



**CHAPA-DE**  
INDIAN HEALTH

Passionate People.  
Compassionate Care.

NOVEMBER 2023

# CHAPA-DE News



## NOVEMBER IS NATIVE AMERICAN HERITAGE MONTH

### Celebrating Native People

Native American Heritage Month celebrates the rich history, culture, and contributions of American Indians. It is believed that Indigenous communities have lived in North America for around 12,000 years. This special month seeks to highlight the diverse tribes of Native peoples that lived in America, long before explorers, colonists, and settlers arrived and claimed the land as their own. Before Columbus “discovered” America, the area was already home to Indigenous people.



For this reason, Native American Heritage Month also raises awareness of obstacles Indigenous people have faced historically, and still face today. This is an inspiring month that allows for education and enables all Americans to better understand the history of their nation.

### “Official Recognition”

In 1976, Jerry C. Elliott authored Congressional legislation to create a Native American Awareness Week. Elliott, who identified as an Osage-Cherokee Native American, was a physicist and one of the first American

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

### BOARD OF DIRECTORS

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



Brenda Adams, Chair



Gene Whitehouse, Secretary



David Keyser, Vice-Chair



Jason Camp, Member



John L. Williams, Member

We acknowledge that we are on the traditional lands of the Nisenan, Miwok and Maidu, past and present, and honor with gratitude the land itself and the Nisenan, Miwok and Maidu people.

## FREE CLASS TO HELP YOU LOOK AND FEEL YOUR BEST

**Eating Smart, Being Active** is an eight-week class that meets once a week for one hour. This class is currently being offered in-person at Chapa-De Grass Valley. **Meetings are on Mondays from 2:00 – 3:00 p.m.** For more information, call (530) 889-3765.

### The Sessions Cover These Topics:

#### 1 Get Moving!

Lesson one is about the importance and benefits of daily activity.

#### 2 Plan, Shop, \$ave

Lesson two is about planning and shopping for meals and snacks to encourage healthy eating and saving money on grocery shopping.

#### 3 Fruits & Veggies: Half Your Plate

Lesson three is about the importance of fruits and vegetables and how to increase the amount consumed daily.

#### 4 Half Your Grains

Lesson four is about eating whole grains to keep us healthy.

#### 5 Build Strong Bones

Lesson five will educate participants on label reading and how to identify foods high in calcium that are low-fat or non-fat.

#### 6 Go Lean Protein

Lesson six is about families having lean protein foods and how to keep all food safe to eat.

#### 7 Make A Change

Lesson seven is about families limiting foods high in fat, sugar and salt.

#### 8 Celebrate!

## NOVEMBER IS NATIVE AMERICAN HERITAGE MONTH

*Continued from page 1*

Indians who worked at NASA. This legislation created the first historic week of observance of its kind for the Native population in the U.S.

Then in 1986, President Ronald Reagan proclaimed November 23rd to November 30th as “American Indian Week.”

Thanks to President George H. W. Bush, American Indian Week transformed into a month-long celebration in 1990. Bush declared November as “National American Indian Heritage Month.” In his bill, the President asked “federal, state, and local governments, as well as groups, organizations, and the people of the United States to observe the month with appropriate programs, ceremonies, and activities.” This led to the national celebrations we see today.

### Four Interesting Facts:

#### Names

More than half of the states in the U.S. have names that come from Native languages, one of the most familiar groups being the Algonquian languages. Three examples of this are Oklahoma, Massachusetts, and Connecticut.

#### Medicine

Native Americans are considered to be the first group to have created anesthetics and analgesics to manage pain. They practiced medicinal healing using natural products and ointments made from plants and flowers long before European doctors had knowledge of such possibilities.

#### Games

The game of Lacrosse was one of America’s first team sports. The Iroquois people played the game as far back as 1100 AD. It was considered to be a gift from the Great Creator for enjoyment and medicine for the soul.

#### Innovation

Recently, scientists tested 53 copper artifacts found near the Great Lakes. They learned they were made by the so called ‘copper culture’ Indians over 9,500 years ago. They outdate any of the copper artifacts made by people in the Middle East. This makes them the oldest metal working culture anywhere on Earth.



*Sue-Meg bark house photo by Eileen Linson. Patrick’s Point State Park returned to the original Yurok name ‘Sue-Meg’. The name Sue-Meg roughly translates to a place that was habitually visited and not a permanent village.*



## AN IROQUOIS STORY ABOUT THE CHICKADEE'S SONG

This is a story that comes from the Iroquois people. The Great Midwinter Ceremony takes place traditionally at the solstice time of the year. At that solstice time, when the 7 Dancing Stars are in the exact center of the sky, they play a game called the Bowl Game in which you put a number of stones, painted black on one side and white on the other, into the bowl, shake it, and depending on how they come up facing black or white, you either score a point or you fail.

The story goes that long ago, Grandmother Moon looked down on the Earth and was not happy with what she saw. She said, "Life on Earth must end." Now the Good Mind, who was always a defender of the people, he said to his grandmother, "Grandmother, is there no way we can prevent this from happening?" She said to him, "I will tell you what. We will play the bowl game and the one who wins will decide whether or not life will continue."


MARK HRYCIW/DREAMSTIME.COM

So the Good Mind went to the Chickadees. He said to them, "My friends, I want you to help me." And he told them what he needed. And they said, "Of course. You can borrow our heads, which are black on one side and white on the other, put them in the bowl, and we will do what we can."

So when the Good Mind took the bowl and he shook it. The Chickadees flew up, their heads flew up looking just like little black and white stones, singing in mid-air. They flew around and then they landed and gave him a perfect score.

So it was that he won, and life on Earth continues. And so it is to this day that in the middle of the winter, you could hear the Chickadees singing and celebrating the continuance of life.

Source: <https://loe.org/shows/segments.html?programID=94-P13-00050&segmentID=1>

### Crockpot Elk Stew Recipe *Serves 8*

#### INGREDIENTS:

- 1 pound elk meat (stew meat, chopped small)
- 1 tablespoon oil
- 4 tablespoons tomato paste
- 1 cup bell pepper, chopped
- 1 clove garlic, smashed
- 6 green onions, minced
- 3 carrots, cubed
- 3 jalapeno peppers, chopped
- 1 package (16 ounces) dry pinto beans
- 6 cups beef broth
- 1 can ( 15 ounces ) hominy
- 1/2 teaspoon salt
- 1/4 cup parsley, minced

#### DIRECTIONS:

1. Heat oil. Add in meat then brown
2. Add jalapenos, carrots, garlic and paste then onions
3. Move to crockpot
4. Rinse out pot with broth
5. Add broth to crockpot
6. Add beans, and hominy and the rest of ingredients
7. Simmer on low for 6 hours (may need to add water)



# CHAPA-DE SUPPORTS THE AMERICAN CANCER SOCIETY

Each year, Chapa-De participates in the Relay for Life in Placer County. This is one of the oldest and best known fundraisers for the American Cancer Society and this year's event took place at Recreation Park in Auburn. Chapa-De's team participates in honor of our many patients, staff, and loved ones who are touched by cancer each year. The Chapa-De team raised an amazing **\$19,156** this year to help fund lifesaving research and programs for cancer patients. Overall, the Placer County event raised nearly **\$140,000**.

**Are you or a loved one battling cancer? Find out more about available programs and services at <https://www.cancer.org/>.**



## ELDER'S HOLIDAY LUNCHEON

**Saturday, December 2nd**  
 12:00 PM - 2:30 PM

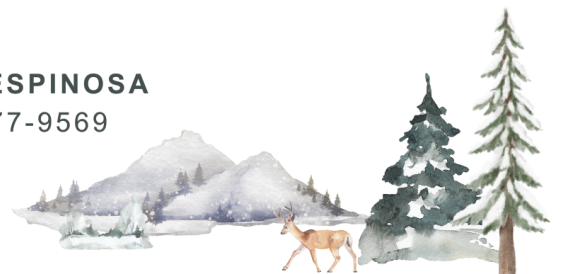
**The Ridge**  
 2020 Golf Course Road  
 Auburn, CA 95602

**PLEASE JOIN US!**

Space is limited to the first 100 current Chapa-De patients 65 years of age or older to respond; please RSVP as soon as possible and no later than Friday, November 17th. Elders may bring one guest.

**RSVP:**

**SAMI ENOS**      **HERNAN ESPINOSA**  
 (530) 863-4682      (530) 477-9569





## FIRE KEEPERS: GOOD FIRE EQUALS GOOD MEDICINE

Hello, my name is Matthew Moore. I am the Tribal Historic Preservation Officer for the United Auburn Indian Community (UAIC). I have been Tribal Historic Preservation Officer (THPO) for the last eight years and been involved with Cultural Preservation for the last ten years. Prior to working for my tribe, I had a 25 year career in firefighting while also serving as a licensed Paramedic. I served my local communities by working for Placer Hills Fire Protection District, California Department of Forestry (CalFire), and the City of Sacramento Fire Department. I started on hand crews, then worked on Helitack crews with the State, and ended my fire suppression career on an engine company with Sacramento Fire Department.

During my career, I witnessed extensive damage from devastating wildfires. We are seeing some of the most intense fire behavior in known history. I was taught young of the importance of fire. How it plays a key role in the health of our landscapes, our home. However, over the years, I also witnessed our native landscape disappear. We have seen more and more invasive species and fuel overload due to lack of management. This presents a clear and ever present danger here in California as we see entire communities burn down.



There is a connection between the health of the forest and the health of our people. Our people have become sicker, just as the land has been suffering for many decades. Much of this started in the early 1900's when cultural burning was banned. Since that time, when we had fire taken away from us, we have lost so much of our resources. Our food, medicines, basketry materials, and all things we needed to live a healthy life came from the land. The very lands that we tended and burned for ecological health. We always looked upon fire as sacred. Fire was a tool to modify and enhance the land. It was also central in spirituality and ceremony. These are the things that really brought me to this place in my life.

After starting my work in the field of Preservation, I realized that there are few tribes actually doing work on the land. Instead, contractors (many from out of state) are doing western style fuel reduction. They use heavy ground disturbing equipment and prescribed fire. I have heard this kind of fire can result in as much as 100% of trees dying in the burn area due to improper preparation. After speaking to many tribal people in the Cultural Burning community and those who do stewardship type work, it became obvious that we needed to put more Native hands back on Native lands.

We, as the original people who tended these lands, have the knowledge to do so. There are very few left, but there are those few who can teach our people once again. I know how important it is to keep this knowledge alive. We can do this by teaching and practicing these skills. Especially with those who feel like they need to re-connect to the land, and heal not just the landscape, but heal us inside and outside. Fire has been medicine for us for thousands of years mentally, physically, and spiritually. **Good fire equals good medicine.**

In order to do these important activities, we needed a workforce of motivated individuals. Last year in July, we trained 23 individuals in a Wildland Certification Course. The certification allows those who complete it to participate in fire line activities, prescribed fire and cultural burning. They also received a basic-level



PHOTO BY BRENT JOHNSON/IPS

Sawyer training in chainsaw operations. These certifications are needed so that we can work on State and Federal lands. They are not necessary to participate on Tribal or private land.

The crew is called the Coyote Intertribal Hand crew. Its mission is to rehabilitate and restore our lands through fuel reduction and introducing good fire back on the land. The crew has a California certified Burn Boss. The Coyote Crew is primarily working on Tribal lands and on the Tahoe National Forest to protect and preserve our cultural sites. We are working with area Tribes and especially closely with the Colfax-Todds Valley Consolidated Tribe of the Colfax Rancheria to co-lead these efforts. We also are working with the Placer Resource Conservation District, Placer Air Pollution Control, CalFire, and other local agencies and non-government organizations that work in conservation. The crew primarily consists of UAIC and Colfax-Todd Valley members and we are open to other area tribes as well. We would like to help other communities possibly start their own programs. Maybe even build a tribal workforce across California.

We will be doing more trainings for future members as well as re-certifications. It's never too late to participate or watch a cultural burn to learn more. Cultural burns traditionally involved the young and old. Elders would show what they wanted burned, why, and how. Teaching and learning in the old ways, which has almost been forgotten, is coming back to us thanks to our ancestors and our teachers throughout our lifetimes. Through crews like the Coyote Crew, I hope to continue that very idea by sharing all the knowledge that has been gifted to me by so many others. As we move forward, I hope more people realize the importance of cultural fire. We need to support the initiatives that will hopefully ease up on regulations. This way we can do what we were meant to do all along - tend the land to bring health and safety back to our communities.

Thank you and be well.

***If you are interested in learning more, please call the UAIC main line at 530-883-2390 and they will route you to our Tribal Preservation Office.***



# ATTENTION: MEDICARE OPEN ENROLLMENT IS HAPPENING NOW

Every year, Medicare has a special open enrollment period from October 15 – December 7. Medicare health plans can make changes every year to their cost, coverage and what providers are in their networks. The Open Enrollment period is the only time everyone can change their Medicare health plan coverage choices for the following year without having a special circumstance.

## There Are Two Main Options for Medicare:

### 1) Original Medicare (part A, B & D)

Part A (Hospital), Part B (Medical Insurance) and Part D (Drug coverage)



You can use any doctor or hospital that takes Medicare, anywhere in the U.S. You can get help to pay out of pocket cost in Original Medicare by purchasing supplemental coverage.

### 2) Medicare Advantage Plan (part C)

Medicare Advantage is a Medicare-approved plan from a private company that offers an alternative to Original Medicare for your health coverage. These plans “bundle” Part A, part B, and usually Part D.

In most cases, you will need to use doctors who are in the plan’s network.

Plans may have lower out-of-pocket cost than Original Medicare. Plans may also offer extra benefits like vision, hearing and dental.

There is so much information and it can be confusing on which Medicare is best for you. Here are some places that you can get help to understand and have your questions answered. Please reach out to:

- California Health Advocates 1-800-434-0222
- Auburn Senior Center (530) 823-8172
- <https://www.medicare.gov/>
- Seniors First (530) 889-9500 [seniorsfirst.org](https://seniorsfirst.org)

The Chapa-De Care Coordination Team can also answer basic questions about Medicare coverage and can also help put you in touch with these organizations who are experts on this topic. Please note that Chapa-De is not an in-network provider with any Medicare Advantage Plans. However, native patients with this coverage are always welcome at Chapa-De.



# INTEGRATING CULTURAL PRACTICES TO SUPPORT RECOVERY

The field of health care is ever changing. It is important that Chapa-De staff members continue to develop their skills and knowledge to serve our community. Encouraging staff to attend professional conferences is one way Chapa-De supports ongoing learning. Recently, two team members from the Chapa-De Substance Use Disorder team were able to attend the National Association of Addiction Professionals, Northwest Regional Conference for Indigenous Peoples. These team members were our Substance Use Disorders Counselor Holly Castro and Therapist/Substance Use Disorders Clinician Janet Blawn.



The purpose of this conference was to explore how cultural practices can be integrated into substance abuse treatment and recovery support. The sessions demonstrated a beautiful blend of both modern medical techniques and ancient healing practices. Healing practices presented included native foods, plant medicines, crafts, and songs.

Presentations by Don Coyhis were highlights of the conference. Mr. Coyhis is the founder of the White Bison Movement. He is also the author of *The Red Road to Wellbriety: In the Native American Way*. He spoke about the need for healing from historical trauma and emphasizes the importance of reinstating cultural ways, language, and sacred traditions. Coyhis also was the Emcee for a day of cultural immersion activities. These included a drumming circle and traditional Hawaiian dancers. He also led participants through a symbolic representation of the experiences of Alaska Native people from pre-contact, to colonization, and resistance.

At the close of the conference, Coyhis invited participants to join in ceremony with the Sacred Hoop of a Hundred Eagle Feathers. He asked attendees to make commitments as a member of the Coyote Clan to “create chaos for positive change” – returning to our organizations and communities and shaking up the status quo. Both Holly and Janet are eager to help our Substance Use Disorders teams integrate several ideas from this conference +into our work.

They came away understanding that simply recognizing differences in cultural beliefs and traditions is not enough. Health and wellness can be enhanced by healing practices that integrate the mental, emotional, physical, and spiritual ways of life that have stood the test of time.



## *Red Road to Recovery*

*Thursdays 1:30 PM – 2:30 PM*

Red Road to Recovery is open to all Chapa-De patients seeking recovery and support. It is a talking circle based on native teachings from Red Road to Wellbriety of the White Bison Recovery Movement.

**FOR MORE INFORMATION:**  (530) 887-2805





# WELCOME TO THE

Our Chapa-De team continues to grow and expand to better serve our patients. We are excited to introduce and feature the newest providers on the Chapa-De team.



## **Sarah Fender, NP** Nurse Practitioner in Auburn

I offer whole-person primary care for patients one year and older. My goal is to improve the quality of life for all of my patients. I will always discuss each patient's goals and listen to their concerns first. From there, I believe in a collaborative effort between patient and provider.

I have a special interest in health span, lifestyle medicine and geriatrics. To me, healthcare is much more than just medicine. Community is a huge part of health and wellness. I believe I can help patients the most by working with both medicine and community.

I graduated from Samuel Merritt University. I am board certified by the American Academy of Nurse Practitioners. I love to exercise when I am not at work. I enjoy lifting weights in the gym and biking on trails. I love to get outside any chance I get to hike, stand up paddleboard or spend time with my two dogs.



## **Mitchell Thompson, DDS** Dentist in Grass Valley

I provide general dentistry with an emphasis on comprehensive care. My style of practicing dentistry is conservative and focused on providing the treatments that patients truly need. I want each care decision to have a high probability of success. I like to communicate with the patients in a very friendly, easy to understand way. This helps me to be a trustworthy dentist that patients can see as their friend.

Working at Chapa-De allows me to provide dental care to the members of our community who really need it. I work to help improve patients' quality of life and well-being so that we may all live in a healthy place together.

I graduated from University of Southern California. I can also speak Spanish. In my free time I enjoy snowboarding, playing guitar, basketball, and spending time with my family. I have two young children and we have a lot of fun being outside in our beautiful nature.

# CHAPA-DE TEAM!

## **Cass Brown Capel, Ph.D.** **Psychologist in Auburn**

As a provider, I practice health psychology. This is the connection between health, feelings or behaviors. My goal is to help people to live as vibrantly as possible within their given circumstances. I employ a client-centered approach. I combine this with cognitive behavioral techniques (CBT) and mindfulness-based stress reduction (MBSR) techniques. I believe in meeting patients where they are. Then, we can develop a path to feeling better together. Working at Chapa-De allows me to be a part of a team that truly cares about patients.

I graduated from the Professional School of Psychology. I have an interest in working with plant-based medicine, herbal remedies, and natural solutions. I enjoy gardening, hiking, camping, epigenetics, art, crafting, bird-watching and anything to do with nature. I walk my dog beneath the stars every night on country roads. I am also very interested in health “short-cuts” on how to build muscle mass with the least amount of effort!



## **Shellie Rogers, RN** **SUD Nurse Case Manager in Auburn**

I originally joined the Chapa-De team in October of 2022 as a RN Supervisor and recently moved into the role of Nurse Case Manager for Substance Use Disorders (SUD) to support patients who want help to cut back or quit using substances.

I really appreciate the care that Chapa-De provides to their patients, it makes me feel proud to work here. As part of the SUD team, I enjoy working with amazing people, helping to facilitate groups, and getting to know patients on a deep level. It is rewarding to help others and see them succeed and grow in their recovery. Outside of work, I spend a lot of time with my children at their many activities, am very involved along with my husband at our church, and enjoy good food.





*When I was a teenager, the grandma that helped raise us from babies, the grandma that took us to the river to swim, the grandma that spoiled us with ice cream, the grandma that laughed and watched Wheel of Fortune religiously, began to disappear. She was still there, physically, but she started to fade away... until she could no longer remember our names...*

## NO WORDS FOR DEMENTIA

Many tribes have no native words for dementia. This may be due to shorter lifespans in the 19th and 20th centuries. Now, as the life expectancies of American Indians and Alaska Natives grow, so does the risk of developing memory loss.

### Alzheimer's Affecting American Indians and Alaskan Natives

Almost 1 in 3 Native Americans will develop Alzheimer's Disease or some other form of dementia. Studies show American Indians experience one of the highest ratios of Alzheimer's and other age related mental decline than other ethnic groups.

### Lifestyle Factors

Research for prevention and cures for this horrible disease have been going on for years. Certain lifestyle choices may reduce the risk of developing Alzheimer's. The National Institute on Aging recommends the 'MIND' diet that is similar to a Mediterranean diet (and pre-colonization diet). Both are rich in healthy nutrients. Limit your consumption of red meats, sweets, and fried foods. Stop smoking. Regular physical activity, socialization, and mental exercise is also important.

### Healthy Mouth/Healthy Brain

A healthy mouth is important to our overall health. In the last few years research on a connection between oral health and mental decline has raised as many questions as answers. Studies have shown a direct link between P. gingivalis bacteria, a key pathogen in gum disease, and Alzheimer's Disease. More research is needed but reducing bacteria and inflammation in the mouth may lower the risk of developing Alzheimer's Disease. Brush and floss your teeth twice a day and visit your dentist and dental hygienist regularly.

### Hearing Loss Connection

Recent studies also found that people suffering from hearing loss were also more likely to develop cognitive decline. It's not yet clear how hearing loss and dementia are linked. It is important to let your doctor and family know if you suspect your hearing is getting worse. In 2022, the U.S. Food and Drug Administration approved the sale of over the counter hearing aids to make them

more affordable to the public without the need of a prescription. However, people with more severe hearing loss are still recommended to see an audiologist.

### New Medication

Medical researchers have been looking for a breakthrough medication that can slow or stop this debilitating disease. This year, a promising new drug that selectively targets toxic proteins in the brain cells slowed mental decline by 27% in clinical trials. On July 6, 2023, the FDA approved Leqembi (pronounced Le-Kem-Bee) to treat the early stages of Alzheimer's disease and Medicare is providing coverage through Medicare Part B. Early detection is key to its effectiveness. It is such a new drug, some healthcare providers don't have it available yet. Unfortunately, this is still not considered a cure. It is also important to remember that all medications have side effects and you need to talk to your healthcare provider and do your research before making any decisions on a treatment plan.

### Be Proactive

Chapa-De is committed to treat our patients with a whole body approach. Our dental, medical, lifestyle, behavioral health, and pharmacy departments are here to help keep you healthy today and in the future. See your health teams regularly. An ounce of prevention could be worth a pound of cure.

### Reach Out

If you or a loved one is experiencing memory loss, reach out. There are local support groups in our area.

### Sources & More Reading:

<https://www.alz.org/help-support/resources/native-americans>

<https://www.yalemedicine.org/news/lecanemab-leqembi-new-alzheimers-drug>

<https://www.washingtonpost.com/wellness/2023/09/21/teeth-gums-oral-health-dementia-alzheimers/>

<https://www.healthline.com/nutrition/mind-diet>

<https://publichealth.jhu.edu/2023/new-study-links-hearing-loss-with-dementia-in-older-adults>



**Staying Protected,  
Staying Healthy.**



**Fall Vaccinations**

**Fall and Winter are peak virus seasons**

Is your family protected?

FLU	RSV	COVID-19
<p><b>Who can be vaccinated?</b></p> <ul style="list-style-type: none"> <li>✓ Ages 6 Months &amp; Up</li> <li>✓ Pregnant Women</li> <li>✓ People With Egg Allergies</li> </ul> <p><b>How often to get it:</b> Yearly</p> <p><b>How to get it:</b></p> <ul style="list-style-type: none"> <li>• Call to schedule</li> <li>• Walk-ins welcome</li> <li>• Schedule online</li> </ul> <p><b>Walk-In Hours:</b></p> <ul style="list-style-type: none"> <li>• 8:30 AM – 11:30 AM</li> <li>• 1:30 PM – 4:30 PM</li> </ul>	<p><b>Who can be vaccinated?</b></p> <ul style="list-style-type: none"> <li>✓ Adults Ages 60+</li> <li>✓ Pregnant Women</li> </ul> <p><i>Antibody boosters for babies and high-risk populations coming soon.</i></p> <p><b>How to get it:</b> Schedule an appointment with your provider to discuss if the vaccine is right for you.</p> <div style="background-color: #ADD8E6; padding: 5px; border: 1px solid #ADD8E6; margin-top: 10px;"> <p><b>NEW</b> Just released! Exciting new option to keep elders and babies well</p> </div>	<p><b>Updated Formula!</b></p> <p><b>Who can be vaccinated?</b></p> <ul style="list-style-type: none"> <li>✓ Ages 6 Months &amp; Up</li> <li>✓ Elderly</li> <li>✓ Vaccinated</li> <li>✓ Unvaccinated</li> </ul> <p><b>Timing:</b> at least 2-months after your last dose, or immediately if never vaccinated.</p> <p><b>How to get it:</b></p> <ul style="list-style-type: none"> <li>• Call to schedule</li> <li>• Walk-ins welcome</li> <li>• Schedule online</li> </ul>



## EYE SEE: SERVICES TO PROTECT YOUR VISION

In many indigenous cultures, the eyes are not just physical organs but also windows into the soul. They are important not just for “seeing” out, but also for seeing into a person’s emotions. They are arguably one of the most important of all of our senses. Our vision is a precious gift that helps us to experience all that life has to offer. And since November is recognized as National Diabetes Month, there is no better time to take care of your eyes.

If you have diabetes, you probably already know that you are at higher risk of developing eye conditions that can lead to vision loss. Having too much glucose in the bloodstream, outside the cells where it belongs, can lead to damage of the blood vessels and nerves that run throughout your body, including to the eyes.



That’s why it’s especially important for you to have regular eye exams if you have diabetes. Your eye care specialist will evaluate the health of your eyes and detect any changes, including damage to the tiny vessels in your eyes, known as diabetic retinopathy.

Diabetic Retinopathy is the leading cause of blindness in adults, and in the early stages, you may not have any symptoms. It’s only in the later stages where you may notice changes in your vision, such as blurriness, trouble reading and seeing objects that are far away.

Chapa-De’s Optometry Department in Auburn can help you preserve your vision and protect your eyes from eye diseases such as Diabetic Retinopathy, Glaucoma and Cataracts. During your exam, the eye doctor will put drops in your eyes that cause your pupils to widen so she can see the “back” of your eyes and look for any changes or problems while they are in the early stages. This is called a dilated eye exam and it gives the eye doctor a good look inside your eyes, including the entire retina, macula and optic nerve.

If you have diabetes and have not had a complete eye exam with an Optometrist or Ophthalmologist in the past year, one of our staff from the Diabetes Department may reach out to you to schedule a retinal screening exam while you are at Chapa-De for your next appointment. While it does not replace a complete eye exam, it can help detect early changes in your eyes that can lead to vision loss. We use a special camera to take a picture of the back of your eyes (the retina) and transmit the images to the Optometry Department at UC Berkeley, where an Optometrist reviews the images and sends us back a report. For your part, the whole process takes less than 30 minutes and is completely painless and does not require you to have a driver afterwards.

So do yourself and your eyes a favor and make sure you are getting regular eye exams to protect your precious gift of vision.

Source and further reading: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/diabetes-and-your-eyes-what-you-need-to-know>



# CELEBRATIONS, GATHERINGS & EVENTS

## Alcatraz Indigenous Peoples' Thanksgiving Sunrise Ceremony

*(also known as: Unthanksgiving Day / Day of Mourning)*

**November 23, 2023**

**Alcatraz Pier 33 Ferry Terminal**

Each year on Thanksgiving morning, from 4:15 AM until 6:00 AM, the ferries run every 15 minutes to the island to celebrate the Alcatraz Thanksgiving Indigenous People's Sunrise Gathering. After the event, the ferries run from Pier 33 until the last sailing at 8:45 AM, when all visitors must leave Alcatraz.

The box office opens at 3:00 AM on Thanksgiving morning. You can also buy tickets in person in advance online, and at Pier 33. Tickets do sell out, so purchasing tickets in advance is advised.

<https://www.cityexperiences.com/san-francisco/city-cruises/alcatraz/programs-and-events/annual-events/indigenous-peoples-sunrise-gathering/>

## Native American Heritage Day

**November 24th**

National Native American Heritage Day is observed on November 24, a day after Thanksgiving. American Indians are accorded special honor on this day, and their rich cultures, accomplishments, contributions, and heritage are celebrated. The history of America begins with Native Americans, and the bald eagle on the U.S. shield is an Iroquois symbol. On this day, we can enjoy displays of their cultural fashion and unique recipes and speak out against the grave injustices they have experienced.

## National Bison Day

**November 4th**

You see them everywhere — on coins, on sports team logos, and a couple of state flags. No, we're not talking about the bald eagle. This honor is reserved for North American bison. On National Bison Day, November 4, an annual event that falls on the first Saturday in November, all Americans should reflect on the impact bison have as a part of our environmental and cultural heritage. Bison are especially revered by Native people — central to their survival as both food and spiritual inspiration.

## California Native American Monument Unveiling and Dedication Ceremony

**November 7th 10:00 AM – 12:00 PM**

**1300 L St., Sacramento, CA 95814**

During a ceremony on November 7th in Sacramento, State and Tribal officials will unveil and dedicate a new statue of the late William Franklin Sr., a well-known member of the Miwok tribe who worked to preserve the tribe's culture, including its traditional dances. This will be the first monument honoring the history of the Capitol-area tribes — a recognition made possible by protesters who tore down the statue of a Spanish missionary two years ago.

## Chapa-De Elders Party

**Saturday, December 2nd**

Space is limited to the first 100 elders to respond; please RSVP as soon as possible and no later than Tuesday, November 17th. Elders may bring one guest. Confirm your attendance with Sami Enos at (530) 863-4682 or Hernan Espinoza at (530) 477-9569.

### THANK YOU FOR READING CHAPA-DE NEWS

This newsletter is intended to keep our patients informed of the latest Chapa-De news and information, offer tips and recipes for a healthy lifestyle, and feature Native American fact and fiction stories inclusive of all American Indian Tribes. Our goal is to create a publication that is educational and fun to read. If you have ideas for improvement or stories you would like us to feature, please contact us at [newsletter@chapa-de.org](mailto:newsletter@chapa-de.org).



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**CHAPA-DE**  
 INDIAN HEALTH

**Passionate People.  
 Compassionate Care.**

**NOVEMBER 2023**

# CHAPA-DE *News*



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