



**CHAPA-DE**  
INDIAN HEALTH

**Passionate People.  
Compassionate Care.**

**MAY 2023**

# CHAPA-DE News



PHOTO BY LORIE SHAULL

## MISSING OR MURDERED INDIGENOUS PERSONS (MMIP) AWARENESS

This was not an easy article to research and write. However, it is extremely important that we learn what is happening to our relatives, friends and loved ones. As we have seen, there is not a lot of media around missing or murdered Indigenous people. Law enforcement does not always take it seriously or look for us with urgency.

It is vital that we, as Indigenous people, educate ourselves and our young ones about what could happen to them, and be proactive and raise awareness.

For generations, Indigenous people have been forced to mourn a missing or murdered loved one without the answers or support they deserve. Unfortunately we do not know the exact total of missing or murdered Indigenous people due to a lack of collected data, misclassification of race, and poor record-keeping.

MMIP was created by family members, tribal advocates, and allies who founded and attended ceremonies to honor the people they lost. They advocated for changes to federal, state, and local policies. Indigenous advocates and allies have raised awareness of injustices and helped bring about positive changes for all of our people.

The image of the red handprint over the mouth symbolizes and raises awareness for the MMIP movement. The image honors the thousands of Indigenous people who have been silenced and also the silence of law enforcement and the media. The red dress is another symbol for MMIP. It started as a statement for all of our missing or murdered women but has grown to include all Indigenous people including women, girls, men, boys, two-spirit, and LGBTQ+ people.

*Continued on page 6*

### INSIDE THIS ISSUE

- Chapa-De and Hospital Partner to Train Physician Leaders .....2
- Family Planning Services At Chapa-De .....4
- The Gifts of Chapa-De—A Patient’s Gratitude.....5
- Feather Alert System – a New Tool for Indigenous People.....7
- Hike the Historic Donner Pass Tunnels.....8
- Fredrick Clarin—An American Indian Artist ... 10
- The Fourth Sister—Sunflower! ..... 11
- Coyote Proud, A Pima Story ..... 12
- Why Narcan is Critical in Saving Lives ..... 13
- Make Sure You’re Insured ..... 14
- Keep Your Medi-Cal..... 14
- Events and Gatherings.... 15

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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.



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## CHAPA-DE AND HOSPITAL PARTNER TO TRAIN PHYSICIAN LEADERS

Chapa-De has an exciting announcement! We have started a family medicine residency training program in partnership with Sierra Nevada Memorial Hospital. It is called the Sierra Nevada Family Medicine Residency Program. The program is led by Chapa-De Physicians, Dr. Glenn Gookin as the Residency Program Director and Dr. Julie Garchow the Residency Associate Program Director.

### What is a residency program?

A residency program trains physicians in a specific area of medicine after they graduate from medical school. Family medicine residency programs include three or four years of focused study and hands-on training in places like clinics and hospitals.

Our resident physicians will be trained by family physicians and specialists in fields such as cardiology, obstetrics and gynecology (OB/GYN), general surgery, pediatrics, and more. The training includes delivery of babies, medical procedures, surgery, intensive care, and emergency services. Family medicine physicians are trained to care for patients of all ages, from babies to elders.

### Are resident physicians doctors?

Yes, resident physicians have graduated from medical school with a Doctor of Medicine (MD) or Doctor of Osteopathy (DO) degree.

### When will the residents start?

The Sierra Nevada Family Medicine Residency Program will welcome its first class in July 2023. The first year, or intern year, will be focused on the urban site at Methodist Hospital in



Sacramento. Here our residents will get extensive training in hospital care, ICU care, Labor and Delivery, Emergency room care, and more. They will also be at Chapa-De Indian Health occasionally during the first year.

Starting in July 2024, they will be based in our Grass Valley Chapa-De Health Center and have a regular office schedule and panel of patients. They will also be working with specialists in the community and working at Sierra Nevada Memorial Hospital in multiple departments.

**Will the residents provide care to current Chapa-De patients and what is it like to have a resident physician as a doctor?**

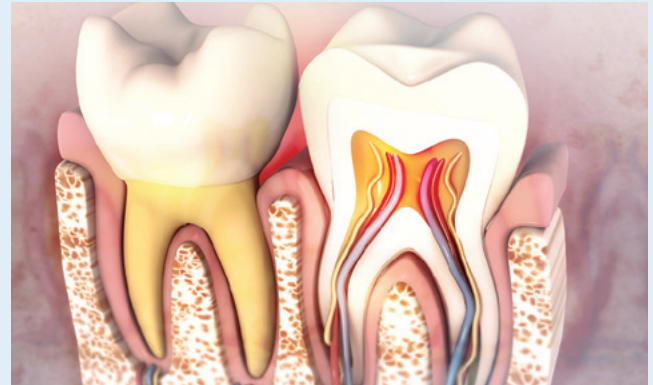
Our new physicians will be taking some established patients on their panel but will also be welcoming new patients to the clinic. There are many benefits to having a resident physician as your PCP. First, they are at the peak of innovation and learning. They are the most up-to-date on evidence-based medical care. Second, they are given more time per visit. You will be able to have more time to be heard and ask questions. Third, they are supervised by experienced attending physicians, so you get a team approach. Two minds offering their thoughts and expertise on your care. Fourth, they are seeing patients in the hospital and clinics. They are connected with specialists around town, offering patients a more integrated experience. Fifth, by becoming an academic medical facility, all Chapa-De providers will be active in on-going medical education.

Studies show that attending physicians report more job satisfaction when teaching becomes a part of their practice. So, there are benefits even if a patient is assigned to someone else! And lastly, you, the patient will be training the next generation of physician leaders, offering them your insights and perspectives. Every physician you have encountered has been a resident and was shaped by the patients that they cared for.

We are excited to bring this opportunity to our community. Studies show physicians often stay in the communities where they trained for residency, bringing much needed medical access to our area.

**Please join us in welcoming these new physicians to Chapa-De Indian Health!**

## Ready, Set, Smile!



Chapa-De welcomes Dr. Steve Murphy, endodontist, to our team! But what does an endodontist do? Endodontists treat problems involving the inside of the tooth known as the “tooth pulp.” They also have extra training that helps them diagnose and treat tooth pain, disease and infection, and even perform root canals.

Accessing specialists can be difficult for many of our patients. Chapa-De is here to help! We are always working to add new services and specialists to our team, so patients can more easily get the care they need. For specialists that we do not have on our team, we offer referrals to other providers. Our referrals team works hard to make the process as easy as possible for patients. Our goal is to help our patients keep their natural teeth!

## More Exciting Dental News

We all know quality work depends on having the right tools for the job. Chapa-De’s dental department has added a state of the art piece of equipment that is sure to keep you smiling! It is a panoramic X-Ray machine that can capture your entire mouth in a single image. This CBCT scan presents a 3D image of the patients mouth rather than a 2D one. When the endodontist looks at the image, they get a much better idea of the structure of the patient’s mouth. This detailed 3D view is essential for endodontists to improve precision and get better results, especially for complex patient cases.



## FAMILY PLANNING SERVICES AT CHAPA-DE

Did you know that Chapa De Provides comprehensive Family Planning Resources for our patients? Have you ever wondered what exactly that means? Read below to see the services we provide to our patients:

- **Family Planning**, including Birth Control Pills, Patch, RIng, Depo-Provera Injection, Nexplanon Placement, Intrauterine Device Placement, and Vasectomy
- Testing and Treatment of **Sexually Transmitted Infections**
- **Well Woman Exams** including opportunity to apply for additional programs like:
  - **Family Pact:** Program that offers free comprehensive family planning services as well sexually transmitted infection testing and limited cancer screening services to medically underserved, low-income patients
  - **Every Woman Counts:** Program that provides free breast and cervical cancer screenings for medically underserved, low-income patients
- **Pregnancy Testing and Counseling**
- **Basic infertility services**
- **Prenatal Care**
  - Check-ups at Chapa-De once a month or more until your 34th week, followed by weekly appointments with **Camelia Women's Health** who will deliver your baby at **Mercy San Juan Medical Center**
  - Opportunity to participate in the **BabyLuv Program** where patients can earn incentive points for completing appointments and educational classes and redeem points at the BabyLuv store for baby clothing, blankets, monitors, boppy nursing pillows and more!
  - Referral to **additional Chapa-De resources** like OB case manager, health insurance counselor, dentist, dietician, behavioral health provider, substance use disorder counselor
  - Referral to **Community Resources** like food programs, WIC or local food banks
  - **Postpartum care** to assure that you recover well after the baby is born
- **Newborn care** to assure your baby a healthy start in life

## NEVADA COUNTY INDIAN EDUCATION PROGRAM

Nevada County Indian Education (NCIE), a program administered by Nevada County Superintendent of Schools, supports schools in meeting the unique educational and cultural needs of American Indian and Alaskan Native students attending eligible schools in Nevada County. Services offered include: Individual and group tutoring for all grade levels, Native cultural workshops and events, and information on local cultural activities and resources. In order to qualify students must have an Indian Education Enrollment (506) Form on file which can be found here: <https://nevco.org/indian-education/> or retrieved from their child's school. Completed forms can be emailed to [mbalderston@nevco.org](mailto:mbalderston@nevco.org) or returned to your child's school office.

*Current Indian Education Student Representative,  
Jasmine Balderston, with her drum she made  
at a NCIE Family Night event.*



## THE GIFTS OF CHAPA-DE – A PATIENT’S GRATITUDE

When Chapa-De came to our small town of El Dorado, the general thought was, well this is a good thing! I never realized how good it would be to my life - that it would, in fact, help me to make changes that would be long lasting and life altering.

The first contact with Chapa-De for me, was in a teen group. We spent time learning the stick games, remembering songs, learning positive aspects about being a Native. Growing up feeling different and less than, I needed this gift, the gift of pride of my culture.

Later as a young mother, the program not only provided the security of having medical and dental care, but also learning and fun for my children. They participated in cultural ‘Ropes’ camp where they got to meet Queen Latifa! They learned traditional dances and received one on one tutoring. The gift was one of value, the feeling of being valued.

I joined the “Honor Tobacco group”. The tools that we learned to utilize, gave me an understanding of the proper use of tobacco for native people. Identifying ways to cope and reduce the need to smoke, not only earned me a beautiful shirt, but ultimately upon completion, my own hand drum! It is 30+ years later and I am smoke free, and still honor and use that drum.

The gift given was the gift of the reward of self-discipline. Participating in the women’s group that met weekly, showed me family cycles and how we might change these. It also built connection to supporting other women. It gave me the gift of self-reflection.

Taking Amelia’s wellness class introduced me to the concept of eating well, exercise and self-care. It was because of her that I opened up to the idea of therapy. She gave the gift of honoring myself, the gift of self-love.

Therapy literally changed my life. Through counseling and hypnotherapy, I realized I had buried beliefs that had been affecting my life and my decisions in a negative way. My therapy helped me make a life plan and that changed me forever. The gift was the gift of clarity, and purpose.



*Michelle Johnson*

All these gifts helped me to make a major life change. Following my new vision and the life plan I created, I picked up and made my move to Southern Oregon where my family currently resides.

In the years since that move, I have realized many dreams I could have never imagined! I created and ran my own business, I became a volunteer structural fire-fighter, and I returned to school to become an emergency medical technician.

I eventually earned my Fire Science degree and became an Oregon Deputy State Fire Marshal! In 2016 I retired after 16 years with the fire marshal’s office and 23 years in the fire service.

*This story comes from Michelle Johnson, who participated in services at Chapa-De’s Health Center in the town of El Dorado which operated until 1994. She shares her personal story of how Chapa-De made an impact on her health and her life. As health care providers, we do not always get to hear how each person’s story unfolds or the impact of the work we do. Michelle reflects back on her life with honesty and clarity. We are honored that she shared this with us and inspired by her journey.*



## MISSING OR MURDERED INDIGENOUS PERSONS (MMIP) AWARENESS

*Continued from page 1*



*We at Chapa-De honored the Missing and Murdered Indigenous People awareness day. On May 5, 2023 the employees wore red in solidarity and support for our people who have not come home. In the picture are some of our Newsletter team members. As with our little children who did not return home from Boarding Schools, we hear you, we see you, we will not forget you!*

Hanna Harris, a tribal member of Cheyenne tribe, was only 21-years-old on July 4, 2013, when she left the Cheyenne reservation to go to nearby Lame Deer Montana to watch fireworks. She never returned home. Her family reported her missing, however local law enforcement downplayed her disappearance. Four days later a volunteer search team found her decomposed body, but forensic technicians could not determine if she had been sexually assaulted nor the cause of death. Testimony from those responsible for her death confirmed she was raped and bludgeoned to death. This year, Hanna would have turned 31-years-old on May 5th.

In a 2021 local incident a 13-year-old Washoe, Nisenan girl was sitting in a car in the parking lot of a local shopping center in Grass Valley as her father was

shopping inside. An older gray-haired man came to the vehicle that she was in, looked right at her and tried to open her door. Luckily, she had all the doors locked. She loudly said, "there is someone in here" but he looked her in the eye and continued to try to open the door. She was scared and shaking but got her phone and called her father, when the man saw that she was on the phone he quickly left.

This happened right here, in our community and doesn't just affect young girls. Our young boys, little kids, teenagers and adults are also going missing or are murdered.

In 2017 U.S. Senators Steve Daines and Jon Tester from Montana introduced a resolution recognizing May 5th as a National Day of Awareness for Missing and murdered Native Women and girls and President

Joe Biden signed a proclamation for the second time recognizing May 5, 2022 as Missing or Murdered Indigenous Awareness Day.

President Biden said, “my administration understands that Native people, particularly survivors of violence, know best what their communities need to feel safe. That is why we must work hand-in-hand with tribal partners through each phase of the justice system to create solutions that are victim-centered, trauma-informed, and culturally appropriate.”

**Here is a link to the full proclamation:**

<https://www.whitehouse.gov/briefing-room/presidential-actions/2022/05/04/a-proclamation-on-missing-or-murdered-indigenous-persons-awareness-day-2022/>

**Please visit these websites to learn more:**

<https://nativenewsonline.net/opinion/say-her-name-hanna-harris-murder-is-why-we-remember-our-missing-and-murdered-indigenous-people-on-may-5>

<https://www.nativehope.org/missing-and-murdered-indigenous-women-mmiw>

<https://www.bia.gov/service/mmu/missing-and-murdered-indigenous-people-crisis>

<https://www.doi.gov/priorities/strengthening-indian-country/not-invisible-act-commission>

<https://www.wernative.org/articles/national-missing-and-murdered-indigenous-persons-awareness-day>

## FEATHER ALERT SYSTEM—A New Tool for Indigenous People

The new feather alert system in California will alert the public when a Native person is missing under mysterious circumstances. This is an important tool in reducing the number of murdered or missing Indigenous People.

The Feather Alert will work similarly to Amber Alerts for child abductions and Silver Alerts when an elder is lost. The notification will be sent through the California Highway Patrol.

**The feather alert system will be triggered when:**

- The missing person is an indigenous person
- The investigating law enforcement agency has utilized available local and tribal resources.
- The law enforcement agency determines that the person has gone missing under unexplainable or suspicious circumstances
- The law enforcement agency believes that the person is in danger.
- Information is available that, if shared to the public, could assist in the safe recovery of the missing person.

Assemblyman James Ramos, who was born on the San Manuel Indian Reservation, wrote the Feather Alert bill. It became law in October of 2022.

**Other Alerts:**

**Amber alert:** (America’s Missing Broadcast Emergency Response) abducted or taken child.

**Blue alert:** a violent attack on a law enforcement officer has occurred and poses an imminent threat to law enforcement or the general public.

**Silver alert:** an elderly, or developmentally or cognitively-impaired person has gone missing and is determined to be at risk.

**Yellow alert:** a person has been killed due to a hit and run incident and the law enforcement agency has specified information concerning the suspects or the suspect’s vehicle.

**EMA alert:** (Endangered Missing Advisory) available to law enforcement agencies investigating the suspicious disappearance of at-risk, missing children or other endangered persons.

*For more information please see:*

<https://www.chp.ca.gov/Pages/Feather-Alert.aspx>



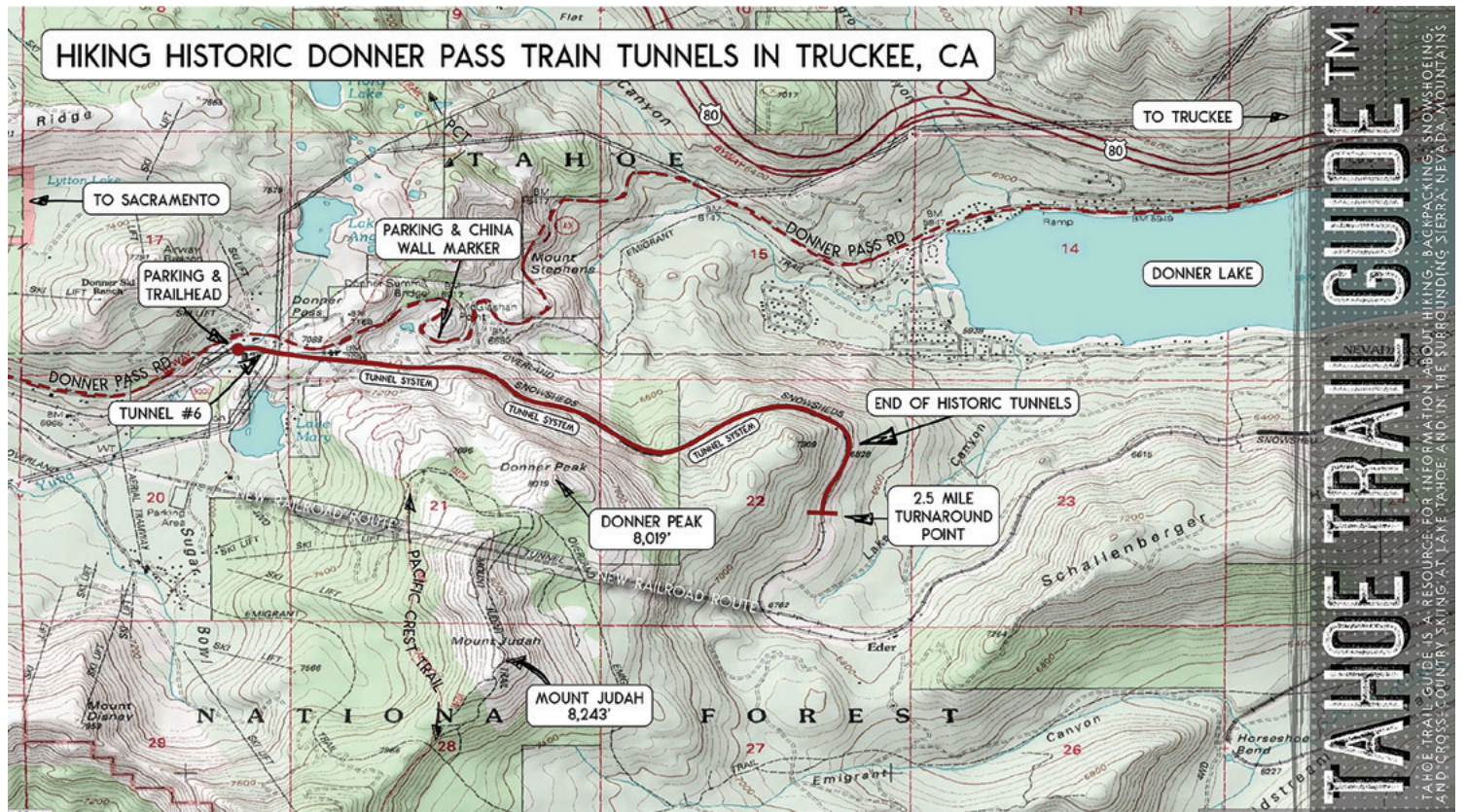
## HIKE THE HISTORIC DONNER PASS TUNNELS

Take a walk back in time on this unique hike. Wait until the summer sun has thawed the ice and snow before planning this exciting 5-mile day hike near Donner Pass. Two parking areas are available, one is at the China Wall Marker off Donner Pass Rd. (old Hwy. 40). There you can view ancient Native American petroglyphs carved by the mysterious Martis People between 3000 BC-500 AD. There are over 90 known petroglyph sites in Northern California and Nevada but most are kept confidential to prevent vandalism.

Explore the abandoned train tunnels built by Chinese laborer's in the 1860s, that are now covered in colorful graffiti. The longest tunnel is a quarter-mile long and very dark inside so bring your flashlight or a headlamp. The tunnels were used for 125 years before Southern Pacific Railroad rerouted them and are a testimony to the ingenuity and craftsmanship of the workers. This fun hike has beautiful views of Donner Lake and can be easily shortened to accommodate small children.



PHOTO FROM THE COOPER COLLECTION OF US RAILROAD HISTORY





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## FREDRICK CLARIN – AN AMERICAN INDIAN ARTIST

My name is Fredrick Clarin and I am an enrolled member of the Rosebud Sioux Tribe in South Dakota. I came out as an artist back in 2013 with spray paint on wax paper and canvas. I started out always wanting to draw and create from a very young age, eventually was humbly brought into Lakota Jewelry Visions and was gifted the training of silversmithing.

### What's your background?

I have a background in jewelry-making as a Silversmith out of Rapid City, South Dakota under Mitchell Zephier at Lakota Jewelry Visions. I learned to do spray-paint style art from the streets of Las

Vegas, Nevada, but took my art into the fine-art world. My art has evolved into working with mixed media and I came out in 2021 with a new style of works in that genre.



### Who or what inspired you?

As far as inspiration I find it in Love, Ways of Life, Culture, and look to a process of learning through doing. I also am inspired from the stories that are told and the works of my ancestors. Only recently have I even considered expression through making things the expressions of art.

### Any words of encouragement and advice for anyone who may want to pursue a role of an artist?

View being an artist like being on stage and life has chosen you to play the part. Don't fear walking onto the stage. Be who you are. In that moment is where The Shine can be truly seen. Free forms of expression!

### Upcoming Shows?

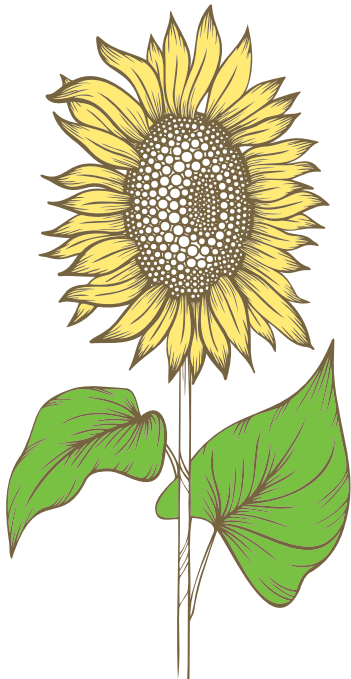
Upcoming shows will be at "The People of the Plains" POP in Rapid City, South Dakota July 2023. This is a juried art show along with two days of booth sales, where I sell my hand-made arts. During this two-day festival there are poets, musical artists along with fashion designers and models in a runway style event.

### Would you like to leave contact information for someone interested in viewing your work?

Website: <https://www.quickbearcorner.com/>

Email: [Matokaabeya@gmail.com](mailto:Matokaabeya@gmail.com)

# THE FOURTH SISTER – SUNFLOWER!



Most of us are familiar with the Native American planting of the three sisters garden. The life sustaining crops of corn, beans, and squash were commonly grown together. But did you know there was a fourth sister? Sunflowers were often grown with the three sisters as an important source of oil and nutrients. Evidence shows the sunflower was cultivated around 3000 BC.

Sunflowers were commonly made into cakes, mush, and eaten as a snack like we eat today. They were also used to make a purple dye for textiles and body painting. Sunflowers are easy to grow and can be an enjoyable addition to your summer garden. Plant seeds in May or June.

Sunflowers come in many colors and have multiple flowers or one big flower. Young flowers turn to follow the movement of the sun throughout the day and at maturity face East.

They can be grown for cut flowers or for the seeds to eat. If you are growing them for edible seeds, choose one with a large flower like 'Giganteus' or 'Mammoth Grey Stripe'. Birds also enjoy the seeds and may do a little insect control for you while they are there.

Nutritional Information: [FoodData Central \(usda.gov\)](https://www.ars.usda.gov/fooddatacentral/)



Can you find these words in the puzzle?

- |            |           |
|------------|-----------|
| Energy     | Oil       |
| Field      | Roasted   |
| Harvest    | Snack     |
| Healthy    | Sunflower |
| Kernel     | Sunshine  |
| Nutritious | Yellow    |





## COYOTE PROUD, A PIMA STORY



In the old days, Coyote was bright green, and how he came to be the color of dust, was this way:

One day he was walking along looking for something to eat, and he came to a lake. There he saw a little bird with ugly grey feathers. It was bathing in the lake, and when it came out on the bank, all its feathers fell off and left its skin bare.

After that, the little bird jumped in the lake again and came out covered with beautiful bright blue feathers! It hopped about and sang, "This water is blue! And blue I am too!"

"Little Bird," cried Coyote, "you are the most beautiful thing I have ever seen! Tell me how you changed your ugly feathers for these bright blue ones."

"I went into the lake four times in four days, and sang a magic song," said the little bird, "and the fourth time, my feathers all fell off. Then I jumped in a fifth time, and these beautiful ones grew all over me."

"Little Bird," said Coyote, "teach me your song, for I also wish to be blue."

So the bird taught Coyote its song, and he jumped into the lake and bathed four times in four days. The fourth time all his hair dropped off. Then he jumped in again, and his hair came back a beautiful bright blue.

Well! He was proud! And as he walked along he looked about on all sides to see if anyone was admiring him. He even examined his shadow to see if it was blue. And of course he did not look where he was going, and suddenly he hit a stump, and rolled over into the dust.

He rolled and rolled, and when he got up he was dust colored! And that is the reason why ever since that day all Coyotes have been the color of the dirt!

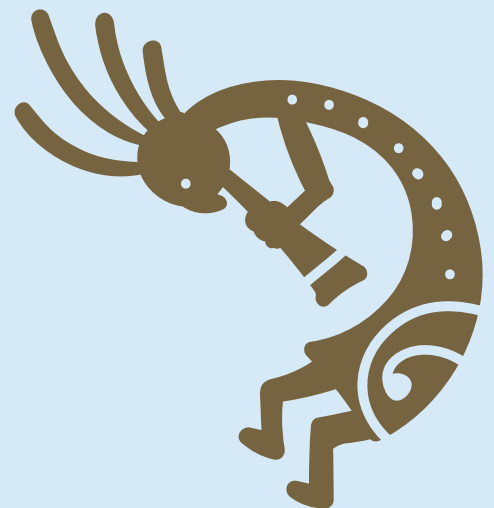
Credit: [warpaths2peacepipes.com/native-american-stories/coyote-proud.htm](http://warpaths2peacepipes.com/native-american-stories/coyote-proud.htm)

## KOKOPELLI

Kokopelli is a figure featured in many ancient rock paintings and carvings dating back at least 3000 years in the American Southwest. Among other legends, his symbol is synonymous with Spring as stories depict him as playing the flute and planting seeds as winter transitions to summer.

He of the singing reed  
He of the sacred seed  
Comes to assure the fertility  
And good fortune of our people

<http://www.indigenouspeople.net/kokopelli.htm>



## WHY NARCAN IS CRITICAL IN SAVING LIVES

According to the latest data from the Placer County District Attorney's Office, there have been 29 overdose deaths involving fentanyl in 2022. There were 33 fentanyl-related deaths in Placer County in 2021 and 24 deaths in 2020.

Narcan (Naloxone) is an over-the-counter spray that can reverse an opiate overdose (heroin, oxycodone, fentanyl etc.). Naloxone knocks the opiate off of the receptor for a short time (30-90 minutes) allowing the person to breathe again and reverse the overdose, and gives the person enough time to get to a hospital. In 2020, 24 Placer County residents lost their lives to fentanyl poisoning — nearly half of these people were under age 25.

### Why Involve our Youth?

According to a Substance Abuse and Mental Health Services Administration (SAMHSA) study in 2017, there were **2.2 million adolescents ages 12–17** who were currently using illicit drugs. Monthly overdose deaths among youth ages **10-19 increased 109%** from 2019 to 2021 and **increased 182%** involving illicitly manufactured *fentanyl*. Counterfeit pills were present in nearly 25% of deaths and approximately 41% had evidence of mental health conditions.

### Saving Young Lives

Our youth are already at risk for so many dangers, but we can help protect them from an untimely death



due to overdose. We can give them the gift of another breath and another chance at growing older and wiser. Our brains aren't done forming until we are in our early-to-mid 20's. Our youth may appear to be grown-ups but they aren't fully grown yet. Think of the things that you may have done in your youth that were impetuous and short-sighted, and today's youth are exposed to so much more than we were at their age. If just having Narcan on hand, even if it goes unused (fingers crossed!) can help even one person live to be an elder, it is worth it!

### We are all Connected

Please know that we offer Narcan and fentanyl testing strips here at Chapa-De Indian Health at no cost to our patients. We do not judge here and only want to help people our community. If you or a loved one has questions or needs help we are here for you. A'ho all my relations, we are all related.

## CARAMELIZED SEED MIX

### INGREDIENTS:

1 cup raw sunflower seeds, pepitas, and or squash seeds  
½ cup maple sugar

In a large skillet, heat the seeds over medium-high heat until they begin to smell nutty, about 3 minutes. Stir in the maple sugar, stirring constantly until melted and the kernels are nicely coated. Transfer onto waxed or parchment paper to cool.

You can keep the seed mix in airtight container for weeks.

Seed mix is great on salad or as a crunchy snack!





## MAKE SURE YOU'RE INSURED

Make sure you have insurance for medical needs outside of Chapa-De services. Emergency room visits, X-Rays, Imaging, Urgent Care, Surgeries, and Hospitalizations are examples of healthcare not usually covered by Indian Health Services.

### Don't get caught by unexpected medical bills!

Even if you are eligible for Purchased and Referred Care (PRC), you may also need private insurance, Medicare, Medi-Cal, or Child Health Insurance Program.

### Do you have a health insurance provider? Please let us know.

We are asking Native patients to let us apply their health insurance for services at Chapa-De. **Verified Native patients do not pay co-pays or co-insurance when you use your insurance at our facilities.** This allows us to stretch our Native services budget to provide healthcare to more Native patients.

*If you have any questions about insurance, please contact our Community Health Representative, Sami Enos (530) 863-4682.*



## KEEP YOUR MEDI-CAL

**It's estimated that 2 to 3 million Californians may lose Medi-Cal coverage over the next 14 months. We want to help our eligible patients keep their Medi-Cal and help others find alternative coverage!**



Do you or a family member currently have health coverage through Medi-Cal? If so, here's important information on what you need to keep your Medi-Cal coverage active.

Local county offices will send out a Medi-Cal renewal letter in the mail. The County may not be able to reach you if your contact information has changed since 2020. This can lead to a loss of coverage for you or your family. We encourage you to update your name, address, email address, and phone number at [BenefitsCal.com](https://benefitscal.com) or by calling your local Medi-Cal office to ensure you receive this letter.

If you have Medi-Cal, your local county office will try and renew your Medi-Cal. They will use the information they have on file. The local county office will only ask you for more information if they need it to renew your Medi-Cal. If you receive a renewal packet or a letter asking for more information, you may submit the information by mail, phone, in person, or online.

Take time now to ensure that your contact information is up to date. Update your information online at [BenefitsCal.com](https://benefitscal.com). Or find the phone number and address for your local county office <https://benefitscal.com/Help/HCCOL>

**Need some help?** Please contact our Community Health Representative, Sami Enos (530) 863-4682.



# EVENTS & GATHERINGS

Do you have an announcement like a graduation you would like to share with the community? We would love to hear it! Email: [newsletter@chapa-de.org](mailto:newsletter@chapa-de.org)

## **Healing of Healers Gathering**

May 11-14, 2023

14881 Volcano Road, Pine Grove, CA 95665

## **Northern Circle Indian Housing Authority**

### **2nd Annual Big Time**

May 12th starting at 5pm and the 13th starting at noon.

694 Pinoleville Drive, Ukiah, CA 95482

## **52nd Annual Stanford Pow Wow**

May 12-14, 2023

## **All Nations Indigifest by Three Sisters Gardens**

May 13, 2023 • 1:00–6:00 p.m.

Free admission, \$20 for a dinner plate plus a small fee

\$2 to \$3.50. Many options for dinner plates.

485 Regatta Lane, West Sacramento, CA 95605

## **28th Annual Chi-Tock-Kote-U-Pu Pow Wow**

May 13-14, 2023

5007 Fairgrounds Road, Mariposa, CA 95338

## **Placer Pride Event**

May 20, 2023 from 10:00–4:00 p.m. (free event)

190 Park Drive, Roseville, CA 95678

## **Indigenous People Gathering–**

### **Healing Through Culture**

May 20th and 21st, 2023

1350 Bennett Valley Road, Santa Rosa, CA 95404

## **Honored Elders Day**

June 3, 2023 • 10:00– 4:00 p.m.

California State Indian Museum

2618 K Street, Sacramento, CA 95816

## **41st Annual Yuba –Sutter Pow Wow**

June 10-11, 2023

Yuba Community College – Marysville Campus

2088 N. Beale Road, Marysville, CA

## **Redding Rancheria’s 4th annual Big Time**

June 16, 6:00–9:00 p.m.

June 17, 1:00–11:00 p.m.

June 18, 9:00–12:00 p.m.

Win-River Resort & Casino

2100 Redding Rancheria Road, Redding CA

## **Yocha Dehe Wintun Nation Big Time**

June 17, 2023

18935 Country Rd 78, Brooks, CA 95606

## **Numaga Indian Days Pow Wow by Reno/Sparks**

### **Indian Colony**

September 1-3, 2023

Held at Hungry Valley Reservation. Just 18 miles north of Reno, Nv. Nestled in Scenic Eagle Canyon.



**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](mailto:Newsletter@chapa-de.org) or call (530) 887-2800 ext. 2924



**CHAPA-DE**  
 INDIAN HEALTH

**Passionate People.  
 Compassionate Care.**

**MAY 2023**

# CHAPA-DE *News*



## INSIDE THIS ISSUE

Chapa-De and Hospital Partner to Train Physician Leaders .....2	Feather Alert System – a New Tool for Indigenous People.....7	Coyote Proud, A Pima Story ..... 12
Family Planning Services At Chapa-De.....4	Hike the Historic Donner Pass Tunnels.....8	Why Narcan is Critical in Saving Lives ..... 13
The Gifts of Chapa-De–A Patient’s Gratitude.....5	Fredrick Clarin–An American Indian Artist... 10	Make Sure You’re Insured ..... 14
	The Fourth Sister– Sunflower! ..... 11	Keep Your Medi-Cal ..... 14
		Events and Gatherings ..... 15