weave with dried tule. Tule is a water-based plant used in California basketry.

Register by scanning this QR code or going online to:



<https://forms.office.com/r/ddFM4FW9Zg>

Online Program Dates

February 8, 2022 | 3:30 - 4:30PM

February 9, 2022 | 3:30 - 5:30 PM

February 10, 2022 | 3:30 - 5:30 PM

Register by February 3 to receive your supplies in time!

Follow us on social media for updates on future programs!



Facebook
@AIHSCORP



Instagram
@aihssantabarbara

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



Congratulations Community Honorees!



Desirae B.

On December 21, 2021, AIH&S Community Wellness Team hosted a virtual community celebration. During this event, the community learned ceremonial etiquettes and held space to honor and recognize 5 community members in a blanketing ceremony. The community members recognized were gifted wool blankets from Eighth Generation.



Mark P.

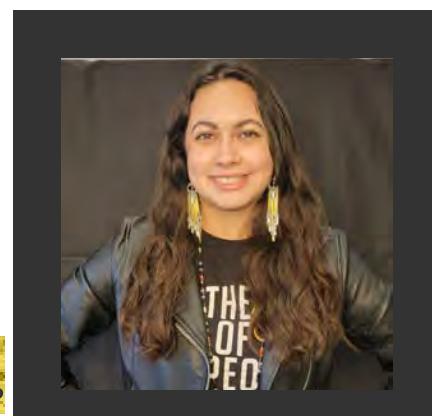


Dayna B.

Congratulations, honorees for your community leadership and your commitment to cultural revitalization. You all are inspiring!



Blanca G.



Heaven E.



Congratulations Dr. Jonnie Williams!

40 under 40

National Center for American Indian Enterprise Development

The Native American 40 Under 40 awards represent the best and brightest emerging Indian Country leaders. Every year, 40 American Indian, Alaska Native, and Native Hawaiian leaders under the age of 40 are inducted in recognition of their leadership, initiative, and dedication, and for making significant contributions in their business and/or in their community.



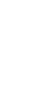
We are proud to work with Dr. Jonnie Williams as a Licensed Clinical Psychologist within our Behavioral Health Department.

Dr. Jonnie Williams was the primary author of the **Changing Tides System of Care Report** that serves as a model for expanding services for urban American Indians and Alaska Natives in the Santa Barbara and Ventura Counties. Dr. Jonnie Williams is fostering the next generation of Native doctors and researchers through her work mentoring Native youth leaders in Indigenous methods for research and evaluation.

Adapted from the **NCAIED (National Center for American Indian Enterprise Development)**.

January 2022

Happy New Year!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1 New Year's Day
2	3	4	5	6	7	8
9	10	11  Soap Stone & Pine Nut Necklace Day 1 3:30 - 4:30 PM	12  Soap Stone & Pine Nut Necklace Day 2 3:30 - 5:30 PM	13  Soap Stone & Pine Nut Necklace Day 3 3:30 - 5:30 PM	14	15
16	17 AIHS Closed for MLK Jr. Day	18	19	20	21	22
23 30	24 31	25	26	27	28	29

"People walking without the guidance of those who have come before us is like birds trying to fly without wings. It is in the teachings of our elders that we learn how to walk. It is in the teachings of our ancestors that we learn how to fly"

- Wayne Snellgrove, Fishing Lake First Nation Canada

February 2022

Black History Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
30	31	1	2	3	4	5	
6	7	8  Tule Mats Day 1 3:30 - 4:30 PM	9  Tule Mats Day 2 3:30 - 5:30 PM	10  Tule Mats Day 3 3:30 - 5:30 PM	11	12	
13	14  Valentine's Day	15	16	17	18	19	
20	21 AIH&S Closed for President's Day	22	23	24	25	26	
27	28	1	2	3	4	5	

"May your days be blessed. May your days be filled with healing. May your healing be filled with love. May your life be filled with ceremony. May your ceremony be the message for the entire world to see."
- Wayne Snellgrove, Fishing Lake First Nation Canada



ORAL HEALTH TIPS

For Infants

Use these 4 tips to promote oral health for infants:

1

Wipe their
gums!

Use a soft, clean cloth twice a day to wipe your young one's gums. Do this in the morning after the first feeding and right before bed. This helps to wipe away bacteria and sugar that may cause cavities.

When the teeth come in, be sure to establish a routine. Start brushing twice a day with a soft, small-bristled toothbrush and plain water.

2

Brush the teeth
they have!

3

Visit the
Dentist!

Start visiting the dentist early! By the child's first birthday, schedule an appointment with the dentist to spot signs of any problems early.

Begin the discussions with your dentist or doctor about oral health and best practices early on. Consult with them about using fluoride toothpaste and putting fluoride varnish on your young one's teeth as they first appear.

4

Discuss best
practices!



Call AIH&S Dental to schedule your next appointment (805) 696-1002

Visit www.aihscorp.org to learn more about AIH&S dental and pediatric services.



@aihssantabarbara



facebook.com/AIHSCorp



American Indian Health & Services

February is Heart Health Month

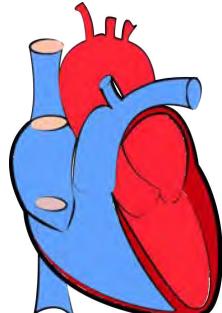
#HeartMonth

February 22, 2022, is Heart Valve Disease Awareness Day

This annual day of awareness recognized by the U.S. Department of Health and Human Services is aimed to highlight the seriousness of Heart Valve disease. Heart Valve Disease is often difficult to detect or dismissed as a normal part of aging.

This day, February 22 intention is to increase recognition of the specific risks and symptoms of heart valve disease.

What is Heart Valve Disease?



Heart valve disease (valve disease) involves damage to one or more of the heart's four valves that causes them not to open or close properly and disrupts blood flow. While some types of valve disease are not serious, others can lead to significant complications, including death.

Many causes of heart valve disease cannot be prevented. However, a heart-healthy lifestyle full of nutritious foods and physical activity can help prevent high blood pressure and other heart conditions that can lead to valve disease. Additionally, treating known strep and staph infections can prevent complications.

Surprising Facts About High Blood Pressure

Prevent & Manage your Blood Pressure

- Get at least 150 minutes of physical activity each week (about 30 minutes a day, 5 days a week)
- Quit smoking
- Eat a healthy diet, including limiting sodium (salt) and alcohol
- Keep a healthy weight
- Manage stress

The best way to manage your heart health is by talking to your doctor.

The heart is a powerful organ responsible for continuously circulating blood throughout the body. **High blood pressure** (also referred to as HBP, or hypertension) is when your blood pressure, the force of blood flowing through your blood vessels, is consistently too high.

- 1 **High blood pressure may be linked to dementia.**
- 2 **Young people can have high blood pressure, too.**
- 3 **High blood pressure usually doesn't have any symptoms.**
- 4 **Many people who have high blood pressure don't know it.**



Creating Healthy Smiles! | Oral Health Tips for Youth

USE THESE TIPS TO ESTABLISH GOOD DENTAL ROUTINES FOR THE YOUTH IN YOUR LIFE:

Healthy Smile Secrets:

- Brush at least 2x daily with fluoride toothpaste for at least 2 minutes, first in the morning & before bedtime.
- Clean between teeth daily with floss, preferably at the end of the day.
- Eat a healthy diet that limits the number of sugary beverages and snacks consume.
- Visit the dentist every 6 months for an oral exam & cleaning to prevent & treat oral diseases.

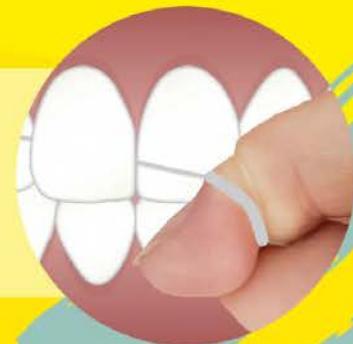


Brushing 101

- Place the toothbrush at a 45° angle along the gum line. Move the toothbrush in a circular motion, and repeat for each tooth.
- Brush the chewing surface (top) of each tooth.
- Brush the inside surface of each tooth using the same circular technique.
- Use the tip of the brush to brush behind each front tooth, using the same circular technique.
- Don't forget to brush your tongue to remove the odor-causing bacteria!
- Ask the dentist for a demo!

Floss like a Boss!

- Pull 18-24 inches of dental floss from the floss dispenser.
- Wrap the end of the floss around your middle fingers.
- Hold the floss tightly around each tooth in a C shape; move the floss back and forth in a push-pull motion and up and down against the side of each tooth.
- Ask the dentist for a demo!



Making Dental Care fun: Tips for parents!

- Use children's toothpaste. Children's mouths are more sensitive than adult mouths. What feels to us like a clean, tingling sensation may feel like burning to a child, and that's not fun. Find a toothpaste flavor that your child enjoys instead.
- Have a reward system! Put stickers on a calendar each day after your child brushes & flosses. At the end of the week, let them pick a board game or activity that the whole family can play together. This can be fun for the entire family and create a connection between dental care, healthy habits, and family fun.

@aihssantabarbara

facebook.com/AIHSCorp

(805) 696-1002

www.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

45 Mins



COOK TIME

30 Mins



SERVES

2

Grilled Shrimp with Mint Salsa Verde



INGREDIENTS

- 1/2 tablespoon plus 1 teaspoon & 1/2 tablespoon fresh lemon juice
- 1 teaspoon and 1 tablespoon olive oil
- 1 medium garlic clove (minced)
- 12 jumbo raw shrimp in shells, peeled, rinsed, and patted dry
- 2 medium green onions (chopped), fresh mint
- 1 tablespoon snipped, fresh cilantro
- 1/2 tablespoon drained capers
- 1/2 tablespoon minced fresh jalapeño
- 2 teaspoons fat-free, plain yogurt
- 1 teaspoon water
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- Cooking spray

DIRECTIONS

1. In a small glass baking dish, whisk together 1/2 tablespoon plus 1 teaspoon lemon juice, 1 teaspoon oil, and garlic. Add the shrimp, turning to coat. Cover and refrigerate for 10 minutes, turning once.
2. Meanwhile, in a mini food processor, process the green onions, mint, cilantro, capers, jalapeño, yogurt, water, salt, pepper, remaining 1/2 tablespoon lemon juice, and remaining 1 tablespoon oil for 30 seconds, or until smooth and creamy. Scrape the side once or twice during this process.
3. Preheat a grill pan on medium-high heat. Lightly spray with cooking spray. Remove the shrimp from the marinade. Discard the marinade. Grill the shrimp for 2 to 3 minutes on each side, or until pink and cooked through. Serve with the salsa verde drizzled on top.

Sriracha-Glazed Chicken with Paprika Butternut Squash



PREP. TIME

10 Mins



COOK TIME

35 Mins



SERVES

4

BUTTERNUT SQUASH INGREDIENTS

- 2 tablespoons canola or corn oil
- 1 teaspoon sweet paprika or smoked paprika
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- (1) 4-pound butter squash, peeled, seeded, and diced into 1-inch cubes
- (2) 2-pound butternut squashes, peeled, seeded, and diced into 1-inch cubes

CHICKEN INGREDIENTS

- 2 tablespoons Sriracha hot sauce
- 2 tablespoons canola or corn oil
- 1 tablespoon balsamic vinegar
- 2 teaspoon balsamic vinegar
- 1/4 teaspoon pepper
- 4 boneless, skinless chicken breasts (about 4 ounces each), all visible fat discarded

DIRECTIONS

1. Preheat the oven to 400°F.
2. Line a large baking sheet with aluminum foil.
3. In a large bowl, whisk together 2 tablespoons oil, paprika, salt, and 1/4 teaspoon pepper. Add the butternut squash. Using two spatulas or your hands, toss to coat. Put the squash on the baking sheet in a single layer.
4. Bake for 30 to 35 minutes, or until tender, stirring once halfway through.
5. Meanwhile, in a large resealable plastic bag, add the Sriracha, remaining 2 tablespoons oil, balsamic vinegar, maple syrup, and remaining 1/4 teaspoon pepper. Add the chicken. Using your hands on the outside of the bag, push the chicken around to coat with the marinade. Let stand for 10 to 15 minutes (You also can refrigerate for up to 24 hours.)
6. In a large nonstick skillet, cook the chicken and all the marinade over medium-high heat for 8 to 10 minutes, or until the chicken is no longer pink in the center and the marinade has boiled for at least 5 minutes (this destroys harmful bacteria).
7. Serve with the butternut squash.

AIH&S Staff Spotlights



*Nancy Mejia, RN
Case Manager*

Hola/Hello, my name is Nancy Mejia. I am a new nurse here at American Indian Health & Services. I am of Mexican descent and the daughter to Mexican immigrant parents. I am the first generation to attend college. I am a native of Santa Barbara and proud to continue to live in paradise! I graduated as a Registered Nurse from Ventura College in 2011 and received my Bachelor's Degree in Nursing from Cal State Channel Islands in 2015. I have been a nurse for 10 years, and I am very passionate about working in non-profit community clinics that service vulnerable populations. Some of my specialties are Diabetes and Geriatric Care. When not at work, I enjoy dancing, listening to music, playing soccer, hiking, traveling, and spending time with my family.

One of my favorite quotes that praise cultural diversity is:

“Cultural differences should not separate us from each other, but rather cultural diversity brings a collective strength that can benefit all of humanity” by Robert Alan.

I am excited to be part of the medical clinic at American Indian Health and Services. I'm looking forward to learning more about the Native American Culture and providing culturally sensitive care to all AIH&S patients.



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: January 17th, 2022 & February 21st, 2022.

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



New Years
Sweater
February
January
Winter
Heart
Solstice
Midnight
Fireworks
Valentines
Chocolate
Roses
Scarf
Fireplace
Family
Boots
Frosty
Mittens
Beanie
Resolution

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**