



CHAPA-DE
INDIAN HEALTH

Passionate People.
Compassionate Care.

AUGUST 2026

CHAPA-DE News



UNDERSTANDING TICKS AND TICK-BORNE ILLNESS: PROTECTING OUR COMMUNITY

By Alinea Stevens, MD, Medical Director at Chapa-De Indian Health

What Are Ticks and Why Should We Be Concerned?

Ticks are small, spider-like parasites that feed on the blood of animals and people. In Northern California, the western blacklegged tick is the species most likely to bite humans. Though tiny, ticks can carry germs that cause illness, and a single bite can potentially transmit more than one disease.

Tick Activity in Northern California in 2026

Northern California remains one of the higher-risk regions on the West Coast for tick-borne diseases. Ticks are most active from spring through fall, but they can be found year-round due to the region's mild climate. Risk is highest in the north coastal areas and along the western slopes of the Sierra Nevada foothills.

Climate change is also influencing tick behavior. Warmer temperatures and milder winters are extending the active period for ticks, which means people should take precautions for much of the year, not just during peak summer months.

Tick-Borne Illnesses in Our Area

Lyme disease is the most common tick-borne illness in Northern California. It is caused by bacteria transmitted through tick bites. Early symptoms often include

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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
- Health and Wellness
- 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.

A MILESTONE FOR LOCAL HEALTHCARE, RESIDENCY GRADUATES CHOOSE TO STAY

By Tayloranne McLeran

Chapa-De Indian Health is honored to celebrate two physicians who are continuing their journey with us and choosing to serve our community after completing their residency.

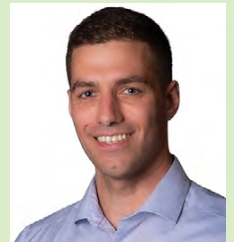
Dr. Kelty White and Dr. Nick Sparr are the first graduates of the Sierra Nevada Family Medicine Residency Program, a partnership between Chapa-De, Dignity Health's Sierra Nevada Memorial Hospital Foundation, and Methodist Hospital. This program was created with a shared vision to grow local physicians and expand access to care in our rural region.

We are truly grateful that both Dr. White and Dr. Sparr have chosen to stay and continue caring for patients in Grass Valley.



Dr. White, a Nevada County native, will be joining Chapa-De as a full-time physician. She is passionate about building strong relationships with her patients and working together to support their health and well-being.

Dr. Sparr will continue caring for patients at Sierra Nevada Memorial Hospital and will also support Chapa-De as an on-call physician. He is dedicated to making a meaningful difference in the lives of those he serves.



Programs like this help strengthen care close to home, support the growth of our local healthcare workforce, and contribute to the health and well-being of our Native community and all patients. Please join in our appreciation of Dr. White and Dr. Sparr. We are grateful that they will continue to be part of our care team.

MMIP RECOGNITION AND AWARENESS AT CHAPA-DE

By Sunie Wood

Khadijah Rose Britton went missing on February 8, 2018. According to witnesses, she was last seen being forced into a car by her ex-boyfriend. "Nobody knows what happened to her after that," her cousin, who is a patient at Chapa-De, told one of our staff. This is a story that is too common for Native people. In the last few years, more publicity has been given to the tragic cases of murdered and missing Indigenous people (MMIP). The fact that Khadijah is a relative of one of our patients made this feel close to home, raw, real, and very sad.

Chapa-De's Native Engagement Circle (NEC) hosted a May 5th event inviting staff to paint their own red handprint on a tote bag printed with the phrase "No More Missing and Murdered Indigenous People!" Their goal was to bring awareness of this ongoing crisis to employees. Every year, May 5th is recognized as MMIP Awareness Day.

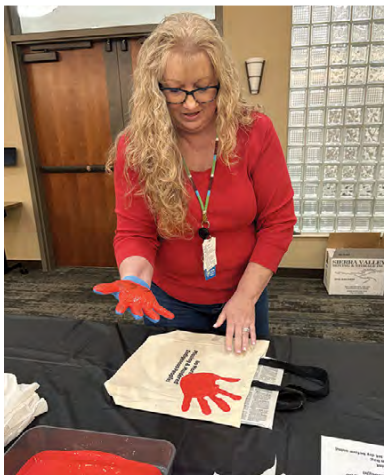
The red handprint symbolizes the voices that have been silenced and the lack of attention given to Native people who are victims of these crimes. Wearing red is another way to show support. Chapa-De staff were also provided with cultural educational materials. Studies show clinicians may be the first, and sometimes only, witnesses to recognize a person at risk and intervene before something tragic happens. Due to many factors, including historical and intergenerational trauma,

Native people are particularly vulnerable to exploitation and domestic violence. People who experience partner violence often seek clinical care. These visits can be precursors to being murdered or going missing. Preventing MMIP can start with providers noticing when a patient may be at risk and being equipped with the skills and tools to help. Our staff receives training to recognize and respond to domestic violence and human trafficking, and our training and development manager recently added training specific to MMIP. Chapa-De is committed to providing non-biased, non-judgmental, culturally competent care. We want our patients to know we are here for them.

We hope our staff will use their tote bags in the community and help raise awareness if someone asks about the red handprint. Bringing awareness is the first step in addressing a problem.

The NEC also set up displays in all medical and dental waiting areas with educational materials and resources for patients. We recognize it takes a community to help prevent these tragedies. If you are worried about yourself, a friend, or a loved one, please speak up and reach out.

Let's work together for a future with No More Missing or Murdered Indigenous People!





UNDERSTANDING TICKS AND TICK-BORNE ILLNESS: PROTECTING OUR COMMUNITY

Continued from page 1

a spreading rash, sometimes resembling a bull's-eye, along with fever, fatigue, headache, and muscle aches. The rash usually appears within 3 to 30 days in most cases. Without treatment, Lyme disease can affect the joints, heart, and nervous system and lead to more serious complications.

Anaplasmosis, spread by the same ticks, typically develops within one to two weeks after a bite. Symptoms include fever, chills, severe headache, muscle aches, fatigue, and sometimes digestive issues. Unlike Lyme disease, a rash is uncommon.

Borrelia miyamotoi infection is a newer recognized illness that causes fever, chills, fatigue, and body aches similar to relapsing fever.

Babesiosis is a rare parasitic infection reported occasionally in Northern California. It can cause fever, chills, fatigue, and body aches, though many people have no symptoms. Severe illness is more likely in older adults or those with weakened immune systems.

How to Prevent Tick Bites

Before going outdoors:

- Wear long sleeves and long pants
- Choose light-colored clothing to help spot ticks
- Tuck pants into socks or boots
- Use EPA-approved repellents such as DEET, picaridin, or oil of lemon eucalyptus
- Treat clothing and gear with permethrin or wear pre-treated items

During and after outdoor activities:

- Stay on trails and avoid tall grass and brush
- Check your body thoroughly after being outdoors, especially behind knees, ears, underarms, along the hairline, and around the waist
- Shower within two hours of coming inside
- Dry clothes on high heat for at least 10 minutes to kill ticks

Do not forget pets. Dogs and cats can carry ticks into the home, so check them regularly.

How to Remove a Tick Safely

If you find a tick attached to your skin:

1. Use fine-tipped tweezers to grasp it close to the skin
2. Pull upward with steady, even pressure without twisting
3. Clean the area with soap and water or rubbing alcohol
4. Save the tick in a sealed container and note the date and location

Common Ticks in California



Ticks are often found in areas with grass, shrubs, logs, large rocks, or fallen leaves. Brown dog ticks can be found in or around the home and in dog kennels.



Female Male



Western blacklegged tick
Ixodes pacificus



Pacific Coast tick
Dermacentor occidentalis



American dog tick
Dermacentor variabilis



Brown dog tick
Rhipicephalus sanguineus

Actual size:

Check for ticks!



Western blacklegged tick



Female Male Nymph Blood-fed adult



Avoid burning the tick, applying substances like petroleum jelly, or squeezing its body. Prompt removal reduces the risk of disease transmission, since Lyme disease typically requires at least 36 hours of attachment.

Do You Need Antibiotics?

Most tick bites do not require antibiotics. Preventive treatment, which is a single dose of doxycycline, is recommended only if all of the following apply:

- The tick is identified as a blacklegged tick
- It is engorged and swollen with blood
- It was attached for at least 36 hours
- It was removed within the past 72 hours
- You can safely take doxycycline

If these conditions are not met, monitor for symptoms instead. Preventive antibiotics do not protect against all tick-borne diseases.

When to Seek Medical Care

Contact a healthcare provider if you:

- Develop a rash, fever, or flu-like symptoms within 30 days of a bite
- Believe a tick was attached for more than 36 hours
- Cannot completely remove a tick
- Notice signs of infection at the bite site such as redness, swelling, warmth, or pain

Early treatment is highly effective for Lyme disease and other tick-borne infections.

Protecting Our Community

Tick-borne illnesses are largely preventable. Simple precautions such as using repellents, avoiding high-risk areas, and checking for ticks can significantly reduce risk. Share this information with others, especially those who hike, camp, or work outdoors.

Ticks are active in Northern California for much of the year. Stay alert, take preventive steps, and enjoy the outdoors safely.

References available upon request.

Email newsletter@chapa-de.org.

2027 MEDI-CAL CHANGES: What do they mean for Native Communities?

New federal laws and updates to California's state budget mean that changes are coming to Medi-Cal in 2027. These changes may affect some people's coverage. However, many American Indian and Alaska Native individuals may not have to follow these new rules.

It is important to find out if these changes apply to you. You should also make sure your Native heritage is correctly reported to the California Department of Health Care Services (DHCS). This can help prevent any gaps in your coverage.

Starting January 1, 2027

Medi-Cal is expected to make these changes:

- **Work requirements:** Some adults ages 19–64 without children or certain health conditions may need to meet work rules. They may have to report at least 80 hours each month of work, school, job training, or volunteering to DHCS.
- **More frequent renewals:** Medi-Cal will check if you still qualify every 6 months instead of once a year.

Exemptions for American Indian and Alaska Native People

If you are American Indian or Alaska Native, you may not have to follow these new rules. To get these exemptions, your heritage must be correctly reported to DHCS.

If you have not already shared your American Indian or Alaska Native status with Medi-Cal, you can do so:

- **In person:** Visit your local Medi-Cal office.
- **By phone:** Call (800) 541-5555.

We're Here to Help

Chapa-De is here to help Native patients keep their health coverage.

If you have questions or need help, please contact the Chapa-De Care Coordination Department at (530) 537-2621.



TYPE 2 DIABETES SUPPORT GROUP

*For American Indian
and Alaska Native
patients of Chapa-De*



Each meeting focuses on a different diabetes related topic and is a great opportunity to learn, share, and give/receive support.

***Meetings are the 3rd Tuesday of each Month
3:00PM to 4:30PM***

**11670 Atwood Rd.
Auburn, CA 95603
Building B Conference Room**

For more information, please call 530-889-3765.



CHAPA-DE
INDIAN HEALTH



FINDING HEALING IN COMMUNITY AND TRADITION AT THE ANNUAL TRADITIONAL INDIAN HEALTH GATHERING

By Dawn Schultz, Director of Specialty Services

Stepping into my new role at Chapa-De, I had the honor of attending the Annual Traditional Indian Health Gathering in May with other Chapa-De staff. While I knew it would be special, it turned out to be so much more than I expected.

I spent time in the sacred space of Big Valley Rancheria listening to speakers share their stories, their challenges, and the strength that carried them through. Their words were emotional and deeply grounding, helping me better understand the layers of healing our native communities continue to navigate.

Throughout the gathering, I was able to experience traditional meals prepared with such intention. I loved trying new foods — and the elk stew quickly became my favorite. Attending the fire ceremony was another unforgettable moment. Learning the traditions behind it, feeling the warmth of the flames, and being part of the fire welcoming us each day was so special and helped create a sense of connection. On Saturday, I experienced something truly meaningful. A traditional healer cared for my ankle, something that has caused me pain and since then, it has felt significantly better. The healing was gentle, powerful, and deeply appreciated.

This gathering reminded me how traditional healing and modern medicine can come together to support whole-person wellness. I left feeling grateful, inspired, and even more committed to honoring both paths in the work we do at Chapa-De. Thank you for the opportunity to attend and better understand the culture so important to our organization.





SPRING PLANTING IN GRASS VALLEY

By Sunie Wood

April 29th was a warm spring day in Grass Valley. Recent rains left the ground moist and ready for planting. A dedicated group of employees gathered to put in the summer garden. For 20 years, Chapa-De has been providing patients, especially those in the Health & Wellness Department, with organically grown vegetables from gardens at both the Auburn and Grass Valley locations. It is part of our commitment to treat the whole person, starting with a healthy diet that includes fresh produce. It is a little extra that helps encourage a healthy lifestyle and reduce the cost of food.

Dr. Glen Gookin, Physician and Residency Program Director, worked hard to bring this garden to our Grass Valley location. He also brought some special guests from our residency program to join the planting effort.

Dr. Gookin, could you please introduce your guests and tell us why you wanted them to be part of this event?

"I brought four of our six rural family medicine residents: Dr. Kelty White, Dr. Karli Haugen, Dr. Nick Sparr, and Dr. Camille DeRome. Our family medicine residents strongly believe in healthy, plant-based diets and were excited to join Health & Wellness in helping maintain our Grass Valley community garden."

Katy Ellis, Health and Wellness Program Manager, along with staff members Mary Guy and Loretta Moore,

also lent a hand with the spring planting. Mary had been diligently weeding the garden for weeks to prepare it. For years, Loretta has helped ensure that every tomato, pepper, and zucchini finds its way home with a patient.

How does this garden benefit your department and patients, Katy?

"Having an organic garden at our clinic sites creates a meaningful bridge between wellness education and real, tangible support for our patients. When we offer fresh, healthy produce, we are not just encouraging good nutrition. We are removing real barriers and showing our patients that their well-being matters in a practical way. The garden creates a welcoming space for conversations about food, health, and daily habits, and it allows patients to leave with something nourishing they can use right away. Sharing what we grow helps build trust, strengthen community, and make our clinic a place where wellness is truly supported."

Tim McLinden, Facilities Manager, also came down to help. He was instrumental in getting the garden installed at the Grass Valley site and even helped build the planters. The teamwork was fun and supportive and reflects Chapa-De's dedication to patient well-being. If you have only eaten store-bought tomatoes, you might not like tomatoes. But tasting one fresh from the garden could change your mind.



From left to right: Dr. Kelty White, Dr. Karli Haugen, Dr. Nick Sparr, Dr. Glenn Gookin, Katy Ellis, Dr. Camille DeRome, Loretta Moore, Mary Guy, Sunie Wood, Tim McLinden.



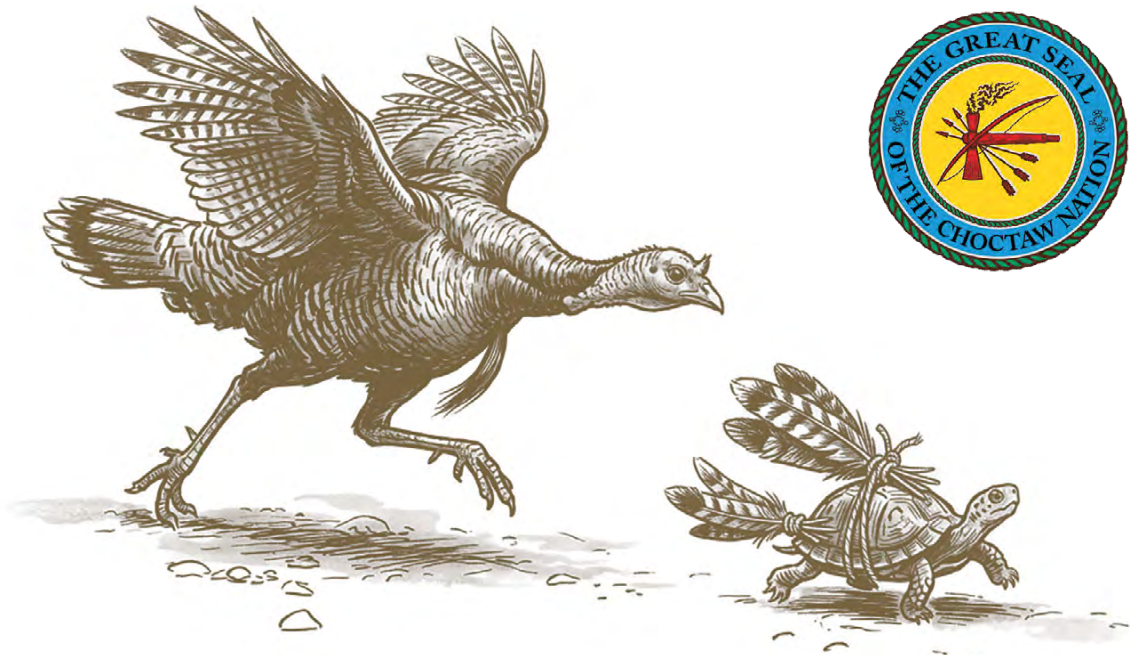


A TRADITIONAL CHOCTAW STORY

By Submitted by a reader, sharing a story from a birthday card sent by the Choctaw Nation of Oklahoma

Nittak libeshakma,
nan vlhpoa nukshopa
yvt bokushi ilhkoli cha
i kana ittimanumpuli
kvt imachukma tuk.
Nittak achvffah ma,
ittimanumpuli hosh
aiyashah ma, Akak
Chaha yvt isht ilawatat
pvlhkit antihya tok.

Akak Chaha hvt achi tok.
“Balili pvlhki li kvt kvna
moma ka kowi asha i
shahli la hinla.” Na vlhpoa
nukshopa vhleha yvt
Akak Chaha ya nana isht
ik ahno tok



“Chula, chi hokli la hinla!” Akak Chaha yvt achi tok. “Nashoba chishno aiena chi hokli la hinla!” “Vnano kvna kia sv hokla he kiyo.” Na vlhpoa nukshopa vhleha yvt Akak Chaha ya_nan isht ik ahno tok.

“Balili pvlhki li hatuko hvsh svm anumpulih kiyo.” Akak Chaha yvt achi cha yukpvt balit kania tok.

Akak Chaha yvt kaniah ma, nan vhpoa nukshopa vhleha yvt isht anumpuli tok. “Akak Chaha hvt hvpi apistikela he tuk kiyo micha yvmmvt pi kana achukma kiyo. Akak Chaha ya okla nan im avvcha chi kvt okla ahni tuk

“Kvna ho Akak Chaha yvt hokla he kiyo ho kil atokoli.” Shukhvta yvt achi tuk “Vno ako sv hokla he kiyo!” Luksi yvt achi tok, pvlhki kiyo ehokakosh. “Haksichi la hinla mikma sv hokla he kiyo.” Luksi yvt ittibapishi vhleha ya Ittiholbachit akak hishi isht ila shemachi tok. Akak Chaha yvt luksi hoklahosikma luksi inla yvt tikba tolobli cha tahpala tok. “Pa hikia li!” Akak Chaha yvt luksi vhleha hliohonli na shohbi akinli kia ikhoklo tok. Luksi achvffa ill hō hliohli imahwa hatokosh, polanka na balilit issa tok. “Luksi yvt chi haksichi tuk!” na vhpoa nukshopa vhleha yvt j yuhokpa hosh makachi tok “Yvmmvkakta ish hokla he kiyo tok.” Akak Chaha yvt isht ilahni tok, himmak ma kvna apistikeli la chj kiyo, mina okla moiymvt anonti ittikana tobtv tok.

English Translation

On warm days, the animals like to go to the creek and talk with friends. One day, while the animals were talking, Turkey ran by as fast as he could to show off. Turkey always bragged that he was faster than everyone. After Turkey left, the animals talked about Turkey's behavior and agreed that he should not show off because that is not being a good friend. They decided to teach Turkey a lesson. Possum suggested they choose someone that Turkey could not catch. Luksi, the turtle, who was not fast, offered to trick Turkey so it looked like Luksi was fast. Luksi and his siblings covered their bodies with feathers, so they all looked alike. Every time Turkey would pass one turtle, the next one would jump out ahead of him, so it looked like Turkey was losing the race. Turkey chased the turtles all day long and never caught them because he thought he was only chasing one turtle. He finally gave up, and all the animals laughed at Turkey's foolishness. Turkey decided then that he would never make fun of anyone, and they were all friends again.

CHAPA-DE
INDIAN HEALTH*Join Us!*

DRUMMING CIRCLE

Join us for a community drumming session! This new segment in our Culture is Medicine Series brings healing through community and culture with teachings from the drum. The drum is often described as the heartbeat of Mother Earth, helping us connect with culture through shared songs, dances, stories, and more.

Tony Cervantes (Chichimeca) and Sara Raskie (Anishinabe) will lead these special sessions and bring their community drum. Everyone is welcome to join, learn about the drum, sing, and share together. This is a free event for all ages.

JOIN US ONE FRIDAY EACH MONTH!**2:00 PM - 4:00 PM****AUBURN GRASS VALLEY**

- March 27
- May 29
- July 31
- September 18
- November 20
- April 24
- June 26
- August 28
- October 30
- December 18

Dates and times are subject to change. Scan the QR code for details.

CULTURE IS MEDICINE SERIES | 2026

VIEW MORE





WATCHING IT GROW: SOUTH PLACER HEALTH CENTER

By Tayloranne McLeran



We are happy to share a short update about our new South Placer Health Center.

We're Hiring

Join our team! As we look ahead to South Placer, we have started hiring for certain roles:

SCAN FOR MORE
INFORMATION



- Physicians & Nurse Practitioners
- Dentists & Hygienists
- Optometrist
- Therapists
- Clinical Supervisors
- And much more is coming soon!

Hiring will continue as the health center grows. If you or someone you know is interested, please scan the QR code or visit chapa-de.org/careers.

Expanding Care

Many of our patients and families have strong ties to our Auburn clinic, some even going back to the start over 52 years ago. We are honored to be part of your care and your lives.

As we grow, the South Placer Health Center will give us more space and more opportunity to serve our patients. We will continue to respect and support the traditions, values, and relationships that are important to you.

When the time is right, some patients may find benefits in choosing South Placer, such as:

- **Closer to home:** For some, the new location may be easier to reach
- **Trusted care:** You will receive the same high-quality, caring services from Chapa-De, including some familiar staff
- **New space:** A modern building designed for comfort and care
- **Welcoming setting:** Artwork and spaces that reflect the community
- **Outdoor areas:** Space to enjoy fresh air, with Margaret Azevedo Park nearby

Stay Tuned!

We will continue to share updates as we have more information. We invite you to follow Chapa-De Indian Health South Placer on Facebook and Instagram for the latest news and updates. You can also visit chapa-de.org/south-placer/.

We are honored to care for you and your family, now and in the future.



Enroll in Indian Education by completing a **506 FORM**



YOU CAN NOW SUBMIT YOUR FORM ONLINE

CLICK THIS SECURE LINK OR USE QR CODE TO FILL OUT THE 506
FORM AND SUBMIT TO NEVADA COUNTY 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.



TAA ALDEEZHI CH'IL ALTAAS'S EI THREE SISTERS PASTA SALAD

From The Modern Navajo Kitchen by Alana Yazzie

Yield: 6 servings

Prep Time: 20 minutes

Cook Time: 30 minutes + 30 minutes refrigeration time

Pasta Salad

- 1 small acorn squash
- 2 ears of yellow or white sweet corn
- 1 can (15.5 ounces) pinto beans
- ¼ cup extra-virgin olive oil
- ½ teaspoon salt
- 1 cup (35 g) spring mix salad
- 2 cups of rotini pasta

Vinaigrette

- ⅓ cup of apple cider vinegar
- 1 tablespoon olive oil
- 3 tablespoons maple syrup
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

Directions

1. With a chef's knife, cut the acorn squash in half and remove the seeds. Cut the squash into 1-inch cubes and set aside.
2. Prepare the sweet corn by removing the husks and cutting off all the kernels. Set aside.
3. Prepare the pinto beans by draining and rinsing the beans twice. Set aside
4. Prepare the pasta: Bring 4 cups of water to a boil over medium-high heat. Add the pasta and cook for 10 minutes, just past al dente. Drain and rinse with cold water until the pasta is cool.
5. In a large pan over medium heat, warm up the olive oil for 5 minutes. Add the squash, cover and cook for 6 to 8 minutes, until slightly softened. Add the corn and salt. Cover and cook for an additional 5 minutes, until the corn is tender. Remove from the heat and let cool completely.
6. Prepare the vinaigrette: in a small bowl, whisk together the vinegar, olive oil, maple syrup, salt and pepper for 2 minutes.
7. In a large bowl, combine the pasta, squash and corn mixture, beans, spring mix, and dressing mix with tongs until thoroughly combined.
8. Refrigerate for at least 30 minutes. Serve cold.

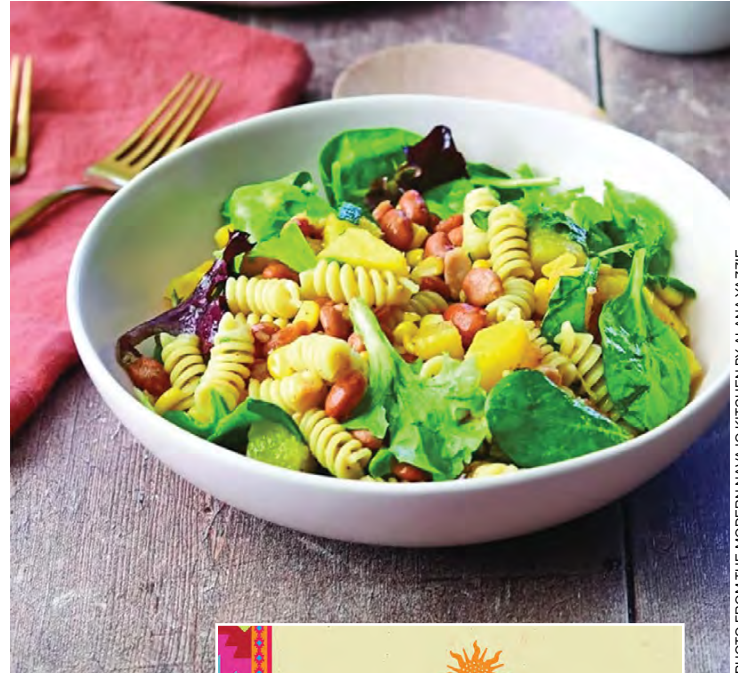
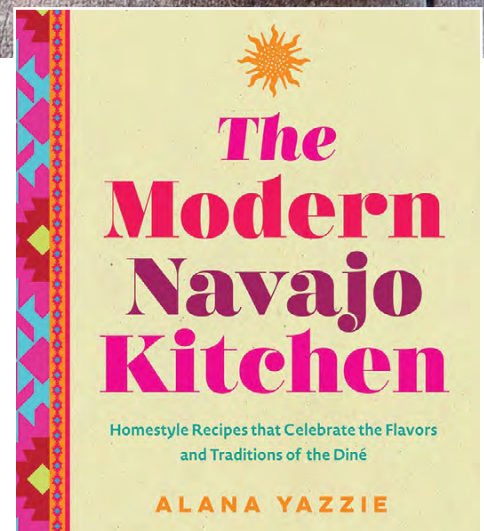


PHOTO FROM THE MODERN NAVAJO KITCHEN BY ALANA YAZZIE





CELEBRATIONS, GATHERINGS & EVENTS

Yurok Tribe's 62nd Annual Klamath Salmon Festival

August 15, 2026 | 9 a.m. – 3 p.m.
190 Klamath Blvd., Klamath, CA 95548

This free family event includes cultural demonstrations, Indian Card Games, and the Ney Puey 5k run.

Learn more: <https://www.yuroktribe.org/salmon-festival>

Shingle Springs Tribal Big Time

August 22, 2026 | 8 a.m. – 8 p.m.
August 23, 2026 | 8 a.m. – 6 p.m.
5281 Honpie Road, Placerville, 95682

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

Shingle Springs Band of Miwok Indians Official Tribal Website: <https://shinglespringsrancheria.com>

Drumming Circle at Chapa-De Indian Health

Our community drumming circle happens every last Friday of the month, 2 – 4 p.m. alternating between Auburn and Grass Valley. All are welcome to this free event.

2026 Grass Valley Dates

1350 E. Main Street, Grass Valley, CA 95945

- August 28, 2026
- October 30, 2026
- December 18, 2026

2026 Auburn Dates

11670 Atwood Road, Auburn, CA 95603

- September 18, 2026
- November 20, 2026

Acorn Festival

September 12-13, 2026 | 10 a.m. – 6 p.m.
Mi Wu Street, Tuolumne Rancheria
Tuolumne, CA 95379

Celebrate the Traditional Black Oak Acorn Harvest with California Traditional Dancers, Native Arts & Crafts, Indian Tacos, Hand Games Tournaments, and a Saturday BBQ Dinner.

58th Annual California Native American Day

September 25, 2026 | 10:00 a.m. – 2:00 p.m.
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, 2026

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/>

Acorn Day

October 10, 2026

Join Diana Almendariz (Maidu/Wintu)
 For traditional acorn processing

California Indian Heritage Center Foundation
 2618 K. Street, Sacramento, CA 95816

California Indian Heritage Center Foundation
<https://www.cihcfoundation.org/special-events>

Indigenous Peoples Day

October 12, 2026

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>

SAVE THE DATE!**ELDER'S HOLIDAY LUNCHEON | Saturday, December 5th**

New Location! United Auburn Indian Community School, 3141 Taylor Road, Loomis, CA 95650

For nearly 40 years, Chapa-De Indian Health has proudly honored the Elders we serve with this special holiday celebration. Join us for a festive meal, fellowship, and time with family and friends.

RSVP: November 2–20, 2026, or until all seats are filled. Reserve early—space is limited.

This event is for all Native Elders age 65+ who have had at least two visits with Chapa-De in the past 12 months. Each Elder may bring one guest.

This year, we are honored that the United Auburn Indian Community (UAIC) has allowed us to hold the event at their UAIC School. This beautiful new venue is centrally located, has plenty of parking, and more space for us to host our honored Elders.

Auburn Big Time Pow Wow

October 17, 2026

Gold Country Fair Grounds

209 Fairgate Road, Auburn, CA 95603

Enjoy competition and exhibition dancing, native food and arts, cultural demonstrations and more.

Alcatraz Thanksgiving Indigenous People's Sunrise Gathering

November 26, 2026

Pier 33, San Francisco, CA 94133

On Thanksgiving morning, ferries to Alcatraz Island run every 15 minutes from 4:15 a.m. to 6:00 a.m. for the annual Indigenous Peoples' Sunrise Gathering. After the event, ferries continue from Pier 33 until the final sailing at 8:45 a.m., when all visitors must leave the island.

The Pier 33 box office opens at 3:00 a.m. Tickets are available online or at Pier 33, but advance purchase is recommended as they often sell out.

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

Book and Movie Recommendations**Books**

- **The Buffalo Hunter Hunter** by Stephen Graham Jones. Horror, thriller based on a true story of the Marias Massacre of the Blackfoot People.
- **Sisters in the Wind** by Angeline Boulley. A contemporary thriller and coming of age story.
- **The Story of Moccasins** by Jem Maracle. A beautifully illustrated Indigenous children's book.
- **The Story of the First Peoples** by Kenneth L. Feder. A non-fiction epic deep history of Indigenous peoples covering more than 20,000 years.
- **Vested Interests** by Emilie Connolly. Describes the unequal dividends of colonialism in the United States.

Movies

- **Lost Women of Alaska.** A chilling look at a predator preying on those who are most vulnerable.
- **Mekko.** After being released from prison, a Native American man must become a warrior to save his people.
- **Windtalkers.** A Marine is assigned to protect a Navajo code talker, the Marines' new secret weapon.

Share Your Special Moments with Us!

Have a special life event you'd like to share? Email us at newsletter@chapa-de.org or drop it off in any Chapa-De lobby.

We welcome milestones such as births, graduations, celebrations of life, remembrances, and other meaningful moments. Your story may be featured in a future newsletter or at the Elders' Holiday Luncheon this December.



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 2026

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.