



CHAPA-DE  
INDIAN HEALTH

Passionate People.  
Compassionate Care.

NOVEMBER 2024

# CHAPA-DE News



The Pleiades in the constellation of Taurus

## SEVEN STARS *An Iroquois Story*

Long ago there were seven boys who wanted to do just as their fathers did. To have a special medicine lodge society. In such a lodge, they would play a drum and they would dance and sing and they would have a great feast afterward. So, they went to their parents and told them what they wanted to do. But their mothers and their fathers, they laughed at those boys: “You are too young to do this sort of thing! Go and play some other game that children play.”

Those boys became very angry. They began to walk out of the village in the snow. And as they walked out, an old man was there near the edge of village holding a drum. He said to them, “Here. You can have this drum.” They took that drum, and they continued on until they reached a place on the other side of a hill and there began to dance and sing louder and louder. It was so loud that the sound reached back to the village. And their mothers and fathers hearing it said, “Who could that be?”

They followed the sound of the drum and looked down from the hilltop and saw those seven boys dancing in a circle playing the drum. But the boys were so angry that as they danced their feet were no long touching the ground. Higher and higher they danced. Their parents called out to them, but they continued to dance. The smallest one looked back and fell down as a shooting star. The others danced right up into the winter sky. They are still there to this day and are called the Pleiades by European people.

*As told by Storyteller Joseph Bruchac for Public Radio’s “Living On Earth” (1994)*

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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
- 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, 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.

### You're Invited!

Join us in celebrating the holiday season at Chapa-De's annual Elder's Holiday Luncheon. Come together with family and friends for a festive lunch, gifts, and exciting prizes. Space is limited to the first 100 active Chapa-De patients 65 years and older to RSVP and one (1) guest. See you there!

## ELDER'S HOLIDAY LUNCHEON

Saturday, December 7th

The Ridge  
2020 Golf Course Road  
Auburn, CA 95602

### RSVPS NOW OPEN!

Space is limited to the first 100 active Chapa-De patients 65 years and older to RSVP for themselves and one (1) guest.

#### RSVP:

SAMI ENOS      ADRIAN ESPINOSA  
(530) 863-4682      (530) 477-9569



CHAPA-DE  
INDIAN HEALTH

# INDIAN NEW YEAR

By Sunie Wood

December 21st is the winter solstice, also known as Indian New Year. It is the day with the least amount of daylight hours and the most hours of darkness in the northern hemisphere. For our ancestors, this was an important day. It marked that the sun would turn around and daylight hours would be getting longer. A day of hope, renewal, and a new growing season.

Ancient sites across this country show the careful monitoring of the sun, moon, and planets by indigenous people. Cahokia Woodhenge, in Illinois, is thought to be a wooden version of England's Stonehenge. This site features large posts placed in a circle marking the sun's movement. Another example is Great Serpent Mound in Ohio. The head of the "serpent" aligns to the summer solstice while the coils align with the winter solstice sunrise and equinoxes. In Ozark, Missouri a sun petroglyph carved by the Osage in a cave, is perfectly illuminated by the sun on December 21st. In the Southwest, calendar rock carvings clearly mark the close observation of the seasons. Keeping track of the Earth's cycles was for practical reasons including agriculture, gathering, hunting, and fishing as well as religious beliefs.

American Indian tribes each acknowledged the day in different ways depending on cultural traditions and their geographic location. And some still do, including:

- The Santa Ynez Chumash still hold a multi-day celebration called Kakunupmawa with singing, dancing, drumming, praying, and a feast. Winter solstice is the beginning of Old Man Sun's journey as he makes his way across the sky carrying a torch.



- The Zuni Pueblo hold a multi-day celebration called Shalako. Dancers representing the rain deities pray for rain to fall on all corners of the earth.
- The Blackfeet rarely held large community celebrations in winter, but individual tribes would have small dances, play games, and face their tipis east towards the rising sun or "Naatosi".

For all, it was a time before televisions, computers, and cell phones and the long hours of darkness was the perfect time to pass down knowledge from Elders to children, have a sweat lodge ceremony, for drumming, dancing, and enjoying carefully preserved foods. And it was a time for storytelling. Often a gift of tobacco was given to the storyteller before the story began. Stories often had animal characters, and, out of respect, the stories were told in winter when many of the animals were hibernating and could not hear themselves being talked about.

"We have to wait for the Winter Moon, and there has to be snow on Mother Earth for those stories," explained an Elder of the Ho-Chunk Nation of Wisconsin.

*Continued on page 4*



## INDIAN NEW YEAR

*Continued from page 3*



Many tribes ‘lost’ or moved their winter solstice traditions during assimilation to be more accepted by the U.S. Government. Unfortunately, a lot of cultural teachings disappeared when Native children were forced from their homes into boarding schools. Most families began to adopt Christmas instead. It became the time to spend with family and friends, making memories, and feasting together much like our ancestors did on the solstice.

There has been a recent move, however, for some Indigenous people towards decolonization to reconnect with their culture. They have decided to give up Christmas and go back to celebrating the winter solstice, a tradition that goes back millennia.

Several years ago, Sarah Sunshine Manning, a Shoshone Paiute writer and director of communications for an Indigenous led advocacy organization in South Dakota, decided her family would go back to solstice. “We kind of went back and forth in our household because we have kids and they grew up seeing the tree and feeling the excitement,” said Manning. “Then we realized we didn’t miss it and it opened up space for conversation. I think it’s much like many other Native people in our experiences with decolonization, it’s a learning that is gradual.”

Nakia Zavalla, Cultural Director and Tribal Historic Preservation Officer for the Santa Ynez Chumash tribe, explains the significance of solstice to her people, “It’s our main ceremony because it carries so much weight. Unfortunately, the effects of colonization mean we are still bringing back our customs so a lot of this is reconnecting to customs that were a way of life.”

Observing the solstice can remind us of our connection with nature and our place in the universe. Even though so many things have changed from a few hundred years ago, earth’s cycles remain the same. The sun will make her journey back across the sky and fresh corn and strawberries will be on our tables about six months after that short winter day. No matter which winter days you celebrate, spring is just around the corner.

### Happy Holidays and Happy Winter Solstice

#### Sources and further reading:

- [https://en.wikipedia.org/wiki/Cahokia\\_Woodhenge](https://en.wikipedia.org/wiki/Cahokia_Woodhenge)
- <https://www.latimes.com/california/story/2022-12-20/winter-solstice-celebrates-sharing-light-amid-darkness>
- <https://www.cbc.ca/radio/unreserved/winter-solstice-indigenous-traditions-1.7065452>

# LOCAL HOLIDAY MEAL & GIFT RESOURCES

The winter season can bring added expenses. These trusted resources can be helpful if you are on a tight budget:

## Native stocking stuffers under \$25

- <https://www.crazycrow.com/stocking-stuffers>
- <https://www.nativeseeds.org/collections/stocking-stuffers?page=2>

## Placer County Meal and Holiday Assistance Programs

- 1. Placer Food Bank** – Provides food assistance to families in need throughout Placer County. They often hold special food drives and distributions during the holiday season. Located in Roseville. Call **(916) 783-0481**
- 2. Salvation Army** – Offers holiday meal programs, food baskets, and toy drives for families and individuals in need. Located in Auburn and Roseville. Call **(530) 889-3990** (Auburn) or **(916) 784-3382** (Roseville)
- 3. Auburn Interfaith Food Closet** - Serves individuals and families living in Central Placer County, from Loomis to Emigrant Gap and Lake of the Pines to Foresthill. They also offer an annual Turkey giveaway before Thanksgiving. Location at 1788 Auburn Ravine Road, Auburn, CA 95603. Call **530-885-1921**
- 4. Toys for Tots** – Provides toys for children in need during the holidays. More information: <https://www.toysfortots.org/request-a-toy/>
- 5. Adopt-A-Family Program (through local churches and organizations)** – Matches families in need with donors who provide gifts, food, and other holiday necessities. More information: <https://adoptafamilynorcal.org/programs/christmas-program/>

## Nevada County Meal and Holiday Assistance Programs

- 1. Food Bank of Nevada County** – Provides food distributions throughout Nevada County, including special distributions for the holiday season. Located in Grass Valley, CA. Call **(530) 272-3796**
- 2. Salvation Army Nevada County** – Offers holiday meals, food baskets, and toy drives for families in need. Located in Grass Valley, CA. Call **(530) 274-3500**
- 3. Interfaith Food Ministry (IFM)** – Provides groceries and holiday food baskets to families and individuals in need. Thanksgiving and Christmas meals include a turkey or ham and sides. Distribution for these are the two weeks before Thanksgiving and Christmas. Located in Grass Valley, CA. Call **(530) 273-8132**
- 4. Toys for Tots** – Provides toys for children in need during the holiday season in Nevada County. More information: <https://www.toysfortots.org/request-a-toy/>
5. Various local churches and community organizations also host Christmas Cheer and Adopt-A-Family programs that offer food baskets, gifts, and other necessities. Reach out to local churches for more information.

## More Resources Are Available!

Whether you need clothing, winter gear, heating assistance or shelter, please reach out to Chapa-De Community Health Representative Sami Enos at **(530) 887-2800**. You can also call 211 from within Placer or Nevada County to be connected with local resources, or reach out to the CalHope Redline (call **1-888-368-4090**, text **916-252-5002** or visit <https://ccuih.org/redline/>).



# THE MEDICINE OF MOTHER DRUM ISHKA

By Aimee Sagan

The strong rhythmic beat of mother drum Ishka and the song of the intertribal women who sit around her brings forth one of the best medicines, love.

Recently, I had the opportunity to sit down with drum keeper Sonia Keller LaPointe who shared Ishka's story one that started at Chapa-De in the 1990s. A former employee, Kara Lipton Sutter, secured a grant specifically to bring-in a mother drum. Kara worked closely with Kathleen Schmidt and others in Chapa-De's Cultural Activities Program.

Sonia explained, "a drum maker prays and must be in-tune with the materials. They take the life of a tree and an animal and bring them together to make a new life (the drum), and this is medicine."

The medicine that was brought forth during this drum making process was love, which is the meaning of the name Ishka. The medicine she brings is the ability to bring up things within people and to offer an opportunity to heal while gathered with others.

Originally, the drum was intended for children and to support youth outreach. However, those around Ishka quickly recognized that it was important for the women as mothers to heal and therefore pass that to their



children. This is what led Kara to asking Sonia, who was on the Indian Education Team for Auburn School District, the President of the Indian Women's Auxiliary, and on the Chapa-De Board of Directors at the time, to become the drum keeper. She was very active in the community in promoting wellness. The group that was formed to sit around Ishka was also special. They became the first all-woman intertribal group in our local area to sit around a mother drum. This original group included Rosalind Hussong, Ronnie Smith, Marian Callen, Kathleen Schmidt, Kiomi Bird, Kara Lipton Sutter, and Sonia Keller LaPointe.

Now thirty years later, Sonia says she has learned a lot and now recognizes what a huge honor and responsibility it is to be a drum keeper. As she reflects on the gifts and challenges that came to be during this time, she is proud to have been a part of delivering love and healing to so many people. She takes her responsibility to hold a safe space that is free from ill feelings very seriously. This safe space is important for the drum and those sitting around her being open to what Creator has for us through this medicine.

She also knows a mother drum has a purpose to serve the people. Sonia explained, "there is a reason for every request. It has always been my goal to say yes as often as possible and to bring Ishka's medicine to those who need her."

# THE TRADITION OF THE CHAPA-DE MUGS

By Darla Clark



Every year, a small group of dedicated Chapa-De employees get together to continue the long tradition of planning the annual Elder's Holiday Party. An important part of these meetings is designing the all-important annual Chapa-De mug that will be distributed at the Elder's party. At one of this years' meetings, someone asked a good question: When was the first Chapa-De mug designed?



No one seemed to know the answer, but afterward, I went home and reviewed my Chapa-De mug collection. When I dug them all out, I was surprised at how many I had (17!) and how far back they went. One of my favorites was from 1999 and had a quail on it, but the oldest one I could find was from 1992. Is that when the first Chapa-De mug was created? I don't know but I'm hoping someone out there can help solve this mystery for us.



Do you have a collection of Chapa-De mugs? What is your favorite mug? Your oldest mug? We would love to hear from you and/or have you share photos with us! Please email us at [newsletter@chapa-de.org](mailto:newsletter@chapa-de.org).



## The Indigenous Origins of the Holiday Poinsettia By Sunie Wood

Our beloved holiday poinsettias were originally from Mexico. They were cultivated by the ancient Aztecs for decoration and making dyes and medicine. Their original name was *cuetlaxochitl* (kwet-la-sho-she).

These plants became associated with Christmas as Catholicism spread through Indigenous communities after the arrival of the Spanish missionaries in the 16th century. According to legend in Southwestern Mexico, a poor young girl named Pepita brought wild branches of the plant she had picked on her way to church as an offering for the baby Jesus. As she put the branches on the alter, the flowers burst into bloom. The star shaped flowers are thought to look like the Star of Bethlehem and the color reflects the crucifixion of Jesus.

The tropical plants were brought to the United States in 1828 by Joel Roberts Poinsett, the U.S. Ambassador to Mexico. Today they can be found on store shelves around the winter holidays. Fun fact: The Ecke Ranch in Encinitas, California grows 50% of the worldwide market in their greenhouses! Even though the Poinsettias plants today barely resemble their wild ancestors as cultivation has produced a bushier plant with many different colors and patterns, we still love to see their beautiful leaves every year.



Source and more reading: • <https://www.swansonsnursery.com/blog/history-of-poinsettias>



## MEET THE CHAPA-DE LEADERSHIP TEAM

By Darla Clark

One hundred sixty-one years, that's the combined tenure of Chapa-De's Leadership Team! Yes, that's right, if you add up the number of years each one of these 12 dedicated people have been working at Chapa-De, it adds up to 161 years. That's an average tenure of 13 years per person and that's pretty amazing considering the average tenure for an employee these days is just 4 years.

But this is no average group of humans. This is a highly driven, committed and passionate group. We work tirelessly behind the scenes, and sometimes in front of the scenes. Our Leadership Team navigates federal and state healthcare regulations, employment laws, global pandemics, technical and infrastructure challenges and many other obstacles, in order to meet Chapa-De's mission. We love what we do and we hope it is reflected in the quality of the services you receive when you come through our doors!



*Back row left to right:*

- Eric Osborn - Chief Information Officer
- Darla Clark, MPA - Chief Operations Officer
- Anthony Reyes, MHRM - Chief Administrative Officer
- Lisa Davies, MPH - Chief Executive Officer
- Sierk Haitzma - Chief Financial Officer
- Pauline Karunakaran, DDS - Dental Director
- Amy Eargle, PhD - Behavioral Health Director

*Front row left to right:*

- Brandon Bettencourt, RN BSN - Director of Quality & Patient Engagement
- Kellie Lane - Dental Practice Manager
- Debbie Arvay - Medical Practice Manager
- Nicole Conzoner, RN - Director of Nursing
- Alinea Stevens, MD MPH - Medical Director



# SKIP THE CALL CENTER AND TRY OUR ONLINE TOOLS

By Tayloranne McLeran

Are you tired of waiting on hold with our Chapa-De Call Center to do something quick like refill a prescription or check your lab results? We've got great news! You can now do both with your online Patient Portal and the Healow app.

## Here are some things you can do:

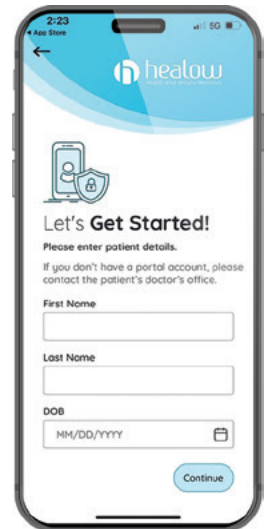
- **Message Your Care Team:** easily send questions and messages straight to your Chapa-De provider at your convenience day or night. This feature can also reduce phone tag. Rather than leaving a phone message for your provider and then possibly missing their callback, you both can message each other as you are able.
- **Manage Appointments:** Schedule your medical appointments anywhere, anytime without having to call in. Reschedule or cancel just as easy. If you don't see availability that works for you, check back at another time to see updated availability.
- **View Lab Results:** As soon as your lab results are finalized, they are sent directly to Healow. You can turn on notifications to be alerted when a new lab result is in and view it instantly. Please allow 5 to 7 days before contacting your provider about results that appear to be missing, or if you have questions. Most providers review results and add comments as soon as possible after receiving the report .
- **Refill Prescriptions:** With the tap of a button, you can request refills from the Chapa-De pharmacy and get notified when they are ready. You can also use this process if you are out of refills and your provider will be notified.
- **View Medical History:** Digital records of your Chapa-De visits, provider notes, vaccination records, and more are available for viewing. When using the online portal, there is also the option to download and print these records.
- **Track Referrals:** When your provider sends out a referral for you to see a provider or specialist outside of Chapa-De, track its progress so you can see where you are at in the process.

- **Manage Your Child's Healthcare:** Parents and guardians can combine their child's Healow account with their own. This way you can manage their Chapa-De healthcare up to age 12.

## Follow these easy steps to get started!

### To use the Healow app:

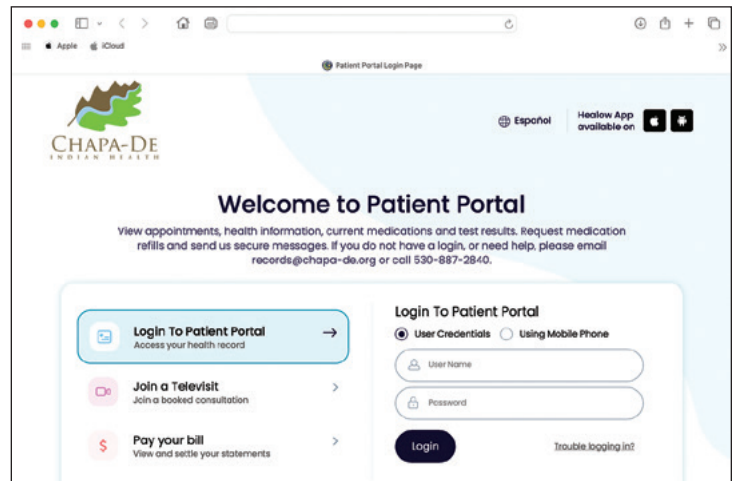
- 1) open the Apple App Store or Google Play on your mobile device
- 2) search for "Healow" and download the app
- 3) open the app and if you have not already done so, create an account and use our practice code AHHIAD when prompted.



### To login to your Patient Portal online:

- 1) open a web browser and visit [chapa-de.org](http://chapa-de.org)
- 2) click the "Patient Portal" button on the top right of the Chapa-De website
- 3) log-in to your Chapa-De account

If you don't have a login or need help please email [records@chapa-de.org](mailto:records@chapa-de.org) or call **530-887-2840**.





# RECOGNIZING DIABETES AWARENESS MONTH

By Viola Lopez-Salinas

November is National Diabetes Awareness month. Diabetes is the fourth leading cause of death among American Indian and Alaskan Natives. In 1997, the Special Diabetes Program for Indians (SDPI) grant was established by the US Congress to address the growing Diabetes epidemic in our Native communities. Chapa-De started our Diabetes program, partially funded by SDPI in 1998, offering Diabetes supportive services, and education.

It is estimated that American Indian and Alaskan Natives have the highest rate of Diabetes diagnosis in the United States at 16%. To help reduce the negative outcomes caused by Diabetes, the Chapa-De Diabetes program offers awareness and prevention programs such as:

- Diabetes Prevention classes (DPP) to help with lifestyle change
- Nutrition education
- Fitness classes
- Lifestyle coaching
- Retinal screenings
- Diabetes nurse management care
- And more

Our staff is dedicated to guiding and supporting patients through your journey of a healthy lifestyle. If you are interested in learning more about the classes and support services we offer, please call us at **530-887-3765**.

## Sources:

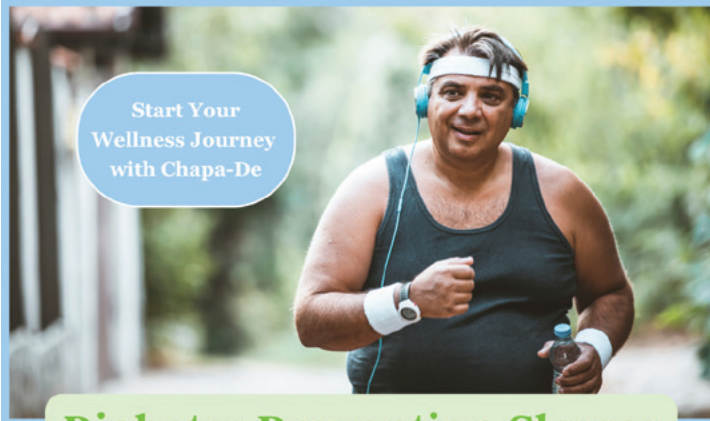
- CDC National Diabetes Statistics Report May 2024
- National Indian Health Board April 2023
- Indian Health Service



*National*  
**DIABETES  
AWARENESS  
MONTH**



*Chapa-De Diabetes Team: Jay Sanchez, Cheyenne Mulder, Viola Lopez, Loretta Moore, Kristen Bradley, Sherri Mac Millan, Dalia Topete, Katy Ellis, Shannon Herrera, and Lisa Lenz.*



Start Your  
Wellness Journey  
with Chapa-De

## Diabetes Prevention Classes

Let us help you get and stay healthy with classes that include nutrition classes, exercise with coaches, and more.

**New classes starting soon!**

**Learn More:**

(530) 889-3765



## Balancing Activity and Nutrition

Join us for this 4-week course focused on food, movement, & behaviors to reach your healthy weight.

**Mondays at Chapa-De Auburn**

**2:00 PM - 3:15 PM**

**RSVP: (530) 889-3765**



## NEW FACES AT CHAPA-DE

We are pleased to announce the following new providers at Chapa-De. They are an important part of our team and are available to support the mental and emotional health of patients.

### Alexandria Olosunde, LMFT

I am a therapist at Chapa-De Indian Health in Auburn.

I specialize in couple's therapy, relationship skill building, premarital counseling, depression, anxiety and holistic wellness. Through my work, I strive to provide whole-person healthcare to my patients.



In my personal time, I enjoy anime, gaming, and sports (basketball fan!). I also love to travel as well as visiting museums and trying delicious foods.

### Daniyal Iqbal, DO

I am a psychiatrist with Chapa-De and serve patients in both Auburn and Grass Valley. I believe that every person is deserving of

compassionate and culturally relevant care. I do this by considering the combination of biological, psychological, and social factors that contribute to mental health.



In my off hours, I enjoy football, basketball, travel, and spending time with family and friends.

### Jennifer Murphy, PMHNP

I am a nurse practitioner with a focus in adult psychiatric mental health. I strive to listen to people's stories, make them feel heard and respected, and find ways to partner with them to make their lives better.



In my free time, I enjoy spending time with my family and friends and being in nature.



## DON'T BE FOOLED BY “FAUX-ZEMPIC”

By Cheyenne Mulder

GLP-1 medications like Ozempic are one hot topic as of late. It seems almost impossible to turn on the TV, pass a billboard or talk to someone who is not on or considering taking one of these medications. But what exactly are GLP-1 medications and what are they used to treat?

GLP-1 medications are used to help manage blood sugar in people with Type 2 Diabetes and for weight loss. Some of the most common brand names for these medications are Ozempic, Victoza, Mounjaro, Wegovy, Saxenda, and Zepbound. These medications are usually taken as an injection in the belly, outer thigh, bottom, or the back of arm. There is also a version that can be taken by mouth. If you are interested in learning more, your medical provider can help you decide if one (or a combination of medicines) would be beneficial to you based on your individual health care needs and medical conditions.

GLP-1s are growing in popularity, and with a high level of effectiveness, it is not surprising that more suppliers want to get in on the profit. Recently, the World Health Organization (WHO) found counterfeit forms of GLP-1 medications in multiple countries, including the United States. These medications are created with unknown ingredients and additives that are not regulated or approved by the Food and Drug Administration (FDA). They have not been proven to be safe or effective. While it may be tempting to buy alternative options due to shortages or lower cost, the safety and potentially harmful side effects of these substances are not worth the risk.

Fortunately, our Chapa-De pharmacies have a variety of GLP-1 medications available that are received from trusted manufacturers. This ensures they are safe and untampered products. It also means these medications have active ingredients that have been shown in multiple clinical studies to aid in blood sugar control, weight management and to promote cardiovascular health for a vast majority of individuals. While supply issues are at times inevitable based on the laws of supply and demand, Chapa-De continues to help ensure patients get their medications regularly.



Chapa-De Diabetes Nurse Case Manager Loretta Moore RN, CDCES explained, “Once a patient has started on a GLP-1 for diabetes management, I think one of the most important things we provide here is follow up. We support our patients throughout their diabetes journey. They are going to have our support so that they can feel comfortable and heard when it comes to their health.”

Patients who are prescribed a GLP-1 for diabetes, weight loss or other medically appropriate diagnosis can rest assured that they will be supported throughout the process with the resources available at Chapa De. These resources include GLP-1 education classes led by our Clinical Pharmacists and Diabetes Department as well as one-on-one appointments with Lifestyle Coaches, Nutritionists, Medical Providers, Clinical Pharmacists, or Diabetes Nurses as needed. For more information, please reach out to your medical provider and refrain from phony “faux-zempic” products and promises.

### Sources and more reading:

- <https://www.npr.org/2023/12/23/1221442262/counterfeit-ozempic-fda-weight-loss>
- <https://www.who.int/news/item/20-06-2024-who-issues-warning-on-falsified-medicines-used-for-diabetes-treatment-and-weight-loss>
- <https://www.cbsnews.com/news/ozempic-wegovy-fake-weight-loss-drugs-fda-investigating-trade-group-warns/>
- <https://www.cbsnews.com/news/weight-loss-semaglutide-fda-wegovy/>

# STEWED BEEF WITH GOLDEN BEETS

*From New Native Kitchen by Chef Freddie Bitsoie & James Fraioli*

## Ingredients:

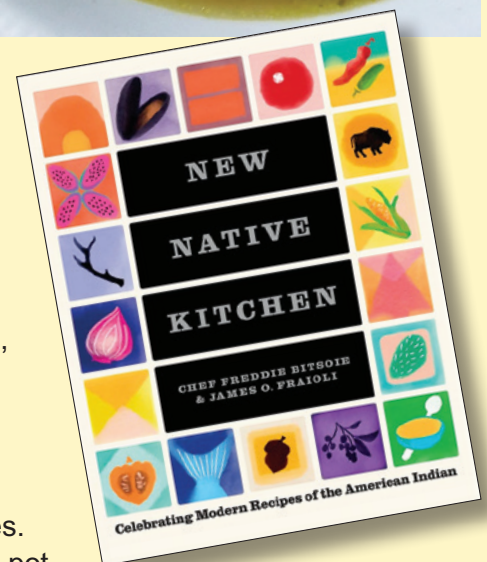
3 tablespoons canola oil, and or avocado, olive oil  
 3 pounds beef chuck (or bison)  
 Salt and freshly cracked black pepper  
 1 medium onion, peeled and diced  
 2 green bell peppers, seeded and diced  
 2 stalks celery, diced  
 2 bay leaves  
 4 springs fresh thyme  
 2 teaspoons coriander  
 3 tablespoons tomato paste  
 1 cup dry white wine or beef stock  
 8 medium golden beets, peeled  
 1 cup crushed tomatoes  
 3 cups beef stock



## Instructions:

Preheat oven to 350 Fahrenheit. In a Dutch oven over high heat, add the oil. While the oil is heating, season the beef with salt and pepper. Working in batches, add some of the beef to the hot oil and sear all sides. Once browned, remove, set aside, and add the next batch of beef. After all the beef has browned, set aside, reduce the heat to low, and add onion, bell peppers, celery, bay leaves, thyme, and coriander. Sweat the vegetables until the onions are soft and begin to caramelize, about 10 minutes. Using a spoon, clear a space in the middle of the vegetables and add the tomato paste directly to the hot surface of the pot. Allow the paste to brown and form a crust (takes about 2 minutes; be careful not to burn the paste). Then add the wine or 1 cup stock to deglaze the pot and stir so the paste is incorporated into the vegetables. Allow the liquid to evaporate completely. Return the seared beef to the pot along with the beets, crushed tomatoes, and 3 cups stock, increase the heat to high and bring to a boil. Once boiling, remove from the heat, cover and place in the oven. Cook for 2 ½ hours.

After 2 ½ hours, remove the beef and beets from the sauce and set aside. Place the Dutch oven back on the stove over medium heat. Allow the sauce to reduce by about one quarter. Return the beef and beets to the pot and reduce the sauce by another one-quarter. Remove from heat and discard the bay leaves and thyme sprigs. Adjust the seasoning if necessary and arrange the beef and beets on a serving platter along with the sauce. Serve immediately. Serves 6-8.





## ATTENTION ARTISTS: Enter the Chapa-De 50th Anniversary Art Contest!

Help us celebrate 50 years by showing what Chapa-De means to you! Enter to win a chance to have your art featured on Chapa-De water bottle stickers to be distributed throughout the community.

**Submit an original graphic design that represents Chapa-De!**

**This could include:**

- Chapa-De buildings/grounds
- The people at Chapa-De
- How you feel at Chapa-De
- What Chapa-De represents
- The lands around Chapa-De
- And much more – show us your creativity!

**How to enter:**

1. Send us a direct message through Facebook, Instagram or LinkedIn
2. Attach the art piece you wish to enter in that direct message
3. Deadline to enter is December 10, 2024
4. Winners will be notified directly by December 20, 2024



**Please Note:** this is a fun opportunity to showcase your art and appreciation of Chapa-De. Please make sure your art includes your signature or mark and we will recognize the winning artist(s) publicly on our website and social media accounts. This contest does not offer any type of award or compensation. Winning artists will need to sign an art release to allow us to show off your art on our stickers and to agree that you will not receive any form of payment in exchange.



# CELEBRATIONS, GATHERINGS & EVENTS

## Medicare Open Enrollment

October 15 - December 7, 2024

It is the time of year when Elders and those living with disabilities can make changes to their Medicare insurance plan. The Health Insurance Counseling and Advocacy Program (HICAP) can help you to understand your options and what plans may work best for your individual situation and needs – call **916-376-8915** for more information. *Please be aware that if you enroll in a Medicare Advantage Plan (Part C plan), Chapa-De is not a contracted provider. This means that you will have to go to an outside contracted primary care provider for specialty care/referrals for the Medicare Advantage Plans to cover the service.*

## Alcatraz Indigenous Peoples' Thanksgiving Sunrise Ceremony

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

November 28, 2024

Alcatraz Pier 33 Ferry Terminal

Each year on Thanksgiving morning, ferries transport visitors every 15 minutes to Alcatraz Island for the Indigenous People's Sunrise Gathering. After the event, the ferries return visitors to the city with the last sailing at 8:45 AM. Learn more:

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

## Native American Heritage Month

November 29th is Native American Heritage Day

November is Native American Heritage Month with National Native American Heritage Day observed on the day after Thanksgiving. American Indians are acknowledged with 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 cultural fashion, unique recipes and speak out against the grave injustices experienced by Native Americans.

## Chapa-De Elders Party

Saturday, December 7th

Space is limited to the first 100 current active Chapa-De patients who are age 65 years of age or older to respond; please RSVP as soon as possible and no later than Friday, November 22nd. Elders may bring one guest. Confirm your attendance with Sami Enos at **530-863-4682** or Adrian Espinoza at **530-477-9569**.

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## Suggested Books & Movies

### Books

- *Wings of an Eagle: The Gold Medal Dreams of Billy Mills* (Illustrated Autobiography)
- *The Painted Drum* by Louise Erdrich (Novel)
- *Redbone: The True Story of a Native American Rock Band* by Christian Staebler, Sonia Paoloni and Thibault Balahy (Biography)
- *Cold* by Drew Hayden Taylor (Mystery)
- *Indian Burial Ground* by Nick Medina (Horror)
- *Looking for Smoke* by K.A. Cobell (Mystery Thriller)

### Movies

- Fancy Dancer

### Other

- *Princeton University Library Collection of Western Americana Photographs 1840-1998*. This is an outstanding collection of photographs capturing life for American Indians. Visit: [https://findingaids.princeton.edu/catalog/WC064\\_c2817?onlineToggle=false](https://findingaids.princeton.edu/catalog/WC064_c2817?onlineToggle=false)



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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.**

**NOVEMBER 2024**

# CHAPA-DE *News*



**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).