



CHAPA-DE
INDIAN HEALTH

Passionate People.
Compassionate Care.

MAY 2021

CHAPA-DE News



MEET THE CHAPA-DE BOARD OF DIRECTORS – DAVID KEYSER



*Chapa-De Board Member,
David Keyser*

Recently, we met with long-time Chapa-De Board Member, David Keyser, to ask him about his tenure with Chapa-De. David has served on Chapa-De’s Board of Directors for nearly ten years, but his history with Chapa-De goes back much further. David was a patient at the first Chapa-De location on Placer Street in Auburn and remembers walking to dentist appointments from EV Cain Middle School. For him, Chapa-De (it was known as Auburn Indian Health back then) was a resource that was always there and had a family atmosphere.

As the story goes, Chapa-De was established by the local American Indian community after receiving some seed money via a grant to determine whether there was a need for dental care. With barely any funding, a clinic was opened with one dental chair. It was a very grassroots effort, and David remembers when staff meetings were held in the kitchen of local family members’ homes. Most Indian Health clinics were sponsored by a Federally Recognized Tribe, but back then the United Auburn Indian Community was not federally recognized so Chapa-De was more or less adopted by all of the local Indian community. The patients voted on the Board of Directors. David remembers voting in those elections to determine who would make up the Board to govern Chapa-De.

Continued on page 2

INSIDE THIS ISSUE

- Hepatitis C Can Be Cured: Hep C Treatment Now Available at Chapa-De 3
- Type 2 Diabetes Doesn't Have To Be A Sure Thing..... 3
- Introducing our Newly Renovated Spaces 4
- The Wašiw Seasons as Told by C'ošunji 6
- PathStar Offers a Life Changing Experience 7
- Working with Porcupine Quills 8
- Protect Elders and Vulnerable Family Members with a COVID-19 Vaccine 10
- COVID-19 Immunizations at Chapa-De..... 10
- Keeping Patients Healthy and Safe During the COVID-19 Pandemic 12
- Growing Your Own Tomatoes 13
- Cultural & Community Events 14
- Event / Class Calendar 15

Auburn Health Center

11670 Atwood Rd., Auburn, CA 95603

(530) 887-2800

Grass Valley Health Center

1350 E. Main St., 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

MEET THE CHAPA-DE BOARD OF DIRECTORS – DAVID KEYSER

continued from page 1

Fast forward thirty years or so, Chapa-De needed a tribe to sponsor it, and the United Auburn Indian Community, now federally recognized, stepped up to do so. David was on the tribal council then and also agreed to be part of Chapa-De's Board of Directors. It was an easy decision to make since Chapa-De had been a mainstay throughout his life. He still enjoys the closeness and family atmosphere at Chapa-De and that connection is what inspires him to carry out Chapa-De's mission. "Our minds are always on them and how to serve them best," he said when asked what he wanted patients and staff to know. "We are doing everything possible to make your lives and well-being better." And that has been David's priority and focus as a Board Member for the past ten years and, hopefully, for the next ten years.

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>

HEPATITIS C CAN BE CURED: HEP C TREATMENT NOW AVAILABLE AT CHAPA-DE

Chronic hepatitis C (HCV) is a viral infection of the liver afflicting an estimated 2.4 million in the United States and is one of the leading causes of liver cancer. According to the Department of Health and Human Services, American Indians/Alaskan Natives are 2.7 times more likely to die from HCV than non-Hispanic White Americans. In the past decade, the rates of new chronic HCV infections have risen and continue to increase due to the opioid epidemic. Fortunately, there is a cure for HCV that is accessible to our patients at Chapa-De.

Until recently, treatment for HCV was difficult and required a referral to a specialist. Past treatments often required IV infusions that made the patient very sick and had a good chance of failing. Recently, a number of new medications were developed that are much easier to take and much more tolerable. These new medications are also very effective and have a cure rate of 95%. These new therapies are so easy and effective, patients with HCV can now be treated in the outpatient clinic by their primary care provider.

At Chapa-De, our Medical Providers use a medication called Eplclusa to treat HCV. It is taken once daily for three

months. When the patient is ready to be treated, they are referred to our Hepatitis C Program, where we educate, keep track, and assist with their medication therapy. One of the barriers to access to the medication is how costly it is. To get all three months of treatment, it costs \$90,000. Fortunately, as part of the Hepatitis C Program, Robynn Wren (CPhT) works with health insurances, specialty pharmacies, and providers to obtain coverage for our patients. As a result of her work, our patients can get Eplclusa with no out-of-pocket cost. She also coordinates with the patient and specialty pharmacy to ensure our patients get their treatment on time.

Treatment for this disease was once very difficult, but is now accessible to all of our patients at Chapa-De. Our medical team has successfully cured 13 patients of HCV in the past year, and there are 21 patients currently being treated. Many patients, who have lived for decades with HCV, expressed how happy they are that they can finally be cured.



TYPE 2 DIABETES DOESN'T HAVE TO BE A SURE THING, AND WE CAN HELP!

If you have prediabetes, getting type 2 diabetes doesn't have to be a sure thing. Participating in Chapa-De's Diabetes Prevention Program can help you reverse prediabetes. It can also lower your risk of having a heart attack or stroke, improve your health overall, and help you feel more energetic.

We start new classes of this free yearlong program two times per year – in January and July. Summer sessions are starting soon and will be offered via Zoom so you can participate from the comfort of your home.

We have a daytime and evening option, so you can pick the time that works best for you. Classes will start on July 21st at 10:00 am and July 22nd at 5:30 pm with Chapa-De Lifestyle Coaches Jay Sanchez and Margreet Adriani.

EARN PRIZES! *The first 10 people who sign-up will receive a gift. Those who stay for at least six sessions will receive another gift. Incentive gifts (such as gas and grocery gift cards and exercise tools) are also given for attendance, reaching your goals, and being accountable.*

CALL US AT (530) 889-3765 TO SIGN-UP TODAY!



INTRODUCING OUR NEWLY RENOVATED SPACES

Over the past year, we have been renovating some of our spaces to provide more room to provide quality care.

In Auburn, we opened a new Medical Pod in Building B (Medical Building) in addition to our existing three other pods. This new pod has already allowed us to serve more patients. We are currently using it as a COVID-19 vaccination clinic. After mass vaccination efforts are no longer required, we will relocate some of our providers and medical staff into this new pod for normal medical operations.

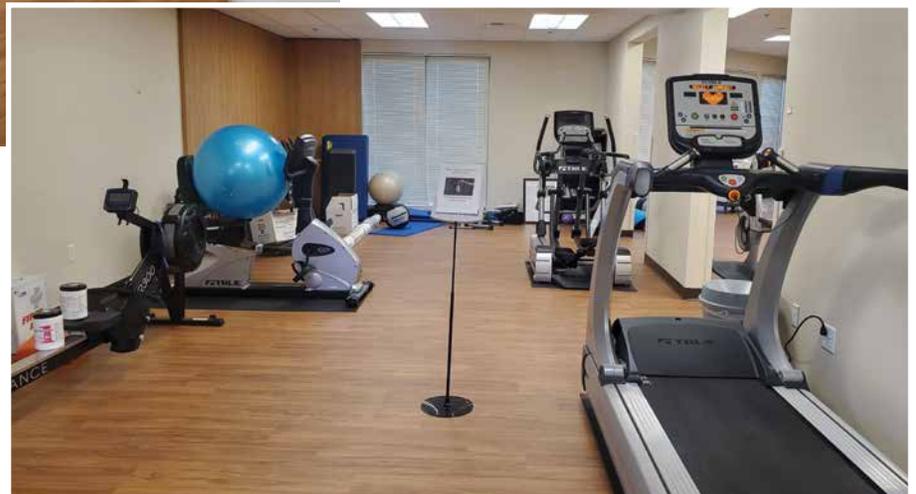


New Medical Pods in Building B of our Auburn Clinic



New Auburn diabetes and workout area.

We relocated our Diabetes Department to Building A (Dental Building). There is more space to continue growing the program and a new workout area for group classes when we can gather together again.





New Bell Road location

Some of our administrative staff were moved offsite into a newly renovated space on Bell Road. By moving the administration team offsite, we made space for the expanded medical and diabetes areas. We were also able to centralize some of the departments that directly support our care teams, including Information Technology, Clinical Leadership, and Quality. No patient services are available at the new Bell Road location.

The Grass Valley clinic is in its final renovation stage and should be completed by early May. Since construction began, we opened new medical and dental pods and renovated the existing medical and dental pods. The final work is creating a new diabetes area and new office space for some of our clinical staff.



New dental pod at Grass Valley clinic

Another exciting project that is in the works is a new Grass Valley Administration building. This building will be located next door to our current health center and serve as the home to many non-clinical staff members. We will start groundwork soon and anticipate completing the new building in 2022.



*New medical pod at
Grass Valley clinic*



THE WAŠIW SEASONS AS TOLD BY C'OŠUŃI

Submitted by: Lisa Enos Editor of the Wašiw Legends Series and Language Teacher for the Washoe Tribe of Nevada and California

C'ošunji was born in the spring with many brothers. He was a small red creature with six skinny legs and feet and two feelers. When he was still small, he was sent from his home to search for food. Life had not been easy for C'ošunji and his brothers; they had no mother, and they were hungry. When he came out of his home in the ground, all he could see was sagebrush and a large mountain that went high up, but no food.

He didn't know which way to go to look for food, but then he saw some Wašiw people camping near the river. As he watched, he could see them eating everything that grew there. They were happily eating tule and cattail roots. They had mountain potato and watercress and all kinds of growing things for food. They were roasting potatoes and eating wild onions. Everything smelled so good that C'ošunji's stomach growled; he was so hungry. He decided to go where they were. When he got there he crawled into a burden basket and ate his fill. Then he thought he should take some home for his brothers. He was about ready to when the old woman picked up her burden basket and he couldn't get down. The Wašiw people were going up the tall mountain. C'ošunji looked back and seen his home become small, and he became frightened and began to cry. Then he heard a man talking to the children; he said, "When it becomes winter, we will be back here in the valley." But winter seemed so far away for little C'ošunji and he was frightened. Then he thought he would see everything and learn everything and then come back and tell his brothers that they would never go hungry again.

The burden basket was a fine place to ride for C'ošunji to ride along. In two days they arrived at the Lake's edge. He looked out of the burden basket and thought "how beautiful it is." His Wašiw companions with Southern Wašiw people, the Mountain Wašiw people, the Eastern Wašiw people as well as other Valley Wašiw people. Here they were going to pray over the food, the water, and everything living. As he sat there watching, his stomach started to growl

again. He noticed that the men were taking out their nets and spears for fishing. C'ošunji went with them but soon discovered that he didn't much like fish.

C'ošunji stayed with the Waši-šiw all summer. When it became fall all the people went in different directions. Some of them went to gather and trade for acorns, he did not know what an acorn was but decided it must be wonderful as everyone was excited about it. C'ošunji decided he would travel with the people going back to the valley thinking he would soon be with his brothers. But as they were traveling it became apparent that they were not heading back to the valley yet. They were going to the pine nut gathering. There the Waši-šiw sang, played and prayed for a good harvest. C'ošunji was so excited because he remembered that in the spring a wise elderly woman buried a small green cone in a stream and prayed that this year would be a good year for pine nuts. It was indeed! The burden baskets were filled to the top with pine nuts. Some gathered, some were roasting and some were making flour. C'ošunji ate to his fill. There were men who went hunting because the deer were fat and ready to be eaten. As the weather grew cooler the Wašiw gathered their pine nuts and deer and headed toward the valley. C'ošunji had finished growing, and he seen so much and he was wiser. He had learned where to gather food and he went to tell his brothers and they were happy. They watched as the Wašiw people opened their stores of acorn; he was amazed how large they were. The Wašiw people prepared the acorn into flour, soup and biscuits. He and his brothers collected as much as they could carry to their home.

As it grew colder the Wašiw people made rabbit skin blankets and they were all happy. C'ošunji would come back to watch the children often and he and his brothers would never go hungry again.

To get your copy of C'ošunji contact the Washoe Tribe Language/Culture Resource Department at (775) 782-0013

PATHSTAR OFFERS A LIFE CHANGING EXPERIENCE

Have you ever wondered about the glass starfish on display in Chapa-De's lobby? It's a prestigious award from PATHSTAR, honoring the contribution that participants from Chapa-De have made to this program.



The insert that came with the award says, "Presented to Chapa-De Indian Health Program from PATHSTAR with special recognition of

Jay Sanchez, Margreet Adriani, and Kristen Bradley for Making a difference".

PATHSTAR involves a select group of tribal and community members who swim from Alcatraz to San Francisco's shore. Chapa-De has been involved with PATHSTAR since 2014.

But the 'escape from Alcatraz' is just one part of the program dedicated to inspiring and revitalizing healthy nutrition and lifestyles. Talking circles, life coaching, mindfulness, yoga, Pilates, gardening, menu planning, meal and snack prep, kayaking, and an Alcatraz visit are all components of the program.

Margreet Adriani, a Chapa-De staff member and PATHSTAR Alcatraz swimmer, shared, "Looking back at my PATHSTAR experience, I can say that it changed something in me. The daily swims, the hikes, the cooking, the meal planning, the support physically and emotionally during the week in San Francisco made me more grounded and whole."

In 2020, due to the pandemic, the program was modified to keep everyone safe. What resulted was the first-ever PATHSTAR Alcatraz Program October Intensive (PAPOI).

PAPOI participants and leaders connected from their homes and bridged distances as far as Pine Ridge in South Dakota by Zoom. Through this digital format, the program still offered a truly intensive experience, with most of the components of the 'normal' PATHSTAR Alcatraz Swim Program. Those involved missed the swimming and kayaking but benefitted from experiences steeped in life coaching, mindfulness, yoga, Pilates, gardening, menu planning, cooking, hiking, cycling, and an Alcatraz 'visit'— all shared by Zoom.

The 2021 program will again be virtual. The PATHSTAR Alcatraz Program October Intensive (PAPOI) will be October 6th thru 10th. A 3-day workshop will also be offered in May as a PATHSTAR 'sampler'.

We encourage you to learn more about this life-changing program by visiting their website and signing up for the May sampler at www.pathstar.org.

To participate in the PAPOI in October, you must complete the May sampler OR have completed a previous PATHSTAR Alcatraz Swim Week or the 2020 PAPOI. PAPOI applications are available through the PATHSTAR website - the deadline to apply is June 1, 2021.





WORKING WITH PORCUPINE QUILLS

*This is an introduction to porcupine quillwork.
It is not intended to teach or give step-by-step instructions.*

Porcupine quilling was mainly used among East Coast and Plains tribes from the USA and First Nations people from Canada. Quillwork involved softening and dyeing stiff porcupine quills and then weaving them onto leather or birch bark.

They were usually used on medicine bags, moccasins, war shirts, jewelry and birch bark boxes. A war shirt would express the warriors' tribal association and rank. It would take a skilled quill worker more than a year to embroider a war shirt.

Today, the quill worker picks out the quills they want to use, then wash and soak them in warm water with mild dish soap to remove the oils and dirt. They measure and cut the quills to the desired length.

Long ago, they would use berries, flowers, and roots to dye the quills. Today they may use store-bought dyes or even Kool-Aid without the sugar.

Multi quill plaiting is a term to describe a type of quillwork that looks like it is woven; it is a technique used by tribes of upper Missouri river.

An adult porcupine has about 30,000 quills covering all of its body except its underbelly, face, and feet. Quills are modified hairs formed into sharp, barbed, hollow spines. They are used primarily for defense but also serve to insulate their bodies during winter. Porcupines, when threatened, will contract the muscles near the skin, which causes the quills to stand up and out from their bodies. When the quills are in this position, they become easier to detach from the body, especially when a porcupine swings its tail toward an attacker. The barbs at the tail tip become lodged in an attacker's flesh and are difficult and painful to remove.



*A quillwork
knife sheath.*



Beaded porcupine quill earrings

Here is a link to a video showing quill work with birch bark:
<https://youtu.be/vy-cimYIWgc>

Here is a link to a video on quill work:
<https://youtu.be/WntVsn6S9Oc>

The links below are articles that explain the weaving technique:
<http://www.nativetech.org/quill/plait.html>
<http://www.nativetech.org/quill/zigzag.html>
<http://www.nativetech.org/quill/band.html>

PORCUPINE SLIDERS

Makes 6 Sliders | Preparation time: 30 minutes | Cooking time: 1 hour 20 minutes

Ingredients:

1/8 cup Brown rice
 1 tsp Canola Oil
 1 ½ Tbsp Fresh onion, diced
 ¼ cup Fresh celery, diced
 1 ½ tsp Fresh garlic, minced
 1 lb Ground turkey
 1 Egg beaten
 5 Tbsp Dried cranberries, chopped
 ¾ cup Fresh baby spinach, chopped
 1 tsp Worcestershire sauce
 ½ tsp Salt
 ½ tsp Black pepper
 1 dash White pepper
 1 package Whole wheat dinner rolls

Directions:

- 1 Preheat oven to 350°F.
- 2 Combine brown rice and ½ cup of water in a small pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff, cover and refrigerate until cool.
- 3 Heat canola oil in a small skillet. Add onions, celery and garlic. Cook over medium heat for 5 minutes. Remove from heat. Refrigerate until cool.

4 In a mixing bowl, combine turkey, egg, cranberries, spinach, Worcestershire sauce, salt, pepper, brown rice and sauteed vegetables. Mix well and shape into patties.

5 Apply non-stick cooking spray to a large baking sheet, place patties, evenly spaced, on the baking sheet.

6 Bake uncovered for 20–25 minutes at 350°F until done. Do not overcook.

7 Serve on whole wheat rolls.

NUTRITIONAL INFORMATION PER SERVING:

Calories 247
 Protein 16 g
 Carbohydrates 26 g
 Dietary fiber 3 g
 Total fat 9 g
 Cholesterol 85 mg
 Sodium 366 mg

Recipe from the Onieda Traditional and Healthy Foods for our Community Cookbook





PROTECT ELDERS AND VULNERABLE FAMILY MEMBERS WITH A COVID-19 VACCINE

COVID-19 VACCINES DEBUNKING THE MYTHS



Vaccine Myth		Vaccine Fact
It was rushed and isn't safe.		Researchers took no safety shortcuts. Large studies show the vaccine is safe.
It changes your DNA.		It is impossible for the vaccine to change your DNA.
It can give you COVID-19.		The vaccine does not contain a live virus strain.
It contains egg protein.		It does not contain egg proteins and can be given to people with egg allergies.
It causes severe side effects.		For most, the vaccine causes mild side effects that resolve in a few days.
It makes women infertile.		There is no evidence that the vaccine causes infertility.

Passionate People. Compassionate Care.

Getting a vaccine is the best way to ensure you and your loved ones are protected against COVID-19. All of the available COVID-19 vaccines have been thoroughly tested; they are safe and very effective. The vaccine will reduce your chance of becoming sick from coronavirus and nearly eliminates the risk of being hospitalized or dying from COVID-19. People who have been vaccinated can safely enjoy more time with loved ones.

Chapa-De has now safely delivered over 6,000 COVID-19 vaccines. Amongst our staff, over 200 employees are now vaccinated.

We know you may have questions and we are here to help – if you are not sure about getting a vaccine, please call to schedule an appointment with your Chapa-De medical provider. We welcome the opportunity to discuss your concerns and to share what we know about the vaccines.

COVID-19 IMMUNIZATIONS AT CHAPA-DE

The supply of COVID-19 vaccines are becoming more plentiful. We anticipate that soon everybody who would like to protect themselves and their loved ones will be able to get one.

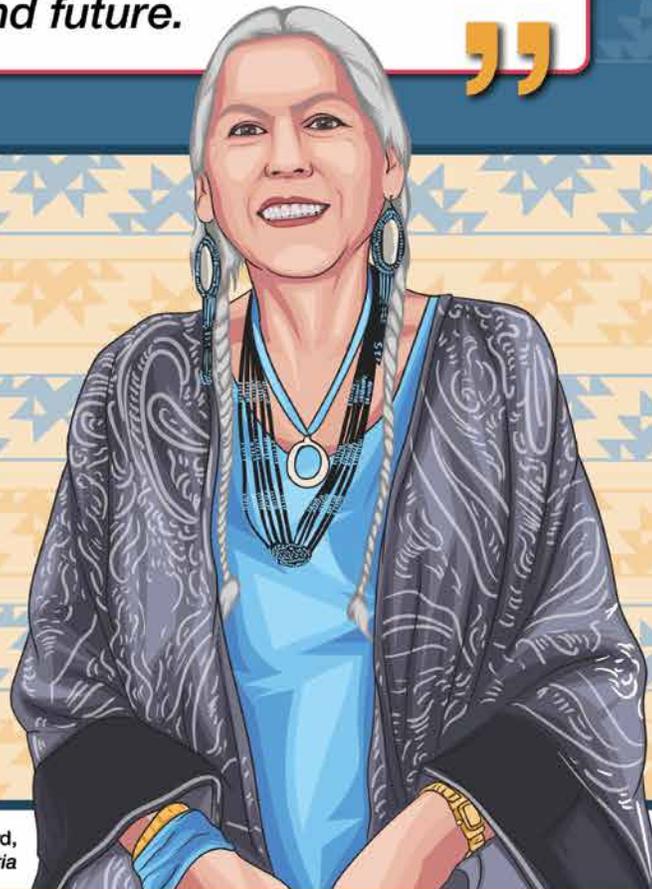
Chapa-De is currently offering vaccines to all Chapa-De patients age 18 and over. UAIC tribal members and American Indian Elders who are 65 years of age and older are also eligible to receive a vaccine at Chapa-De – proof of tribal membership or ancestry will be required if they have not been to our health centers before.

We offer COVID-19 vaccine clinics every week in both Auburn and Grass Valley.

**To schedule a vaccine appointment, please call us at
(530) 887-2800 for Auburn or
(530) 477-8545 for Grass Valley.**

#CovidVaccineSavesLives #ProtectOurElders

Our Tribal Elders are at high risk. Let us all unite together to protect our family and community by getting the COVID-19 vaccine for the health and wellness of our families and future.



Barbara K. Bird,
Concow Maidu of Mooretown Rancheria

Both vaccines have mild and temporary side effects, including pain at the injection site, headache, fever, fatigue, chills, and muscle and joint pain. Individuals with severe allergic reactions to other vaccines should consult their doctor in case they may be allergic to a component of the vaccine. They should be observed for 30 minutes following injection rather than the usual 15 minutes. It is recommended that individuals who carry an EpiPen for their allergies should bring it to their appointment. CDC notes that women who are pregnant or breastfeeding can be presented the option to vaccinate, but first talk to your health care practitioner if you have any concerns about whether you should receive it.



California Rural Indian Health Board, Inc.
CRIHB COVID-19 Resources:
<https://crihb.org/prevention-and-education/public-health/>





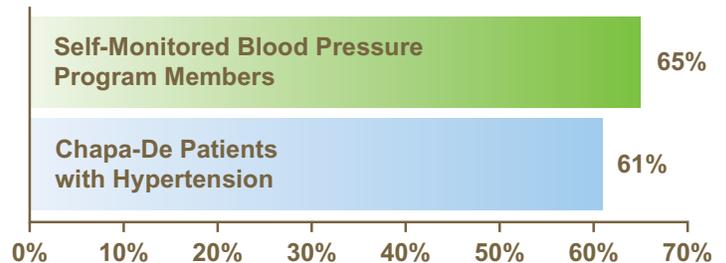
KEEPING PATIENTS HEALTHY AND SAFE DURING THE COVID-19 PANDEMIC

To help protect the health and safety of patients during the pandemic, many medical visits at Chapa-De transitioned to either Zoom or telephone appointments. This allows our patients, especially those with underlying health conditions, to receive the care they need from the comfort and safety of their home or preferred location. One of the challenges to providing high-quality healthcare over Zoom or the telephone has been getting an accurate and reliable blood pressure reading. Many patients have or are at high risk for heart disease, so it is essential that their providers continue evaluating their blood pressures regularly.

Chapa-De has been participating in the Kaiser Permanente Preventing Heart Attacks and Strokes Every Day (PHASE) Collaboration for several years to help our patients achieve healthy blood pressure. The Chapa-De PHASE team has worked on many initiatives that help recognize, evaluate, and treat our patients with hypertension (also known as high blood pressure). Initiatives developed by the Chapa-De PHASE team include the Self-Monitored Blood Pressure Program, Nurse Drop-In Blood Pressure Checks, and the Clinical Pharmacist Hypertension Clinic.

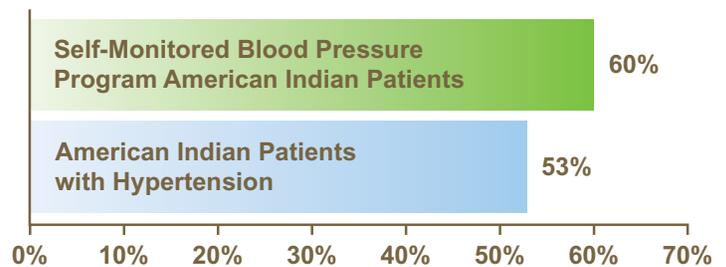
During 2020, when office appointments began to be replaced by Zoom appointments, it was difficult to get a blood pressure reading that was accurate and trustworthy. So, the PHASE team shifted our focus to figuring out how to obtain quality blood pressure readings over a Zoom appointment. As a result, we now work with medical supply pharmacies that distribute blood pressure monitors to patients whose insurance covers the monitors. For those who are uninsured or whose insurance does not cover the equipment, we purchase blood pressure monitors for them using grant dollars Chapa-De received from Kaiser Permanente's PHASE Grant program. The PHASE team also developed procedures on how to educate our patients and obtain reliable readings that a healthcare professional can use to make medical decisions.

Since the start of this program in April 2020, nearly 800 Chapa-De patients have received blood pressure monitors to use at home. We have also found that the patients in this Self-Monitored Blood Pressure Program have better blood pressure control than patients who do not participate in the program.



In October 2020, 65% of patients in the Self-Monitored Blood Pressure Program had controlled blood pressure compared to 61% of all Chapa-De patients with hypertension (4% better)

Our current focus is on ensuring all of our American Indian patients diagnosed with hypertension receive a blood pressure monitor.



In October 2020, 60% of American Indian patients in the Self-Monitored Blood Pressure Program had controlled blood pressure compared to 53% of all American Indian patients with hypertension (7% better)

If you are living with hypertension and need a blood pressure monitor to use at home, please contact your Chapa-De Medical Provider.

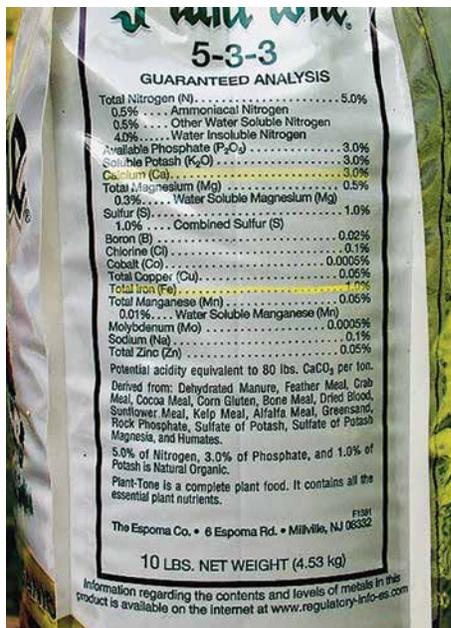
GROWING YOUR OWN TOMATOES

As summer approaches and the days warm and lengthen, we look forward to spending more time outdoors. Breathing fresh air and getting some physical activity is healing for the body and mind. Gardening is a rewarding way to enjoy the outdoors and the fruits of your labor! Eating nutritious fresh fruits and vegetables can help us stay well.

Tomatoes are one of the easiest fruits to grow. Even if you have limited space or mobility, tomatoes can be grown on a patio or deck in a large pot or a half barrel.

Chapa-De's Chief Gardener, Sunie, offers the following tips for growing tomatoes:

- The key to successfully growing tomatoes is providing fertile soil. Mix our native soil with generous amounts of aged compost (50%/50%), a little aged chicken manure, and a good organic vegetable fertilizer that is not too high in nitrogen, like a 5-10-10. Look at the ingredients section on the back of the fertilizer bag to make sure it contains calcium and iron to prevent blossom end rot.



- Choose a location for your plants that gets plenty of sun. A little dappled shade in the hot afternoons is okay.
- You can start your tomatoes from seed or buy starter plants at one of our local nurseries. The labels will list the plant as determinate or indeterminate. Determinate tomatoes will ripen all at once, which is optimal if you are canning them. If you want to have tomatoes for eating all summer long, choose an indeterminate type.
- For our foothill locations, choose small to medium tomato varieties. If you live in the valley, you can grow larger types due to a longer growing season. Ace, Early Girl, and Sungold have produced well here at the Chapa-De Indian Health garden.
- Put a strong tomato cage over each plant when they are still small. Keep the soil evenly moist during the growing season. A good way to do this is by setting up drip irrigation on a battery timer connected to a hose bib. Planting brightly colored flowers like zinnias or cosmos nearby will encourage pollinators to visit your tomatoes and increase your yield.

Growing your own produce can be a delicious and satisfying hobby for the whole family. Excess fruit can be canned, dried, or shared with friends and neighbors.

Happy Gardening!



CULTURAL & COMMUNITY EVENTS

Interesting Places to Visit

Please call before visiting the places listed below to check for COVID restrictions and guidelines.

California State Indian Museum

(916) 324-0971

2618 K. St., Sacramento, CA 95816

Opened in 1940, they have 3 major themes of California Indian life: Nature, Spirit, and Family. Cultural items include traditional baskets, ceremonial regalia, beadwork, hunting and fishing tools, and an exhibit about Ishi's life. Many native people have donated photos of family and friends for viewing. They also have a redwood dugout canoe on display.

Maidu Museum and Historic Site

(916) 774-5934

1970 Johnson Ranch Dr., Roseville, CA 95661

Area of Nisenan Maidu people. Exhibits inside the museum include traditional California Indian practices such as acorn processing, basket weaving and native jewelry making. There are trails you can take to see native plants, bedrock mortars (grinding rocks), and petroglyphs.

Chaw'se Indian Grinding Rock Historic Park

(209) 296-7488

14881 Volcano Rd., Pine Grove, CA 95665

This park features outdoor exhibits, grinding rocks, bark houses (u'macha), hiking trails, Indian football field, and day use areas. Indian football is like soccer and football; a player kicks or carries the (deer hide) ball to the opposite teams goal. Both men and women play, but men can only kick the ball and the women can carry the ball any way she wants. A man can pick up the women and carry her to the goal. The museum and gift shop are open with COVID-19 limitations. The ceremonial round house (hun'ge), group campsites, group program, guided tours, special events and public gathering are temporarily closed due to COVID-19.



MAY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Childhood Immunizations (Grass Valley) 1:20 pm Virtual Group Exercise Class 3:00 pm Weight Loss Support Group 4:00 pm	4 Diabetes Type 2 Support Group 2:00 pm Virtual Group Exercise Class 3:00 pm	5 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	6 Medication Assisted Treatment (MAT) Group (Auburn) 9:30 am Virtual Group Exercise Class 10:30 am Diabetes Type 1 Support Group 3:00 pm	7 Virtual Group Exercise Class 9:00 am	8
9	10 Childhood Immunizations (Grass Valley) 1:20 pm Virtual Group Exercise Class 3:00 pm Weight Loss Support Group 4:00 pm	11 Virtual Group Exercise Class 3:00 pm	12 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	13 Medication Assisted Treatment (MAT) Group (Auburn) 9:30 am Virtual Group Exercise Class 10:30 am	14 Virtual Group Exercise Class 9:00 am	15
16	17 Childhood Immunizations (Grass Valley) 1:20 pm Virtual Group Exercise Class 3:00 pm Weight Loss Support Group 4:00 pm	18 Diabetes Support Group for American Indian People 3:00 pm Virtual Group Exercise Class 3:00 pm	19 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	20 Medication Assisted Treatment (MAT) Group (Auburn) 9:30 am Virtual Group Exercise Class 10:30 am	21 Virtual Group Exercise Class 9:00 am	22
23	24 Childhood Immunizations (Grass Valley) 1:20 pm Virtual Group Exercise Class 3:00 pm Weight Loss Support Group 4:00 pm	25 Virtual Group Exercise Class 3:00 pm DPP Aftercore Classes 4:00 pm	26 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	27 Medication Assisted Treatment (MAT) Group (Auburn) 9:30 am Virtual Group Exercise Class 10:30 am	28 Virtual Group Exercise Class 9:00 am	29
30	31 Childhood Immunizations (Grass Valley) 1:20 pm Virtual Group Exercise Class 3:00 pm Weight Loss Support Group 4:00 pm					

Classes are subject to change. Please visit chapa-de.org/chapa-de-class-calendar for the most up to date information and future class offerings.



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FEATURED IN THIS ISSUE

**Hepatitis C Can Be Cured:
Hep C Treatment Now
Available at Chapa-De**
3

**Introducing
our Newly Renovated
Spaces**
4

**Protect Elders and Vulnerable
Family Members with
a COVID-19 Vaccine**
10

**Keeping Patients Healthy
and Safe During the
COVID-19 Pandemic**
12