



CHAPA-DE  
INDIAN HEALTH

Passionate People.  
Compassionate Care.

MAY 2025

# CHAPA-DE News



## STRAWBERRY MOON

By Sunie Wood

Many tribes call June the Strawberry Moon since that is the month strawberries ripen.

### A Retelling of The First Strawberry

A Cherokee story says the strawberry was used to unite First Man and First Woman. According to legend, First Woman and First Man had a beautiful place to live set up near a river. They had everything they needed. They had a home and plenty of food and they had each other. But one day, they had an argument, and First Woman walked away and said she was never returning. The Sun was looking down upon them from the great blue sky. He saw their sadness and he asked First Man if he was still angry with First Woman. First Man said he was not still angry with her and wanted her to come home. Sun, trying to get them back together, shone his rays on the ground and ripe huckleberries sprung up on her path but she did not stop. She walked past them. He tried again with ripe serviceberries but she did not stop for them. He felt pity for First Man, and, wanting to reunite them, laid blackberries on the trail but she kept walking. Then he created strawberries and put them on the path in front of her. She saw this new, sweet, red fruit and stopped to eat it. The taste brought back happy memories of her partner and as she looked at the strawberry she saw it was shaped like a heart. She stopped to gather them



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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



David Keyser,  
Vice-Chair



Jasmine Caesar-Walker,  
Member



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.



## MMIW: MISSING AND MURDERED INDIGENOUS WOMEN AWARENESS DAY

By Viola Lopez-Salinas

May 5th is a day to raise awareness of the alarming rate of missing and murdered Indigenous women in the United States and Canada. The National Crime Center reported that in 2016 there were 5,712 cases of missing American Indian and Alaska Native women and girls. To commemorate the day, please wear red and show your support. You may also see the red hand painted over people's mouth which stands for the women and girls who have not been heard from. It also calls attention to a lack of media coverage and law enforcement support. There is another acronym that people use for this day, MMIP which stands for Missing and Murdered Indigenous People.

To learn more information on statistics and support please visit [NativeHope.org](https://NativeHope.org)

#NoMoreStolenSisters

## STRAWBERRY MOON *Continued from page 1*

and turned around and reunited with First Man and shared her strawberries with him.

### Strawberries Today

Today's strawberries can be found in markets nearly year-round as they have been hybridized and are often grown in greenhouses. Species of strawberries are native to countries around the world. But it was the very tasty variety native to America (*Fragaria virginiana*) that was 'discovered' by colonists and crossed with other varieties to create the large, red strawberries we know today. That variety of strawberry grows wild across much of the United States and Canada and was an important medicine and food source for many tribes. The small, sweet berries were mostly eaten fresh but also mixed with cornmeal and baked into a cake. They were also picked and sun dried for use in winter where they were often mixed with animal fat to create a nutrient-dense slow food. Strawberries are very high in vitamin C and were considered a sacred food. In California, the little woodland strawberry grows wild in many parts of the state and was also enjoyed by many different tribes. It is small but very sweet with a strong strawberry flavor. It has established itself at Chapa-De's Grass Valley clinic and makes a beautiful ground cover as well as a tasty snack.

### Grow Strawberries at Home

Strawberries are easy to grow at home and can provide tastier berries than store bought. You can even grow them in a tiered planter if you don't have a lot of room. Purchase plants from your local nursery in early spring and make sure they are planted in loose, fertile, well-draining soil that receives at least eight hours of full sun a day. Keep them well watered and use netting to protect them from birds, if necessary.

#### Oneida Tehim (Strawberry) Juice Recipe

*From Native Roots Farm Foundation*

##### Ingredients

4 cups strawberries  
 ¼ to ½ cup maple syrup  
 4 cups water

**Instructions:** Wash, hull, and slice strawberries. Put in blender with maple syrup and water. Blend until smooth. Refrigerate until cool. Serve over ice if desired. Enjoy!

#### Sources and Further Reading

- <https://www.northerncherokeeanation.com/the-chokeee-legend-of-the-first-strawberry.html>
- <https://www.nativerootsde.org/blog/strawberries>

## NATIVE STRAWBERRY TRADITIONS

*By Viola Lopez-Salinas*

As the summer months are approaching, a warmer season is upon us. Seasonal fruits are harvested and we can begin making food or drinks with things such as strawberries. I wanted to share some stories from other tribes around the meaning of the strawberry and their significance. The strawberry, or "heart berry" as the Anishinaabe say, is considered sacred, medicine and respected with teachings and meaning. The Ojibwe Nation believe the strawberry represents the heart, love and life. A gift from Mother Earth to respect all living things. The Kashaya Pomo hold ceremonies for the first strawberries of the year and celebrate during the strawberry festival. They say strawberries should be blessed before eating. The Oneida Nation celebrates with a ceremony in the month of June. According to their tradition, Sky Woman brought strawberries and other plants down with her as she fell from sky. For the Mohawk Nation, wild strawberries are used in their ceremonies and they make strawberry juice that symbolizes generosity. I myself enjoy a traditional wojapi made of fresh strawberries!





# SPINACH STRAWBERRY SALAD AND POPPY SEED DRESSING

*From Well Plated by Erin*

## Ingredients

¾ cup raw pecans  
 ½ small red onion thinly sliced  
 10 ounces fresh baby spinach  
 Or spring salad mix  
 1-quart strawberries hulled and quartered  
 ¾ cup crumbled feta cheese

## Dressing Ingredients

¼ cup balsamic vinegar  
 3 tablespoons extra-virgin olive oil  
 1 ½ tablespoons poppy seeds  
 1 ½ tablespoons honey  
 ½ teaspoon Dijon mustard  
 ½ teaspoon kosher salt  
 1/8 teaspoon ground black pepper

## Preparation

Preheat your oven to 350 degrees. Spread pecans in a single layer on an ungreased baking sheet. Bake for 8-10 minutes, until the pecans smell fragrant. You will roughly chop once toasted and cool. Place the sliced onions in a bowl and cover with cold water. Let the onion sit while you prepare the rest of the salad. Prepare the dressing in a small mixing bowl, whisk together all the dressing ingredients-vinegar, oil, poppy seeds, honey, mustard, salt, and pepper until well combined.



PHOTO COURTESY OF WWW.WELLPLATED.COM



## Assemble the Salad

Place the spinach in a great big serving bowl. Add the strawberries. Drain the red onion and add it as well. Drizzle about half of the dressing over the salad and toss to coat the leaves. Assess the amount of dressing. You want the spinach leaves to be nicely moistened. Add the feta and pecans. Toss lightly to combine. Serve immediately and enjoy.

**Source:** <https://www.wellplated.com/spinach-strawberry-salad/>

# A TRIP TO THE FOLSOM CITY ZOO SANCTUARY

By Tayloranne McLeran

The Folsom City Zoo Sanctuary is sandwiched between the beautiful local library and Folsom City Lions Park. If you drive a little too far or blink when turning in, you just might miss the front gates. The laughing children enjoying a mini train ride just to the right of the entrance will be your sign you are in the right place.

When I visited the Folsom City Zoo Sanctuary, it was a Saturday. We arrived mid-day and were worried that there would be no parking or a lot of people crowding the animal displays. We were happily surprised that neither was the case. We got front-row parking, “Princess parking,” as my husband called it. I really felt like a princess in that moment as we discovered the zoo sanctuary was nearly empty. The staff were very welcoming and it felt like it was open just for us.

With us was our newly-turned 1-year-old. We had him in a chest-carrier and I was glad we did because the zoo is located on a hill. His stroller would have been a lot to push up and down to each display. He could see over all the railings at the animals. There were monkeys, lemurs, parrots, and a serval in the first section. Some other animals were sleeping away the day in their dens but each display had information about each animal, their stories, and my favorite, their Nisenan and Miwok names. As we went deeper in the zoo, this became even more special as we entered the local animal section.



Sign with Nisenan and Miwok names at the Folsom City Zoo Sanctuary.



Cedar the Mountain Lion at the Folsom City Zoo Sanctuary.

The mountain lion there was beautiful. We looked up and saw a sign that said she could jump 15 feet straight in the air. What really amazed me and the baby, though, were the two golden eagles who would flap their wings to show their 7 foot wingspan.

The entire walk through the zoo took about an hour. There were benches along the way and in front of a few of the displays. There is a small gift shop at the entrance with gifts for the whole family. We left with a fox lovey and a onesie for the baby that said he was “Beary Tired.” The zoo exit comes out right at the park’s jungle gym which is perfect for the kiddos who didn’t wear themselves out all the way in the zoo. Even though it was a quick outing, it was worth the experience and memories. The \$7.00 ticket price isn’t too bad, either. Plus, children under two are free!



FRIENDS  
of the  
FOLSOM ZOO SANCTUARY

Learn more:  
<https://folsomzooofriends.org/>



# GROUNDBREAKING CEREMONY FOR SOUTH PLACER HEALTH CENTER

By Aimee Sagan



*Leonard Osorio, UAIC Tribal Secretary*

On Tuesday, March 18, 2025, the Chapa-De Indian Health Leadership Team, Board Members and Newsletter Committee gathered for a groundbreaking ceremony with United Auburn Indian Community tribal leaders, local elected officials, and community partners. The event was to commemorate our new 62,000 square foot facility which is being built at 1451 W. Stanford Ranch Road in Rocklin, CA.

The ceremony started with a blessing by Alan Wallace, partially in the Nisenan language. Alan has had ties to Chapa-De since its founding and his sister, April Moore, was a Board Member for over 26 years. Having him open the ceremony was especially meaningful.

Sonia Keller LaPointe, the drum keeper of Mother Drum Ishka, also joined us to share some remarks and led a women's drum circle of traditional song. Sonia is a longtime community member and a past Board Member for Chapa-De.

Chapa-De Board Chair Brenda Adams and United Auburn Indian Community (UAIC) Tribal Secretary Leonard Osorio also joined Chapa-De CEO, Lisa Davies in speaking about our project and the impact it will have in the community.



*Lisa Davies, CEO of Chapa-De Indian Health*





“Today marks a significant milestone as we celebrate the official groundbreaking of our new South Placer Health Center,” said Lisa Davies, CEO of Chapa-De Indian Health. “This new site will allow Chapa-De to expand access to high-quality, culturally responsive healthcare for Native American and low-income community members. We look forward to opening this beautiful health center and enhancing accessibility in the South Placer region.”



*Artist rendering of the South Placer Health Center East Entry*

The South Placer Health Center is anticipated to open in late 2026 and will initially provide comprehensive medical, dental, behavioral health, and diabetes care services, aiming to serve an additional 15,000 patients once fully operational. It will also create 150 new jobs and preference for hiring will be given to qualified Native American applicants.



*Artist rendering of the South Placer Health Center North Entry*



# BEHIND THE SCENES AT CHAPA-DE

By Sunie Wood

You may have noticed our clean, well-maintained facilities during your visits to Chapa-De. We take pride in offering an environment that not only meets the highest standards of care but also promotes healing and wellness. Our maintenance staff makes all of this happen. Our hardworking, dedicated team is led by Facilities Manager Tim McLinden. He is joined by his skilled staff Travis Day, Facilities Technician II, and Dylan Starks, Facilities Technician I. Behind the scenes, they tackle every issue and project that keeps our facilities functioning, attractive and safe. Chapa-De now has seven buildings, 22 acres of land, and 350 employees so this is no easy task.

I spoke with the Facilities Team and here is what they shared about their work at Chapa-De:

## How long have you worked here?

**Tim:** 4 years

**Travis:** 11 years

**Dylan:** 3 years

## What are some of the challenges of your job?

**Tim:** I often face unique challenges that require a blend of healthcare expertise and facility management skills. It's been challenging to keep up with the pace of our growth and ensuring we have sufficient space for new positions and patient services. I often have to find creative solutions to accomplish this. Another challenge is balancing preventative maintenance, responding to urgent issues, and managing multiple improvement projects while following federal, state, and tribal regulations.

**Travis:** It can be challenging when there are complicated problems with equipment, and it needs to be diagnosed before repairs can be made. There are different things that need repair all the time. Everyday it's something. Getting parts for repairs can be hard too.

**Dylan:** Dealing with the weather. Every day is different and I never know what to expect when I show up to work. It can be challenging when emergencies happen and need to be fixed as soon as possible.



From left to right: Dylan Starks, Tim McLinden, and Travis Day in 2023 snowstorm at our Grass Valley location.

## What do you like about working at Chapa-De?

**Tim:** I am very grateful to be a part of the Chapa-De team and feel like we are a big family. I take pride in working for an organization that is passionate about caring for the underserved communities. I also really enjoy the diversity of my work. I consider myself especially lucky to have a strong, well-rounded facilities team.

**Travis:** I love my job. I like the people I work with. It's nice when my coworkers give me positive feedback and appreciate what I do here.

**Dylan:** Everyone here is fantastic. My coworkers are really nice people.

**We appreciate everything they do here, and we hope you do, too.**



# MEMORIAL DAY: THANK YOU FOR YOUR SERVICE AND SACRIFICE!

By Cheyenne Mulder



This year, the United States celebrates Memorial Day on May 26th. On this day, we take time to remember and honor the brave soldiers who passed away while serving in the U.S. military. In times of war, many are called to protect the country they call home and the freedom that comes along with their fight.

Native Americans have played a significant role in military service throughout the history of the United States. Natives have experienced a turbulent journey throughout the colonization of their home country. Still, they have consistently taken up the responsibility to protect these lands and stand up with courage.

### According to the National Indian Council on Aging:

- American Indians and Alaska Natives serve in the Armed Forces at *five times the national average*. They have served with distinction in every major conflict for over 200 years.

- Native people have the highest per-capita involvement of any population to serve in the U.S. military. Approximately 1.4% of the U.S. population is Native. Compared to 1.7% of military service members are Native (not including those that did not disclose their identity).
- *27 American Indians have received the Medal of Honor* to date. This is the nation's highest military honor.
- American Indians have participated in every major U.S. military encounter from the Revolutionary War to today's conflicts in the Middle East.

To all the loved ones and families of our Native American veterans who lost their lives fighting for the land of their ancestors. From all of us here at Chapa-De, we thank you for your service and sacrifice!

For more information, please visit <https://www.nicoa.org/american-indian-veterans-have-highest-record-of-military-service/>



# ADDITIONAL BENEFITS FOR CALIFORNIA NATIVES

By Darla Clark

If you are a member or a descendant of a tribe based in California AND you reside in an eligible county (one of twenty rural counties in California) AND you are a current Chapa-De patient, you may be eligible for additional benefits at Chapa-De. Known as Purchased and Referred Care, or PRC, it is special funding from the Indian Health Service that covers additional services at and outside of Chapa-De. The eligibility rules for this program can be a bit complicated, but it is intended to supplement the care provided at Chapa-De for eligible patients who don't qualify or have other resources.



## What is covered?

The program covers a number of supplemental medical and dental services that are provided outside of Chapa-De's walls. This includes dental crowns, partial and full dentures made at outside dental labs, and specialty dental care such as oral surgery and root canal specialists. PRC also covers preventative care such as mammograms and colonoscopies. Prescription drugs in Chapa-De's pharmacy and eyeglasses from our optometry department are also included up to a limited dollar amount. Emergency room and hospital services can be covered but Chapa-De must be notified about these within 72 hours of receiving the services.

## What is not covered?

Care or services that are not approved in advance by the Chapa-De PRC Coordinator and emergency care that is not authorized within 72 hours of receiving the services are not covered. It also will not cover elective or cosmetic services, such as dental implants or LASIK eye surgery. PRC also does not cover services when there is an alternate resource available to cover it, such as private insurance or Medi-Cal.

## How do I know if I qualify?

As mentioned above, the eligibility can be quite complicated and can vary for each episode of care depending on the service and your personal circumstances. It is best to speak with Chapa-De's PRC Coordinator if you have any questions regarding benefits or eligibility.

## I'm an American Indian patient. Why does Chapa-De have so many rules in order to receive PRC?

PRC is federally funded through the Indian Health Service and Chapa-De is required to follow federal rules pertaining to eligibility and priorities for these limited funds. Our Chapa-De PRC Coordinator is available to help you navigate the PRC process.

**For more information, please call 530-537-2621.**

# WHY SHOULD VERIFIED NATIVE PATIENTS SIGN-UP FOR INSURANCE OR MEDI-CAL?

By Sami Enos

Verified native patients are eligible to receive services Chapa-De provides in-house at no charge to them, due to Indian Health Services (IHS) paying the fees. However, there are procedures that are not available in-house that native patients are responsible for paying.

Having Medi-Cal or other type of insurance can help make sure you are not left paying these types of bills out of pocket:

- **X-rays (imaging)** – If you hurt your arm or foot, the doctor needs to know if it is broken or dislocated and the only way to know for sure is with imaging. It is not performed at Chapa-De, we have to send you out to get that done.
- **Emergency** – Whether you go to the emergency room or Urgent Care for illness or injury, any procedures, medications and care that they provide is the patient's responsibility to pay.
- **After hours** - you need to be seen but our clinic is closed.
- **Surgeries** – including doctor fees, anesthesiologist fees, room fees, etc.
- **Dental lab fees** – in our dental department, if you need a crown or dentures, we send those items to an outside lab to get them made.

Telling Chapa-De about your insurance coverage allows us to receive more funding and does not cost you anything extra. When we use your insurance it does not increase your insurance rates and you do not have to pay any co-pays or deductibles at Chapa-De. IHS is given a yearly budget by Congress that only meets about half of the needs of American Indians and Alaska Natives, and it is not guaranteed. When we bill your insurance, it helps bring in more funding for up-to-date equipment, the latest technology and employees. We are also able to have more providers and services like our Optometry and Diabetes Departments.

Enrollment in health insurance can help bring more funding to Chapa-De to expand needed care options

and helps make sure that health care is available to you when you need it. It protects you from high costs when something like illness or injury happens that requires you to be seen outside of Chapa-De.

## Purchased and Referred Care (PRC)

Some natives qualify for the Purchased and Referred Care Program that can pay for some healthcare services outside of Chapa-De. However, only a small number of patients qualify for this program. To qualify, the patient must be verified, from a California Tribe, and live in an eligible county. PRC is payor of last resort. This means patient must use insurance first, and if they do not have insurance, they must prove they do not qualify for Medi-Cal. They must also speak with the PRC Coordinator for all qualifications before the procedure or referral. Please see the Additional Benefits for California Natives article for additional information.

## Direct IHS Benefits

Patients that are verified with out of state (not California) tribe verification and/or do not live in an eligible county are not eligible for PRC\*. That means they are eligible for IHS (Indian Health Services) funding and do not pay to receive services that we perform at Chapa-De. These patients are, however, responsible for everything outside of our office.

## Resources

The Chapa-De Care Coordination Team is available to assist patients to get insurance. They can help you apply for Medi-Cal or Covered California. American Indians and Alaska Natives can sign up for these types of insurance plans all year and do not need to wait for open enrollment. Native people also qualify for higher rebates and financial assistance through Covered California.

AIAN have higher income limit to get financial assistance.

**Contact the Care Coordination team at 530-537-2621 or ask to speak with one of us during your next visit.**

*\*There are some exceptions*



# EXCITING NEWS! OUR NEXT CLASS OF RESIDENTS ARRIVE IN JULY

By Associate Residency Program Director Dr. Julie Garchow

In July 2025, we will welcome the next class of Family Medicine residents to our Grass Valley Health Center. Please join me in welcoming Dr. Karli Haugen and Dr. Camille "Mila" DeRome Polik.

## Dr. Karli Haugen

Dr. Haugen is originally from Folsom, California and will be moving to Grass Valley with her Partner Drew and dog Kiké. They love to be outside, hiking or biking. She also enjoys puzzle swaps. Dr. Haugen went to undergrad at UC Davis and medical school at Loma Linda University School of Medicine. She is very passionate about palliative and hospice care and is considering a fellowship in palliative medicine. These are specialized forms of medical care that focus on providing relief from pain and other symptoms for people with serious illnesses and those at the end of life.



## Dr. Camille "Mila" DeRome

Dr. Camille "Mila" DeRome Polik, prefers to be called Dr. DeRome. She is originally from Morgan Hill, California and went to undergrad at Seattle University. She went to medical school at Burrell College of Osteopathic Medicine in Las Cruces, New Mexico. While in medical school, she lived in Gallup, New Mexico and worked all over the four corners area with Diné and Zuni peoples. Her husband is completing his Emergency Medicine residency at Sutter Roseville and they are excited to be closer to his family in Auburn. In their free time, they enjoy making sourdough bread and hiking.

Starting July 1st, 2025, we will have four resident physicians at Chapa-De Grass Valley. They will also spend time and gain experience at Sierra Nevada Memorial Hospital and with specialists in the community.

# MEET OUR NEW PROVIDERS

## Stephanie Schwartz, DDS



**School:** Indiana University School of Dentistry

**School of Residency:** University of Southern California

**Residency Type:** General Dentistry

**Specialties:** General Dentistry

I am a dentist at Chapa-De in Auburn and specialize in General Dentistry. I believe in providing compassionate, patient-centered care by taking the time to get to know my patients and understanding their concerns. By partnering with my patients on education and early interventions, I make sure patients are able to understand their treatment plans to help them feel more at ease.

Outside of dentistry, I love outdoor activities and spending time with my German Shepherd, whether exploring new trails together or simply relaxing at home.

## Juliana Jones, RDH



**School:** Darton State College

**Specialties:** General Dentistry

I am a dental hygienist at Chapa-De Auburn. I am passionate about providing care for those who not only need it but truly deserve it. I am deeply interested in the connection between medical and

dental care and treating patients holistically, especially children and seniors who are often the most at risk.

In my off time, I love everything nature has to offer and being with my family, visiting new places, and returning to my favorite ones.

## Sara Rittenhouse, DNP, APRN, FNP-C



**School:** University of Massachusetts Medical School, Graduate School of Nursing

**Board Certification:** American Academy of Nurse Practitioners

**Specialties:** Family Primary Care and Addictions

I am the Substance Use Disorder Program Manager and a Family Nurse Practitioner at Chapa-De Indian Health. I strive to meet patients where they are and to improve access to holistic and evidence-based treatment for mental health and substance use disorder. Through this, we can establish a relationship based on trust which is key to positive health outcomes.

In my time away from work, I enjoy all things outdoor and sharing a good meal with loved ones.

## Kathryn Hickok, RD



**School:** California State University, Chico

**Specialties:** Certified Diabetes Care and Education

I am a Registered Dietician in the Health and Wellness Department at Chapa-De Auburn. By being a source of information

for my patients, I can help set them on a path of empowerment. We eat three, four, five or more times a day. Even if you make a decision you aren't the proudest of, you will have another opportunity a few hours later to make another choice that might be a healthier option. You can do hard things. We know changing habits can be difficult, that's why our team is here to support you on your health journey!

In my off time, I enjoy vegetable gardening and discovering California native plants.


 Free!

# Youth Summer Camp

June 17th - 20th 2025

Ages 12 - 18

## Camp Gold Hollow

17183 Lake Vera Purdon Rd, Nevada City, CA 95959

### Accommodations Include:

Tent Camping

Indoor Showers

Campfire

Lake Swimming

Indoor Dining

Transportation

Camping Equipment Available

To Register or Ask Questions,

Call us at (530)-888-8767

or

E-Mail us at: [yasminea@sierranativealliance.org](mailto:yasminea@sierranativealliance.org)

Cultural Activities

Native Arts & Crafts

Story Telling and Traditional Dance

Traditional Foods

Wellness Education





### Chapa-De Mug Designs due by May 30

Email your design to [newsletter@chapa-de.org](mailto:newsletter@chapa-de.org) for a chance to have your art featured on our annual mug given as gifts at our annual Elders Holiday Luncheon.

### Missing & Murdered Indigenous Peoples Day

Please wear red on **May 5th** to show your support >>> Make your own red dress pin! Here's how: <https://lilreddressproject.ca/pattern/>

### Stanford Pow-Wow

**May 9 – 11**

Eucalyptus Grove

291 Lasuen St, Stanford, CA 94305

<https://www.stanfordpowwow.com/>

### Honored Elders Day

**June 7, 2025, 9:00 a.m. – 4:00 p.m.**

California State Indian Museum

2618 K. Street Sacramento, CA

Luncheon served to Native Elders. Dancers, artisans, Governor's Proclamation. Public is welcome - food available for purchase. Free event!

<https://www.cihcfoundation.org/special-events>

### Two More Fee Free Days

The Department of the Interior encourages everyone to experience the beauty and wonder of the great outdoors in one our nation's public lands and national parks.

**July 16** Bureau of Land Management Birthday

**October 12** First Sunday of National Wildlife

Refuge Week

<https://www.doi.gov/blog/mark-your-calendars-fee-free-days-2025>

### Native America Calling

Interactive, daily program featuring Native and Indigenous Voices, Insights and Stories. Listen live on local radio, IHeart, TuneIn, Apple Podcasts, etc. Also follow on Facebook, Twitter, Instagram or sign up for email updates.

Subscribe to Podcast » [Native America Calling](#)

### News From Native California

This website lists a number of Native American Events in California including Pow Wows, art exhibits, conferences, and more.

<https://newsfromnativecalifornia.com/events/list/page/2/>

**CHAPA-DE**  
INDIAN HEALTH

## Calling All Artists!

*Show us your skills by submitting a special-edition mug design!*

Enter for a chance to have your art featured on a Chapa-De mug to be gifted to elders in our communities. Submit an original graphic design that features:

- Nature in the Sierra Nevada Mountains and Foothills
- Native animals and/or plants
- Culturally relevant imagery to the Nisenan, Miwok, and Maidu peoples
- Healing imagery

Submit your designs by messaging us on:

  

Or email us at:  
[newsletter@chapa-de.org](mailto:newsletter@chapa-de.org)



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

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



**CHAPA-DE**  
INDIAN HEALTH

**Passionate People.  
Compassionate Care.**

**MAY 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](mailto:newsletter@chapa-de.org).