



CHAPA-DE
INDIAN HEALTH

Passionate People.
Compassionate Care.

FEBRUARY 2025

CHAPA-DE News



BISHEESH BRINGS HORSES (A CROW STORY)

As told by Grant Bulltail adapted by Sunie Wood

There was a young man way back when dogs were used to pack items to move about. His name was Bishéesh. He had a younger brother named Carries the Marrow Bone. They were members of a Crow Indian tribe. They decided to fast in the Teton Mountains. They went to Jackson Hole, Wyoming and built a temporary lodge and took a sweat bath. Carries the Marrow Bone stayed at the lodge and Bishéesh went way up on top of the mountain peaks to fast. And the older brother, Bishéesh, had a dream.

It was a dream about horses. Now see, they didn't have horses at this time. He was told in his dream that there were horses way down south where there were some pointed buildings and there were some bearded men there that wore metal for their clothing. He was told in his dream that the horses came from an island to the east of where the bearded men live. The strange people had animals you could ride on and move about. He was shown what these animals looked like and was told he would be the one to go south and get some of these animals. The energy told him it is a long way and he would need some people to go with him. And he was given the gift of these horses to bring back for his people.

You could not marry until you had an adventure planned in the old days. And so in the spring he heard the Northern River Crows were going south to explore and try to find horses. And so Bishéesh and his brother decided to go with them. Now he had an adventure and was able to marry. He fell in love and he got married.

Continued on page 3

INSIDE THIS ISSUE

| | |
|--|----|
| Chapa-De Honored with 2024 Clinic of the Year Award by CRIHB | 3 |
| Sweetgrass: A Kindness Medicine | 4 |
| Announcing New Cardiology Services at Chapa-De..... | 6 |
| How to Keep Heart Healthy..... | 7 |
| An Elder And A Round House Teach Us About Life's Seasons..... | 8 |
| What is Blood Quantum? | 8 |
| Our Traditions Can Lower Stress | 9 |
| Stars in the Waves..... | 10 |
| The Chapa-De Team is Growing! | 12 |
| Reach for Your Dreams! Scholarships for AIAN Students | 14 |
| Celebrations, Gatherings & Events | 15 |

Auburn Health Center
11670 Atwood Rd., Auburn, CA 95603
(530) 887-2800

Grass Valley Health Center
1350 E. Main St., Grass Valley, CA 95945
(530) 477-8545



MISSION STATEMENT

The mission of Chapa-De Indian Health is to advance the health and well-being of American Indians and low income individuals living in our communities by providing convenient access to high-quality, compassionate care.

LIST OF SERVICES

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

BOARD OF DIRECTORS

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



Brenda Adams, Chair



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.

MUG DESIGN CONTEST

Are you artistic?

Do you have a great idea for our annual Chapa-De mug?

Our November 2024 Newsletter featured a story on our Chapa-De mugs and their history.

It's a tradition that goes back many years.

This year, we want to give all of you the chance to have your artwork featured on our 2025 mug. Please submit your design idea through Facebook, Instagram, or LinkedIn messengers or email to newsletter@chapa-de.org

The winner of the contest will have bragging rights and receive a holiday gift basket complete with (of course) mugs.

We look forward to seeing your talent and ideas!



BISHEESH BRINGS HORSES (A CROW STORY)

Continued from page 1

There were 75 people in this expedition and as they went south they met some hostile people once in a while. But most of the people were friendly. And they kept going south until they came to the pyramids. And they found horses. On the way back with many horses they traveled a different route.

It took seven years for this trip. On the way back, a lot of the Crow men married women from other tribes. When they finally returned home, the men found all the women had married other men by now. But the woman Bishéesh married had stayed faithful to him and waited for him all these years. And she was the only one that had not married another man.



In honor of Bisheesh's vision, the Crow call the Tetons Bishéesh iilápxe, or Bishéesh's father.

Source and further reading: <https://nativememoryproject.org/animal/crow-place-names-grand-tetons/>

CHAPA-DE HONORED WITH 2024 CLINIC OF THE YEAR AWARD BY CRIHB

By Darla Clark

With this past year being Chapa-De's 50th anniversary, it was very fitting that the organization was also recognized as Clinic of the Year by the California Rural Indian Health Board (CRIHB). The award was presented to Chapa-De's CEO Lisa Davies at CRIHB's 55th Annual Board of Directors, Tribal Governments Consultation and Program Directors Meeting and Award Dinner held at Graton Resort and Casino in Rohnert Park. The award was in recognition of "the leadership and continued dedication to improve and expand health care services in Tribal Communities." This is a great honor considering CRIHB represents over 50 tribes and 19 tribal health centers in California.

In her acceptance remarks, Lisa reflected on role of the Indian Community that helped get Chapa-De started 50 years ago. If not for the dedication and advocacy of those early families, Chapa-De would not exist to provide health care to the thousands of American Indian/Alaska Native patients that use our services. She expressed gratitude to those past founding families and to the current dedicated staff who helped make Chapa-De Clinic of the Year.



PHOTOS BY KEVIN FISCUS PHOTOGRAPHY





SWEETGRASS: A KINDNESS MEDICINE

Guest submission to Chapa-De News

Sweetgrass – a kindness medicine – has a sweet gentle aroma when we light it.

We use 21 strands of sweetgrass to make a braid. The first seven strands represent those seven generations behind us - our parents, grandparents, and so on back for seven generations. Who we are and what we are is because of them. They've brushed and made the trails we have been walking up until now. The old people tell us that it takes longer for us to heal today and the reason is because the old trails our ancestors used to use to find us have been destroyed. They've build dams which have destroyed the old trails. They've build towns and cities where the old trails used to be. So now our ancestors are having a harder time trying to find us to help us heal.

The next seven strands represent the seven sacred teachings: love, respect, honesty, courage, wisdom, truth, and humility. The old people tell us how simple, powerful and beautiful the teachings are. Love – a very simple teaching. Respect - a powerful teaching. Humility – a beautiful teaching. When we truly understand the teaching of humility – that I am not any better than anyone else and you are not any better than me, and that at the end of the day we are all simply human beings - this is what makes this teaching powerful and beautiful.

The only thing wrong with the teachings is that we don't walk them every day. Love is only a four-letter word. It's when we walk that love, when we show it, when we live it, that's what makes these teachings powerful and beautiful. One other thing we are reminded is that how can we love someone else if we don't first love ourselves. How can we respect another if we don't first respect ourselves. They tell us that the teachings need to first start from within ourselves.

The last seven strands are for the seven generation in front of us: our children, our grandchildren, and those children yet to be born. Why are they important? Everything we do to Mother Earth will one day affect them. Right now the earth gives us everything and anything we can possibly want to have the life we



Sweetgrass, Hierochloa odorata, is a perennial grass that grows in the Northeast, Plains States, Alaska and Canada. A related species, Hierochloa occidentalis, grows on the West Coast. It is one of the four sacred medicines and lies in the Southern door of the medicine wheel. It is known as "Hair of Mother Earth." It has a sweet, vanilla scent from coumarin and is used for smudging, purification, and bringing in good spirits. It was also used medicinally for many ailments as well as a mosquito repellent.

have, but if we don't look after her, what's going to be left when it's their turn? The circle that's around me today, is that the same circle I want to pass on to them? Especially if my circle involves alcohol abuse, drug abuse, family violence, lying, stealing or cheating. Sometime it's up to us to break the cycle, and hopefully replace it with something better.

We put those 3 braids together, and they represent yesterday, today and tomorrow... mind, body and spirit... man, woman and child... man, woman and Creator.

When my son was born I made him a promise that we wouldn't cut his hair till he was seven years old. We cut it eight years ago (he's 15 today) but when he was four years old he already knew this teaching, because every morning as I'd get him ready for daycare, I'd braid his hair. I'd ask him, "Misko what does your braid represent?"

"Sweetgrass," he'd say.

"What does sweetgrass represent, my boy?" I'd ask.

"Kindness," he'd say.

"And what does each of your braids represent, my boy?"

"My mind, my body and my spirit," was his reply.

"Okay, what are you going to do at daycare today, my boy?" I'd ask.

"Dad, I'm going to be kind to my mind, my body and my spirit," he'd say.

"Awesome my boy!!! What's going to happen if you do that today?" I'd ask.

He'd say, "Dad! I'm going to be STRONG!!!!"

You see that's the second teaching that comes with this medicine. It's through our kindness that we are most strong. Anybody can raise their fist at anyone else. Anyone can use their words to hurt or put someone down. But when we have someone in our face trying to hurt us with their actions or words, and we still love, respect and show that person kindness... that takes a lot of strength!

These are the words of Anishinaabe Elder Wally Chartrand and was submitted to Chapa-De news by Chapa-De Chief Administration Officer, Anthony Reyes (Choctaw). It was shared to him by his cousin who lives on the Flathead Indian Reservation (home of the Confederated Salish and Kootenai Tribes of the Flathead Nation) in Montana. This is a beautiful example of the importance and long history of sharing oral traditions between and within native families and communities. Thank you for sharing Anthony!





ANNOUNCING NEW CARDIOLOGY SERVICES AT CHAPA-DE *By Darla Clark*

At Chapa-De, it's our mission to provide convenient access to high quality healthcare. We know that access to care can be a challenge and especially access to specialty care. Sometimes patients must wait weeks or even months to see a specialist. That's why we are very excited to announce that we now have general cardiology services available at our Grass Valley location.

Once a month, a cardiology specialist from Heart and Vascular Centers of America will be at Chapa-De Grass Valley to provide cardiology consultations. While some patients may still need to travel to get additional tests or procedures, we hope that having a cardiologist available at Chapa-De will allow you to get an initial consultation more quickly so you can get started on

your heart healthcare. The other benefit of having this service at Chapa-De is that it will be available at no cost to American Indian and Alaska Native patients. Your primary care provider will also have direct access to the cardiology specialists, which helps ensure seamless care.

If your primary care provider recommends that you see a cardiologist, now you won't need to wait for insurance authorizations or records to be sent to a specialist miles away. The Chapa-De team will simply make an appointment for you to see a cardiology specialist right at Chapa-De in Grass Valley. This service will be available to any active patient who receives their primary care at Chapa-De in Auburn or Grass Valley upon referral by a Chapa-De provider.

Salmon with Sweet & Sour Plum Sauce

From <https://plantainsandchallah.com/salmon-with-sweet-sour-plum-sauce/>

Ingredients

- 1 lb. Salmon
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon freeze dried basil
- 1 small jar of plum preserves (9 oz. Jar)
- ¼ cup of good balsamic vinegar
- Chopped parsley for garnish if desired.

Instructions

1. Preheat your oven to 375 degrees.
2. Season the salmon with salt, pepper, garlic, and onion powder. In a small bowl, mix the plum preserves and balsamic vinegar and pour over salmon. Sprinkle the top with the freeze dried basil.
3. Bake in oven for approximately 10 minutes (7 – 8 minutes if you have a convection oven). The inside middle of the salmon should be opaque and spring back to the touch and the top should be caramelized and sticky.
4. Top with chopped parsley.



HOW TO KEEP HEART HEALTHY

By Cheyenne Mulder

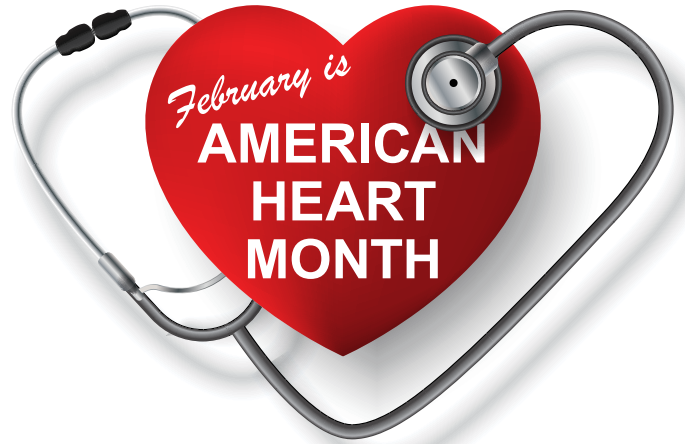
February is American Heart Month and according to the American Heart Association, this year's theme is "Reclaim Your Rhythm." There are a variety of things people can do to promote their heart health and avoid cardiovascular (heart) related diseases and complications. Eating a healthy balanced diet, getting daily exercise, keeping up with medical appointments, taking prescribed medications, and working on overall lifestyle habits can make a huge difference in maintaining/achieving heart healthy benefits.

Eat Healthy: A diet rich in fruits, vegetables and whole grains is a great promoter of heart health. These foods are all high in fiber which can help lower cholesterol levels, contain a variety of vitamins, minerals and antioxidants that can help keep your heart and body healthy.

Get your Exercise: The CDC recommends doing at least 150 minutes of moderate-intensity aerobic activity every week, such as brisk walking. You can also do a combination of cardiovascular and strength training for added health benefits. This can include walking, jogging, hiking, and even swimming. Exercise not only helps with your heart health, but can also help with reducing stress, improve mood, and assist with weight management.

Stop Smoking/Vaping: Smoking is a hard habit to kick, but it can really make all the difference if you are working on lowering your blood pressure and developing new habits to promote your heart health. Talk to your provider if you need additional support. If you are interested in community resources, visit KickItCA.org/ or call **1-800-300-8086**.

There are several other factors that can contribute to being heart healthy such as getting regular checkups (including routine blood work), checking your blood pressure regularly if recommended by your primary care provider, getting adequate sleep and finding ways to reduce stress and increase your level of relaxation.



Hear it from a Professional: Dr. Glenn Gookin (Chapa-De Staff Physician/ Residency Program Director)

"There is significant evidence, and I strongly subscribe to the idea of cardiovascular fitness being an important tenant of overall health. I encourage my patients to follow the recommendations of the American Heart Association of at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week. I recommend to add moderate- to high-intensity muscle-strengthening activity (such as resistance or weights) on at least 2 days per week. Spend less time sitting. Even light-intensity activity can offset some of the risks of being sedentary.

Those recommendations are minimums! I tell patients to gain even more benefits by being active at least 300 minutes (5 hours) per week. And changing habits is a very hard thing. It cannot be accomplished all at once. I recommend a graduated or graded exercise program to ramp up at a reasonable rate!"

If you would like to learn more about how to keep your heart healthy, schedule time with your Chapa-De medical provider. We will meet you where you are in your health journey and partner to find a routine that works best for your lifestyle. Schedule now with the Healow app.



AN ELDER AND A ROUND HOUSE TEACH US ABOUT LIFE'S SEASONS

By Holly Castro

This last year, members of the Chapa-De Behavioral Health team attended a Native healing conference where an elder shared a profound story with us. He spoke of the recent rebuilding of a round house, drawing upon the wisdom passed down from their ancestors. He recounted the disagreements that arose over the smallest, most minute details during the construction process. For months they meticulously prepared the wood, ensuring that no manmade materials were used in the round house, just as their elders had done, following their traditional practices.

The pivotal moment came when a debate erupted over whether to apply a treatment to the wood to prolong its life. Disagreements echoed among the group, and the issue was eventually elevated to the Board. Finally, this elder broke the silence. He stated, "This is supposed to get old. Things change. They are meant to and the knowledge these young ones gain from this process will transform into wisdom when they become elders. They will teach the next generation, who will eventually build a new one."

The wisdom in this simple teaching extends far beyond what he may have realized. Change is a natural part of life; things grow new, grow old and that is perfectly normal. Within all seasons, there is wisdom to be found and nothing is meant to last forever. All things,



round houses, forests, humans, thoughts, and ideas are in a constant state of change reflecting the season they are in.

As we move through this year, I hope it will bring you many blessings, gifts, ideas and connections. The last 50 years at Chapa-De Indian Health have been marked by tremendous change, and we are grateful that many of you have been a part of this journey from the beginning and have showed us patience and grace throughout.

As we grow, we strive to remember our roots, our people and our origins. Please know that you are cared for in all seasons of change. Happy blessings to you and yours. A'ho all my relations.

WHAT IS BLOOD QUANTUM?

By Darla Clark

Blood quantum is a concept that was first used by white settlers and refers to the amount of so-called "Indian blood" that an individual possesses. Blood quantum appears as a fraction and is "calculated" based on an individual's family tree. It involves dividing an individual's parents' combined degree of "Indian blood" in half. The notion sprang from U.S. colonial and racial biases. Non-Native people devised this way to define Native American identity by degree of affiliation to a tribe in their family history. It was also a way to reduce tribal enrollment and dole out benefits, such as land allotments, which were smaller for

those deemed to have lower blood quantum. Surplus allotments were then sold to non-Natives. Historically, however, Native people have not used blood quantum to define their identity or belonging to a particular community. "Blood quantum" is a controversial topic and has created complicated and difficult scenarios for many Native families, as highlighted in *Reservation Mathematics: Navigating Love in Native America* (<https://americanindian.si.edu/developingstories/irvine.html>)

Fortunately, health care benefits at Chapa-De are determined by lineal descent and not by blood

quantum. Eligibility for services is determined by linking, through birth and/or death certificates, to a family member who is American Indian/Alaska Native that possesses proof from a federally recognized tribe OR from the Bureau of Indian Affairs (BIA). It is not necessary to be a Member of a Federally recognized tribe, descendants are eligible. Descendants of California tribes that were terminated are also eligible and can use documentation from the BIA.

For questions about eligibility for services at Chapa-De, please contact Community Health Representative Sami Enos at (530) 863-4682.

Sources and further reading:

- nativegov.org/resources/blood-quantum-and-sovereignty-a-guide/
- npr.org/sections/codeswitch/2018/02/09/583987261/so-what-exactly-is-blood-quantum

DO YOU HAVE MISSING MONEY?

The Department of the Interior is holding money for tens of thousands of Indian beneficiaries of Individual Indian Money (IIM) Accounts. Some of the accounts contain over \$100,000. You can use their search tool to look up your name or the name of family members or friends. Get the money that is rightfully yours.

Find money that's owed by going to this website: <https://www.doi.gov/ost/search-unclaimed-accounts>



OUR TRADITIONS CAN LOWER STRESS

By Viola Lopez-Salinas

Today in modern times, we can forget traditions, songs, language and healing. Our daily routines often don't give time to think about how we can manage stress in our own way. I would like to share some tips that may help.

Smudging: take this time to focus on prayer, cleansing your home and bringing positive energy for yourself and family. Smudging in silence can be a form of meditation. This makes you feel safe, less stressed and more relaxed. Practice this every day or at times when you are feeling anxious or down.



Gatherings: attend an event that offers drumming, singing and dancing. Stay connected to your traditional songs. Socializing in an event with others can bring new connections. Attend a round dance, powwow, or Big-time.

Food: do you know a native traditional meal? Can you share a recipe or teach a family member to make and share with each other? Some may find cooking therapeutic and healthy. I share the recipes that my mother and aunties gave me to my daughters now and it brings a special feeling of endearment.

Crafting: drawing, beading, or sewing also releases some stress. I find that making a shawl or necklace may take some time but creating something beautiful is rewarding.

Going outside: walking in a beautiful park or trail is another way to take your time to think and enjoy your surroundings. The sounds such as birds or running water can relieve stress you are feeling with the benefit of moving your body for better health.



STARS IN THE WAVES

By Aimee Sagan

Alcatraz is commonly known as a historic high-security prison. In many Native American communities, it is better known as the location of the 19-month Alcatraz Indian Occupation. And to an exclusive few, it is the starting point of a life-changing swim.

On October 14, 2024, a group of 5 Native Americans from a variety of tribal backgrounds jumped into the chilly waters off the shore of Alcatraz Island. Together, along with an abundance of support and guidance from family and volunteers, they swam all the way to the shore of San Francisco. Each year, a non-profit organization called Pathstar hosts these Alcatraz swims and this year's group was extra special. Four of the five swimmers had completed the swim before and received a special invitation to join an alumni swim. Included in this group was Chapa-De employee Donna Nunn (Cherokee Nation).

Donna beamed as she explained the life changing experience which wasn't just the swim, but the whole week leading up to the big event. Pathstar's mission is to support the health and well-being of Native American communities. They do this by creating life changing experiences and then ask the participants to go back to their communities to share what they learned.

The Alcatraz swim experience included bringing the swimmers to live together for a week. They got to know each other while learning to cook delicious healthy meals and exercising together every day. They also had the opportunity to tour Alcatraz with Eloy Martinez as their tour guide. Eloy was one of the occupiers and shared his experiences about life there.

Looking back on the experience, Donna said, "I look at life a little differently now. Especially nutrition." She explained that American Indians are much more





Chapa-De employee Donna Nunn (Cherokee Nation) participating in the Pathstar Alcatraz Swim.



likely to experience diabetes, high blood pressure and other health complications. She learned how to prepare meals in a healthier way and realizes she is very satisfied. She doesn't miss or feel like she is missing out on the less healthy foods she used to eat. She is also left with a deep sense of gratitude for the hundreds of volunteers that pitched in to make the swim possible. "Seeing and feeling that support," Donna said, "it makes you want to take that and share it! I want to help someone else and encourage others, too. It reminds me that we all have a purpose."

When asked what she would say to someone considering joining the Pathstar Alcatraz Swim, Donna exclaimed, "DO IT! Be amazed at what you can do. Both the swim and nutrition to live a healthier life longer."

You can learn more about Pathstar at www.pathstar.org/. The Chapa-De Diabetes Department is also available and can offer a wealth of information, support and resources related to nutrition and exercise.





THE CHAPA-DE TEAM IS GROWING!

By Tayloranne McLeran

Our recruiters have been hard at work finding more providers to expand our care! These providers are now available to support your health needs at our Auburn and Grass Valley locations:

Medical & Behavioral Health Providers



Daniyal Iqbal, DO – Psychiatrist

I am a Doctor of Osteopathic Medicine with a focus in Psychiatry. I specialize in anxiety & depressive disorders as well as cultural psychology. 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.

Dr. Iqbal attended the College of Osteopathic Medicine of the Pacific at Western University of Health Sciences and completed residency at Kirk Kerkorian School of Medicine at the University of Nevada Las Vegas. In his off hours, he enjoys football, basketball, travel, and spending time with family and friends.



Thais Marek, NP – Family Nurse Practitioner

I am a Nurse Practitioner specializing in family medicine at Chapa-De Grass Valley. I strive to support health equity in my community. By establishing a non-judgmental and healing

partnership, my patients are able to make informed decisions regarding their path moving forward to meet their desired health goals.

Thais attended Frontier Nursing University and completed her residency at Highland Hospital in the Alameda Health System. In her personal time, she enjoys spending time with loved ones and finding special experiences while traveling. She also enjoys reading, cooking, and attempting to knit.



Mary Montaldo, Ph.D. – Psychologist

I am a psychologist at Chapa-De in Auburn where I specialize in supporting the Behavioral Health of our communities. I also have special interest in the care of children, families and transgender

mental health. By using tools like Cognitive Behavioral Therapy and family systems, I take a collaborative approach with my patients to follow their lead in their care to find what works for them.

Dr. Montaldo attended the Pacific Graduate School of Psychology at Palo Alto University. In her free time, she enjoys listening to music, fashion, and expanding her knowledge about religion.



Alexandria Olosunde, LMFT – Therapist

I am a therapist at Chapa-De Indian Health in Auburn. My practice is person-centered using emotion and solution-focused therapy. I specialize in couple's therapy, relationship skill building, premarital

counseling, depression & anxiety and holistic wellness. Through my work, I strive to provide holistic healthcare to the communities who can use care the most.

Alexandria attended the University of Akron. In her personal time, she enjoys anime, gaming, and sports (basketball fan!). She also loves to travel as well as visiting museums and trying delicious foods.

Dental Providers



Marleah Nurse, DDS – Dentist

I am a dentist at Chapa-De Auburn. I am passionate about delivering care to those who need it the most and giving back to my community. I strive to deliver thorough, quality care to every patient by meeting

them where they are. Together, we can reach their health goals by establishing a good baseline and establishing a preventive care routine.

Dr. Nurse attended the University of California San Francisco School of Dentistry. When away from work, she loves to travel, experience new cuisines, cook, and read.



Dr. Nicole Shanklin, DDS – Dentist

I am a Dentist at Chapa-De Auburn. I am honored to be able to serve my community by providing excellent dental care curated for each patient I see. I partner with them to improve long-term dental

health and their overall health. By sharing knowledge and education, I encourage patients to play a role in their care plan, focusing on preventative care wherever possible. I love helping people regain their confidence and their smiles.

Dr. Shanklin attended the Medical College of Georgia, College of Dental Medicine. In her personal time, she enjoys relaxing with family, taking trips to the beach, and reading long books.

Understanding Your Healow App Balance Information

Submitted by the Chapa-De Billing Department

We are reaching out to share some important information about using the **Healow App** to manage your health care at Chapa-De. While the app provides helpful tools for scheduling, accessing medical records, and viewing balances, there's one key point to keep in mind about the **current balance** displayed in your account: **the balance may NOT always be accurate.**

The balance shown in your Healow App may not reflect your account's true status. This could be due to updates in our billing system, pending insurance claims, or other factors that may not sync instantly with the app.

What Should You Do?

If you notice a current balance in your account, we recommend verifying it by contacting our Billing Department at (530) 887-2800 before taking any action. Our team will provide the most up-to-date and accurate information about your account.

Why Contact the Billing Department?

Our billing experts have access to the most current and accurate information, including pending adjustments, insurance payments, and recent updates. They're here to ensure you have clarity and confidence in your account balance.

We value your trust and want to make sure your experience with the Healow App is as seamless as possible. Please don't hesitate to reach out if you have any questions or need assistance.



CHAPA-DE INDIAN HEALTH

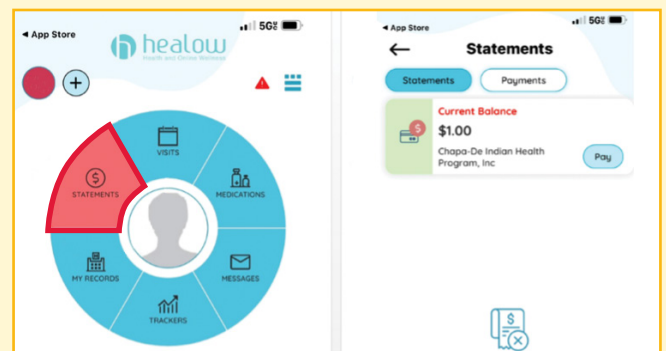
Make an Appointment Online

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- Refill prescriptions
- And more!

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 GET IT ON Google Play

Use provider code **AHHIAD** to get started





REACH FOR YOUR DREAMS! SCHOLARSHIPS FOR AIAN STUDENTS

Compiled by Sami Enos

Here is a list of links to many grant and scholarship programs. Please also research the school you plan to attend. Research any Native American clubs on or around campus. Reach out to tribes that are in the area of the school you plan on attending. Apply for grants and scholarships even if they are not Native American or American Indian specific.

Individual Grants & Scholarships

Rankin Foundation Native Women Scholar Grants
<https://rankinfoundation.org/native-woman-scholar-grant/>

American Indian College Fund:
<https://collegefund.org/students/scholarships/>

DAR American Indian Scholarship
<https://www.dar.org/national-society/scholarships/american-indian> via email redeanscholarship@nsdar.org.

American Indian Education Fund® (AIEF)
<https://nativepartnership.org/aief/>

Southwest Native American Foundation (Swnaf)
<https://swnaf.org/scholarships.html>

Catching the Dream
<https://catchingthedream.org/>

The Partnership Member Scholarship Program
<https://www.partnershiphp.org/About/Pages/MemberScholarshipProgram.aspx>

Additional Compiled Lists of More Scholarships:

Northern California Indian Development Council
<https://ncidc.org/scholarships-native-american-students-0>

Native Forward Scholars Fund
<https://www.nativeforward.org/>

Scholarships.com
<https://www.scholarships.com/financial-aid/college-scholarships/scholarships-by-type/minority-scholarships/american-indian-native-american-scholarships>

California Indian Education Network
<https://www.californiaindianeducation.org/financialassistance/>

Native American Advisory Council
<https://www.cnm.edu/depts/student-support/advisement/cultural-teams/naac/private-scholarships>

Sallie Mae
<https://www.salliemae.com/college-planning/college-scholarships/types-of-scholarships/minority-scholarships/native-american-scholarships/>

Bureau of Indian Education
<https://www.bie.edu/landing-page/scholarships-internships>

Financial Aid Information

FinancialAid.Org
<https://finaid.org/otheraid/natamind/>

Native American Opportunity Plan for UC Admissions
<https://admission.universityofcalifornia.edu/tuition-financial-aid/types-of-aid/native-american-opportunity-plan.html>

Discover How to Qualify for Native American Scholarships by Cobell Scholar
https://cobellscholar.org/cobell_blog/discover-how-to-qualify-for-native-american-scholarships/

The Ultimate Guide to Native American Scholarships and Grants by the Scholarship System
<https://thescholarshipssystem.com/blog-for-students-families/the-ultimate-guide-to-native-american-scholarships-and-grants-for-college/>



Dates to Remember

April Moore Memorial Scholarship Applications Are Due – February 28th

Chapa-De offers the April Moore Memorial Scholarship to local American Indian/Alaska Native students. Applications are being accepted for the 2025-2026 school year. This scholarship is in memory of April Moore. April served on the Chapa-De Board of Directors for 26 years. She dedicated her life to advancing the lives of AIAN people. Students can receive up to a \$2,500 scholarship! The student must be attending or planning to attend college or a technical, trade, or vocational school.

For more details and the application form, visit <https://chapa-de.org/auburn-health-clinic/2500-scholarship-now-available-through-the-april-moore-memorial-scholarship-program/>

Murdered and Missing Indigenous People Awareness Day – May 5th

Every year, there are marches, protests, bike rides, fundraisers, and more to raise awareness for the MMIP cause and fight against the injustice that's happening to Native people and their families every day. Join Chapa-De in wearing red on May 5th and find other ways to support the movement at <https://www.nativehope.org/missing-and-murdered-indigenous-women-mmipw>.

Events

Fox Walkers Youth Programs

Nature based Indigenous skills classes for children in Nevada City, CA. Sliding scale fees.
<https://www.4eee.org/california>

3rd Annual Marin Pow Wow – March 23, 2025

835 College Avenue, Kentfield, CA 94904
https://calendar.powwows.com/wp-content/uploads/marinpowwow2025_save_the_date_ver31oct2024_150dpi.jpg

Gathering of Nations Pow Wow – April 24-26, 2025

Largest Pow Wow in North America
 Powwow Grounds Expo New Mexico, Albuquerque, NM
<https://www.gatheringofnations.com/>

National Park Fee Free Days 2025

- April 19 – First Day of National Park Week
- June 19 – Juneteenth
- August 4 – Great American Outdoors Day
- September 27 – National Public Lands Day
- November 11 – Veterans Day

SNAHC Community Pow Wow Drum & Dance Class

1st and 3rd Tuesday of every month
 6:00 p.m. – 8:00 p.m.
 Sacramento Native American Health Center (SNAHC)
 3800 Florin Road, Sacramento, CA 95823

More

Discovering California's Rich Native American Heritage: California Native American Travel Guide

From Pow Wows to delicious, indigenous-owned restaurants, museums, and even breweries, here are some of the best cultural experiences to have in California from PowWows.com. See: www.powwows.com/discovering-californias-rich-native-american-heritage-california-native-american-travel-guide/

Books Written by Native and Indigenous Authors

Pulitzer Prize winning author Louise Erdrich recommends these books written by Native and Indigenous authors. See: <https://www.today.com/popculture/books/books-by-native-indigenous-authors-rcna180643?bbeml>

For Adults:

- Everything You Wanted to Know About Indians But Were Afraid to Ask by Anton Trueur
- Sinister Graves by Marcie R. Rendon
- The Serviceberry by Robin Wall Kimmerer

For Children:

- Berry Song by Michaela Goade
- Giving Thanks: A Native American Good Morning Message by Chief Jake Swamp



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If you no longer want to receive this newsletter, email us at Newsletter@chapa-de.org or call (530) 887-2800 ext. 2924



CHAPA-DE
INDIAN HEALTH

**Passionate People.
Compassionate Care.**

FEBRUARY 2025

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.