



CHAPA-DE
INDIAN HEALTH

Passionate People.
Compassionate Care.

NOVEMBER 2025

CHAPA-DE News



AUBURN BIG TIME POW WOW

By Cheyenne Mulder

Powwows are a very important tradition for Native people across the land. They are a time of celebration, spiritual connection and reflection. These gatherings highlight our cultural preservation, offer opportunity for self-expression, and ultimately celebrate the unity of our people and the resilience to maintain our Indigenous spirit.

Chape-De Indian Health has been proud to attend the Auburn Big Time Pow Wow for the last several years. Various departments throughout the organization have made it a priority to have representatives and resources about Chapa-De and the services we provide. This is a team effort between the Health and Wellness Department (formerly the Diabetes Department), Marketing & Communications, Care Coordination, and Clinical Pharmacy. Each group worked together and played an important role in making it happen. Other rotating participants include our Substance Use Disorder, Dental, Behavioral Health, and Maternal Child Health Departments.

The booth has offered several helpful services, including diabetes and A1c risk screenings, free Narcan, class schedules and information from Chapa-De, plus fun and useful Chapa-De giveaways. As an organization, we strive to continue to demonstrate our commitment to providing care and support to our Native members within our community. We are honored to be invited to participate in this annual gathering that holds so much significance to our Native people.

While the locations, attendees and Indian tacos may vary from year to year, being an active presence at the Big Time Pow Wow is a tradition Chapa-De hopes and intends to carry on for years to come.

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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
- 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.

SOUTH PLACER BUILD GOING STRONG

By Aimee Sagan

We're excited to share that construction is going strong at Chapa-De's new South Placer Health Center! Workers have already poured a large concrete slab for the foundation—enough to cover more than 8,500 square feet. This big step means the building is starting to take shape.

Here's what else has been done:

- Concrete footings to hold up the walls
- Foundation walls are being built
- Underground pipes and electrical systems are in
- A large rock wall was built to help with landscaping

We're aiming to open the new clinic in early 2027, and we're working hard to stay ahead of schedule. This new health center located in Rocklin will help more people in our community get the care they need, and we'll keep sharing updates as the project moves forward.





MORE SUPPORT FOR NATIVE PATIENTS AT CHAPA-DE

By Sami Enos

For the last nine years I served as the Community Health Representative (CHR) for our native patients. I was born and raised in Placerville, and I am an enrolled member of the Yurok Tribe and a descendant of Karuk tribe. It has been my honor to support our local native community as a CHR. I'm also excited to share that I have a new position, and am now the Community Outreach Coordinator at Chapa-De.

New Community Health Representative for our Native Patients

I'm excited to introduce **Cambrea Sears** as our new Community Health Representative! Cambrea was born and raised in California, she is enrolled with a tribe from Oklahoma and is very eager to meet and help our native community. She can help connect Chapa-De's native patients to a variety of resources and information, including:

- Medi-Cal insurance plans may offer transportation, food, and more through the Community Supports program.
- Native agencies for assistance with rent, utilities, food vouchers, transportation, job assistance, education, and free fishing licenses.

She can also help with:

- Applications for Medi-Cal, Covered California insurance, temporary disability, rentals, DMV renewals, and Bureau of Indian Affairs (BIA) application for financial assistance (food, burial, etc.).
- Contacting a patient's tribe for resources for financial assistance for co-pays, food, rental assistance, etc.

Cambrea will attend Big Times, Pow Wows and other native gatherings. Please give her a call if you have any questions or need assistance. She can be reached at (530) 537-2621 or by email at carecoordination@chapa-de.org.

My New Role as a Community Outreach Coordinator

This is a brand new role at Chapa-De and a big part of it is helping educate our staff. I will help keep them up to date on what is happening around Indian Country and will be a source of knowledge on historical issues as well as current triumphs and traumas of native people across the US and Canada. Another big part of my new role is helping Chapa-De develop a strong connection with other native agencies so we can better serve and assist our native communities. I will also continue to help people research and obtain their Indian verification or lineage paperwork and to help ensure all our existing Indian verifications are in order. It's important that we stay in compliance with Indian Health Service (IHS) requirements.

I will keep going to Native events like Big Time, Pow Wows, talking circles, and elder gatherings. I'll also join trainings that teach about Native history, healing, and other important topics. I'll keep helping UAIC (United Auburn Indian Community) with reports and with planning health classes for Elders, where Chapa-De providers and staff teach about staying healthy. I'll also keep working on Chapa-De's Newsletter Committee, Native Engagement Circle, and the team that plans the Elders Holiday Luncheon. I have worked with Chapa-De a combined 18 years in a variety of roles and I look forward to this new experience. If you represent a native organization and see an opportunity for us to work together, I hope you will contact me. Please reach out to me at (530) 863-4682 or senos@chapa-de.org. Thank you.



THE POWER OF A COMPLIMENT AT CHAPA-DE

By Darla Clark

You've probably heard the saying, "Kind words can be short and easy to speak, but their echoes are truly endless." Or maybe, "One kind word can change someone's entire day." These words reflect how we feel at Chapa-De when we receive compliments from our patients.

At Chapa-De, we have a **Patient Feedback form** (<https://chapa-de.org/patient-feedback-form/>) where you can share both compliments and concerns. We really want to know if something went wrong or didn't meet your expectations. We also love hearing about the good experiences! Today, I want to focus on what happens when we receive a compliment.

When a compliment comes in through our Patient Feedback form, a card, letter, or email, we remove any personal information (like names or contact details) and share the message with our entire team.

And let me tell you—these compliments make a huge impact. They not only brighten the day of the employee (or team) who's being praised, but they also bring a sense of pride and warmth to everyone at Chapa-De. It's more than just healthcare for us; we truly want to make a positive difference in people's lives. When we do that, it lifts us up, too. It reminds us of our purpose and makes us feel proud of the work we do.

Last year, we received over 160 written compliments from our patients! Here are a few examples of what they said:

- "My 4-year-old thinks coming to Chapa-De is a reward or a treat she looks forward to. Thank you for making her feel safe and loved."
- "I am truly enjoying all the staff. They are friendly and kind."
- "I'm so thankful to have people who care about my health and well-being."
- "Best shots ever!"

- "The reception team is awesome! I've never had a negative experience, and I always feel taken care of. Thank you!"
- "I highly compliment the staff who've helped me over the past 7 years—my PCP, staff, mental health providers, reception, pharmacy, call center, dental, and security. Thank you!"
- "My health and positive outlook are totally due to my relationship with Chapa-De. Bravo and great work!"

These are just a few of the kind words that motivate us to keep doing our best every day. We appreciate every compliment, and we're so grateful for the trust you place in us. Thank you for being part of the Chapa-De family!

Do you have feedback for Chapa-De? Use our online form or ask for a form at the front desk during your next appointment. We'd love to hear from you!

AUBURN: +1 (330) 887-2800 | GRASS VALLEY: +1 (330) 477-8543

Patient Portal Schedule an Appointment

Home About Us Services Patient Resources Careers Contact Donate

Patient Feedback Form

First Name *

Last Name *

Email *

Phone Number *

Today's Date *

Address *

City/State/Zip *

I Would Like To *

[give a compliment](#)

Notice:
It's now easier to change your Chapa-De provider. Simply call and request an appointment with the new provider you hope to see.

chapa-de.org/patient-feedback-form/

HONORING NATIVE AMERICAN HERITAGE MONTH

By Lisa Davies, CEO of Chapa-De Indian Health

Each November, we honor Native American Heritage Month, celebrating the history, culture, and resilience of Native communities. For Chapa-De, this carries special meaning. Founded by and for Native people, we remain committed to high-quality, compassionate care rooted in traditions of respect and connection.

This month and all throughout the year, we recognize and celebrate the rich heritage, enduring contributions, and vibrant cultures of Native people. We are proud to serve as a trusted partner in wellness and remain dedicated to building a healthier, stronger future together.



YOU'RE INVITED!

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

ELDER'S HOLIDAY LUNCHEON

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

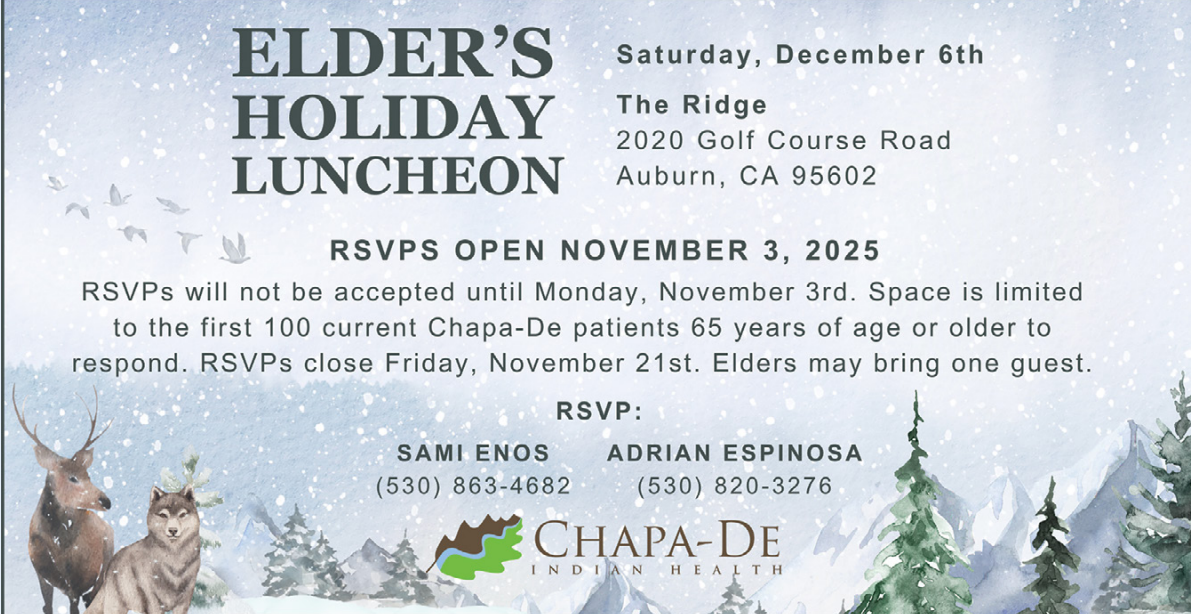
RSVPS OPEN NOVEMBER 3, 2025

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	ADRIAN ESPINOSA
(530) 863-4682	(530) 820-3276

 **CHAPA-DE**
INDIAN HEALTH





MEET THE RINGTAIL!

By Darla Clark

What has the playful charm of a small cat, but the furry coat and tail of a raccoon? Meet the ringtail, a creature so shy, it's often referred to as the cutest animal you'll never see!

Native to the western U.S., California, and stretching all the way down to Arizona and Mexico, ringtails are nocturnal creatures that come alive after dark. Despite their raccoon family ties, these little adventurers prefer to keep to themselves. Shy and solitary by nature, they only gather for a little socializing during the spring mating season. Fun fact: Arizona's state mammal is none other than the ringtail!

But if you've never heard of a ringtail, you're not alone—many people don't even know they exist! That's because they are secretive, stealthy, and not the type to make a grand entrance.

Ringtails are flexible eaters. They enjoy munching on small rodents, lizards, snakes, and even bird eggs! They'll pretty much dine on whatever they can catch under the cover of night.

Much like a squirrel, the ringtail is a fantastic climber! They can leap from tree branch to tree branch with ease, making their way through rocky terrains and abandoned buildings like true acrobats.

Did You Know?

- They weigh just 1-2 pounds (about the size of a house cat).
- Their tails? They're as long as their entire body, making them look extra cute and bushy.
- They call everything from tree hollows and caves to attics and old buildings their home.

While the ringtail isn't federally listed as endangered, California has classified it as an "animal of concern", and it's fully protected by the California Department of Fish and Wildlife. Unfortunately, without federal funding, there's not enough research to track their population, and experts are worried about their future due to shrinking habitats.



PHOTO BY DAVID WYATT

Your Chance to Help: The California Ringtail Project

To get a better understanding of where ringtails are thriving, Kristyn Schulte, a biology graduate from California State University, Sacramento, has launched The California Ringtail Project. The project is partially funded by the Department of Fish and Wildlife. The goal? To map sightings of ringtails across the state to help protect this elusive creature.

If you spot a ringtail (lucky you!), head to Kristyn's research page (Report Ringtails — The California Ringtail Project) and report your sighting. You might just help save these hidden wonders of nature!

I checked her site and it looks like there are even some ringtail sightings in our very own foothills! So keep your eyes peeled—you might be closer to spotting one than you think!

Sources and Further Reading:

- <https://www.calringtails.org/report>
- <https://beavernation.oregonstate.edu/story/secret-life-ringtail>
- <https://www.desertmuseum.org/kids/oz/long-fact-sheets/Ringtail.php>



MODERN NAVAJO KITCHEN RECIPES

From the "The Modern Navajo Kitchen" by Alana Yazzie

Nimasii doo Atsi Spam Atoo

(Potato and Spam Soup)

Ingredients:

- 4 medium russet potatoes
- 2 tablespoons extra-virgin
- ½ cup diced yellow onion
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 cups of diced spam
- 2 tablespoons unsalted butter
- 4 tablespoons all-purpose flour
- ½ cup chopped green onions for serving

Instructions:

1. Peel and rinse the potatoes, then cut them into ¼ inch quarter-moon slices.
2. Transfer the potatoes to a colander and rinse with cold water
3. In a medium bowl, combine the potatoes and ¼ cup of water. Set aside
4. In large pot over medium-high heat, warm up the olive oil for 5 minutes. Add the onion, salt and pepper and cook for 2 to 3 minutes, until the onions are softened.
5. Add the potato and water mixture to the pot, cover and cook for 10 minutes, stirring frequently.
6. Add the SPAM to the pot and cook for 5 minutes
7. Transfer the SPAM and potato mixture to medium heat-safe bowl and set aside.
8. Meanwhile, make the roux. Reduce the heat medium low. Add the butter to the pot. Once it melts, and the flour, 1 tablespoon at a time, while stirring continuously with a wooden spoon. Let the flour mixture cook for 3 to 5 minutes, until it turns a light brown color. Add 2 ½ cup of water and stir until smooth.
9. Add the SPAM and potato mixture back to the pot. Increase the heat to medium and cook for another 5 minutes, until the soup is lightly thickened.
10. Ladle into soup bowls and sprinkle with greens onions. Enjoy!

Atoo' Azeedich'iilt'izhi bil

(Green Chile Stew)

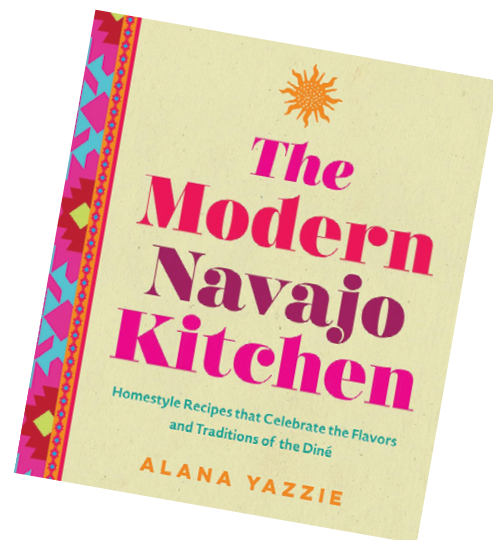
Ingredients:

- 1 pound ground beef
- 1 medium white onion, diced into ¼ inch pieces
- ½ teaspoon ground black pepper
- ½ teaspoon salt
- 3 medium russet potatoes, peeled & cut into 1-inch cubes
- 1 can diced tomatoes
- 1 cup chopped roasted mild or hot hatch green chiles
- 4 cups of beef broth

Instructions:

1. In large pot over medium-high heat, cook the ground beef for 6 to 10 minutes, until browned. Drain the grease so that only 2 teaspoons of fat are left in the pot.
2. Return the pot to the stove, add the onions, garlic, salt, and pepper, and cook over medium-high heat for 5 to 8 minutes, until the onions are softened.
3. Add the potatoes, tomatoes and their liquid, green chiles, and beef broth. Mix and bring to a boil. Lower the heat to medium and cook for 30 to 35 minutes, until the potatoes, are cooked through.

Make it your own! Swap out any ingredient that do not agree with you and change to your liking.





MONARCHS AND MILKWEED (PUM AND OMPU)

By Sunie Wood

A Native American Legend

If anyone desires a wish to come true they must first gently capture a butterfly and whisper that wish to it.

Since a butterfly can make no sound, the butterfly cannot reveal the wish to anyone but the Great Spirit who hears and sees all.

In gratitude for giving the beautiful butterfly its freedom, the Great Spirit always grants the wish.

So, according to legend, by making a wish and giving the butterfly its freedom, the wish will be taken to the heavens and be granted.

With wings as thin as paper and as brightly colored as stained glass, the Monarch butterfly is one of the most beautiful insects on the planet. These delicate creatures make an amazing journey each year flying up to 3,000 miles on an annual migration. And they are in danger of disappearing forever. Loss of habitat and pesticide use is the main reason for their decline.

Monarchs need to eat poison to survive. Milkweed is the only plant Monarch butterflies lay eggs on and the only plant their caterpillars eat. Milkweed is very poisonous. It contains cardiac glycosides (toxins that affect the heart). The caterpillar must be careful to eat only the right parts of the plant in the right amount or it could die from its own dinner! The poison slowly builds up in the body of the insect making it poisonous to predators like lizards and birds. It's brightly colored wings is nature's way of warning other creatures to leave it alone.

Many areas of California are along the Pacific Flyway. This is a highway in the sky for the butterflies to head to warmer climates. They need to make a lot of stops along the way to feed and reproduce. Creating habitat for them in your own yard helps them with their lifecycle. How can you do that? By planting milkweed.

There are 15 species of milkweed (*Asclepias*) native to California. There are four species that grow in this area. Seeds should be planted in fall and plants can be planted in fall or spring. The Nevada County Master Gardeners annual plant sale in May usually has milkweed plants. Plants and seeds can also be purchased online. Providing the milkweed that is native to our region is important since the Monarchs here have evolved to eat those varieties. It has been reported, however, California Monarch's will use *a. tuberosa*, or butterfly weed, which is a milkweed native to the Midwest.

Yolo County Resource Conservation District planted four milkweed gardens last year and they have already seen a huge success, says Matt Toney, project manager. "The more habitat we give these guys, the better...Any bit of milkweed you can get in the ground will absolutely help."

Narrow leaf (*a. fascicularis*) and Showy milkweed (*a. speciosa*) are the most attractive varieties for your garden. But remember, the goal is to have the plants eaten so a beautiful butterfly will emerge from its chrysalis. Your milkweed plants may look ragged



Monarch butterfly on Milkweed



PHOTO BY HERITAGE AUCTIONS, HA.COM

Sitting Bull with Monarch on his hat band, circa 1880-1890

for a while but just be patient, they will normally bounce back on their own and produce new leaves and flowers.

Milkweed is necessary for the eggs and caterpillar stage but the adult butterflies enjoy

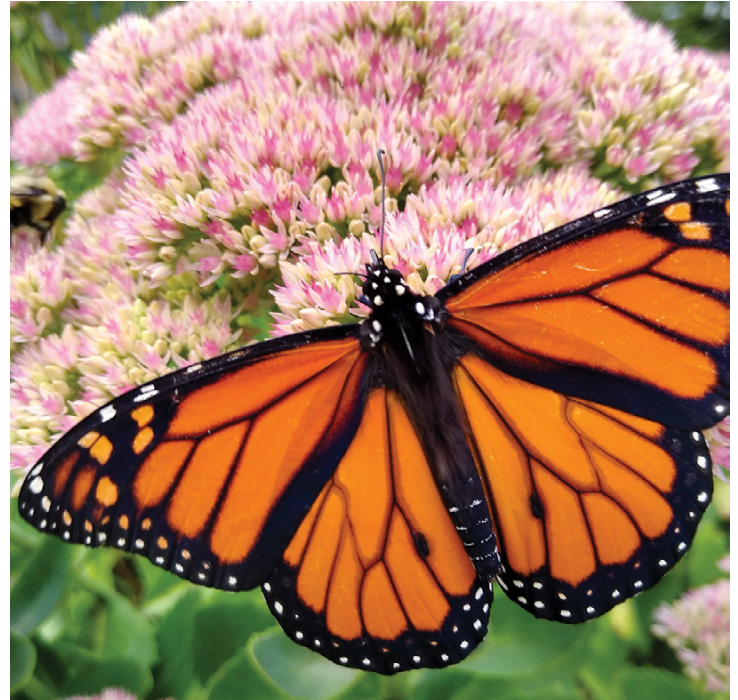
a variety of flowering plants in your garden such as aster, catmint, black eyed susan, and butterfly bush.

The more flowering plants you have in your yard, the more butterflies, bees, and hummingbirds will visit.

Like people all over the world, American Indians revered butterflies. Many tribes considered them sacred and a direct connection with the Great Spirit. Beadwork often featured butterflies on clothing, cradleboards, and tipis. There is a famous historic photo of Sitting Bull with a monarch on his hatband.



Showy Milkweed (Asclepias speciosa)



Showy Milkweed, pronounced 'pum' in Maidu and 'ompu' in Nisenan, was widely used by Native Americans in California for medical applications*:

- A healing agent from crushed leaves and stems for skin sores and cuts.
- Seeds were mashed to produce a salve for sores.
- A poultice was made from wet mashed roots to diminish swellings

Chapa-De will be adding a milkweed garden area at our Grass Valley location this fall.

** Like mushroom harvesting, you should never try these medical remedies without the guidance of an expert.*

Sources and More Reading:

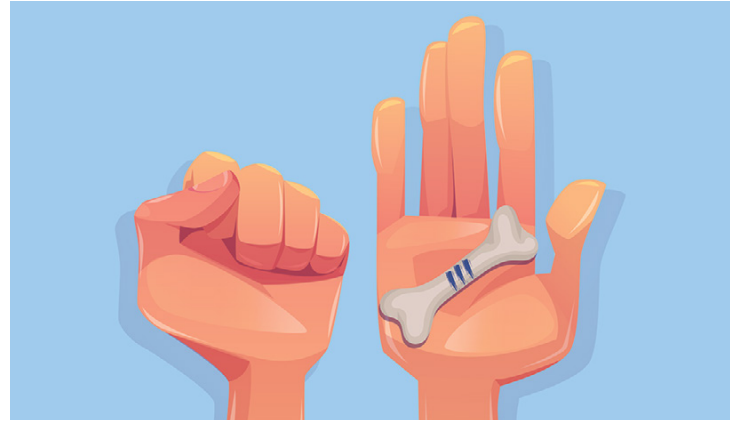
- <https://monarchjointventure.org/>
- <https://www.cbsnews.com/sacramento/news/california-monarch-butterfly-populations-plummet-yolo-county-help/>
- <https://monarchbutterflies.ca/poems/an-american-indian-legend/>



LET ME TELL YOU HOW THIS GAME IS PLAYED...

Two teams gather, facing each other, their eyes and hands ready. Each team sits with a small pile of game pieces: sticks, bones, and other objects. These weren't just toys. They were items of strategy, luck, and fun. Here is how they are played.

One team is chosen to go first. They are the **hiding team**. From their pile, they take a special bone, one with a mark on it, maybe a carved stripe or a painted line. Without letting the other team see, they hide it in one of their hands. The other hand stays empty. They keep both fists closed, still as stone.



Then comes the turn of the **guessing team**, but here's the twist: no words are allowed. Only hand gestures. They must use their eyes and their instincts, pointing to the hand they believe holds the marked bone. They must stay focused or they can miss helpful signs.

If they choose right? They win a stick, claimed from the pile. But if they choose wrong, they lose a stick instead.

And so the game continues. The teams swap roles and try to distract the other with special songs. The guessers become the hidiers. The hidiers now must guess. Round after round, the sticks change hands. Laughter and challenge fill the air, sometimes even cries as bets are lost and won.

The game isn't over until one team holds all the sticks. That's when everyone knows the game has been won, and the victors may celebrate their cunning and sharp eyes!

How do you play the Hand Game? Let us know. Email newsletter@chapa-de.org

SUGGESTED BOOKS

Members of our newsletter committee recommend these book by and about native people:

- "The Greatest Athlete" by Jim Thorp
- "The Absolutely True Diary of a Part-Time Indian" by Sherman Alexie
- "Fry Bread: A Native American Family Story" by Kevin Noble Maillard
- "Wings of An Eagle: the Gold Medal Dreams of Billie Mills" by Olympian Billie Mills
- "Wandering Stars" by Tommy Orange
- "Pale Faced Lie" by David Crow

Join our book club! Send us your favorite Native American books and movies to help someone find their next favorite. Email us at newsletter@chapa-de.org

NATIVE-MADE GIFTS

Support Indigenous people by buying Native made gifts. Here are some website where you can do some holiday shopping:

- <https://crazycrow.com/gift-ideas>
- <https://eighthgeneration.com/collections/small-gift-ideas-3?page=1>
- <https://sweetgrasstradingco.com/>
- <https://www.businessinsider.com/guides/beauty/native-owned-businesses#clothing-jewelry-and-accessories-1>
- <https://www.sekahills.com/>
- <https://chirpca.org/store/home-gifts>



NATIVE AMERICAN HERITAGE MONTH

Find the words listed and circle them.

X	S	O	V	E	R	E	I	G	N	T	Y	M	G	C	W	N	P	P	B
V	P	N	U	V	G	E	Y	G	H	R	S	F	Y	O	X	A	C	B	D
D	I	A	Q	L	Z	B	W	U	F	O	N	A	D	M	W	T	O	T	Q
Z	R	T	B	D	A	N	C	E	Q	U	R	E	P	M	K	U	G	V	O
Y	I	I	M	T	R	I	B	A	L	E	R	K	O	U	B	R	T	E	U
B	T	V	U	A	R	W	O	L	H	C	N	S	T	N	I	E	E	K	K
A	U	E	U	W	I	S	Z	C	A	O	R	H	T	I	B	L	Z	R	Z
S	A	J	M	S	R	Z	T	S	I	E	W	D	E	T	D	N	O	A	W
K	L	Z	C	R	I	A	E	T	D	M	E	D	R	Y	B	W	H	A	E
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F	R	Y	S	L	W	C	U	O	V	I	J	P	W	I	S	P	W	N	G
D	J	E	X	C	B	C	E	R	N	K	T	N	E	P	T	F	E	C	G
B	R	M	Z	B	U	M	A	A	L	Y	G	Y	A	C	S	A	M	Z	E
P	Q	M	C	T	E	H	E	N	G	Q	I	U	M	X	T	X	G	K	F
X	L	O	N	G	H	O	U	S	E	A	N	C	E	S	T	R	Y	E	S
G	N	M	A	T	W	I	I	N	D	I	G	E	N	O	U	S	L	G	D
F	Q	S	T	H	X	M	R	N	V	F	T	R	A	D	I	T	I	O	N

ANCESTRY

BASKET

BEADWORK

CEREMONY

COMMUNITY

DANCE

DREAMCATCHER

DRUMMING

ELDERS

HARVEST

HERITAGE

IDENTITY

INDIGENOUS

LONGHOUSE

MAIZE

NATIVE

NATURE

PEACE PIPE

POTTERY

PRESERVATION

RESPECT

SACRED

SAGE

SOVEREIGNTY

SPIRITUALITY

STORYTELLING

TRADITION

TRIBAL

WEAVING

WISDOM



TRY DRY JANUARY: A FRESH START FOR THE NEW YEAR

By Tayloranne McLeran

Every January, people around the world take part in something called Dry January. It's a simple idea: take a break from drinking alcohol for the whole month. For many, it's a chance to reset, feel better, and start the year off in a healthy way.

Is Dry January a Good Idea?

Yes, for many people, Dry January can be a great way to:

- Sleep better
- Save money
- Feel more clear-headed
- Lower blood pressure
- Reflect on drinking habits

Even if you don't plan to quit drinking forever, taking a break can help you learn more about how alcohol affects your body and mind.

Tips for a Successful Dry January

1. **Tell someone:** Let a friend or family member know you're doing Dry January. They can cheer you on.
2. **Find a replacement:** Try sparkling water, herbal tea, or mocktails when you want a drink.
3. **Keep busy:** Go for walks, read, or try a new hobby to keep your mind off drinking.
4. **Track your progress:** Mark off each day on a calendar or use a free app.
5. **Be kind to yourself:** If you slip up, don't give up. Just start again the next day.

You're Not Alone

At Chapa-De Indian Health, we support your journey to better health. Whether you're trying Dry January or just thinking about cutting back, we're here to help.

Our Addiction & Substance Use Services include:

- Caring support from licensed counselors
- Medication-Assisted Treatment (MAT) for alcohol and opioid use

- Group and individual therapy
- Referrals to inpatient treatment when needed
- Support for family members and loved ones

You don't have to do this alone. Visit chapa-de.org/addiction-substance-use to learn more or call us to speak with someone who can help.

Sources and Further Reading:

- <https://library.samhsa.gov/sites/default/files/pep16-ntbh-agenda.pdf>
- <https://cdr.lib.unc.edu/concern/articles/r207v201v>

Try a Pine Needle Sparkler!

Looking for a festive and healthy drink to enjoy? Try this refreshing pine needle sparkler! Pine needles are full of vitamin C and have a light, woody flavor that pairs well with citrus.

Ingredients:

- 1 cup water
- 1 tablespoon fresh pine needles (washed and chopped)
- 1/2 cup orange juice
- 1 tablespoon raspberry syrup
- Sparkling water or club soda
- Ice
- *Optional:* lemon slice or pine sprig for garnish

How to make it:

1. In a small pot, bring the water and pine needles to a gentle simmer for 5–10 minutes. Let it cool, then strain out the needles.
2. In a glass, mix the pine tea with orange juice and raspberry syrup.
3. Add ice and top with sparkling water.
4. Stir gently and add a garnish if you like.

Give it a try and share it with a friend!

THE HIDDEN DANGERS OF KRATOM AND TIANEPTINE SUPPLEMENTS

By the Chapa-De Substance Use Disorder Team

You may have heard people talk about products like **kratom** or **tianeptine** at gas stations, online, or even on social media. Some people say they're "natural" or helpful for feeling calm or focused. What they don't tell you is how dangerous these substances can be.

Let's break it down so you know the facts and make informed decisions.

What is Kratom?



Kratom is a plant that grows in Southeast Asia. Some people use it to feel more awake or to try to manage pain. But Kratom affects the brain in a way that is similar to opioids—a group of drugs that can be highly addictive. Kratom comes in many forms. It can be sold as a powder, capsules, tablets, liquids, or even as tea. Some products are made with a much stronger ingredient from the plant called 7-hydroxymitragynine (or 7-OH). This version is even more powerful and addictive. People who use it may find it very hard to stop and could experience serious health problems.

What is Tianeptine?



Tianeptine is sometimes sold as a supplement or as an antidepressant in other countries. Here in the U.S., it is not approved by the FDA. You might see it at gas stations, smoke shops, or online with names like "Zaza" or "Tianna." It is often sold in pill or capsule form, and it can also come as a powder or liquid. Some people call it "gas station heroin" because it acts like an opioid. It can make people feel high at first, but it also comes with huge risks like addiction, overdose, and even death.

Why Is This So Important?

Even though these products might look harmless or even helpful, they can be really dangerous. The FDA has warned people not to use them. These substances can cause people to overdose, just like heroin or fentanyl. They are not safe, and can cause overdose. They can hurt your body and your brain.

If you suspect someone is overdosing on Kratom or Tianeptine, give them Narcan (Naloxone) and call 9-1-1 immediately. We have Narcan available for FREE in our health centers and it is available for anyone in our community. Ask our front desk for more information.

You don't have to figure this out alone. There are people who care about and want to help you stay safe and healthy.

Want More Information?

View this Kratom and 7-OH Fact Sheet: <https://tr.ee/Kratom7OH>

Need Help or Have Questions?

If you or someone you know is struggling or has questions about substance use, you're not alone. The team at Chapa-De Indian Health is here to support you. We offer caring, confidential help and resources through our substance use disorder (SUD) services. Call (530) 537-2785 or visit chapa-de.org/addiction-substance-use to learn more or to reach out for support.

Enroll in Indian Education by completing your 506 Enrollment Form

YOU CAN NOW SUBMIT YOUR 506 FORM ONLINE!



TO FILL OUT THE FORM ONLINE - SCAN THE QR CODE OR VISIT



[HTTPS://NEVCO.ORG/INDIAN-EDUCATION/](https://nevco.org/indian-education/)



Nevada County Indian Education (NCIE), a program through the Nevada County Superintendent of Schools, supports schools in meeting the unique educational and cultural needs of native services.

NCIE provides the following services:

- Individual and group tutoring for all grade levels as well as other culturally competent academic supports.
- Native cultural workshops & events.
- Information on local cultural activities & resources.

For a student to be enrolled in Indian Education our department must have an original Indian Education Enrollment form (506 form) on file at the Nevada County Superintendent of Schools office. This is a federal form and cannot be altered in any way, however the Office of Indian Education has provided us with a form that can be filled out virtually. To be eligible for Indian Education the student, parent, or grandparent must be a member of a state, federal, or terminated tribe.

If you think your child may be eligible for Indian Ed Services, and your child is enrolled in a school in Nevada County, please take the time to fill out this form online. Even if your child doesn't need the services, every form is counted toward the amount of money we get with the grant which impacts service to students in need as well as additional cultural activities provided. The form is confidential and is not distributed to anyone outside our program. We have seen a decline in enrollment in our program since schools have gone to virtual enrollment which puts our program at risk of closure. A student may not identify at Native but still be eligible for support. This is being mitigated within the districts but to make it easier for families to enroll we have created the following link that allows you to submit the form to us directly online. If you are not sure that your student, or every student in the household is enrolled, please contact Melissa Balderston at mbalderston@nevco.org to verify or complete a new form online.

Also, we have a Facebook group called NCSOS Indian Education where we post community events. Thank you for helping us identify every student in Nevada County entitled to Indian Education services.

FINANCIAL ASSISTANCE

for rent, food and other necessities for verified native people

Northern California Indian Development Council (NCIDC)

NCIDC contracts with the State Department of Community Services and Development to provide Community Service Block Grant (CSBG) Program for Indian people of the state who are within the contracted service area. That area is currently 57 counties and 102 reservations and rancherias in California.

The purpose of the block grant is to promote self-sufficiency of low-income native people living off reservations. CSBG assistance is limited to those in need of emergency or supportive services when no other resources are available.

NCIDC can help with rent, utilities, food voucher and job readiness. Please call toll free (800) 566-2381 or click on the link provided to fill out the online application: <https://ncidc.questionpro.com/a/TakeSurvey?tt=Lboo9yqGulgEChrPeIW9eQ%3D%3D>

You will need proof of Indian Verification, verification of household income for prior 6 months, proof of residency, and proof of being 18 or older. Males need proof of register for selective service to qualify.

You can also contact our Community Health Representative Cambrea Sears for assistance in filling out application. Please contact her at (530) 537-2621.

CELEBRATIONS, GATHERINGS & EVENTS

Medicare Open Enrollment

October 15 – December 7, 2025

It is the time of year when Elders and those living with disabilities can make changes to their Medicare insurance plan. The Health Insurance Counseling and Advocacy Program (HICAP) can help you to understand your options and what plans may work best for your individual situation and needs – call 916-376-8915 for more information. Please keep in mind that Chapa-De welcomes original Medicare and does NOT participate in any Medicare Advantage Plans.

Alcatraz Indigenous Peoples' Thanksgiving Sunrise Ceremony

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

November 27, 2025

Alcatraz Pier 33 Ferry Terminal

Each year on Thanksgiving morning, ferries transport visitors every 15 minutes to Alcatraz Island for the Indigenous People's Sunrise Gathering. After the event, the ferries return visitors to the city with the last sailing at 6:00 AM. **Learn more:** <https://www.cityexperiences.com/san-francisco/city-cruises/alcatraz/programs-and-events/annual-events/indigenous-peoples-sunrise-gathering/>

Native American Heritage Month

November 28th is Native American Heritage Day

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

Chapa-De Elders Party

Saturday, December 6th

Space is limited to the first 100 current active Chapa-De patients who are age 65 years of age or older to respond; please RSVP as soon as possible and no later than Friday, November 21st. Elders may bring one guest. Confirm your attendance with Sami Enos at 530-863-4682 or Adrian Espinoza at 530-820-3276.

Winter Solstice

December 22, 2025



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.**

NOVEMBER 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.