



THE NATIVE SUN NEWSLETTER



JANUARY / FEBRUARY
2024 INSIDE NEWS

5TH ANNUAL RED DRESS CAMPAIGN

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Help spread awareness in our community by joining us in the Missing & Murdered Indigenous People Red Dress Campaign. By wearing a red dress pin, you are fighting against the issue by spreading the visibility of this crisis and standing in solidarity with those affected by human trafficking.

Missing People Facts

source: <https://ncuih.org/wp-content/uploads/NCUIH-MMIP-Fact-Sheet.pdf>

71.0% entries were made for AI/AN persons in the FBI's National Crime Information Center (NCIC) Missing Person File in 2020.

9,575 of all cases were AI/AN people under the age of 21. It is required of law enforcement to report cases of missing people under the age of 21 to NCIC Missing Person File, but not the same as adults.



Cut out the red dress and wear it on January 11, 2024. Upload a photo of your red dress with #MMIP and tag AIH&S (FB @AIHSCORP or IG @AIHSSantaBarbara).

CERVICAL CANCER

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



The cervix is considered the 'gateway to the uterus'. It is located at the end of the vagina. It has a tiny hole that allows blood to come out during menstruation (aka periods) or sperm to enter after intercourse or a baby to come out when it's time to deliver.

Besides performing all these essential functions, the cervix can develop cancer. In fact, prior to modern screening techniques, cervical cancer was one of the leading causes of death in people who had uteruses.

It turns out that cervical cancer is caused by a virus called Human Papilloma Virus (HPV). HPV is transmitted via sexual intercourse. HPV infects the cells of the cervix and causes mutations which can lead to cancer.

When it comes to dealing with cancer in general, there is prevention, screening, and treatment. Thankfully, for cervical cancer, we have all three!

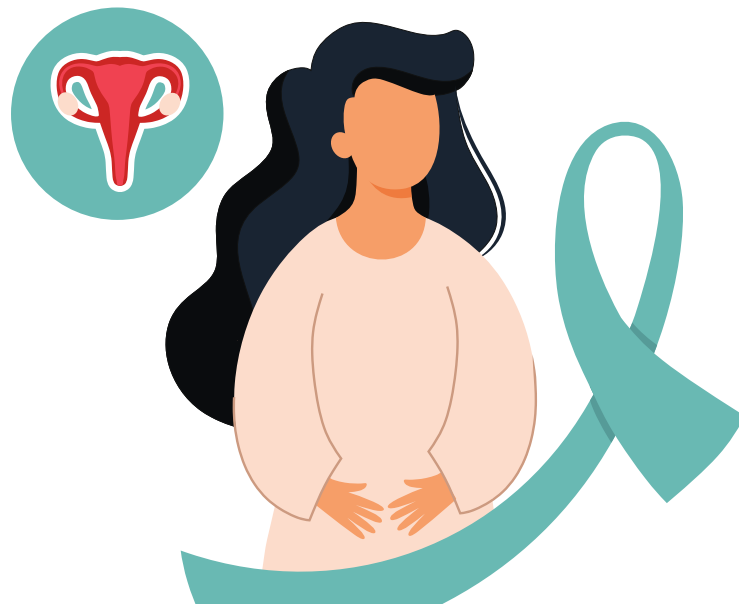
We have a vaccine that can prevent HPV infections in the first place. It is given to individuals of both sexes between the ages of 9 and 26. Some patients over 26 can get the vaccine depending on their risk factors for the disease. It is best if people get the vaccine before they start having sex. It's is two vaccines given 6 months apart.

There is also screening. A screening test is a test that is done on individuals who have no symptoms of the disease in order to catch the disease early. We do screening tests for conditions where catching it early allows us to intervene and prevent complications and death. For cervical cancer, we have the pap smear. The pap smear (named after its inventor, Dr. Papanicolaou) is where a healthcare providers swabs the cervix and sends the swab to the lab. The pathologist (lab doctor) looks at the cells under a microscope to determine if the cells look healthy or cancerous.

The pap smear is done every few years depending on an individual's risk factor. But broadly, it is not recommended before age 21 or after age 65 because in younger patients, the body usually clears up HPV infections and in older patients, the risk is quite lower due to changes that occur in the cervix with age and peoples' sexual habits as they age. There are, of course, exceptions to these guidelines. That's where the healthcare provider comes in.

As if prevention and screening/early detection weren't enough, we also have a fairly broad array of treatments for cervical cancer from biopsies, freezing treatments, and surgery. The sooner the cancer is detected, the simpler and more successful the intervention.

So the moral of the story is, get vaccinated if you are in the age group that can get vaccinated and get you pap smears at the recommended intervals. If you're not sure of your HPV vaccine and pap smear status, it never hurts to reach out to your primary care provider. Preventing and screening for cervical cancer is an important and impactful health intervention that will yield tremendous benefits.





ORAL HEALTH & HEART DISEASE

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



As we learn more about the human body and the good and bad bacteria that reside within it, we discover many seemingly unrelated conditions to be potentially influenced by these various bacteria strains. While much attention has been paid to the gut 'microbiome' – specifically referring to the normal bacteria that reside in our colons, the bacteria at the other end of our gastrointestinal tract may not be idle bystanders. Or they might.

Research has shown a correlation between oral health and heart disease. Specifically, it seems that people with gum disease have a higher risk of heart disease. At this point, these studies all merely suggest a correlation and not causation.

Correlation is when two conditions occur together but it is not clear whether one causes the other or vice versa or neither. For example, let's say I observe that my neighbor eats chocolate when he has a headache. At this point, all I can say is that there is a correlation between headache and chocolate eating in my neighbor. It could be that eating chocolate causes the headache or that the headache causes the desire to eat chocolate. This would establish a causative relationship between the two conditions. However, it could also be that when he gets hungry, it causes headaches and the desire to eat chocolate. In this scenario, neither headache nor chocolate eating is causing the other issue but a third entity, hunger, is causing both.

That is where we are with oral health and heart diseases. We know the two occur together. We don't know if one causes the other or if there is a third entity that causes both. Some speculate that poor oral health causes the bacteria in the mouth to travel into the blood stream increasing the risk of heart disease. Some believe that poor oral health causes an overall inflammatory response in the body that increases the risk of heart disease. It could also be that heart disease somehow affects oral health. It could also be that a third factor is influencing both – i.e. poverty which prevents people from tending to their overall health and oral health bringing about this co-occurrence.

Whatever the case, maintaining good oral health can only help. There are also many other reasons to maintain good oral health. Visiting a dentist at least once a year can help maintain good oral health and quite possibly reduce heart disease.

For more information please see this article below by the American Heart Association News. Link and QR code provided below.

"Bad toothbrushing habits tied to higher heart risk"

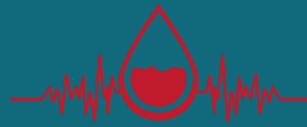
<https://www.heart.org/en/news/2018/11/07/bad-tooth-brushing-habits-tied-to-higher-heart-risk>





BLOOD DONATION

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



At this point, surely we've all seen scenes in various movies and tv shows where a gurney is frantically wheeled into an emergency department and the hero of the day, the emergency department physician, orders '3 liters of O-neg, STAT!' Then the patient recovers and the emergency room physician goes on to also solve a murder mystery that has stymied the brightest detective minds.

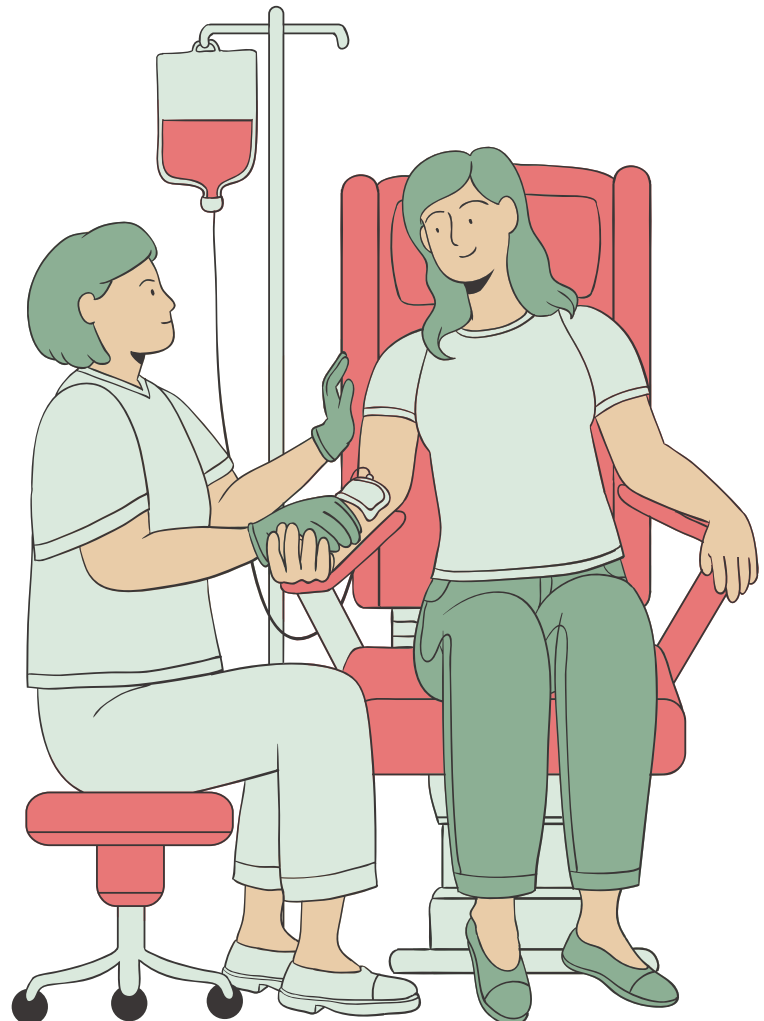
The 'O-neg' in the scenario above refers to the 'blood type'. Most people know that there are different blood types: A, B, AB, and O. Most people also know that there is a 'positive' or 'negative' associated with each blood type. The positive/negative refers to the 'Rh factor'. Blood types are important when it comes to blood transfusions. A transfusion is when someone receives blood that has been donated by someone else. The body's immune system is ever vigilant to the presence of any foreign substance and will attack anything that it finds to be foreign. That's why it's important that the blood a patient receives be as similar to their own blood as possible. Otherwise the immune system will attack the newly infused red blood cells and destroy them.

These days, in addition to the ABO and the Rh positive/negative, there are many other markers that are 'cross matched' before giving someone a transfusion. So healthcare entities no longer ask patients their blood types nor do people need to know their blood type.

Matching the right blood type to the patient takes time. Blood is drawn from the patient in need and sent to the lab. The lab types and cross matches the blood, selects the appropriate bag of blood, and sends it to the patient's care team. Since none of that makes for good television/cinema the hero calls for "O-neg, STAT!" The 'O-neg' is accurate in this case since anyone can receive O-negative blood regardless of their own blood type. That is why 'O- negative' is known as the 'universal donor' blood type.

However, O-negative blood is in short supply so it must be used sparingly. In fact, all blood types are in short supply. The supply of blood available for transfusion relies on individuals donating blood. In general, the need for blood tends to exceed the amount that is donated. When an individual donates blood, about one pint of blood is removed. For the average individual, that's like losing about 6-8% of their blood volume. Most people don't feel any different and the body replenishes the supply over a few weeks.

So, if you have no health contraindications to donating blood, please consider doing so. It can save someone's life. And Hollywood, if you're reading this, please consider making movies/TV shows about primary care providers. Prevention can be glamorous, too.



LOTERÍA AT AIH&S

Starting up
February
2024!

For more information, please contact
Joe Quiroga
(805) 681-7356 x224





How climate change decreases the quality of the

PRECIPITATION EXTREMES

Source adapted from the CDC.



How is rainfall and flooding connected to my health?

While there is immediate health hazards due to flooding, there are also other hazards after a storm. Below we will detail both the immediate and intermediate effects high precipitation brings.

Immediate Health Hazards:

• Floods:

- Plan ahead and be aware of your area.
- Make a communication plan and a disaster plan for your family.
- Plan and practice a flood evacuation route with your family. Ask an out-of-state relative or friend to be the “family contact” in case your family is separated during a flood. Make sure everyone in your family knows the name, address, and phone number of this contact person.
- Make sure you secure or protect any hazards in your home before the flood strikes.
- Be prepared to turn off electrical power when there is standing water, fallen power lines, or before you evacuate. Turn off gas and water supplies before you evacuate. Secure structurally unstable building materials.

Intermediate Health Hazards:

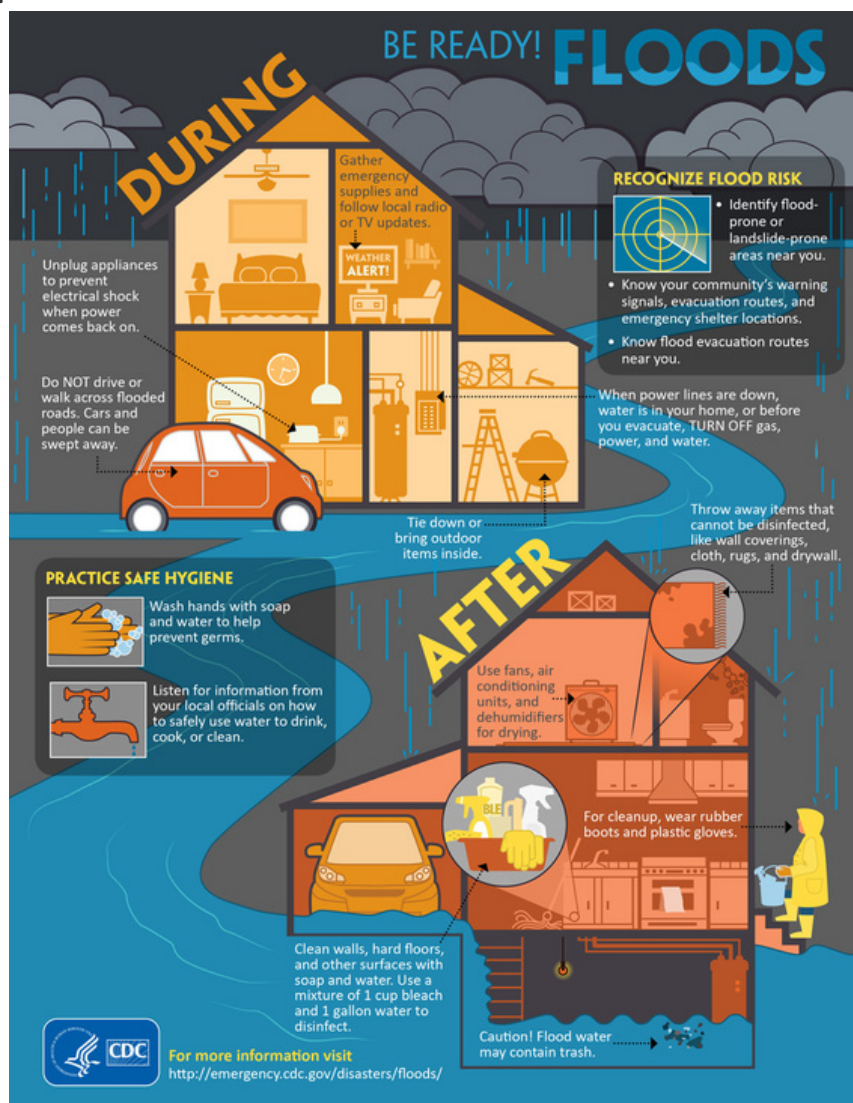
• Mold:

- Water intrusion into buildings can result in mold contamination that manifests later, leading to indoor air quality problems.
- Mold can cause a stuffy nose, sore throat, coughing or wheezing, burning eyes, or skin rash.
- People with asthma or who are allergic to mold may have severe reactions.
- Immune-compromised people and people with chronic lung disease may get infections in their lungs from mold.

CDC SOURCE ON PREPARING FOR A FLOOD.



<https://www.cdc.gov/disasters/floods/readiness.html>

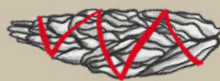




Youth Activity Group

Friday, January 12, 2024
Friday, February 2, 2024

5:00pm-6:00pm



This will be a safe and welcome space for youth to have fun and play some activities.



Registration Link:
<https://forms.office.com/r/L7rkTsEB4b>

Walking Group

Starting up in February 2024!

Contact Joe for more information.

Grab a friend and join AIH&S staff for a short walk and learn helpful information on healthy lifestyle tips.

Contact Joe to RSVP
(805) 681 - 7356 ext. 224



Loteria



Starting up in February 2024!

Contact Joe for more information.

Try your luck in a friendly game of Loteria at AIH&S! Light snacks will be provided.

Contact Joe to RSVP
(805) 681 - 7356 ext. 224



Garden Hour



Every other Friday!

Friday, January 12th, 2024
Friday, February 2nd, 2024

10 - 11 AM

Lend a hand and help us grow traditional foods and spend time outdoors.

Contact AIH&S Community Wellness, information down below



Community Sweat

February 13th, 2024
5:00PM- 9:00PM

Join community in Sweat. This monthly event is led by AIH&S Chief Cultural Officer at Santa Ynez Tribal Health Clinic.



Registration Link:
<https://forms.office.com/r/rQgAEUc8gs>



Talking Circle

February 14th, 2024
6:00PM- 7:00PM

A respectful meeting space intended to share healing conversations and cultural connections. Light snacks provided.



Registration Link:
<https://forms.office.com/r/eDdsDAWsXT>



Beading Circle

Friday, January 26rd, 2024
&
Friday, February 23rd, 2024
11:30AM - 1PM

An open setting meant to bring community together, to work on beaded projects, art, regalia, etc. All ages are welcome,



Registration Link:
<https://forms.office.com/r/D4fKxhR4q2>

CONTACT AIH&S COMMUNITY WELLNESS






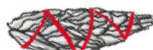

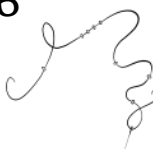
CALL/TEXT (805) 364-1889 | COMMUNITYWELLNESS@AIHSCORP.ORG

JANUARY 2024



Cervical Health Awareness Month



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 AIH&S Is closed in observance of New Year's Day.	2  Heard Cultural Arts Workshop	3  Heard Cultural Arts Workshop	4  Heard Cultural Arts Workshop	5  Heard Cultural Arts Workshop	6
7	8	9	10	11  MMIP	12  Youth Activity Group	13
14	15 AIH&S Is closed in observance of Martin Luther King Jr. Day	16	17	18	19  Garden Hour	20
21	22	23	24	25	26  Beading Circle	27
28	29	30	31			

"It is a Native tradition to sit in a circle and talk - to share what is in your heart."

-John Peters (Slow Turtle), Wampanoag

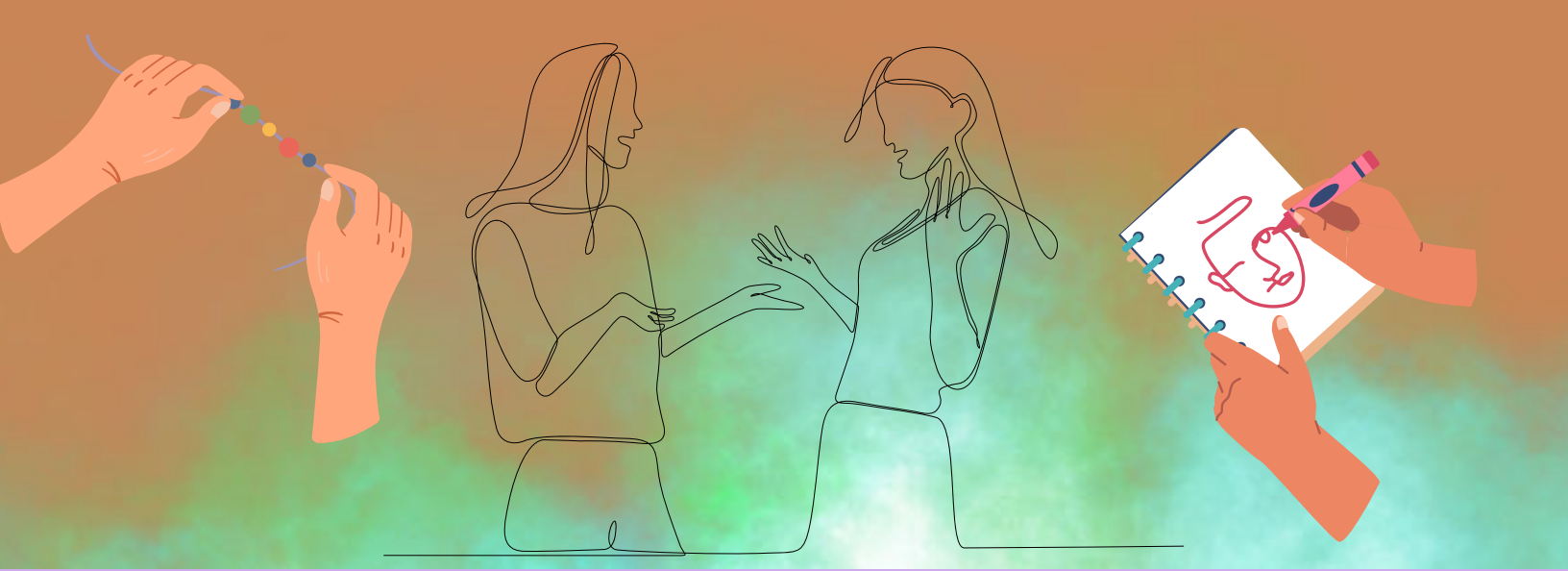
FEBRUARY 2024

Oral & Heart Health Awareness Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	<div>2</div> <div>  Garden Hour </div> <div>  Youth Activity Group </div> <div>  National Wear Red Day </div>	3
4	5	6	7	8	9	10
11	12	<div>13</div> <div>  Community Sweat </div>	<div>14</div> <div>  Talking Circle </div>	15	<div>16</div> <div>  GONA Reunion </div>	17
18	<div>19</div> <div>AIH&S Is closed in observance of President's Day</div>	20	21	22	<div>23</div> <div>  Beading Circle </div>	24
25	26	27	28	29		

"Laughter is a necessity in life that dies not cist much, and the Old Ones say that one of the greatest healing powers in out life is the ability to laugh."

-Larry P. Aitken, Chippewa



Youth Activity Group

Friday, January 12th, 2024

Friday, February 2nd, 2024

5:00-6:00PM!

Monthly virtual group on Fridays

Intended for youth ages 12-17

This is a safe space for youth to connect and engage in healthy activities with peers under facilitation by AIH&S staff.

**Confirm a spot now!
Scan the QR Code to
RSVP.**



You can also RSVP by visiting the link below:

Link: <https://forms.office.com/r/L7rkTsEB4b>

Email: communitywellness@aihscorp.org



GONA REUNION

A coming together of past GONA members to play games and celebrate with community.

FRIDAY, FEBRUARY 16TH, 2024

11:00AM-3:00PM

3227 State Street, Santa Barbara, CA
93105

Enter Through the Las Positas road gate.

Please RSVP at the link or QR code, and let us know you're coming!

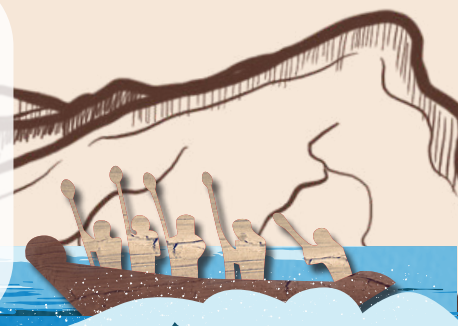
<https://forms.office.com/r/dLN85XiId1>



For questions, contact the
Community Wellness Team!

Email: communitywellness@aihscorp.org

Call: (805) 879-5605 x 317





STUFFED PEPPERS WITH TURKEY AND VEGETABLES



Oregon State University

Ingredients

- 1 cup **cooked rice** (white or brown)
- 3 **bell peppers** (green, red, or yellow)
- 10 ounces **ground turkey**
- 1 teaspoon **Italian Seasoning** (or basil and oregano leaves)
- 1 teaspoon **garlic powder** or 4 cloves of garlic, minced
- 1/4 teaspoon *each* **salt** and **pepper**
- 1/2 cup chopped **onion** (any type)
- 1 cup sliced **mushrooms**
- 1 chopped **zucchini** (about 1 cup)
- 1 can (14.5 ounces) diced **tomatoes** with liquid

Directions

1. Wash hands with soap and water.
2. preheat oven to 350 degrees F.
3. Cook rice or prepare instant rice according to package directions.
4. Cut the peppers in half from top to bottom. Remove the stem and seeds. Place pepper halves with cut sides up into baking dish large enough to hold all.
5. In a large skillet over medium heat (300 degrees F in an eclectic skillet), cook the turkey until no longer pink. Add seasonings during the last few minutes.
6. Add onion, mushrooms, and zucchini to the skillet, Add a small amount of water or oil, if needed, to keep mixture from sticking. Cook and stir until vegetables are tender.
7. Mix in the tomatoes and rice. Remove from heat.
8. Fill the pepper halves with skillet mixture.
9. Cover the baking dish with foil. Bake for 40 minutes or until peppers are tender when poked with a fork.
10. Refrigerate leftovers within 2 hours.

Notes

- Try chicken, beef or pork instead of turkey.
- Add a sprinkle of cheese near the end of the baking time.
- If there is extra filling, try it in a wrap for another meal.
- No basil or oregano? Try chopped cilantro or other herbs.

Makes: 6 Pepper Halves

Prep time: 10 minutes

Cooking time: 90 minutes



Nutrition Facts

6 servings per container		
Serving size		1/2 pepper (256g)
Amount per Serving		
Calories		150
		% Daily Value*
Total Fat	4g	5 %
Saturated Fat	1g	5 %
Trans Fat	0g	
Cholesterol	35mg	12 %
Sodium	290mg	13 %
Total Carbohydrate	17g	6 %
Dietary Fiber	3g	11 %
Total Sugars	4g	
Includes	0g Added Sugars	0 %
Protein	12g	
Vitamin D	0mcg	0 %
Calcium	49mg	4 %
Iron	1mg	6 %
Potassium	511mg	10 %
Vitamin A	35mcg	4 %
Vitamin C	63mg	70 %

*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.

Treating Diabetes Effectively Means Treating More than Just Blood Sugars

Blood Sugar, Blood Pressure, Cholesterol, and Smoking are all risk factors for diabetes complications. We know treating all of these problems is very effective in preserving health. When these are treated effectively, the risk of complications decrease substantially.

KNOW YOUR ABCS OF DIABETES AND HEART HEALTHY GOALS

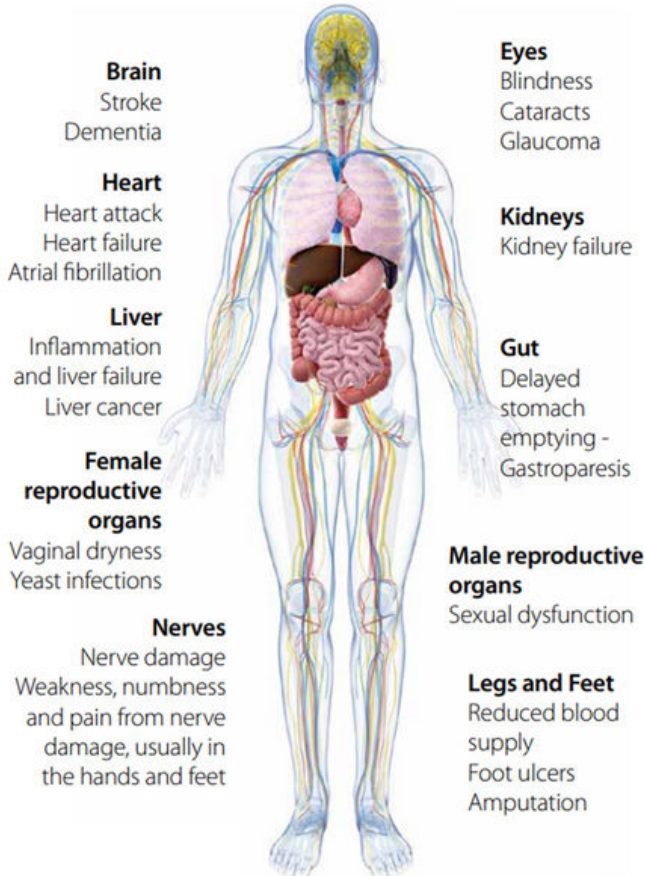
A	A1c	Less than 7 or 8%	An individualized goal will be determined with your healthcare provider.
B	Blood Pressure	Lower than 140/90 or 130/80	These are individualized goals determined with your health care provider. If you are high risk for heart disease, your goal is less than 130/80
C	Cholesterol - LDL "bad" cholesterol	Less than 70-100	

How High Blood Sugar Affects the Body and Why We Treat High Blood Sugar

High blood sugar damages your blood vessels.

This can lead to complications that affect the entire body.

By controlling your blood sugar you will reduce the risk of developing these complications.



Please see the "Diabetes Wellness Guide" by Cottage Health

Source:
https://www.cottagehealth.org/app/files/public/a3716319-cd73-4d79-8977-4184f562a5e1/DiabetesWellnessGuide_Web.pdf



AIH&S Job Opportunities

Are you interested in a job where you assist people of diverse socioeconomic, racial and cultural backgrounds, in order to improve their health and well-being? Are you excited to work for a non-profit organization that deeply values its staff, and offers great benefits?

Current Open Positions

- **Psychiatrist** /Santa Barbara
- **Grant Project Coordinator** /Santa Barbara
- **Dental Front Office Representative** /Carpinteria, Santa Barbara
- **Registered Dental Assistant** /Carpinteria, Santa Barbara
- **Dental Assistant** /Carpinteria, Santa Barbara



Learn more about these positions by visiting the link or QR Code.

<https://www.aihscorp.org/job-openings/>



Employee benefits package for full-time employees, include:

- 14 paid holidays per year
- 5.5 hours per pay period of accrued PTO
- 100% employer paid full-time employee-only medical, dental, vision, disability and life insurance (eligible the 1st of the month following date of hire)
- Voluntary Critical Illness and Accident Insurance Plans
- Flexible Spending Account and Dependent Care Spending Accounts
- Continuing Education Benefits for Licensed Providers (eligible after 90 days)
- 401k plan with 4% employer matching contribution of 6% employee contribution (eligible after 90 days)
- 100% employer paid annual AAA membership (eligible after 90 days)

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/>



Program Highlights

INDIGENOUS MARKET

In December of 2023 AIH&S hosted an Indigenous Market for the first time in ten years! We hosted many different Indigenous vendors and partners for a day in the sun and holiday shopping.

Here is a highlight of some of the amazing work our vendors where selling:

- Jewelry
- Abalone bead work
- Clothing
- Label Pins & Stickers
- Crochet work
- Ribbon Skirts
- Photography
- Stockings
- Home-made candles



COMMUNITY CELEBRATION

As a part of our Indigenous market, we took some time to have a Community Celebration honoring some of our amazing community members!

On this day we had the opportunity to blanket Eddie Guevarra. For years now, Eddie has been an integral part of our community. We have noticed tremendous growth in Eddie and his interest in being a part of the community. Eddie has taken on a more active role as a GONA Elder for 2024, along with becoming part of AIH&S' Community Advisory Council.



Eddie Guevarra



Katherine Reyes

We also acknowledged our other honoree, Katherine Reyes, who unfortunately couldn't attend the celebration ceremony. Katherine not only was one of our Peacemakers at our 2023 GONA, but she has also joined our Community Advisory Council. Katherine has shown dedication and interest in being involved in the community.

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.

AIH&S WILL BE CLOSED FOR THE FOLLOWING DAYS:

- MONDAY, JANUARY 1, 2024
- MONDAY, JANUARY 15, 2024,
- MONDAY, FEBRUARY 19, 2024



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.



Admire
Arrow
Balloon
Bubbly
Celebrate
Change
Chocolate
Count Down
Cupid
Dance
Dream
Fireworks
Flowers
Heart
Love
Memorable
New Years
Resolution
Roses
Valentines Day

E C O U N T D O W N B R D A N C E A
R X I W V A V R S C B A L L O O N U
A D M I R E X D R F L O W E R S Q M
O D U C H O C O L A T E Y R E C F E
Q N E W Y E A R S C C H A N G E Q M
B F D R E A M U O T X H E A R T S O
U C Y Q X V X R E S O L U T I O N R
B U F I R E W O R K S J O I N E H A
B P T V U W M C A R R O W V I D A B
L I G V U I A F Q L J R O S E S Y L
Y D W V C E L E B R A T E J X E A E
V A L E N T I N E S D A Y U Q W Q 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 <i>Staff Observe Lunch 12:30 PM - 1:30 PM</i> Phone (805) 696-1002	3227 State Street, Santa Barbara, CA 93105 Phone (805) 879-5605