



CHAPA-DE
INDIAN HEALTH

**Passionate People.
Compassionate Care.**

AUGUST 2021

CHAPA-DE News



CONSIDER A CAREER WITH CHAPA-DE

Chapa-De has a variety of positions currently available at our health centers in Auburn and Grass Valley. We also post new opportunities regularly. You can find all our job postings on our website at chapa-de.org/join-our-team/.

Chapa-De relies on a large team with many different skillsets and backgrounds. Our health centers provide a full range of services, including adult and pediatric primary care, nutrition and health education, women's health services, dental care, orthodontia, mental health and substance abuse counseling, psychiatry, optometry, and pharmacy.

Qualified American Indian applicants receive preference for hiring at Chapa-De. As an employee, you would enjoy a fantastic work-life balance and phenomenal benefits including:

- Employer-paid Health Insurance (medical, dental, and vision): 100% for employees and 80% for dependents.
- 17 days PTO (Personal Time Off) per year
- 10 Paid Holidays – this includes California Indian Day
- Retirement Plan

To learn more and apply, please visit: chapa-de.org/join-our-team/

INSIDE THIS ISSUE

Have You Told Your Native Friends and Family About Chapa-De?..... 2

Three Sisters – Sustainers of Life 3

Indian Verification Process to Quality for Free Services 4

Grass Valley Health Center Expansion 5

Prepare For Wildfire Season and Public Safety Power Shutoff Events..... 6

Short-Term Emergency Funding Available to Native Families 8

Chapa-De Psychiatry Services..... 8

Healing Historical Trauma 9

Gatherings, Big Times, Pow Wows..... 10

In Recognition and Memory of Those Taken by Indian Boarding Schools..... 14

Free Classes and Groups for Chapa-De Patients..... 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

HAVE YOU TOLD YOUR NATIVE FRIENDS AND FAMILY ABOUT CHAPA-DE?

One of our priorities at Chapa-De is to ensure that American Indian and Alaskan Native patients have a health home they are proud of. Chapa-De provides no-cost or low-cost services and medications to all qualifying Natives from federally recognized and California tribes.

For Native Americans interested in becoming a patient, the following items will be needed before being seen at your first appointment (if you are scheduled for a telehealth visit, you can submit these in advance through the medical call center):

- Proof of American Indian or Alaska Native Ancestry
- Birth certificate for minors under age 18
- Photo ID
- All insurance cards (private medical insurance, Medi-Cal, Medicare, prescription, or dental insurance).
- A list of medications you are taking or bring the medications with you

In some cases, patients that haven't been seen in a long time (longer than three years) may be asked to re-submit the listed items. The Patient Services Representative making your appointment will also inform you of any records or information you need to bring with you.

To schedule an appointment, please contact us at (530) 887-2800 for Auburn or (530) 477-8545 for Grass Valley.

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>

THREE SISTERS – SUSTAINERS OF LIFE

When Native people speak of the “Three Sisters,” they are referring to corn, beans, and squash. Known as the “sustainers of life,” these are the basic foods of sustenance. They are seen as three beautiful sisters because they grow in the same mound in a garden. The corn provides a ladder for the bean vine. The squash vines shade the mound and hold moisture in the soil for the corn and beans. The well-being of each crop planted is said to be protected by the other.

Legend of The Three Sisters

There are many different but similar stories/legends about The Three Sisters from many different tribes throughout the United States. Here is one of them:

Three Sisters helping and loving each other.

A long time ago, three sisters lived together in a field. These sisters were quite different from one another in their height and in the way they carried themselves. The little sister was so young and round that she could only crawl at first. She was dressed in green. The second sister wore a bright, sunshine yellow dress, and she would spend many an hour reading by herself, sitting in the sun with the soft wind blowing against her face. The third was the eldest sister, standing always very straight and tall above the other sisters, looking for danger and warning her sisters. She wore a pale green shawl and had long, dirty-yellow hair.

There was one way the sisters were all alike, though. They loved each other dearly, and they always stayed together. This made them very strong. One day a strange bird came to the field: a crow. He talked to the horses and other animals, and this caught the attention of the sisters. Late that summer, the youngest and smallest sister disappeared. Her sisters were sad. Again the crow came to the field to gather reeds at the water’s edge. The sisters who were left watched his trail as he was leaving, and that night the second sister, the one in the yellow dress, disappeared.

Now the eldest sister was the only one left. She continued to stand tall. When the crow saw how she missed her sisters, he brought them all back together, and they became stronger together again. The elder sister stands tall, looking out for the crow to this day.

How to Plant a Three Sisters Garden

1. Choose a large area. You need at least a 4-foot by 4-foot area for each group of corn, squash, and beans. Ideally, grow several groupings of plants together. Amend the soil well with compost and mound the dirt in the middle of each 4-foot area where you plan to grow.
2. Plant corn first. Plant the corn an inch deep in a 2-foot circle around the mound. Space each seed about 10-inches apart--cover with soil and water well.
3. Plant beans next. When the corn has grown to about five inches, plant 4 pole bean seeds (not bush variety) around each stalk.
4. Plant squash last. After beans emerge, plant six squash seeds around the perimeter of the mound.
5. Water regularly and deeply. Do not let plants dry out. It’s best to water at soil level. Be sure not to get water on the leaves because this can spread disease.
6. Enjoy your harvest!

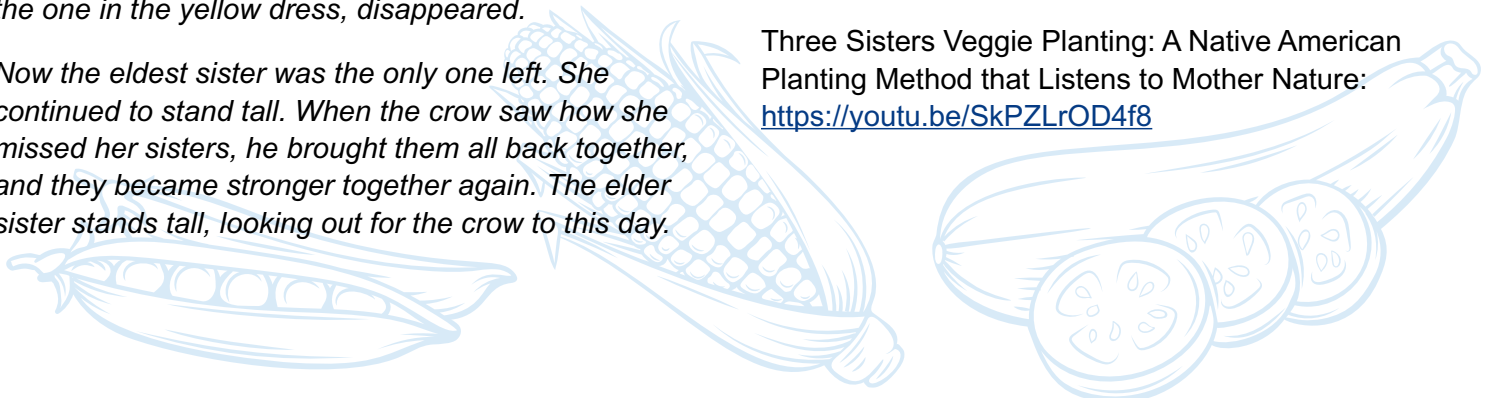
Recommended YouTube videos:

How to grow beans, sweetcorn and squashes all at once with the three sisters planting combination:

<https://youtu.be/ShhYWrOLKuM>

Three Sisters Veggie Planting: A Native American Planting Method that Listens to Mother Nature:

<https://youtu.be/SkPZLrOD4f8>





INDIAN VERIFICATION PROCESS TO QUALITY FOR FREE SERVICES

Chapa-De is a Tribal Health Program within the Indian Health Service network. This means eligible American Indians and Alaskan Natives can receive services for little to no cost at our health centers. To qualify, you must provide documentation verifying your Indian ancestry.

Types of Indian Verification Accepted at Chapa-De

You must show your relationship to either:

- A. An enrolled member(s) of a federally recognized Indian tribe through at least one of your birth parents. A federally recognized Indian tribe means an Indian or Alaska Native tribe, band, nation, pueblo, village, or community which appears on the list of recognized tribes published in the Federal Register by the Secretary of the Interior (25 U.S.C. 5131).
- B. Or a descendant of a California Indian listed on the Bureau of Indian Affairs Indians of California Census Rolls.

To show your relationship to these ancestors, you will need to:

1. Establish that you have a lineal ancestor (biological parent, grandparent, great-grandparent and/or more distant ancestor) who is an American Indian or Alaska Native person from a federally recognized tribe in the U.S.
2. Identify which tribe (or tribes) your ancestor was a member of or affiliated with, and
3. Document your relationship to that person using vital statistics records and other records a tribe may require or accept for enrollment.
 - Names (full names, Indian names, and women's maiden names)
 - Dates of birth, marriages, and deaths
 - Places of birth, residence, death

Examples Of Accepted Documents

- Tribal membership letter, list, or card from a federally recognized tribe
- Tribal membership letter, list, or card from a tribe officially recognized by the State of California
- Proof of trust interests in public domain, national forest, Indian reservation allotment, or listed on the plans for distribution of assets
- Proof of listing in any Department of Interior/Bureau of Indian Affairs commissioned and approved Census of Indians/Alaskan Natives or proof of enrollment
- Certificate of Degree of Indian Blood (CDIB) or Bureau of Indian Affairs card or letter issued by the Bureau of Indian Affairs or proof of enrollment in a Department of the Interior or Bureau of Indian Affairs operated school
- Any of the above AND birth and/or death certificates establishing descendant of an eligible Indian person

Important Details

- All forms of verification must be from the Bureau of Indian Affairs and/or a federally recognized tribe or village.
- Patients can be linked to a family members' verification with appropriate documentation, such as a marriage license, birth or death certificates.
- All names must correspond throughout all documentation.

- Most tribal cards/documents are issued with the person's name as given after birth. If a name change has occurred, through adoption, marriage, or personal choice, you will need to provide documentation of that change (marriage license, divorce decree, adoption paperwork, etc.) and a signed name change affidavit.

For questions and assistance regarding Indian Verification, please call Sami Enos, Chapa-De's Community Health Representative at 530-863-4682 or send her an email at senos@chapa-de.org.

We also recommend these online resources for further information:

- Certificate of Degree of Indian or Alaska Native Blood Instructions:
https://www.bia.gov/sites/bia.gov/files/assets/public/raca/online_forms/pdf/Certificate_of_Degree_of_Indian_Blood_1076-0153_Exp3-31-21_508.pdf
- A Guide to Tracing American Indian and Alaska Native Ancestry:
https://www.bia.gov/sites/bia.gov/files/assets/public/ois/pdf/Guide_to_Tracing_American_Indian_Alaska_Native_Ancestry.pdf

GRASS VALLEY HEALTH CENTER EXPANSION

If you have been near Chapa-De's Grass Valley health center recently, you may have noticed a lot of activity on the property along Sierra College Drive. This work was in preparation for a new 10,000 square foot Admin building on Chapa-De's Grass Valley campus. When completed, the new building will be home for Chapa-De's administrative and support staff who were relocated to make room for a new dental and medical pod, which are already in use. The project also created more space for diabetes education, retinal screenings, telehealth, and community resource referrals. The entire project is expected to be completed by Spring 2022.





PREPARE FOR WILDFIRE SEASON AND PUBLIC SAFETY POWER SHUTOFF EVENTS

Sign up for Emergency and PSPS Alerts

- Nevada County – <https://readynevadacounty.org/1293/CodeRED-Emergency-Alerts>
- Placer County – <http://www.placer-alert.org>
- Yolo County – <http://www.yolo-alert.org>
- Sacramento County – <http://www.sacramento-alert.org>
- Yuba County – https://www.yuba.org/departments/emergency_services/get_emergency_alerts.php
- PG&E PSPS Alerts – https://www.pge.com/en_US/residential/outages/public-safety-power-shutoff/prepare-for-psps.page
- Add the alert phone numbers to your contact list, so your phone shows it is from an alert number and does not mark it as a spam call.
- If you need assistance signing up for alerts, call 211 and tell them you need help. This is a free service for both English and Spanish-speaking residents.

Know Your Zone

In some areas, authorities will use Zone Names in emergency alerts, media releases, and social media to notify residents which areas are under an evacuation warning or order. Visit community.zonehaven.com and enter your address in the search bar to find your zone name.

Be Prepared

- **Have an evacuation plan;** be familiar with all possible routes away from your home.
- **Keep the gas tank on your car full during wildfire season;** this allows you to evacuate without having to stop for fuel. It is common for power outages during a wildfire or PSPS events to shut down the pumps at gas stations.
- **Maintain copies of vital documents:** proof of residency, ID, passport, green card, birth certificate, insurance policies, tax records, vehicle titles, Social Security cards, Medicare cards, CalFresh cards, military records, real estate records, etc.
- **Know the Hi-Lo Siren Sound;** law enforcement has installed new hi-lo sirens on their patrol cars only for immediate evacuations.
- **Have a plan to transport large animals/livestock** (if you have them)
- **Keep your cell phone charged** and consider having a portable power bank
- **Know how to open your garage manually**
- **Have "Go Bags" ready for you, your family, and your pets – this should include:**
 - Three day supply of non-perishable food (canned, dried, or camping food) and three gallons of water per person
 - Map marked with evacuation routes
 - List of important numbers in case your cell phone is lost
 - Prescriptions, special medications
 - Assistive devices or durable medical equipment



- Battery-powered or hand-crank radio and extra batteries
- Pet & service animal supplies
- Change of clothing
- Walking shoes
- Blanket
- Extra eyeglasses or contact lenses
- N95 mask
- Credit cards, cash, checks, traveler's checks
- Flashlight
- Sanitation/personal hygiene supplies
- Cell phone charging cord and extra battery
- First aid kit
- Towel/washcloth
- Whistle (to signal for help)
- Manual can opener
- Infant and/or children's supplies
- Lighter and/or matches in a waterproof container
- Mess kits, paper cups, plates, paper towels, and plastic utensils

• **Be Ready for Public Safety Power Shutoffs (PSPS)**

- Consider installing a generator.
- Get a battery-powered or hand-crank radio.
- If you are on well water, prefill clean food-grade barrels with water for pets, livestock, flushing toilets, etc. You can also prefill your bathtub with water for washing hands, flushing toilets, etc.
- Invest in a solar-heated camping shower bag.
- Keep your propane tanks full.
- Have cash available for purchases at stores without power.
- Keep a week worth of non-perishable food, bottled drinking water, medications, and pet supplies.
- Have an outdoor barbecue unit or camp stove (including propane tank) available for cooking/heating food (never light an open fire for cooking).
- Maintain a supply of disposable plates, cups, and cutlery.
- Refill empty water bottles $\frac{3}{4}$ full and put them in an empty freezer space. They will help keep the freezer cold when the power is off.

Please Do Not Leave Pets In Cars

Every year many well-meaning animal lovers leave their dogs in vehicles while they come in for their appointments. This can put beloved pets in danger of heat stroke and even death.



In Northern California, our warm and hot weather season lasts for many months, stretching from May through October. Even on mild days, with temperatures in the low to mid-70s, the temperature inside a parked car can quickly reach 100 degrees. In warmer, 90° weather, temperatures can reach 160 degrees, even if a car window is left open a crack.

For the safety of your pet, please leave them at home during warm weather.

• **During a Power Outage or PSPS Event:**

- Visit the PG&E website or call 211 to find cooling centers and charging stations. These may also be listed by local television and radio stations or on social media.
- Know the signs of heat illness. If you think you are having a heat stroke, **call 911 immediately!**
- If you, a family member, or someone you know is dependent on electricity for their medical devices, it's especially important to know where to charge these or to have a plan. These resources may help:
 - California Public Utilities Commission – <https://www.cpuc.ca.gov/PSPSFAQ/>
 - Northern California Veterans Affairs – Crisis Line 1-800-273-8255 https://www.northerncalifornia.va.gov/PG_EPublic_Safety_Power_Shut_off_Program.asp
 - Pacific ADA Center – 1-800-949-4232 https://www.pge.com/pge_global/common/pdfs/safety/electrical-safety/electric-generator-safety/Pacific-ADA-Centers-Emergency-Power-Planning-Fact-Sheet.pdf



SHORT-TERM EMERGENCY FUNDING AVAILABLE TO NATIVE FAMILIES

The Shingle Springs Tribal TANF office is accepting applications on a first-come, first-served basis for Pandemic Emergency Assistance Funds (PEAF). This is a one-time cash benefit that can be used for any of the following:

- Emergency Housing and short-term homeless assistance
- Emergency food aid
- Short-term utilities payments
- Burial Assistance
- Clothing allowance
- Back-to-school assistance
- PPE voucher for entire family

Who is Eligible?

- At least one child in any household must be Native American or Alaska Native
- Proof of immediate need such as power shutoff, eviction notice, etc.
- You must reside in Sacramento, El Dorado, Placer, or Yolo County
- Total household income must be at or below 400% of federal poverty guidelines (For your reference, look at the chart below.)
- To apply, contact the Shingle Springs TANF office at (888) 688-6816

Number in Household	Monthly Income	Weekly (avg) Income
1	\$4,293	\$1,073
2	\$5,807	\$1,452
3	\$7,320	\$1,830
4	\$8,833	\$2,208
5	\$10,347	\$2,586
6	\$11,860	\$2,965
7	\$13,373	\$3,343
8	\$14,887	\$3,721

CHAPA-DE PSYCHIATRY SERVICES

Chapa-De is proud to offer adult and child psychiatry services in our Auburn and Grass Valley health centers. Psychiatry services are used to diagnose and treat mental health disorders. Psychiatry services may be accessed by either a referral from your Chapa-De primary care provider or your therapist.

At Chapa-De, we have psychiatrists and a psychiatric mental health nurse practitioner.

In Auburn:

- **Dr. Richard Malek, MD** – treats adults only
- **Desiree Coniglio, PMHNP** – treats adults and children

In Grass Valley:

- **Dr. Shari Crane Fox** – treats adults and children

Our psychiatrists and psychiatric mental health nurse practitioners provide the following services:

- Physical health assessments
- Mental health assessments
- Psychotherapy/counseling
- Design treatment plans
- Prescribe medications
- Work with patients and families to explain treatment plans
- Educate patients, families, and communities on mental health
- Help adjust medication and treatment for patients

It is important to note that Chapa-De provides psychiatry services for mild to moderate mental health conditions only. Our services are available Monday through Friday from 8 am to 5 pm. If a person is experiencing a severe mental health illness, it may be necessary to refer to an outside mental health provider, such as the county mental health department, to have access to additional services that are not available through Chapa-De. Please talk to your primary care provider or therapist if you have questions or need assistance accessing psychiatry services.

HEALING HISTORICAL TRAUMA

Recently the concept of historical trauma has been in the news as different racial groups call attention to the atrocities that they have faced. The term was originally used to describe the experience of children who survived the Holocaust but now recognizes the impact of slavery, systemic oppression, and cultural extinction that have been the experience of many other groups, including American Indians. Awareness comes with the horrific news of mass graves of children at the forced boarding schools, even if there was some minor acknowledgment of other injustices like appropriation of native land, racial discrimination, plunder of natural resources, and the outlaw of native languages and traditions. Research consistently finds the echoes of trauma seen through high rates of depression, anxiety, suicide, domestic violence, child abuse, complex grief, and substance abuse.

Unexpressed feelings and a sense of separateness can worsen symptoms like depression and anxiety; therefore, it is vitally important to find appropriate mental health treatment. At Chapa-De, our therapists work from a strengths-based perspective to help people learn new ways to cope with their problems and develop healthier habits to reduce symptoms and

distress. During therapy sessions, individuals can express themselves in a safe and non-judgmental environment that allows them to take an honest look at the impact of their mental health on relationships, daily functioning, and even their physical health. The goal is not to tell people what to do or think but rather to build upon their strengths and resourcefulness to achieve wellness and resilience.

In addition to individual therapy, Chapa-De facilitates group support to aid healing and wellness. We are excited to announce that we are resuming our Red Road to Wellbriety Talking Circles this month. These groups are a journey of hope and healing for people seeking recovery from addictions. The talking circles use similar philosophies to 12-Step programs like Alcoholics Anonymous and Narcotics Anonymous but through the lens of Native traditions and practices. These will be drop-in groups held virtually with Zoom, and everyone is welcome to join us on the Red Road.

Please call our health center to schedule an appointment with a Therapist and/or for more information on how to join the Red Road Talking Circles.

READER SUBMISSIONS

CHEROKEE NATION COVID-19 RELIEF FUNDS

The Cherokee Nation will provide every Cherokee citizen with a total of **\$2,000** in direct relief assistance. If you are a member of the Cherokee Nation, you can apply for the assistance by going to the link below and registering on the Tribe's Gadugi Portal to receive the funds. If you do not have computer access, you may contact the Tribe directly by calling 1-800-256-0671.

<https://www.cherokee.org/about-the-nation/gadugi-portal/american-rescue-plan/>

CONGRATULATIONS!



To Nathan Lent from Grass Valley, CA. He graduated 8th grade from Echo Ridge Christian School in Nevada City on June 4th.



GATHERINGS BIG TIMES POW WOWS

For your health and safety, please follow all COVID-19 guidelines and restrictions. We also highly recommend being fully vaccinated and wearing a mask when attending large gatherings, especially if they are indoors.

September 22

California Indian Spoken Word

The Advocates for Indigenous California Language Survival are set to host their next California Indian Spoken Word event during the Fall Equinox on September 22. Visit <https://aicls.org/> for updates.

September 24

California Native American Day (also known as California Indian Day)

54th Annual California Native American Day hosted by the California Tribal Chairpersons' Association at the State Capitol, Sacramento, CA. Visit <https://CaliforniaNativeAmericanDay.com/> for information and updates.

September 24 – September 26

30th Annual Morongo Thunder & Lightning Pow Wow

12700 Pumarra Rd, Banning, CA 92220

October 1 – October 3

Redding Rancheria Stillwater Pow Wow

1890 Briggs St., Anderson, CA 96007

October 2 – October 3

27th Annual Suscol Intertribal Pow Wow

2201 Imola Ave, Napa, CA, 94559

October 6 – October 8

21st annual California Indian Law Conference

Join California Indian law practitioners, tribal leaders, and students for California Indian Law Association's annual conference. This year's theme is "Adaptability and Resiliency: Mobilizing for Our Future."

Visit <https://www.calindianlaw.org/conference.html> for more information.

October 9

Morongo 8th Annual Open Ranch Rodeo

11555 Cottonwood Rd., Banning, CA 92220

Free admission. Open to the public. Saturday all day open ranch rodeo. Saturday night open team roping and Calcutta.

October 17 – 10:00 a.m. to 9:00 p.m.

Auburn Big Time – Pow Wow 2021

1273 High St., Auburn, CA 95603



STRONGHEARTS Native Helpline

You have a right to a relationship free from **physical, emotional and spiritual abuse.**

As a culturally-appropriate domestic, dating and sexual violence helpline for Native Americans, *we understand.*

Trust. Speak. Heal.

StrongHeartsHelpline.org
1-844-7NATIVE (1-844-762-8483)

Does your partner:

- Keep you from your Native culture and spirituality?
- Call you degrading names?
- Frequently insult or criticize you?
- Act extremely jealous or possessive?
- Humiliate and shame you?
- Isolate you from relatives or friends?
- Not let you have access to finances?
- Physically harm you or force you to have sex?

If you answered yes to any of these questions, you might be in an unhealthy or abusive relationship. Call, text or chat online for free, confidential and anonymous support 24/7.



COLOR ME!





CALIFORNIA NATIVE AMERICAN TRIBES

Find and circle all of the words that are hidden in the grid. The words may be hidden in any direction.

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

CAHUILLA
 HUPA
 KUMEYAAY
 MODOC
 NOMLAKI
 SERRANO
 YANA

CHIMARIKO
 KARUK
 MAIDU
 MONO
 PAIUTE
 WAPPO
 YUROK

CHUMASH
 KONKOW
 MIWOK
 NISENAN
 POMO
 WASHO



IN RECOGNITION AND MEMORY OF THOSE TAKEN BY INDIAN BOARDING SCHOOLS

WARNING: Some information detailed in this article may trigger unpleasant feelings or thoughts. We encourage you to take time to care for your mental and emotional well-being. If you are experiencing any traumatic stress, panic, anxiety, depression, or hopelessness, you are not alone, and help is available! You can call 1-800-273-TALK (8255) to speak with a crisis counselor now. Our Chapa-De behavioral health team is also here for you and you can call us to schedule an appointment.



"In Canada, the Tk'emlups te Secwepemc First Nation announced in May that ground-penetrating radar had discovered the remains of 215 children at the site of the Kamloops Indian Residential School, which operated from 1890 until the late 1970s."

– New York Times.

Residential schools are no new thing here in the United States. Our name for them is Indian Boarding schools. These schools were built in an attempt to "civilize" the entire race of indigenous people here in the United States and Canada. Run primarily by the government and churches, many native children were sent involuntarily to these schools far from their homes. Children as young as 3-years old were taken from their mothers and fathers to learn the ways of the people that colonized their land and to be educated. Instead, they experienced trauma that would last generations.

Chapa-De Indian Health stands in solidarity with our First Nations community as they continue investigating the residential schools in Canada. We recognize that this is only the beginning of what will come to light here in the United States.

On Tuesday, June 22, 2021, Secretary of the Interior Deb Haaland announced that the United States will search federal boarding schools for possible burial sites of Native American children.

In her address to the National Congress, she stated, "I know that this process will be long and difficult, I know that this process will be painful. It won't undo the heartbreak and loss that so many of us feel. But only by acknowledging the past can we work toward a future that we're all proud to embrace."

At Chapa-De, we are hoping to build awareness and offer support and resources to our community members who feel unresolved grief and loss. We hope you will explore these resources and reach out to us if you'd like to schedule an appointment with a Chapa-De Therapist.

1. The National Native American Boarding School Healing Coalition
<https://boardingschoolhealing.org/>
(612) 354-7700
2. Indian Residential School Survivors Society
<https://www.irsss.ca/>
(800) 721-0066 .

FREE CLASSES AND GROUPS FOR CHAPA-DE PATIENTS

Red Road to Wellbriety Talking Circle

Every Thursday from 1:30–2:30 p.m. via Zoom

Native Recovery group based on the Red Road to Wellbriety of the White Bison Recovery Movement.

For more information and instructions on how to join, call (530) 887-2800 ext. 2805

Exercise Classes

Every Tuesday 3:00–4:00 p.m., Wednesday 2:00–3:00 p.m., Thursday 4:00–5:00 p.m., and Friday 9:00–10:00 a.m.

Each class includes a variety of cardio, flexibility, and resistance exercises via Zoom. All exercises can be modified to meet you at your level. We go at our own pace and encourage each other throughout the class. No exercise equipment is necessary to join in, but if you have hand weights, feel free to use them.

For more information and details on how to join, call (530) 887-2800 ext. 2930

“Weigh to Go” Weight Loss Session

2nd Monday every month from 2:30–3:30 p.m. via Zoom

This seminar will give information on making healthy lifestyle changes to help start your weight loss journey. Diet, exercise, and lifestyle changes are presented.

For more information and details on how to join, call (530) 889-3765

Weight Loss Support Group

Every Monday 4:15–5:00 p.m. via Zoom. Starting May 10, also on Mondays 10:00–11:00 a.m.

Meet others with the same goal and struggles you may be having around weight loss issues. Lively discussion on a variety of topics, tips from peers on what works for them, recipe sharing.

For more information and details on how to join, call (530) 889-3765

Diabetes Empowerment Education Program (DEEP)

Every 1st and 2nd Wednesday of the month 10:30–11:30 a.m. via Zoom.

This program encourages lifestyle changes while learning about your diabetes and how it affects your health. Enjoy the benefits of a healthier, more energetic lifestyle by signing up today. You are welcome to bring a friend, relative, or support person.

For more information and details on how to join, call (530) 889-3765

Type 1 Support Group

Every 2nd Tuesday 3:00–4:30 p.m. via Zoom. Open to all Type 1 Diabetes patients.

For more information and details on how to join, call (530) 889-3765

Type 2 Diabetes Support Groups

*Every 3rd Tuesday 3:00–4:15 p.m. by conference call. Dedicated to American Indian/Alaskan Native patients.
Every 1st Tuesday 2:00–3:00 p.m. by conference call. Open to all Type 2 patients.*

For more information and details on how to join, call (530) 889-3765

Diabetes Prevention Program

This is a year-long program that starts several times a year.

Aimed at preventing diabetes, it also can lower your risk of having a heart attack or stroke, improve your health overall, and help you feel more energetic. Now offered via Zoom, no need to come to our clinic.

For more information and to join the next class, call (530) 889-3765

Classes are subject to change. For the full list of classes and most current details, visit our class calendar at <https://chapa-de.org/chapa-de-class-calendar/>.



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

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CHAPA-DE IS EXPANDING COVERAGE!

Chapa-De will now offer a broader range of service for eligible California Indian patients living in our service area through the Purchased and Referred Care Program (PRC).

What is PRC? The PRC program can assist qualified patients pay for certain services that are not available free of charge through typical Indian Health Service benefits, including:

DENTAL

- Lab fees for:
 - Crowns
 - Night guards
 - Dentures
 - Bridges
- Root canals
- Visits with pediatric dentists
- Oral surgery visits for:
 - Oral cancer biopsy
 - Tooth removal
- General anesthesia

MEDICAL

- Hospital stays
- Emergency services
- Mammograms
- Colonoscopy
- eConsults
- Telehealth services

OTHER

- Eye glasses
- Medications (\$500 per year)

Eligibility (*must meet all three*):

- Verified American Indian patient
- Connected to a federal recognized California tribe
- Resident of Placer, Nevada or Sierra county

To learn more about the PRC program, visit www.chapa-de.org