



CHAPA-DE
INDIAN HEALTH

Passionate People.
Compassionate Care.

FEBRUARY 2021

CHAPA-DE News



REDISCOVERING CONNECTIONS

Dear Chapa-De Patient,

In the midst of these troubling times, many of us are missing the routines of our daily lives and the social connection to each other. This pandemic has forced us to reshape our familiar social order and required us to disperse and live apart from each other. We miss gatherings and festivals, eating out at restaurants and events, everyday social interactions and being with each other.

As a healthcare provider, we are very aware of the risks of social contact and therefore opted to reintroduce the Chapa-De News as a safe way to connect to our patients. We want to let you know what is going on at Chapa-De, tell you about services and programs that can help you and your family, share stories, traditions and Native wisdom and introduce you to many of our staff that you may not know. We also want to hear from you and invite you to share your stories, news and concerns. We welcome your comments and questions that you would like to have answered.

Starting with this issue, Chapa-De will be publishing the Chapa-De News each quarter. We really want this to be your connection to Chapa-De. We look forward to connecting with you in 2021!

Sincerely,

Darla Clark

Darla Clark, Chief Operations Officer
Chapa-De Indian Health

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Auburn Health Center

11670 Atwood Road, Auburn, CA 95603

(530) 887-2800

Grass Valley Health Center

1350 East Main Street, Grass Valley, CA 95945

(530) 477-8545



MISSION STATEMENT

The mission of Chapa-De Indian Health is to advance the health and well-being of American Indians and low income individuals living in our communities by providing convenient access to high-quality, compassionate care.

LIST OF SERVICES

- Dental
- Medical
- Behavioral Health
- Optometry
- Prenatal Care
- Pharmacy
- Diabetes Program
- Lab / Phlebotomy
- Substance Use Disorders
- Classes and Support Groups
- Telehealth

BOARD OF DIRECTORS

Chapa-De's Board of Directors is made up of members from our sponsoring tribe, United Auburn Indian Community.



Branda Adams,
Chair



Gene Whitehouse,
Secretary



David Keyser,
Vice-Chair



Jason Camp,
Member



John L. Williams,
Member

THANK YOU FOR YOUR PATIENCE AND UNDERSTANDING!

Patients calling Chapa-De's Medical, Behavioral Health and Optometry Call Center have been experiencing longer than usual hold times. We know this is frustrating and we apologize for this situation. Much of this issue is caused by higher than usual call volumes and staffing shortages related to illness and other factors related to the pandemic. We thank you for your patience and will continue to work to make improvements.

We also encourage you to sign-up for and use our patient portal where you can:

- Request prescription refills
- Check your next appointment
- View lab and test results
- Send a message to your provider
- Review your current medications
- Read after visit summaries
- Update your contact information (update demographics)

The Chapa-De Patient Portal is available anytime day or night and you'll never be put on hold. For more information, visit:

<https://chapa-de.org/patient-portal/>

DO YOU HAVE NEWS OR A STORY YOU'D LIKE TO SHARE?

We invite local native community members to contribute the following items to this quarterly newsletter:

- Native history, stories, images and other items of cultural relevance
- Births, graduations, and other important milestones
- A remembrance for a local native community member who passed this year (please ensure you have permission from the family)

Submissions should be 250 words or less and Chapa-De reserves the right to edit the content for length and clarity. Email contributions to newsletter@chapa-de.org

WE WOULD APPRECIATE YOUR FEEDBACK!

Please complete this quick online survey about our newsletter and the topics you want to see more of. Visit <https://www.surveymonkey.com/r/ChapaDeNews>

COYOTE'S CONTRIBUTION

By Vince LaPena, Nomtipom/Wintu

In a time long ago, before Human beings, the world was populated by many different types of people. Worldmaker was the creator of all of these people and each type was made to possess their own qualities and traits. There were mountain people who towered high above the rivers and streams where many rock people of all different shapes and sizes sat throughout the land. There were tree people. Some were skinny. Some were fat. Each one had its own various shaped leaves and skin made out of bark. There were flower people too. Their wonderful scents floated on the wind as their colorful heads opened at sunrise. There were grass people who gave out all different kinds of seeds and carpeted the hills and valleys. There were bug people and fish people who roamed the earth and waters with their beautiful families. There were bird people too! Some were big and some were small. They had cool looking feathers and were skilled at building nests. There were also animal people with teeth and fur, but there were no Human people.

One day Worldmaker decided that it would be interesting to create something new. He called a big meeting and everyone gathered in a circle to hear what he had to say. He told all of the people that it was time to create Humans. He told everyone in his creation that it would be their job to help raise the Humans. All the people would have to teach the Human Beings how to live on the Earth. After telling this, Worldmaker began making Human people. Worldmaker began gathering a variety of sticks, grass, and dirt from all around his creation to make the Humans. Some salty sweat dropped from Worldmakers brow and made mud. Worldmaker put all of these things together and started to bring form to the Humans. Coyote was watching the whole time. Worldmaker set the Humans aside so they could dry. Then he left to explore his world. While he was gone Coyote poked the Humans in the belly to see if they were done. They weren't quite dry yet and his claw left a little mark. That's why we have a belly-button to this day!





FINANCIAL SUPPORT FOR AMERICAN INDIAN STUDENTS

If you are a student or support a student, you hopefully know that it is “scholarship season.” This means deadlines are quickly approaching to apply for scholarships, grants and financial aid for the coming school year. Below please find a list of scholarships, grants and other resources for American Indian students that can make attending college or trade schools more affordable. For more information on any of these opportunities, please call Chapa-De’s Community Health Representative, Sami Enos at (530) 887-2800 ext. 2924.

April Moore Memorial Scholarship

Applications for this local scholarship offered by Chapa-De are due 2/28/2021

To qualify, applicants must;

- Have a minimum cumulative GPA of 3.0
- Be American Indian/Alaskan Native
- Plan to pursue vocational training or a college degree
- Have attended school in Placer, Nevada, Sierra, Sacramento or El Dorado Counties

For more information and an application packet, please visit: <https://chapa-de.org/wp-content/uploads/2019/12/April-Moore-Memorial-Scholarship-Application-2019.pdf>

Federal Student Aid Programs (Loans and Grants)

<http://www.ed.gov/>
<https://studentaid.gov/>
 (800) 4FED-AID (1-800-433-3243)

Scholarships are typically merit-based awards, which are distributed based on student achievement and performance.

<http://www.collegescholarships.org/scholarships/subject-specific.htm>

Grants on the other hand, are primarily need-based.
<http://www.collegescholarships.org/grants/index.htm>

Free Application for Federal Student Aid (FAFSA)
<http://www.fafsa.ed.gov/>

Pell Grants
<http://studentaid.ed.gov/types/grants-scholarships/pell>

More Resources

CollegeScholarships.org

- Grants:
<http://www.collegescholarships.org/grants/state.htm>
- Scholarships:
<http://www.collegescholarships.org/financial-aid/>

The Bureau of Indian Education Higher Education Grant Program

- <https://www.bie.edu/document/bie-higher-education-grant-program-scholarship-information-packet>

American Indian College Fund

- <https://collegefund.org/>
- (800) 776-3863

American Indian Education Fund Scholarships

- http://www.nativepartnership.org/site/PageServer?pagename=aief_progs_sf_scholarshipfund
- (866) 866-8642

American Indian Services Scholarships

- https://www.americanindianservices.org/app/students_application.html
- (801) 375-1777 ext. 1002

Association on American Indian Affairs Scholarships

- <https://www.indian-affairs.org/scholarships.html>
- (240) 314-7155

Continental Society Daughters of Indian Wars, Inc.’s National American Scholarship

- <http://www.csdiw.org/scholarships.html>
- For more information, email leslie@khs65.com

**Daughters of the American Revolution (DAR)
American Indian Scholarship**

- <https://www.dar.org/national-society/scholarships/american-indian>
- For more information, email americanindiansschol@nsdar.org

Gates Millennium Scholars Program

- <http://www.gmsp.org/gates-millennium-scholars-program/>

AISES Scholarship Programs

- <https://www.aises.org/students/scholarships>
- (505) 765-1052

Indian Resource Development (IRD)

- <https://ird.nmsu.edu/>
- (575) 646-1347

All Nations Alliance for Minority Participation (AMP)

- <https://new.anamp.org/>
- (406) 275-4714

Also ask the school you plan to attend about Native American funding

For Dental and Other Health Related Studies:

Pacific Dental Services Foundation

- <https://www.pdsfoundation.org/programs/scholarships/>

National Health Services Corps

- <https://nhsc.hrsa.gov/scholarships/index.html>

Indian Health Service Scholarships

- <https://www.ihs.gov/scholarship/>

American Dental Association Foundation

- <https://www.ada.org/en>

American Dental Education Association

- <https://www.adea.org/studentawards/>

Fellowships

Unlike scholarships, there is generally a service or work component, requiring the student to spend a certain period of time working or volunteering in a particular field of study or geographical area

AIGC Fellowship Program

- <http://www.aigcs.org/scholarships/graduate-fellowships/>
- (505) 881-4584

Native Graduate Health Fellowship

- <http://www.ncai.org/get-involved/internships-fellowships/native-graduate-health-fellowship>
- For more information, email nhallingstad@ncai.org

We also encourage you to use this link to find a Native American College or University: Tribal Colleges and Universities (TCUs)
<http://www.aihec.org/who-we-serve/TCUmap.cfm>





CULTURAL & COMMUNITY EVENTS

Programs that have classes, presentations, talking circles

The Native Wellness Institute

<https://www.nativewellness.com/>

California Rural Indian Health Board

<https://crihb.org/>

California Indian Museum and Cultural Center

<https://www.sonomacounty.com/cultural-arts/california-indian-museum-cultural-center>

Northern California Indian Development Council

<https://www.ncidc.org/>

California Indian Basket Weavers Association

<https://ciba.org/>

Two Feathers

<https://twofeathers-nafs.org/>

News from Native California

<https://newsfromnativecalifornia.com/>

Sacramento Native American Health Center

<https://www.snahc.org/>

On Facebook

News from Native California

Native Wellness Institute

Social Distance Pow wow

California native event/bigtime calendar

California Indian Museum and Cultural Center

California Consortium for Urban Indian Health

Upcoming Big Times/Pow Wows

2021 Bay Area American Indian Two-Spirits (BAAITS) Virtual Pow Wow

The largest Two-Spirit pow wow in North America
February 6, 2021

For more information: <http://www.baaits.org/>



ARE YOU LIVING WITH DIABETES OR PRE-DIABETES? WE CAN HELP!

Chapa-De's Diabetes Department is dedicated to promoting the health and wellness of American Indian and Alaskan Native patients. We are here to assist in your journey to a healthier lifestyle with support, education and encouragement. We have staff in our Auburn and Grass Valley Health Centers Monday through Friday. Currently our staff, services, and classes include:

- **Diabetes Case Management Services:** Diabetes Nurse Case Managers provide diabetes self-management education and support to patients with a diabetes diagnosis. Our amazing Registered Nurses (RN) and Certified Diabetes Care and Education Specialists (CDCES) include Kay Lowell, Lisa Lenz and Loretta Moore.
- **Nutrition Education & Therapy:** Kristen Bradley RD, CDCES provides nutrition education and medical nutrition therapy. Kristen is also our Type 1 and insulin pump management expert.
- **Lifestyle Coaching:** individualized support, guidance and education is also provided by Nutritionist/Lifestyle Coach Margreet Adriani, NDTR and Certified Personal Trainer/Lifestyle Coach Jay Sanchez
- **Diabetes Prevention Classes:** a new series of our signature program is starting soon! If you or a loved one has been told you have pre-diabetes and you'd like to make lasting changes to improve your health – this class is for you!
 - Two day/time options – pick the group that's most convenient for you
 - Wednesdays 10:00 a.m. –11:30 a.m. starting January 20th
 - Thursdays 5:30 p.m. – 7:00 p.m. starting January 21st
 - Structured to provide intensive support at first and then less frequent meetings over time as you become more comfortable and confident – weekly classes for 10 weeks, then 6 sessions every other week, followed by monthly meetings

- Two Lifestyle Coaches (Margreet and Jay) to support you though the program
- Nutrition counseling to lose weight in a healthy way
- Exercise counseling modified to your needs and level
- Help dealing with stress
- Group discussions to help you learn from others
- Please contact our Diabetes Department today at [\(530\) 889-3765](tel:5308893765) for more information and to sign up to take a step to a healthier you!

** Please note: all of these services are being offered via Zoom and by telephone appointment during the COVID-19 pandemic.*

ZESTY ASIAN CHICKEN SALAD

Serves 4, 1 cup per person

Ingredients:

- 3 boneless, skinless chicken breast cooked and chilled
- 3 green onions, sliced
- 1.5 cups small broccoli florets
- 2 medium carrots, peeled and cut into strips
- 1 red bell pepper, cut into strips
- 2 cups shredded cabbage
- 1/2 cup fat free Asian or sesame salad dressing (or make your own)
- 1/4 cup 100% orange juice
- 1/4 cup fresh cilantro

Directions:

Cut chicken breast into small strips and place in medium bowl with onions, broccoli, carrots, bell pepper, and cabbage. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat. Stir in cilantro. Serve at room temperature.

Recipe adapted from "Every Day Healthy Meals from Champions for Change"



WHAT SERVICES ARE FREE OF COST FOR AMERICAN INDIANS THROUGH CHAPA-DE?

Many of you have questions about what services American Indians and Alaskan Natives are eligible to receive free of cost through Chapa-De. Here are some guidelines to help you understand our services.

In general, there are two types of services available:

1. **Direct Care Services**
2. **Purchased and Referred Care** (previously known as Contract Health Services)

Direct Care Services are the services available at the Chapa-De health centers. This includes medical and dental visits, behavioral health counseling, health education, etcetera. Most of these services are available to American Indians with proper proof of Indian heritage at no charge. There are a few exceptions; all patients must pay for prescription drugs and eyeglasses for example, unless you have insurance that covers those items.

Purchased and Referred Care (PRC) covers the cost of qualifying health care services obtained outside of Chapa-De, such as radiology, visits to specialists, dental lab work and hospital care. To qualify for PRC, you must meet specific Federal Guidelines:

- You must provide documentation that you are from an eligible tribe that is native to California (you may have temporary coverage if you moved to California within the last six months. Ask the PRC Office for details).
- You must reside within the Contract Health Service Delivery Area. Urban counties, such as Sacramento and San Joaquin are not considered eligible counties.
- You must follow through with the PRC application process to have an invoice paid or to receive reimbursement for a bill you paid directly. This includes using all other health care resources for which you may be eligible, such as Medi-Cal, Medicare or private insurance.

PRC is not the same as insurance and there are limitations on what is covered. For more information about covered services or if you have additional questions about eligibility, call Chapa-De's PRC office at (530) 887-2800, [extension 2964](#).



YOUR EMOTIONAL WELLBEING IS IMPORTANT

Many people are experiencing anxiety and depression during this pandemic. One study found that adults are experiencing more than three times as much anxiety and depression as they were one year ago. More than a quarter of people surveyed said they experienced a lot of sadness the previous day.

Coping with the uncertainty and the loss associated with a pandemic is difficult. People may not know what restrictions are in place, may be tired of wearing masks and remaining distant from friends and family, may have suffered a job loss or a decline in income, lost their home, lost a family member or friend, or know people who have had COVID or who have “long haulers” syndrome (continued health problems even after they are no longer positive for COVID-19).

There are a few tips people can try to try to lift their mood:

1. **Practice gratitude.** Remind yourself of the things for which you are grateful. Be specific. Rather than saying, “I am grateful for my friends”, say, “I am grateful for my friends who listen to me when I am down.” Try to come up with a new gratitude each day. Write it down and read it later.
2. **Take an online yoga or exercise class.** Physical activity is linked to improved mood. If you have mobility restrictions, look for an online chair yoga class. YouTube has free exercise videos.
3. **Write a to-do list each day or weekly.** You can feel a sense of accomplishment when you cross items off your list. Break down big tasks into smaller steps so you can note your progress. Reaching these small goals can increase well-being and keep you occupied.
4. **Spend time outside.** This can be as simple as going for a walk in a park or sitting outside and talking on the phone or reading a book. Spending time outside can increase happiness and reduce stress.
5. **Perspective.** Remind yourself that this is tough, but it will be over. It will not last forever.
6. **Laugh.** Watch a comedy, whether it is a movie, TV show, or sketch online. Laugh at your silly pets. Laughter improves mood.
7. **Give yourself permission to feel bad.** But only for a little while. Acknowledging sad mood or stress validates your feelings. It is normal to feel sad right now. But try not to get lost in the bad moods. Set a timer and allow yourself to worry until the timer goes off.
8. **Turn off the news and social media.** Constant exposure to grim statistics can make us feel worse.
9. **Stay busy with other things.** Work on or find a new hobby, such as woodworking, drawing, knitting, or painting. Play board games with people in your home. Cook or bake something yummy.
10. **Connect with others by phone or video.** Reach out to people you know or your spiritual or community organization.

If you find yourself feeling so sad or anxious it is hard to sleep, concentrate, or accomplish the things you need to do, or feel that you need more support, Chapa-De’s Behavioral Health Team is here for you. We have appointments available by phone or video. Call us at [\(530\) 887-2800](tel:5308872800) to schedule an appointment. We are here for you.



WORMWOOD / MUN MUN

From an interview with Rose Enos, Nisenan/Washoe

Wormwood, or Mun Mun in Nisenan, grows along roadways, and if it is by water it will grow tall and the leaves are full. Wormwood has many uses like helping with sore, achy muscles and bug bites. It is also used in ceremonies to cleanse and help connect to the spirit world.

- **For bug bites:** smash the leaves and put it on the bite to help with irritation and redness.
- **To relive sore, achy muscles:** boil stem and leaves, then use as a compress once it cools down to a touchable temperature.



The **FLOWER DANCE** is done in the springtime and when a young girl gets her “moon” menstruation and becomes a young woman. The females make a wreath out of the wormwood and weave different flowers into it. Each is individual as the person who made it. They will wear this on top of their heads as they dance. They form a circle around the tree and dance while the men sing the Flower song. They dance around the tree four times. When it is done, each female whispers a prayer, wish, blessing into their “hat” and throws to the top of the tree so the prayer can be carried all of the world.





The **BEAR DANCE** is held in June for the start of the New Year. The bear is dressed with wormwood in its eyes to cleanse and help connect to the spirit world. People place the wormwood in their nose, around their necks, behind their ear, or hold on to several pieces. The men begin to sing the song as others gather in a circle. The bear dances around as people gently swat the bear with wormwood to help calm him down and send their prayers onward. They will end up at the spring where they will clean and wash with the wormwood. Then they will whisper their prayer, blessing into the wormwood and let it float down the stream letting go of the last year to start a fresh new year.

Wormwood is also used for blessing the body. It is used to bless babies after the first month of life. Wormwood is boiled in water and when it has cooled a washcloth is used to wash the baby with the water and wormwood while prayer and blessing are being said. At this time the baby is given their native name.

The same process is used for when someone is about to pass away. The water and wormwood are used to wash the body but different prayers are said to help them pass with peace and prepare for their final journey. When the person has passed, the water and wormwood are used to bless the grave before the casket is lowered into the grave. The water and wormwood is poured at the four corners of the grave with a prayer for the journey our loved one will take. At the gate or opening to the cemetery there is a bucket with wormwood. It is for anyone who wishes to take a piece and speaks into the wormwood and then places inside the casket with their loved one.

There must be many more uses for wormwood, these are just a few very important examples.





IS CHAPA-DE ACCEPTING NEW PATIENTS?

All Chapa-De services/departments always welcome new American Indian and Alaska Native patients. Non-native patients are accepted on a rolling basis based on our capacity and appointment availability.

New patient status as of January 25, 2021

- **Medical** – accepting new patients in Auburn and Grass Valley
- **Behavioral Health** – non-native patients must be established in our medical department to access behavioral health services including Therapy, Psychiatry and Substance Use Disorder Services
- **Optometry** – accepting new non-native patients at the beginning of each month (offered in Auburn only)
- **Dental** – closed to new non-native patients

WHAT 211 CAN DO FOR YOU

Challenges from the COVID-19 pandemic have left more people in need of help with basic necessities like housing, food, utilities and more. It is more important than ever to have a central hub of public assistance resources available with the most current information. 211 Connecting Point has stepped up to the plate to help provide that to our local communities in Placer and Nevada Counties, including in the Tahoe/Truckee area.

To learn about the available resources you can dial 2-1-1 or 1 (833) DIAL211 (1-833-342-5211) on your cell phone or home phone. If you prefer to text, send a text message from your cell phone to 898211 with your zip code in the body of the message to start a conversation (your text plan's rate will apply). You can also visit their website <https://211connectingpoint.org/>.

The following Chapa-De employees are also available to help and can also refer Chapa-De patients to useful resources:

For Native American and Tribal Resources call Sami Enos at (530) 887-2800 ext. 2924

For Placer County Resources call Melissa Corralejo at (530) 863-4689

For Nevada County Resources call Donna Jenkins at (530) 863-4682



your connecting point

NEW CHAPA-DE MEDICAL PROVIDERS

The following medical providers joined or returned to the Chapa-De team in 2020 and are accepting new patients at our Auburn and Grass Valley Health Centers. In our next newsletter, we'll feature the dentists who have joined our team recently.



Marlowe Dieckmann, MD

Dr. Dieckmann is a Physician at Chapa-De Indian Health in Grass Valley and treats patients of all ages and identities. She went to medical school at University of Louisville School of Medicine. Her residency in Family Medicine was completed at Dignity Health Methodist Hospital of Sacramento Family Medicine Residency Program. In her personal life she enjoys being a mom, outdoor activities, and new adventures.

Benjamin Oldach, DO

Dr. Oldach is a Physician at Chapa-De Indian Health in Auburn. His professional interests include osteopathy, health behavior change, primary care, and substance use disorders. He went to Ohio University Heritage College of Osteopathic Medicine. His residency in Family & Community Medicine was completed at Methodist Hospital of Sacramento. In his personal life he enjoys trail running, hiking, camping, and caring for his pets.



Dean Tomlin, MD

Dr. Tomlin has returned to serve as a Physician at Chapa-De Indian Health in Grass Valley. He went to George Washington University School of Medicine and completed his residency at Sutter Family Medicine Residency Program. He is Board-Certified by the American Board of Family Medicine, and the American Board of Obesity Medicine. Outside of work, he enjoys sports, coaching, and spending time with loved ones.



FEBRUARY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Childhood Immunizations (Grass Valley) 1:20 pm Virtual Group Exercise Class 3:00 pm Weight Loss Support Group 4:00 pm	2 Diabetes Type 2 Support Group 2:00 pm Virtual Group Exercise Class 3:00 pm	3 Childhood Immunizations (Auburn) 10:00 am Medication-Assisted Treatment (MAT) Group (Grass Valley) 10:00 am Virtual Group Exercise Class 11:00 am Medication Assisted Treatment (MAT) Group (Auburn) 3:30 pm	4 Medication Assisted Treatment (MAT) Group (Auburn) 9:30 am Virtual Group Exercise Class 10:30 am	5 Virtual Group Exercise Class 9:00 am	6
7	8 Childhood Immunizations (Grass Valley) 1:20 pm Virtual Group Exercise Class 3:00 pm Weight Loss Support Group 4:00 pm	9 Virtual Group Exercise Class 3:00 pm	10 Childhood Immunizations (Auburn) 10:00 am Medication-Assisted Treatment (MAT) Group (Grass Valley) 10:00 am Virtual Group Exercise Class 11:00 am Medication Assisted Treatment (MAT) Group (Auburn) 3:30 pm	11 Medication Assisted Treatment (MAT) Group (Auburn) 9:30 am Virtual Group Exercise Class 10:30 am Diabetes Type 1 Support Group 3:00 pm	12 Virtual Group Exercise Class 9:00 am	13
14	15 Childhood Immunizations (Grass Valley) 1:20 pm Virtual Group Exercise Class 3:00 pm Weight Loss Support Group 4:00 pm	16 Diabetes Support Group for American Indian People 3:00 pm Virtual Group Exercise Class 3:00 pm	17 Childhood Immunizations (Auburn) 10:00 am Medication-Assisted Treatment (MAT) Group (Grass Valley) 10:00 am Virtual Group Exercise Class 11:00 am Medication Assisted Treatment (MAT) Group (Auburn) 3:30 pm	18 Medication Assisted Treatment (MAT) Group (Auburn) 9:30 am Virtual Group Exercise Class 10:30 am	19 Virtual Group Exercise Class 9:00 am	20
21	22 Childhood Immunizations (Grass Valley) 1:20 pm Virtual Group Exercise Class 3:00 pm Weight Loss Support Group 4:00 pm	23 Virtual Group Exercise Class 3:00 pm DPP Aftercore Classes 4:00 pm	24 Childhood Immunizations (Auburn) 10:00 am Medication-Assisted Treatment (MAT) Group (Grass Valley) 10:00 am Virtual Group Exercise Class 11:00 am Medication Assisted Treatment (MAT) Group (Auburn) 3:30 pm	25 Medication Assisted Treatment (MAT) Group (Auburn) 9:30 am Virtual Group Exercise Class 10:30 am	26 Virtual Group Exercise Class 9:00 am	27
28						

All classes and event are subject to change. Please visit chapa-de.org for more details.

MARCH 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Childhood Immunizations (Grass Valley) 1:20 pm Virtual Group Exercise Class 3:00 pm Weight Loss Support Group 4:00 pm	2 Diabetes Type 2 Support Group 2:00 pm Virtual Group Exercise Class 3:00 pm	3 Childhood Immunizations (Auburn) 10:00 am Medication-Assisted Treatment (MAT) Group (Grass Valley) 10:00 am Virtual Group Exercise Class 11:00 am Medication Assisted Treatment (MAT) Group (Auburn) 3:30 pm	4 Medication Assisted Treatment (MAT) Group (Auburn) 9:30 am Virtual Group Exercise Class 10:30 am	5 Virtual Group Exercise Class 9:00 am	6
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All classes and event are subject to change. Please visit chapa-de.org for more details.



Chapa-De Indian Health
11670 Atwood Road
Auburn, CA 95603



If you no longer want to receive this newsletter, email us at Newsletter@chapa-de.org or call (530) 887-2800 ext. 2924

COVID-19 VACCINES

Chapa-De is receiving COVID-19 vaccines from Indian Health Service (IHS). We chose to receive vaccines from IHS versus the state of California because American Indian people are being prioritized for vaccination. Tribal communities have been disproportionately affected by COVID-19, with native people having higher rates of hospitalization and death from this virus.

We are receiving a very limited supply of the Moderna vaccine each week. As of January 11th, 170 Chapa-De employees have already safely received vaccinations to make sure we will be available for your care needs. We have also started to offer vaccinations to our highest risk tribal community members and American Indian patients. We are following guidance from the department of health and the CDC based on age and other risk factors to prioritize who receives these limited doses first. We will reach out directly to Chapa-De patients in order of priority as we are able to offer you a vaccine appointment.

If you have question about the vaccine, we encourage you to review the resources available on our website at: <https://chapa-de.org/covid-19/covid-19-vaccines-at-chapa-de/>. Contact your medical provider with any specific questions about your health conditions and if you should receive a vaccine.