



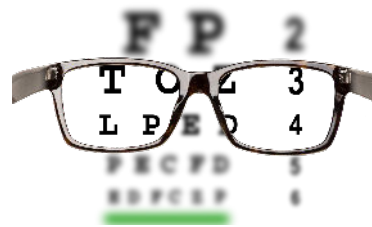
THE NATIVE SUN NEWSLETTER

MARCH/APRIL 2024 INSIDE NEWS

HOW AGE CAN ALTER OUR VISION

As you progress in age, it's typical to experience vision changes. These changes can impact everyday tasks, such as reading, walking safely, taking medications, carrying out household chores, and driving.

While vision loss is not a normal part of aging, it is important to note that as you get older, the likelihood of developing age-related eye diseases and conditions increases. These ailments have the potential to cause vision loss or even blindness:



- Age-related macular degeneration
- Cataract
- Diabetic retinopathy
- Glaucoma

In the early stages of eye diseases, symptoms may not be apparent, making detection difficult. The most effective way to detect these diseases before they cause vision loss or blindness is through a comprehensive dilated eye exam. During this exam, an eye care professional will use drops to dilate, or widen, the pupils and examine the eyes for signs of disease. It's important to note that a comprehensive dilated eye exam is distinct from an exam for glasses or contact lenses, but it can also help identify other vision issues. Even if you are not experiencing vision problems, it is still important to have a comprehensive dilated eye exam. Early detection and treatment can help save your sight.

Everyone over age 50 should have a comprehensive dilated eye examination. It is one of the best things you can do to protect your sight.

1	How Age Can Alter Our Vision
2	Protect Your Vision
3	Alcohol Use
4	How to Start Drinking Less
5	Upcoming Programs
6	Community Programs
7	Community Programs Continued
8	March 2024 Calendar
9	April 2024 Calendar
10	Climate & Health
11	Dental Assistant Recognition Week
12	Diabetes Corner Recipe
13	Diabetic Retinopathy
14	CalHope RedLine/Keep Tobacco Sacred
15	Staff Spotlight
16	Wordsearch



PROTECT YOUR VISION

Your eyes deserve optimal protection! Why not consider some alternative approaches to maintain healthy vision?

Here are some recommendations for sustaining excellent vision:



Eat healthy foods. Be sure to have plenty of dark, leafy greens like spinach, kale and collard greens. Eating fish that are high in omega-3 acids – like salmon, tuna, and halibut – is good for your eyes, too.



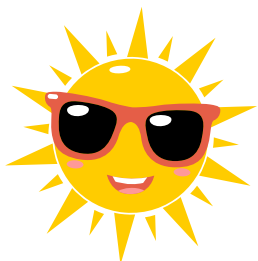
Get active. Being physically active helps you stay healthy. It can also lower your risk of health conditions that can cause eye health or vision problems – like diabetes, high blood pressure, and high cholesterol.



Quit smoking. Smoking isn't just bad for your lungs – it can hurt your eyes, too! Smoking increases your risk of diseases like macular degeneration and cataracts – and it can harm the optic nerve.

There's a lot you can do to keep your eyes healthy. Embracing habits like consuming a balanced diet and engaging in regular physical activity can diminish the risks of developing conditions like diabetes or hypertension, which can affect eyesight.

Use these tips to protect your eyes from things that can harm them:



Wear sunglasses. Protect your eyes from the sun by wearing sunglasses – even on cloudy days! Be sure to look for sunglasses that block 99 to 100 percent of both UVA or UVB radiation.



Give your eyes a rest. Looking at a computer for a long time can tire out your eyes. Rest your eyes by taking a break every 20 minutes to look at something about 20 feet away from 20 seconds.



If you wear contacts, take steps to prevent eye infections. Always wash your hands before you put your contact lenses in or take them out. Be sure to disinfect your contact lenses and replace them regularly.



ALCOHOL USE

BY ALI JAVANBAKHT, MD - AIH&S CHIEF MEDICAL OFFICER



The beauty of the scientific method and practicing evidence-based medicine is that as new information becomes available, old ideas that are proven incorrect can be replaced with better and more effective interventions. The frustrating thing about the scientific method and practicing evidence-based medicine is that as new information becomes available, old ideas that are proven to be incorrect need to be replaced with better and more effective interventions. To make matters even more complicated, sometimes we have conflicting data that doesn't give us a clear answer as to what is the best intervention or if something is harmful or helpful. This can be confusing to patients and, for some, can erode their confidence in the medical system.

However, far from being a sign of a system that is non-committal, updating interventions as new evidence becomes available is a sign of an organization that keeps up with the latest data and most up to date treatments.

The point of this is that in the not-too-distant past, the medical community believed that moderate drinking (defined as less than one standard drink per day) actually had health benefits. However, the answer is not as simple as that. The data is so unclear that we cannot say with any degree of confidence whether moderate alcohol consumption has any health benefits. However, what has been shown very clearly time and again is that excess alcohol consumption carries a myriad of health risks.

Before we get into those specifics, let's define what is considered a 'drink'. In medical terminology, one drink is defined as 12 ounces of beer, 8 ounces of wine, or one and half ounces of a distilled spirit (such as tequila, vodka, whiskey, gin, etc.)

With that definition in mind, any woman or any individual over 65 regardless of gender who drinks more than 7 drinks per week or more than 3 drinks per episode is at risk of health complications from alcohol intake. Any man who drinks more than 14 drinks per week or more than 4 drinks per episode is at risk of health complications from alcohol. The health complications of alcohol include, but are not limited to, increased risk of death in general, dementia, problems with balance, irritation of the esophagus, irritation of the stomach (including stomach ulcers), irritation and scarring of the liver (cirrhosis), inflammation of the pancreas, heart disease, certain cancers (throat, esophagus, stomach, liver), kidney disease, anemia, and nerve inflammation (neuropathy) to name a few.

The important caveat to keep in mind with the information above is that those parameters are for individuals who are otherwise completely healthy. Anyone who has any chronic health conditions should consult their healthcare provider for guidance since it could well be the case that any amount of alcohol is dangerous for them.

When there is consistent consensus in the scientific community, such as mentioned above regarding the harmful effects of unsafe alcohol consumption, we can rest assured that those guidelines can be relied on to keep us healthy and thriving. As always, it is best to discuss with your healthcare provider how these scientific principles apply to you as an individual. And for those who are seeking to reduce or stop their alcohol use, plenty of resources and support are available as well. AIHS has a counselor, Vincent Gonzales CATC III, who is trained in helping patients seeking to reduce or stop their alcohol or other substance use.

What is considered a "drink"?

U.S. Standard Drink Sizes



12 ounces
5% ABV beer



8 ounces
7% ABV
malt liquor



5 ounces
12% ABV
wine

examples:
gin, rum,
vodka,
whiskey



1.5 ounces
40% ABV
(80 proof)
distilled spirits

Alcohol by volume (ABV) refers to the strength of the alcoholic beverage.

To make an appointment, please call (805) 681-7144



HOW TO START DRINKING LESS

SOURCE: [HTTPS://WWW.CDC.GOV/DRINKLESSBEYOURBEST/DRINKINGLESS.HTML](https://www.cdc.gov/drinklessbeyourbest/drinkingless.html)

Tired of the booze, but feeling lost on where to begin?

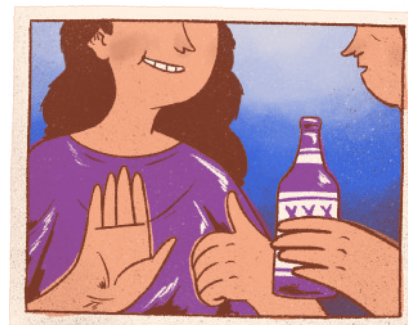


Making a Big Impact with Small Changes

If you want to see a significant difference, don't underestimate the power of small changes. When deciding on a strategy, it's crucial to stick with it and give it a fair chance. However, if it doesn't yield the desired results, don't be afraid to switch things up and try a different approach.

Adults of legal drinking age can choose not to drink or to drink in moderation by limiting intake to **2 drinks or less in a day for men** and **1 drink or less in a day for women**. For those who drink alcohol and want to cut back on your drinking, these four strategies can help:

- **Set limits.** Decide how many days a week you plan to drink and how many drinks you plan to have. For instance, you might decide to only drink on a Friday night or Saturday night and have one drink. Schedule alcohol-free days every week.
- **Count your drinks.** Use an app on your mobile device to help. Understanding how much alcohol counts as a “standard” drink may also help.
- **Manage your “trigger.”** If certain people, places, or activities tempt you to drink more than you planned, you can avoid those triggers. For example, instead of a happy hour event with co-workers, suggest catching up at lunch instead. You may also want to remove certain alcohol products from your home.
- **Find support.** Ask for support from a friend, family member, healthcare provider, or someone else who will support your choice to drink less.



Note: Not drinking at all may be the best option for some people, including people who are pregnant or might be pregnant, those taking certain drugs or medications, or people who are recovering from an alcohol use disorder or cannot their alcohol intake.

Remember “The How”

Change can be hard, so it helps to have concrete reminders of why the change is important to you and how you’ve decided to do it.



- Make a change plan and print or save it to review later.
- Set up the alerts on your devices to remind you at times of the day you need it.
- Set your phone background to remind you why you want to drink less.
- Post sticky notes around your home with motivational messages.
- Let your friends and family members know about your change plan and ask for their support.

Reducing the amount of alcohol you drink can improve your short- and long-term health. Even small changes can make a big difference.



UPCOMING PROGRAMS

Mother's Day Luncheon

May 10, 2024 | 12 - 2 PM

AIH&S cordially invites all the amazing moms to join us for a delightful lunch, honoring motherhood and the marvelous women in our community.

Class of '24 American Indian & Alaska Native Graduation Ceremony

Class of 2024 Indigenous Graduates, Your Moment of Recognition Has Arrived!

If you are an American Indian/Alaska Native student graduating from High School, College, or University in Santa Barbara or Ventura County, don't miss the chance to be part of this year's graduation ceremony.

Register now to take part and celebrate your achievements.

Class of
'24

Friday, May 31, 2024



Youth GONA 2024



AIH&S ANNUAL YOUTH GONA (GATHERING OF NATIVE AMERICANS) IS A FREE PROGRAM DESIGNED TO STRENGTHEN COMMUNITIES AND INDIVIDUALS THROUGH WELLNESS. THIS YEAR COMMUNITY WELLNESS TEAM WILL HOST A 4-DAY OVERNIGHT RETREAT AT RANCHO OSO.

JULY 18 - 21, 2024

NEEDS & REQUIREMENTS:

**AMERICAN INDIAN/ALASKA NATIVE IDENTIFYING YOUTH AGES 21-25
MUST COMMIT TO 4 FULL DAYS, SPACE IS LIMITED
COMMUNITY VOLUNTEERS NEEDED
(BACKGROUND CHECK REQUIRED FOR ANY 18+)**

To learn more about these upcoming programs contact
Community Wellness Team at (805) 879-5605 or communitywellness@aihscorp.org.



COMMUNITY PROGRAMS

TOMOL TEACHING & ACTIVITY

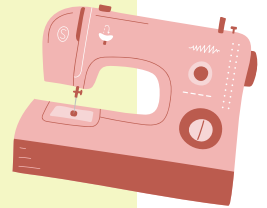


GRADUATION STOLE MAKING - AN ACT OF RECIPROCITY

WEDNESDAY, MARCH 27, 2024 | 4 - 6 PM



Join forces with the Community Wellness team to craft graduation stoles for our indigenous class of 2024. Let's celebrate their phenomenal educational journey by lending a hand in creating these unique stoles!



Youth Activity Circle



Join the AIH&S Youth Activity Circle! This inclusive environment provides Native youth aged 12-17 with a safe space to interact and participate in cultural activities alongside their peers.

FRIDAY, MARCH 8, 2024 5-6 PM - DRUMMING

Experiencing the power of community and communication through drumming and creating music.

APRIL 5, 2024 4-5 PM - NATURE WALK

Exploring, enjoying, and learning about the beauty and healing properties of our Land at the Santa Barbara Botanical Gardens.

To learn more about these upcoming programs contact
Community Wellness Team at (805) 879-5605 or communitywellness@aihscorp.org.



COMMUNITY PROGRAMS

March – April 2024

AIH&S programs support the holistic well-being of our community through culturally grounded programs and activities. Our goal is to create a sense of belonging for our American Indian/Alaska Native patients and community members.

To learn more about our programs please contact Community Wellness at **CommunityWellness@aihscorp.org** or **(805) 879-5605**.

Explorers Club

A chance for our community living with diabetes or a risk of diabetes to get out and move while learning about maintaining a healthy lifestyle.



Garden Hour **10 - 11 AM**

March 1, 15, 29 & April 12, 26



Loteria **12-1:30 PM**

March 6 & April 10

Walking Group

Paused, will resume in summer

Cultural Programs

Intergenerational learning opportunities that increase cultural connectedness, based on strength-based cultural practices.



Tomol Teaching & Activity 4-6

March 27



Community Sweat **5-9 PM**

March 19 & April 9



Beading Circle **4-5:30PM**

March 6 & April 3

Virtual space, All are welcome



Beading Circle **11:30-1 PM**

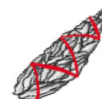
March 29 & April 26

Talking Circles

A respectful meeting space intended to share healing conversations and cultural connection.

Youth Activity Group **5-6 PM**

March 8 & April 5



Community Healing Circle 6-7 PM

March 20 & April 10

All are welcome, snack provided



Red Road Talking Circle **5-6 PM**

March 22 & April 12, 26



Healing Spirits Discussion 5-6 PM

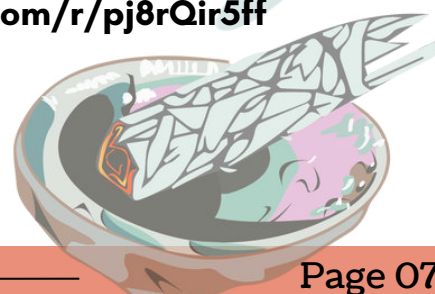
March 29

SUD Education - Opioid Epidemic & Community Q&A



Register for March-April Programs
using QR code or contact AIH&S
Community Wellness Team.
Communitywellness@aihscorp.org
(805) 879-5605

<https://forms.office.com/r/pj8rQir5ff>



MARCH 2024



Save Your Vision Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1  Garden Hour	2
3 First Day of DARW  see pg. 11	4	5	6 Virtual Beading Circle  Loteria	7	8  Youth Activity Group	9
10	11	12	13	14	15  Garden Hour	16
17 Saint Patrick's Day	18	19  Community Sweat	20  Community Healing Circle	21	22  Red Road Talking Circle	23
24 Easter 31	25	26	27  Tomol Teaching & Activity	28	29 Beading Circle  Healing Spirits Discussion	30  Garden Hour

"I salute the light within your eyes where the whole universe dwells. For when you are at the center within you, and I am at the place within me, we shall be one."

- Crazy Horse, Oglala Sioux Chief



APRIL 2024

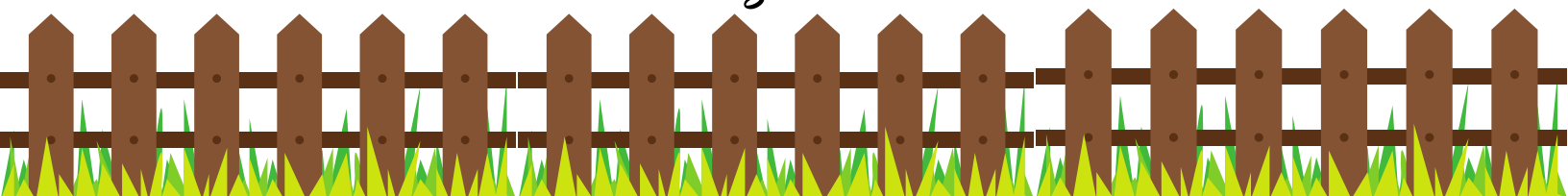
Alcohol Awareness Month



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 April Fools day	2	3  Virtual Beading Circle	4	5  Youth Activity Group	6
7	8	9  Community Sweat	10  Loteria  Community Healing Circle	11	12  Garden Hour  Red Road Talking Circle	13
14	15	16	17	18	19	20
21	22 EARTH DAY	23	24	25	26  Beading Circle  Garden Hour  Red Road Talking Circle	27
28	29	30				

“Let us put our minds together and see what kind of life we can make for our children.”

-Sitting Bull, Lakota





EARTH DAY

April 22, 2024



Earth Day is like a friendly nudge, reminding us that we're all in this together, responsible for keeping our planet cozy and safe.

When we hear "environment," we might picture lush forests, majestic mountains, and playful critters. But it's more than that—it's everything around us, shaping our daily lives and needs, from fresh air to cozy communities.

Some folks continue to believe "public health" refers to government health programs for financially vulnerable people. In fact, public health is about protecting populations—families, communities, cities, states, nations and tribes—from threats to their health, safety, and well-being.

DID YOU KNOW?

- Bees play a massive role in pollinating the plants that we eat. A single bee colony can pollinate 300 million flowers in a day. Approximately 75% of the world's crops depend on pollinators. In North America, bees help with the production of at least 90 crops.
- 1 gallon of cow's milk requires 1,950 gallons of water.
- Animals are now colonizing the Great Pacific Garbage Patch, meaning that they are consuming the plastic waste and also living in previously uninhabited areas. All of these developments disrupt the natural marine ecosystem.



WAYS TO CELEBRATE EARTH DAY!

- Santa Barbara Earth Day Festival, one of the longest-running Earth Day celebrations in the county.
Saturday and Sunday, April 27 & 28!
Alameda Park
- Opt for public transport, biking, or walking instead of driving. Cars significantly contribute to smog pollution and greenhouse gases contributing to global climate change.
- Plant a Tree! Did you know that planting one Oak Tree brings in more insect and bird species than an entire yard of plants?



MARCH 3-9, 2024

DENTAL ASSISTANT RECOGNITION WEEK



At AIH&S, our dental assistants are dedicated to providing professional and quality dental care. Thank you dental team, we appreciate your valuable contributions to enhancing the dental health of our community.

Here are a few quotes from our Dental Assistants!

VALERIA CASTILLO, DENTAL ASSISTANT

"I enjoy being a dental assistant because we have the opportunity to make people feel good about their teeth and their smile, one of my favorite appts is when we deliver dentures; patients always leave with the biggest smile on their face and they're so excited to show off their new teeth, it makes me feel like we really make a difference."

GIAN ORTIZ, DENTAL ASSISTANT, FRONT DESK

"I am grateful for the team of people who have supported me and encouraged me to learn more and do better as an assistant. I enjoy being a DA at AIH&S because I enjoy helping all sorts of communities. I am also grateful for the team of people who have supported me and encouraged me to learn more and do better as an assistant."

ADILENE FERNANDEZ, REGISTERED DENTAL ASSISTANT

"What I enjoy most about being an RDA is, seeing the confidence boost our patients get once we deliver their new set of dentures, and seeing them smile again for the first time in a while! I love making a difference in our patients oral health's lives, and showing them ways to improve their home care."

VICTOR RAMIREZ, DENTAL ASSISTANT, FRONT DESK

"I enjoy being a Dental Assistant because I love helping patients smile, helping them being able to eat, and simply, helping improve their quality of life. It always brings a smile to my face seeing how happy patients are when they are able to smile again, especially patients who had lost most of their teeth, receiving a denture, and allowing them to no longer be embarrassed to smile!"

IMAGE MENESES, DENTAL ASSISTANT

"I enjoy being a DA because I enjoy connecting with patients and teaching them about the importance of a healthy smile. Working at AIHS has taught me how influential I can be to patients and their families at home. I love to see returning patients prioritize their oral health and habits and come back eager to share their improvements with me."

ANZIO "NATE" RIOS, REGISTERED DENTAL ASSISTANT

"I enjoy being an RDA because I get to help give people new smile whether it is through denture, fillings, or braces. Having people tell me that they are happy they can smile again and aren't afraid to talk to people anymore because of how much better their teeth look compared to when they first saw us is something that I really enjoy."

YESENIA TORNES, DENTAL ASSISTANT

"I find gratification in being part of an organization that allows marginalized communities access to affordable dental care. I appreciate AIH&S for supporting my development as a Dental Assistant."

MARIA TAPIA, DENTAL ASSISTANT, FRONT DESK

"I enjoy working at AIH&S because we witness patients gain confident in their smile again."



CHEESY BEEF PASTA



Makes: 8 Cups

Prep time: 20 minutes

Cooking time: 30 minutes

Ingredients

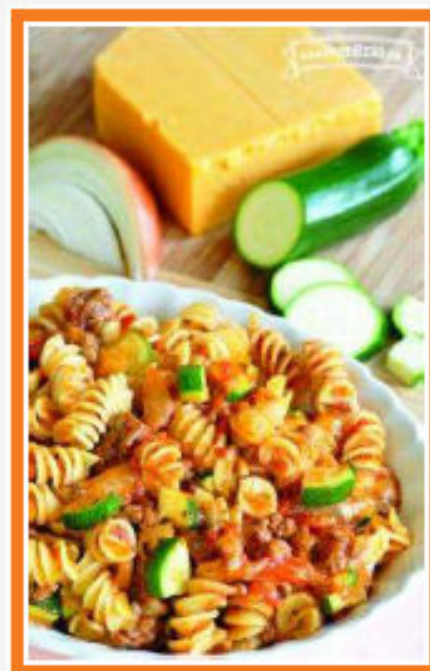
- 1/2 pound lean **ground beef** (15% fat)
- 1 **onion**, diced (about 1 cup)
- 2 cloves **garlic**, minced, or 1/2 teaspoon garlic powder
- 1 small **zucchini**, chopped (about 1 1/2 cups)
- 1 jar (24 to 26 ounces) tomato-based **pasta sauce**
- 1/2 teaspoon dried **basil**
- 1/2 teaspoon dried **oregano**
- 1/4 teaspoon **red pepper flakes** (optional)
- 12 ounces **rotini pasta** (about 4 cups)
- 1/2 cup (2 ounces) shredded **cheddar cheese**
- 1 1/2 cup (6 ounces) shredded **mozzarella cheese**

Directions

1. Wash hands with soap and water.
2. In a large skillet, cook beef, onion, garlic and zucchini over medium-high heat (350 degrees F) until meat is browned and broken into pieces. Drain any fat (see **Notes**).
3. Add the pasta sauce, basil, oregano and red pepper flakes, if desired. Bring to a simmer and cook on medium low (275 degrees F) for 15 minutes.
4. Cook the pasta in boiling water according to package directions.
5. Drain the pasta and add to the sauce in the skillet. Stir in the cheese and cover until the cheese is melted.

Notes

- Substitute broccoli for zucchini. Cook fresh broccoli with the pasta in step 3 or add frozen broccoli in step 2.
- Pour fat from cooked meat into a meal container. Let it cool then dispose of it in a garbage can.



Nutrition Facts	
8 servings per container	
Serving size	1 cup (289g)
Amount per Serving	
Calories	380
	% Daily Value*
Total Fat 12g	15 %
Saturated Fat 5g	25 %
Trans Fat 0g	
Cholesterol 40mg	13 %
Sodium 580mg	25 %
Total Carbohydrate 46g	17 %
Dietary Fiber 1g	4 %
Total Sugars 6g	
Includes 0g Added Sugars	0 %
Protein 20g	
Vitamin D 0mcg	0 %
Calcium 243mg	20 %
Iron 3mg	15 %
Potassium 528mg	10 %
Vitamin A 101mcg	11 %
Vitamin C 7mg	8 %
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



EYE HEALTH



DIABETIC RETINOPATHY

WHAT IS DIABETIC RETINOPATHY?

Retinopathy is a microvascular complication of diabetes, which means it involves the small blood vessels throughout the retina in the back of each eye.

The retina tissue is highly sensitive to light and filled with millions of cells (also known as rods and cones). These cells send visual information to your brain through the optic nerve, giving you the ability to see.

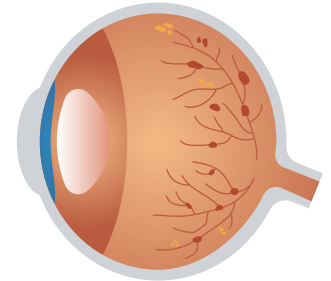
Keeping your retinas healthy means saving your vision.

WHAT CAUSES DIABETIC RETINOPATHY?

Retinopathy is usually by persistently high blood glucose (blood sugar) levels. Damage to your eyes begin when glucose blocks blood vessels that go to your retina. While genetics and metabolic abnormalities can lead to retinopathy, it's less common. Maintain an optimal A1C of less than 7 percent for the best possible prevention of diabetes-related eye complications.

Your annual eye exam is the best way to detect retinopathy in the earliest stages. Schedule an appointment with AIH&S Optometrist, by calling (805) 681-7144

Retinopathy is one of the most common and most serious diabetes-related eye complications. It's actually the leading cause of preventable blindness.



Many people with diabetes can prevent retinopathy with healthy blood glucose (blood sugar) management, maintaining an **A1C of less than 7 percent**, and working on your overall **time-in-range** goals. Although some people with diabetes may develop retinopathy regardless of glucose management.

Fortunately, retinopathy is usually very treatable, especially if you catch it in the earliest stages during your annual eye exam.

SYMPTOMS OF DIABETIC RETINOPATHY

There are often no symptoms in the earliest stages of retinopathy, which is why it's so important to schedule an annual eye exam.

Some people may experience symptoms including:

- Blurred vision
- Distorted vision
- Impaired colors
- Seeing floaters
- Loss of vision



Providing national, state, and county resource referrals and trauma-informed support for Urban Indian, Tribal, and rural populations in California.

CalHOPE RedLine

Call: 1-888-368-4090

Text: 916-252-5002

Live Chat: ccuih.org/redline



Dedicated Peer Support Navigator

American Indian Health & Services

3227 State Street, Santa Barbara, CA 93105 | Phone: (805) 681-7356



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/>



Meet AIH&S' New Nutritionist



Lauren Beltran, RD
Registered Dietitian

Meet Lauren, the new addition to AIH&S, bringing a touch of nutritional education to the community!

What is one thing you wish people knew about you?

"I love the arts! Performing arts, film, TV shows, music, and podcasts. I can talk all day about arts and media over a cup of coffee."

What is your useless talent?

"I can play expert level singer on Rock Band."

What is the best advice you have ever received?

"The best advice I have received is that it's never too late to go after something in life, no matter your age. Our age does not always have to limit us from enjoying life or reaching our goals!"



Hello Everyone!

My name is Lauren, the new Registered Dietitian here at AIH&S. I am from Oxnard, CA and moved to San Jose for 6 years to study nutrition. After enjoying my time in the Bay Area, I knew I needed to move back home to be closer to family and serve my community. I am very passionate about providing nutrition education and counseling, all while using a weight neutral and culturally inclusive lens. My nutrition philosophy includes seeing food not only as a source of energy and nutrients, but also as a source of joy and connection with our loved ones. I love to try new foods, go on walks outdoors, and I prefer dancing for my movement and exercise! I am honored to join this community and can't wait to get to know everyone.



AMERICAN INDIAN HEALTH & SERVICES PROVIDES QUALITY HEALTH CARE SERVICES THAT PROMOTES THE HEALTH AND WELL-BEING OF AMERICAN INDIAN/ALASKA NATIVES AND OTHER COMMUNITY MEMBERS.

QUESTIONS ABOUT THE NATIVE SUN NEWSLETTER? INTERESTED IN SIGNING UP?

Contact: Community Wellness Team | communitywellness@aihscorp.org
or
scan the QR Code to sign up.



Ambrosial
Bountiful
Budding
Abloom
Burgeoning
Flourishing
FronDESCENT
Incalescent
Sapling
Verdant
Splendor
Pruning
Rejuvenating
Regeneration
Splendorous
Invigorating
Germination
Efflorescent
Picturesque
Fragrant

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

Department Contact Information

Administration	Behavioral Health	Medical Clinic	Pediatric Clinic	Dental Clinic Santa Barbara	Dental Clinic Carpinteria	Community Wellness
Mon - Fri: 8 AM - 5 PM	Mon - Fri: 8 AM - 6 PM	Mon - Fri: 7:45 AM - 6 PM	Mon - Fri: 8 AM - 5 PM	Mon - Fri: 7:45 AM - 6 PM	Mon, Tue, Thurs: 8:30 AM - 5:30 PM	Mon - Fri: 8 AM - 5 PM
3227 State Street, Santa Barbara, CA 93105 Phone (805) 681-7356 Fax (805) 681-7358 Referrals (805) 681-7356 x244 Medical Records (805) 681-7356 x 235	4141 State Street, Suite A-2.1 Santa Barbara, CA 93110 Phone (805) 681-7144 Fax (805) 683-6108	4141 State Street, Suite B-6 Santa Barbara, CA 93110 Phone (805) 681-7144 Fax (805) 683-6108	4141 State Street, Suite A-1 Santa Barbara, CA 93110 Phone (805) 681-7144	4141 State Street, Suite C-1 Santa Barbara, CA 93110 Phone (805) 696-1002 Fax (805) 696-1003	5412 Carpinteria Ave, Carpinteria, CA 93013 Staff Observe Lunch 12:30 PM - 1:30 PM Phone (805) 696-1002	3227 State Street, Santa Barbara, CA 93105 Phone (805) 879-5605