



CHAPA-DE
INDIAN HEALTH

Passionate People.
Compassionate Care.

AUGUST 2025

CHAPA-DE News



WATER BABIES

By *Cheyenne Mulder*

When I was a little girl, I used to hear stories about the beauty of Lake Tahoe and the fun that took place there. Many of my school friends frequently traveled up to the mountains to spend time with their families. Their choices for activities would include hiking, barbequing, camping, and of course, swimming in the pristine, clear blue water that filled the lake. For many, Lake Tahoe is seen as a place of earthy allure, peace and recreation. For me, there has always been, and probably always will be, a quiet, creeping fear that sneaks into every thought or conversation I have about this world-famous landmark.

The Water Babies.

My grandma told me, my brother, sister and cousins from a very young age that we were not to go into the water at Lake Tahoe, or the Water Babies would take us. She said her grandma Mildred told her about the Water Babies who lived in the deeper part of the waters. They would grab hold of unsuspecting people who, for either fun or misfortune, entered the water and found themselves in their presence. When I asked my grandma how the Water Babies got into the lake, she responded, "I don't know. Grandma never told me. She just told us not to go in there...and I listened."

As we grew older, we became more and more curious about the water. We would constantly ask my grandma if we went up to Lake Tahoe, would it be safe to swim, or even to visit at all, now that we are older? She has told us, if we have to, to stay in the shallowest areas of the water, that her Grandma and Grandpa's spirits would protect us, but it would be best not to test it.

Continued on page 3

INSIDE THIS ISSUE

Thank You, Gene.	
Welcome, Jasmine!	2
Crihb's 42nd Annual Traditional Indian Health Gathering	4
Sharing Traditional Knowledge: Sierra Nevada Tribal Summit 2025	5
Our Day At Yoomén: Celebrating Spring at the Maidu Museum.....	5
Elder's Holiday Luncheon ..	6
Chapa-De CEO Lisa Davies Honored	7
The Washoe People – The People From Here	8
An Update On Our Upcoming South Placer Location	9
History And Heritage Await At Tahoe City's Gatekeeper's Museum	10
Honoring Native Traditions With Garden Fresh Recipes From Lake Tahoe.....	12
Celebrations, Gatherings & Events	14

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
- Medical
- Pharmacy
- Use Disorders
- Behavioral
- Diabetes
- Classes and
- Health
- Program
- Support Groups
- Optometry
- Lab/ Phlebotomy
- 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



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.

THANK YOU, GENE. WELCOME, JASMINE!

By Darla Clark

Chapa-De's Board of Directors has changed much over the course of Chapa-De's 50 year history, but for the past 14 years, Gene Whitehouse has been a constant member. A cousin to previous, long-time board member April Moore, Gene has had connections to Chapa-De from the very earliest days. But after nearly 14 years, Gene ended his term on the board. The United Auburn Indian Community appointed Chapa-De's newest Board Member, Jasmine Caesar Walker, to take his place on our Board of Directors. We wish to thank Gene for his service and welcome Jasmine!



(Above) Jasmine
Caesar Walker

(Right) Gene Whitehouse





WATER BABIES *Continued from page 1*



To this day, I have never been in the waters of Lake Tahoe, aside from maybe a toe touch.

While I have come to learn that not all Native people find the Water Babies to have an ominous presence, these are the stories and traditions that have been passed down by my Washoe ancestors.

I have written a poem about the story that is depicted in my mind about Water Babies. It comes from a place in my heart with respect and honor for the land of Lake Tahoe and the history it holds for my people.

*Down past the sunlit waters, further down into the deep,
The Water Babies wait and rest, their lonely souls asleep.
They wait in secret, their cries unheard, from so far down below,
Their tragic past that haunts them, from many years ago.
Until the water breaks above, they are startled from their rest,
And rise up towards the surface, to meet another's chest.
They cling on good and tight, so they will no longer be alone,
A sad misfortune waiting, to keep them as their own.
Another spirit added to the countless others they did take,
Back down into the depths they go, until the next time they shall wake.*

Speaking the Land's Language: Washoe Names Across Tahoe

Da ow aga-edge, meaning
"Edge of Lake" - Lake Tahoe

A'waku da ow - Pyramid Lake

Watahshemu - Carson River

Welganuk - Truckee Meadows

Datsa's shut - Donner Lake

De ek wadapush - Cave Rock

Tzatlee tosh - Emerald Bay



CRIHB'S 42ND ANNUAL TRADITIONAL INDIAN HEALTH GATHERING: TOGETHER, CONTINUING OUR TRADITIONAL HEALING WAYS

By Sami Enos

I want to share the experience I had attending the 42nd Annual Traditional Indian Health Gathering: *Together, Continuing Our Traditional Healing Ways* held by the California Rural Indian Health Board (CRIHB) on May 2-4, 2025. Chapa-De Indian Health sent 7 employees to the gathering hosted at Potawot Health Village at United Indian Health Services in Arcata, California. Four employees from our Substance Use Disorder and Behavioral Health Departments, and three from this Newsletter Committee: Viola Lopez-Salinas, Health and Wellness Medical Assistant, Cheyenne Mulder, PRC Coordinator, and myself, Sami Enos, Community Health Representative (CHR).

We started the first day with the lighting of the continuous ceremonial fire and an opening prayer as we stood surrounded by a Yurok traditional family house, sweat lodge, and the dance pit. Each day, we stood there and started the day with a prayer. The first night, we were blessed with a Yurok traditional dance. We were also treated with traditional foods such as fire pit salmon and elk stew.

CRIHB brought together guest speakers from multiple native agencies to present to us. Several talked about CalAIM, which stands for California Advancing and Innovating Medi-Cal. This is a state program that is trying to make Medi-Cal work better. Under CalAIM, people with Medi-Cal insurance have new benefits like Enhanced Care Management (ECM). Members can also now get Community Supports (CS). These are resources that help with things like housing issues, special food for medical conditions, home improvements to reduce asthma triggers, and much more. The presenters offered ideas on how we can better help our patients and their families receive assistance and help improve the patient's overall health.

Traditional healers and traditional helpers also presented at the gathering. Medi-Cal now pays for some traditional health services and the presenters talked about ways

to include this care within our programs. They talked about smudging, grounding, talking with patients about their traditions, ceremony, beading, and weaving. They reminded us that our traditional ways connects us to our ancestors. Working with the plants, herbs, trees and water connects us to mother earth and reminds us that we are a part of the land and the land is a part of us. Just as the medicine wheel reminds us to be whole with spirit, mind, and body.

The healers and helpers suggested making sacred spaces at our locations by having plants, herbs, and water in the area, or pictures of those things. There were two ladies that spoke on herbs, plants and seeds that are used for medicine. They explained how to incorporate them into a patients' health plan in addition to their medications. Others spoke about how to start working with a traditional healer or traditional helper. It is a big decision on how to go about this in a good way. They suggested we reach out to agencies already using them. They encouraged us to ask those agencies how they determined who they would work with, how it is helping, any hurdles or issues to look out for.

I also enjoyed getting to see and learn about the Potawot Health Village's beautiful community garden. Our guide explained the health benefits of the food grown and the medicinal herbs and plants. I was glad to hear that they have local teenagers that help tend to the garden. That is a good way to pass down traditions to the next generation.

We would like to thank CRIHB for holding this gathering and for sponsoring us to be able to attend. We learned so much about new things happening for our native communities, ways we can better support native patients, and also tips to better care for and help ourselves as members of the community.

SHARING TRADITIONAL KNOWLEDGE: SIERRA NEVADA TRIBAL SUMMIT 2025

By Darla Clark

The Indigenous Futures Society, previously known as the Sierra Fund, is an organization dedicated to preserving and protecting the rich natural and cultural resources of the Sierra Nevada region. The group recently transitioned to an indigenous-led board and leadership to reflect their mission and values. They combine the use of traditional knowledge with modern ways to address land and water stewardship, emergency preparedness, and cultural preservation with a focus on the Sierra Nevada.



The Indigenous Futures Society is hosting the 2025 Sierra Nevada Tribal Summit on October 17–19 at the Zephyr Point Conference Center in Zephyr Cove, Nevada. It will be situated on the ancestral homelands of the Washoe people. According to their website (Sierra Nevada Tribal Summit - Indigenous Futures Society), this annual gathering brings together Indigenous leaders, knowledge bearers, and allies to engage in meaningful dialogue, share cultural practices, and advance Indigenous-led stewardship across the Sierra Nevada region. Registration for the event is at: <https://indigenousfuturesociety.org/sierra-nevada-tribal-summit/registration/>.

OUR DAY AT YOOMÉN: CELEBRATING SPRING AT THE MAIDU MUSEUM

By Sami Enos

Each year, spring is welcomed at the Maidu Museum and Historic Site's annual celebration, Yoomén.

Kimberly Petree was the wonderful emcee and story teller, who also shared stories throughout the day. It opened with a Nisenan prayer by Koppa Enos (Nisenan, Washoe). Maidu dancers blessed us with two sets for the day.

The museum was free during the celebration, along with children's crafts, and guided tours of the trails featuring many traditional native plants from this area. They also had cultural demonstrations, Native artists and vendors showcasing beautiful handmade goods and creative designs, and a special lunch to honor elders from the community.



Traditional Maidu Dancers at the 2024 Yomén Celebration

Resource and informational booths shared support and services for Native communities in both Placer and Sacramento Counties. They had a wonderful turn out of people from all over the different communities. Our own booth welcomed many visitors, either wanting to say "Hi" or to learn more about us, including those excited about the upcoming opening of our Rocklin site.

It was a beautiful day had by all who attended. We're already looking forward to next year's celebration.



ELDER'S HOLIDAY LUNCHEON

Saturday, December 6th

The Ridge

2020 Golf Course Road
Auburn, CA 95602

RSVPS OPEN NOVEMBER 3, 2025

RSVPs will not be accepted until Monday, November 3rd. Space is limited to the first 100 current Chapa-De patients 65 years of age or older to respond. RSVPs close Friday, November 21st. Elders may bring one guest.

RSVP:

SAMI ENOS

(530) 863-4682

ADRIAN ESPINOSA

(530) 477-9569



CHAPA-DE
INDIAN HEALTH

SAVE THE DATE!

Saturday, December 6th
The Ridge
2020 Golf Course Road
Auburn, CA 95602

Mark your calendars for the 2025 Elder's Holiday Luncheon. For nearly 40 years, Chapa-De Indian Health has hosted this special event in honor and appreciation of the elders we serve. Every year brings special time with loved ones and stories to share with the next generations. RSVPs open November 3rd and close November 21st or when seats are full. Make sure to RSVP as spots fill up quickly!

This event is for all native elders aged 65 or older who have had a visit with Chapa-De in the last 12 months. Elders may bring one (1) guest.

Want to schedule an appointment?
Give us a call at (530) 887-2800
to get started.



The Chapa-De team at the 2024 Elder's Holiday Luncheon





CHAPA-DE CEO LISA DAVIES HONORED BY SACRAMENTO BUSINESS JOURNAL

By Aimee Sagan

We are thrilled and deeply honored to share that our CEO, Lisa Davies, has been recognized as one of this year's honorees for the Sacramento Business Journal's Women Who Mean Business Awards.

Lisa has been part of the Chapa-De team for 22 years and has served as Chief Executive Officer for the last 15 years. Under her leadership, Chapa-De has flourished in terms of financial stability, services offered and number of community members cared for.

Lisa is known for her person and community-centered approach. She strives to ensure Chapa-De delivers the best care possible to American Indians, Medi-Cal patients, and those who need us most. She does this by building a work culture that attracts and keeps kind, caring and highly qualified staff members. She also focuses on staying connected to the communities we serve. This way we can respond in meaningful ways to the ever changing needs of our patients.

Lisa is deeply respected and loved amongst the Chapa-De team. Staff are consistently amazed by her kindness and outstanding memory. She has an uncanny ability to remember everyone's name AND details about our family, pets and lives that we share with her. This is no small feat now that we have 350 employees at Chapa-De.

We appreciate the Sacramento Business Journal for recognizing Lisa's impact at Chapa-De and throughout the region. Lisa's vision and leadership have been instrumental in steering our organization toward success. Her commitment to excellence and innovation inspires us all to strive for greatness and make a positive difference.

Congratulations and thank you for all you do and make possible, Lisa!



Lisa Davies receiving Women Who Mean Business Award, June 13, 2025 at the Hyatt Regency in Sacramento





THE WASHOE PEOPLE – THE PEOPLE FROM HERE

By Sunie Wood

When we decided to feature Lake Tahoe in our August newsletter, I was excited. I lived in Lake Tahoe for ten years. I developed a great respect for the beauty and harshness of life in the mountains. I couldn't imagine living there without an insulated house, electricity, and other modern conveniences. I often thought about the people who lived there before those things- the original people of the area.

For at least 6,000 years, Lake Tahoe has been the home of the Washoe People. They called themselves 'The People From Here.' Their traditional story says they were brought there by Coyote who was sent by the goddess Nentasu. They would have everything they needed to survive there. Lake Tahoe was sacred to them. The lake and surrounding streams were full of large trout, the meadows provided greens, roots, and seeds. Wild game was abundant and pinyon pine (pine nut) forests were nearby.

Everything changed for the Washoe when gold was discovered in California in 1849. An endless stream of wagon trains from the East began to roll through their home. In 1841, only 34 colonists crossed through their homeland. By 1850, that number grew to 44,000. Some of the pioneers stayed and towns began to spring



Painted rock left in the Chapa-De gardens



An 1880's photo of the Lake Tahoe area shows the forest had been clear cut. It was said only 11 trees remained standing as far as the eye could see.

up. Then, silver was discovered in Virginia City to the East. The new people arriving began stripping every resource the goddess Nentasu had provided. In a few short years, all the trees were cut and the wild game and fish were gone. Cattle and sheep overgrazed the meadows. Lake Tahoe and life for its original people would never be the same. Unable to sustain themselves in their traditional lifestyle, many took jobs working on local ranches or for logging companies. Known as master basket weavers, some of the women began selling their baskets. The U.S. Government gave them small plots of land to live on in the nearby Carson Valley.

Strong and resilient, the Washoe are still here. Their members proudly keep their culture, language and traditions alive. We recently had a beautifully painted rock with the name "Washoe" left in our Chapa-De gardens. We suspect it was from one of our patients- the People From Here.

Sources and further reading:

<https://washoetribe.us/aboutpage/4-Page-washoe-history>

<https://visitolaketahoe.com/attractions/the-washoe-tribe-and-their-history-around-lake-tahoe/>

<https://www.onlinenevada.org/stopping-time-rephotographic-survey-lake-tahoe-peter-goin>

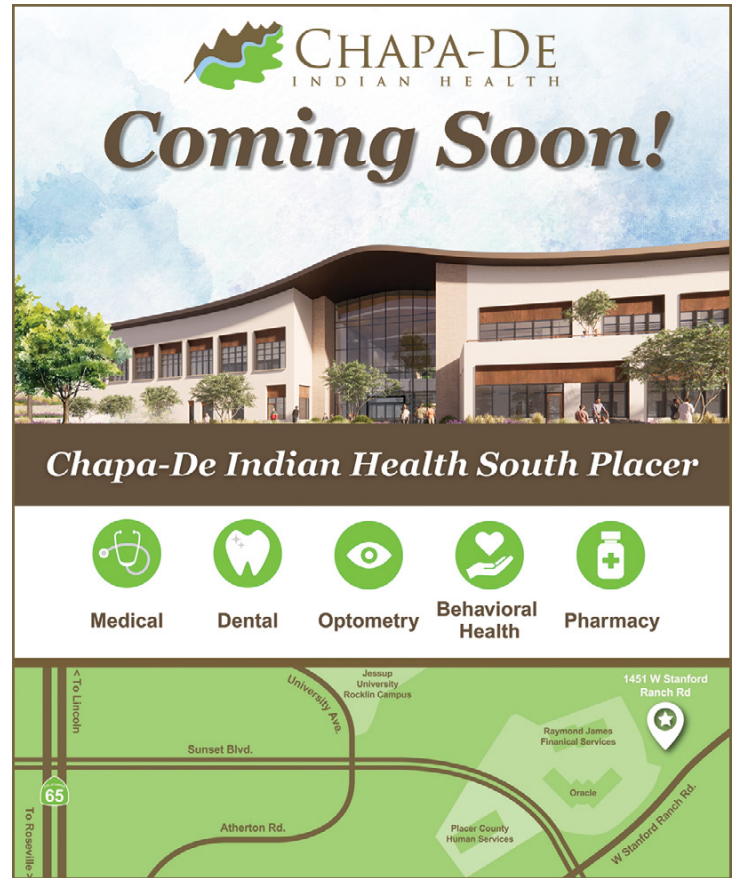


AN UPDATE ON OUR UPCOMING SOUTH PLACER LOCATION

Things are moving along at the new Chapa-De Indian Health South Placer location! Like many construction projects, the timeline has changed from our original expected opening date in late 2026. Bad weather earlier this year caused some delays. We expect to open the South Placer Health Center in early 2027.



Want to stay up-to-date on all things South Placer? Follow us online! Visit <https://linktr.ee/chapadesouthplacer> to connect or scan the QR code with your phone camera.



Snack ideas for back packing on trails around the Da ow aga—"Edge of Lake"

By Viola Lopez-Salinas

You can take a mix of snacks for hiking around a beautiful trail. Consider the extra weight you may want to carry with water. Here are a few examples:

- **Granola:** Find a nutrient-dense option.
- **Nut butter packets:** For a source of protein and healthy fats.
- **Jerky:** Can provide sodium for electrolytes.
- **Dried fruit:** Such as apricots, prunes, dried berries, mangos, and banana chips.
- **Remember to stay hydrated!**

If you are interested in looking for trails around Lake Tahoe, Consider looking at the Tahoe trail guide online. You can find all trail information about weather conditions, day hikes, education, trail distances and much more for a well-planned day.





HISTORY AND HERITAGE AWAIT AT TAHOE CITY'S GATEKEEPER'S MUSEUM

By Sunie Wood. Photos courtesy of Gatekeeper's Museum

If you are planning a trip to beautiful Lake Tahoe this summer, be sure to include a visit to the Gatekeeper's Museum in Tahoe City. A rich history of Lake Tahoe is on display, including one of the largest collections of baskets made by American Indians in the West. Susan Winter, who works at the museum, offered a recent article by Lizzie Pintar. Lizzie is the basketry archivist for the museum and a retired professor and archeologist. She wrote this about basket weaving, artistry, and land stewardship:

“A Washoe basket weaver sits on a mat in the shade of a large tree with her dog. A house can be seen in the background, and in the distance the silhouette of a mountain. The artist has a smile on her face. She's

wearing a long-sleeved shirt, a long skirt and a scarf over her head. Her hands pause, resting on a large unfinished basket that sits in her lap. She looks ready to make the next stitch of her elaborate design. Long willow rods lie nearby waiting to be used. Vintage images like this one of “barefoot Annie” taken at Tallac in 1911 depict Indigenous women practicing a millennial skill while weaving beautiful baskets.

Baskets are a reminder of this land's history, Indigenous people, and the connection we all have to the earth. It started with a wild plant management system that entailed tending to native plants by deliberate burning, weeding, aerating the soil, irrigating, sowing and pruning to encourage and promote the growth of certain plant communities. In California over 70 species of plants were used for making baskets.

Plans for a basketry gallery at the Gatekeeper's Museum began in the early 1990's when Marion Steinbach's husband Henry Steinbach donated her collection of woven baskets to the North Lake Tahoe Historical Society after her death. Marion both collected and learned how to weave baskets since



A 1911 photo Barefoot Annie a skilled Washoe basket weaver taken at Tallac.



she purchased her first basket at 16 years old. More than 5 decades later, her collection had vastly increased to over 600 baskets, as well as dolls and artifacts from across the West. Ever since, the Gatekeeper's Museum has received scores of donated and loaned baskets and became a center for exceptional baskets to be kept, cared for and exhibited.

The Museum is located on the South Side of Fanny Bridge in the heart of Tahoe City. Include it as part of your visit to learn more about Lake Tahoe, its original people, and the changes since the westward migration of emigrants. Ongoing classes are also offered at the museum. Check out their website for details. Every May, the Stewarding Knowledges Gathering is organized by the Washoe tribe and hosted by the Gatekeeper's Museum. It is a celebration of Washoe basketry, culture, songs, hand games, storytelling, and art making.

Visit them online at

<https://www.gatekeepersmuseum.org/>



A Washoe basket. California Indian baskets are some of the finest in the world.



Baskets from the Marion Steinbach Native American Basket Collection which is part of the museum's permanent collections.



HONORING NATIVE TRADITIONS WITH GARDEN FRESH RECIPES FROM LAKE TAHOE

In the Lake Tahoe region, the land has long nourished the Washoe people. Their traditional diet was deeply rooted in the natural rhythms of the Sierra Nevada. Today, some of the same ingredients can be found in home gardens and continue to inspire meals that celebrate culture, health, and connection to the land.

Berry and Mint Salad honors the tradition of summer foraging. Combine local strawberries or raspberries with chopped mint and a drizzle of honey. This refreshing salad is perfect on a warm Tahoe afternoon.

Leafy Greens with Pine Nuts is a garden-to-table favorite that highlights the rich, natural flavors of summer. Fresh-picked greens provide the perfect base, while toasted pine nuts add a buttery sweetness and soft crunch. Dress lightly with olive oil and lemon or your favorite homemade vinaigrette.

Herbal Sun Tea is a nod to traditional plant medicine. Steep fresh-picked sage, mint, or yarrow in a glass jar of water under the sun for several hours. Enjoy it chilled and unsweetened for a calming, earthy drink.

These simple recipes connect us to the wisdom of the land and the people who have cared for it for generations. Food can be medicine, and gardens can be gateways to culture.





DID YOU KNOW?

The water of Lake Tahoe is ~99.7% pure? That's because it comes directly from rain and snowmelt surrounding the Basin. This also makes the water biting cold. The average temperature of the water is 57.7°F. The cold water mixed with the serene environment makes it a popular place to rest aching bones. If you find yourself taking a dip in Tahoe's waters this year, make sure to take it slow to avoid giving your body a cold shock! While you are there, be sure to stop by the many water refilling stations to have a sip of some of the best water in the world.





CELEBRATIONS, GATHERINGS & EVENTS

Momím Wené | Medicine Water
Flowing Throughout California Indian Country



April 12 - September 14, 2025



Momim Wene | Medicine Water
Flowing Throughout California Indian Country
April 12 – September 14, 2025

Maidu Museum

1970 Johnson Ranch Drive, Roseville, CA 95661

Momím Wené | Medicine Water explores the complex relationship between essential waterways and Tribal communities, and how time and colonization have led to diverse histories throughout California Indian Country.

Learn more: <https://www.roseville.ca.us/cms/One.aspx?portalId=7964922&pageId=20784987>

61st Annual Salmon Festival



2025

**Yurok Tribe's 61th Annual Klamath
Salmon Festival**
August 16, 2025

190 Klamath Boulevard, Klamath, CA 95548

This free family friendly event takes place from 9:00 a.m. – 3:00 p.m. and includes a Stick Game Tournament, Indian Card Games, and the Ney Puey 5k run at 10:00 a.m.

Shingle Springs Tribal Big Time
August 23 – 24, 2025

5281 Honpie Road, Placerville, 95682

This Big Time features California traditional dancers, jewelry, crafts, food vendors, and a Walnut Dice tournament.

58th Annual California Native American Day **September 26, 2025**

California State Capitol West Steps
1315 10th Street, Sacramento, CA 95814

California Native American Day celebrates the distinctive culture of the Native American people indigenous to California and calls attention to their triumphs and struggles that comprise their rich history.

Learn more: <https://californianativeamericanday.com/>



National Day for Truth and Reconciliation **(Orange Shirt Day)** **September 30, 2025**

Wear orange to raise awareness about the Indian residential school system still impacting Native American communities in Canada and the United States. Known as National Day for Truth and Reconciliation, the day honors the children forced into Indian boarding schools.

Learn more: <https://www.orangeshirtday.org/>

Indigenous Peoples Day **October 13, 2025**

Indigenous Peoples' Day is celebrated on the second Monday of October and recognizes the resilience and diversity of Indigenous Peoples in the United States.

Learn more: <https://americanindian.si.edu/nk360/informational/columbus-day-myths>

2025 Sierra Nevada Tribal Summit **October 17 – 19, 2025**

Zephyr Point Conference Center
660 Highway 50, Zephyr Cove, NV 89448

This annual gathering brings together Indigenous leaders, knowledge bearers, and allies to engage in meaningful dialogue, share cultural practices, and advance Indigenous-led stewardship across the Sierra Nevada region.

Register: <https://indigenousfuturesociety.org/sierra-nevada-tribal-summit/registration/>

Auburn Big Time Pow Wow **October 18, 2025**

Gold Country Fair Grounds
209 Fairgate Rd, Auburn, CA 95603

Enjoy competition and exhibition dancing, native food and arts, cultural demonstrations and more. All are welcome to attend.

Alcatraz Thanksgiving Indigenous People's Sunrise Gathering **November 27, 2025**

Pier 33, San Francisco, CA 94133

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

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

Learn more: <https://www.oursausalito.com/alcatraz/thanksgiving-alcatraz-indigenous-peoples-sunrise-gathering.html>



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 or call (530) 887-2800 ext. 2924



CHAPA-DE
INDIAN HEALTH

**Passionate People.
Compassionate Care.**

AUGUST 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.