



TOIYABE
INDIAN HEALTH PROJECT

Toiyabe Indian Health Project, Inc.

Newsletter

“Caring For Our Communities”

June 2018

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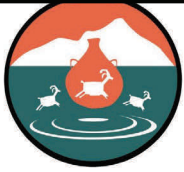
Here is a picture of the 2018 Region IX Tribal Consultation in Sacramento - The Interim CEO, Amber Curley and BOD Member Dave Moose were in attendance. Tribes across the region have the opportunity to consult with DHHS and IHS to testify on their healthcare needs.

All TIHP Clinics will be closed on

Wednesday, July 4, 2018 Independence Day Holiday

Monday, September 3, 2018 Labor Day Holiday

Please accept our apologies ahead of time for any inconvenience this closure may cause. We look forward to again meeting your healthcare needs as our patient/client. Thank You for your patience and understanding.



TOIYABE
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Administration

Highlights

Over the past several months there have been a lot of changes, we want to reassure the patients of Toiyabe we are moving forward to serve your needs. The staff is dedicated to the quality healthcare you desire and deserve.

Let us know what you think of the new direction of the clinic on our comment cards and leave them with the front staff of Administration. The clinic would embrace your thoughts. You can also follow us on Facebook for upcoming event, closed holiday post and meet the face's of Toiyabe employees.

Toiyabe has the unique ability to provide several types of service, making it the easiest opportunity to care for patients.

Introducing New Personnel

Toiyabe would like to welcome Amber Curley as our CEO, we appreciate her leadership and dedication to serve the community. We believe she is exemplary for this position and will give guidance for the staff. Another great support for the Toiyabe Clinic is Dale Newell. Mr. Newell is the manager of the Lone Pine Clinic as well the new Administrator for the Dialysis Unit. With his organization and management skills he is sure to keep the positive momentum going.

Coming Soon

Patients will soon have access to the new Patient Portal, allowing them to have more information at their finger tips. This will remind patients of upcoming medical appointments, show past appointments and other medical information.

Here is a tip!

Reacting in anger and blowing your fuse does not help to become less angry, in fact it makes you more angry. Take a few minutes during the day to decompress, think about the days events and reflect on how you can take better actions for the next time there is a conflict.

From the Pharmacy



Please make sure to submit any necessary medication re-fills prior to any holiday closures.

PHARMACY IS NOW OPEN DURING LUNCH!!!

Call (760) 873-4721 option 2 for pharmacy staff to make sure a pharmacist is available.

When refilling your script please be sure to include

Your name

Rx number or Prescription name

Allow 24/48 hours of notice to refill prescriptions

If you are on the last five days of your prescription call in the order to make sure the doctor has authorized for a refill.

As always, we appreciate your patience and are happy to serve the community!

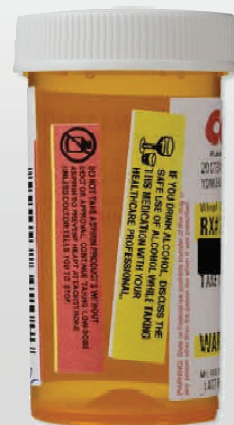
Pharmacy Hours:

Monday - Friday

8am - 5pm

(760) 873-4721

Refill Ext: 273



FAMILY SERVICES



Youth Activities

Elementary School Activities

Numu Life Skills is open to Native American girls and boys in Kindergarten-5th grade. Numu Life Skills incorporates the "Native American Life Skills" curriculum which is an evidence based approach. The skills-based approach of this curriculum follows well-established teaching methods to develop social skills. Facilitators inform students of the rationale and components of a particular skill, model and demonstrate the skill for them, and later provide feedback on individual skill performance. American Indian Life Skills has been a very successful program across Indian country. And we are excited about adapting it in to younger population. Numu Life Skills builds a positive foundation for young Native American youth.

This curriculum addresses key issues and teaches such life skills as communication, problem solving, stress management, anger regulation, and goal setting. Our goal with Numu Life Skills is to empower our youth with resilience to face life as a Native American youth.

Middle/High School Activities

Tribal PREP will be starting for grades 6th through 12th. The program covers culturally competent sex education. For more information please contact Earl Lent, Youth Prevention Worker at 760-873-6394.

Group Schedule

Relapse Prevention groups are held Mondays and Fridays at 12:00 PM. This group is open for those who want to attend. Early Recovery group is held on Tuesdays and Thursdays. This group is by referral from one of our therapists. Conflict Resolution is held on Thursdays at 11 am and must be referred by a therapist.

We respect all that join us as well as keep strict confidentiality. Group is facilitated with traditional and cultural sensitivity. If you would like to join a closed group make an appointment today.

Therapeutic Options

Family Services offers several therapy options to fit the Native American community needs:

- Family Therapy
- Couples Therapy
- Individual Therapy
- Psychiatry

Family Services

Phone: 760-873-6394

Fax: 760-873-3254

**National Suicide
Prevention Lifeline:**

(800) 273-8255

(800) 873-TALK

Crisis Text Line: 741741

Cut this out and keep

Public Health Department

Along with being emotionally supportive to our community members, CHR's go above and beyond to care for the community. For our clients that have limited means of transportation to get to and from their appointments, CHR's take charge to be reliable for the patients. They cover a wide service area spanning from Death Valley all the way to Coleville, CHR's delivery medications take blood pressure, check blood sugar as well oxygen levels. A big thank you to the wonderful people who serve the community and their unique job duties.

Public Health

Number (760) 873-2622

Fax (760) 873-6362

Title VI Elders



Our Title VI Elders program offers support to the elders in the community. Rhonda Eddy, Title VI Program Coordinator, puts together functions for elders to enjoy. Ramona Wheeler, Care Giver, makes home visits to check on the wellbeing of our elders. This program offers Life Alert, Rhonda Eddy and Ramona Wheeler setup for our community members that need the extra help. For elders that live alone, it is especially important to have Life Alert in case of a fall and severe injury. Life Alert gives extra security and comfort because you know someone will arrive to help you. The program not only cares for the safety of Elders but they also provide fun activities like Bingo and bi-weekly food deliveries. Coming soon will be the MIPPA (Medicare Improvements for Patients & Providers Act), if you would like more information please call the Public Health Elders Program at (760) 873- 2622 and speak with someone today.

Dental

Dialysis



TOIYABE
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Toiyabe Indian Health Project Dental Department would like to introduce Dr. Nathan Beck, DDS. He comes to us from Murrieta, CA with a vast knowledge of dentistry skills that he is ready to use in our communities. He enjoys the fields of endodontics, oral surgery, and pediatric dentistry. Dr. Beck has been here with Toiyabe for the last five months, and has thoroughly enjoyed working with the highly qualified and caring dental staff at Toiyabe.

When Dr. Beck is not at Toiyabe you can find him running around the Eastern Sierra with his wife, Ava, and three young boys discovering new boulders, trails and lakes.



“At the end of the day, it’s my patients who give me a sense of fulfillment, that I was able to make them happy doing a good job.”

Meet our Dialysis Team:

There are three Registered Nurses, a Dietitian, a Nephrologist, a Bio-technician, and three Patient Care Technicians on staff to help operate the dialysis unit. This team is the unsung hero for the community. Not only are they enthusiastic but “they are a hard-working, dedicated team that goes above and beyond to make sure the patients are cared for,” according to Alyssa Richards, who shares the responsibility running the front office with Gina Bartlett. The employees of the Dialysis unit, are working from three in the morning setting up the water system and testing for safety. These amazing staff members are servicing their clients until seven in the evening. The coverage area ranges from Lone Pine, California to Dyer, Nevada and Mammoth Lakes, California. They serve all patients that need this specialty.



DROWNING IS SILENT

Signs of Distress

HEAD TILTED BACK

CAN'T CALL FOR HELP

HAIR OVER FOREHEAD

CAN'T WAVE FOR HELP

BODY IS VERTICAL

"CLIMBING LADDER" MOTION



There are **NO WARNING** or splashing **SOUNDS** associated with a drowning accident.



<5

Children under age 5 are at a higher risk of drowning in a pool.



Swim Skills

Teach your child(ren) to swim at an early age, as backyard swimming pools account for over half of drowning deaths for children 0-5 years old each year.



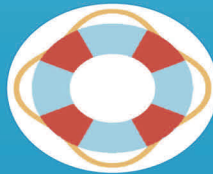
Install Alarms

Install alarms on house doors and around pool area.



Layers of Protection

Layers of protection include adult supervision, fences, gates, latches, safety pool covers, education, throwing aids, and rescue techniques.



Eye

Adults should keep a constant eye on children in or near any water including bathtubs, buckets, toilets, ponds, spas and pools.



Never Leave a Child Alone

Never leave a child alone near water. Check the pool first if a child is missing.



Touch

Designate an adult to be close enough to reach out and touch the child.



68%

In general, boys are two times more likely to drown in a pool than girls.



2/3

2/3 of fatal drownings occur between May and August for most age groups.

DID YOU KNOW...

Drowning is the leading cause of death for toddlers 1-4 years old.

+ Immediate Treatment +



Yell for Help



Call 911



Perform CPR



Visit: www.dds.ca.gov/drowning | www.drowningpreventionfoundation.org | www.cdph.ca.gov

The Drowning Prevention Foundation, Department of Developmental Services, Department of Public Health and Department of Social Services



VOLUNTEERS NEEDED!



Toiyabe Family Services is looking for individuals to participate and provide input in a Community Readiness Assessment, which will be used to gain a better understanding of youth mental health need, behavioral health, and wellness related issues! Participation is needed in the form of 30-60 minute interviews covering community knowledge, leadership, climate, and general knowledge of mental health. No prior training, education, or experience needed — we just want to hear what is on your mind!

We are looking to talk to committed:

- ◆ Tribal youth
- ◆ Parents, family members, and caregivers of youth either in need of, or who are currently receiving, mental health and wellness services
- ◆ Elders
- ◆ Spiritual and cultural leaders
- ◆ School staff
- ◆ Tribal and city leadership
- ◆ Health and medical professionals
- ◆ Social service providers
- ◆ Mental health professionals
- ◆ Law enforcement

**Incentives Provided
Upon Completion of
Interview!**



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In conducting a “Community Readiness Assessment,” barriers to overcome can be identified, future strategies can be tailored to better suit the community’s needs, and you the community can take part in creating a vision for healthy change!!

If you would like to learn more, have questions, or be a part of this unique opportunity please contact Toiyabe Family Services at **760-873-6394**



NWD Day

(Natives With Diabetes—formerly diabetic clinic)

2018 Calendar



BISHOP	LONE PINE	COLEVILLE
JAN 18	JAN 25	
FEB 15		** FEB 8
MAR 15	MAR 22	
APR 19		APR 12
MAY 17	MAY 24	
JUN 21		JUN 14
JUL 19	JUL 26	
AUG 16		AUG 9
SEPT 20	SEPT 27	
OCT 18		-----
NOV 15	NOV 8	
DEC 13		-----

**February 8th clinic has an option to cancel, if weather and road conditions are bad.

Board of Director's Meeting

2018 Calendar

July 6, 2018

August 3, 2018

September 7, 2018

October 5, 2018

November 2, 2018

All meetings will be held at the Bishop Toiyabe Clinic in the Multi-Purpose Room starting at 9 a.m.

HIV Testing 101

Many HIV tests are now quick, FREE, and painless.

Should I Get Tested For HIV?

- Everyone ages 13 to 64 should get tested for HIV at least once.
- Some sexually active gay and bisexual men may benefit from more frequent testing (every 3 to 6 months).
- If you're pregnant or planning to get pregnant, get tested as early as possible to protect your baby.

You should get tested at least once a year if:

- You're a sexually active gay or bisexual man.
- You've had sex with an HIV-positive partner.
- You've had more than one partner since your last HIV test.
- You've shared needles or works to inject drugs.
- You've exchanged sex for drugs or money.
- You have another sexually transmitted disease, hepatitis or tuberculosis.
- You've had sex with anyone who has done anything listed above or with someone whose sexual history you don't know.

*****Where Can I Get Tested?*****

Ask your doctor for an HIV test, or find a testing site near you by...

- Calling **Toiyabe Indian Health Project** to make an appointment (760) 873-8461
- Calling **Inyo County Public Health Department** at (760) 873-7868
- Texting your zip code to KNOW IT (566948), or
- Calling 1-800-CDC-INFO (800-232-4636)

Many testing locations are **FREE** and **CONFIDENTIAL**. You can also buy a home testing kit at a pharmacy or online. Most HIV tests are covered by health insurance.



What If My Test Result Is Negative?

- You could still have HIV. Ask your doctor about the "window period," a period of time after a person is infected during which they won't test positive.
- To stay negative, take actions to prevent HIV.

What If My Test Result Is Positive?

- You may be given a follow-up test to confirm the result.
- Finding out you have HIV can be scary, but you can still live a healthy life if you take action.
 - If you have HIV, start medical care right away. HIV treatment can keep you healthy for many years and reduce your chance of transmitting the virus to others.



Toiyabe Indian Health Project, Inc.
250 See Yee Lane
Bishop, CA 93514
(760) 873-8461





Breast Cancer: *What You Need to Know*

Cancer is a disease in which cells in the body grow out of control. When cancer starts in the breast, it is called *breast cancer*. Except for skin cancer, breast cancer is the most common cancer in American women.

Breast cancer *screening* means checking a woman's breasts for cancer before she has any symptoms. A *mammogram* is an X-ray picture of the breast. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

Most women who are 50 to 74 years old should have a screening mammogram every two years. If you are 40 to 49 years old, or think you may have a higher risk of breast cancer, ask your doctor when to have a screening mammogram.



Some things may increase your risk

The main factors that influence your breast cancer risk are being a woman and getting older. Other risk factors include —

- Changes in breast cancer-related genes (BRCA1 or BRCA2).
- Having your first menstrual period before age 12.
- Never giving birth, or being older when your first child is born.
- Starting menopause after age 55.
- Taking hormones to replace missing estrogen and progesterone in menopause for more than five years.
- Taking oral contraceptives (birth control pills).
- A personal history of breast cancer, dense breasts, or some other breast problems.
- A family history of breast cancer (parent, sibling, or child).
- Getting radiation therapy to the breast or chest.
- Being overweight, especially after menopause.

Symptoms

Some warning signs of breast cancer are —

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in the breast.

Other conditions can cause these symptoms. *If you have any signs that worry you, call your doctor right away.*

More Information

www.cdc.gov/cancer/breast/ • (800) CDC-INFO (800-232-4636) • TTY: (888) 232-6348

National Center for Chronic Disease Prevention and Health Promotion
Division of Cancer Prevention and Control

Can't afford a mammogram?

If you have a low income or do not have insurance and are between the ages of 40 and 64, you may qualify for a free or low-cost mammogram through CDC's National Breast and Cervical Cancer Early Detection Program. To learn more, call (800) CDC-INFO.





Toiyabe Newsletter

250 See Vee Lane • Bishop, CA 93514

Phone No. 760-873-8464

Toll Free No. 877-776-8100

Department	Ext. #	Telephone #	Toll-Free #
Medical	249	(760) 873-8461	(877) 701-6318
Pharmacy	271	(760) 873-4721	(877) 701-6319
Dental	285	(760) 873-3443	(877) 701-6321
Community Health	332	(760) 872-2622	(877) 701-6316
Title VI Elders	277	(760) 872-2622	(877) 701-6316
WIC	326	(760) 872-3707	(877) 701-6316
Preventive Medicine	309	(760) 873-8851	(877) 776-8100
Family Services	316	(760) 873-6394	(866) 270-5003
Dialysis Center	376	(760) 873-7611	(877) 776-8100
Lone Pine Clinic	501	(760) 876-4795	(877) 701-6317
Camp Antelope Clinic	N/A	(530) 495-2100	N/A
Fiscal/Billing	241	(760) 873-6111	(877) 701-6313
Contract Care	247	(760) 873-6111	(877) 701-6313
Optical	236	(760) 873-3611	(877) 701-6313
Administration & Maintenance	221	(760) 873-8464	(877) 776-8100