



CHAPA-DE
INDIAN HEALTH

Passionate People.
Compassionate Care.

NOVEMBER 2026

CHAPA-DE News

HONORING INDIGENOUS HERITAGE

NATIVE AMERICAN HERITAGE MONTH

Celebrating living cultures, enduring traditions,
and Native voices.

MANAGING ARTHRITIS WITHOUT MEDICATION

By Dr. Ben Oldach

Arthritis pain can make everyday activities such as walking, gardening, and spending time with family more difficult. For many elders, joint pain and stiffness may feel like an unavoidable part of getting older. While arthritis cannot always be cured, there are many ways to manage symptoms and protect mobility without relying exclusively on medication.

Keep Moving in Ways That Feel Good

One of the most helpful things for managing arthritis is to stay physically active. This does not mean pushing through severe pain. Gentle, regular movement can reduce stiffness, strengthen the muscles around painful joints, and make everyday activities easier.

Walking is often a good place to start, and several short walks throughout the day may feel better than one longer outing. Other low-impact activities can provide similar benefits while being easier on the joints. The most important thing is finding movement that feels comfortable and sustainable.

Focus on consistency rather than intensity. Begin slowly and increase activity as your body allows. If an activity causes significant or lasting pain or swelling, stop and talk with your medical provider. They may suggest adjustments, recommend specific exercises, or connect you with a physical therapist who can help develop a personalized plan.

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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



Jason Camp,
Secretary



Jasmine Caesar-Walker,
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 HAUDENOSAUNEE CREATION STORY

"That long ago there was a land in the sky, and that a woman fell from that sky land, holding in her hand, the seeds of the flowers and plants. The birds flew up to catch her on their back, and then the great turtle swam up from below the surface of the water for only water was here. And animals began to dive down to bring up Earth.

The one who succeeded the one who made it was the little muskrat. She brought up a paw full of Earth and put it on the back of the turtle. And then that woman stepped from the backs of the birds and began to dance in a circle with slow, small steps as women dance today in the Haudenosaunee tradition.

The earth got bigger and bigger, and where her feet stepped and made footprints, she dropped the seeds, the flowers and the trees and the other plants. So life came to be on earth through the agency of sky woman, who is always remembered among the Haudenosaunee people as a Mother, the first Mother of us all."

Story Source: Traditional Haudenosaunee oral tradition, commonly known as the Sky Woman creation story. Excerpt reproduced from Native American Winter Tales (Suzanne's Mom's Blog, Dec. 28, 2019).



LOVE AND LOGS FOR ATWOOD

By Sunie Wood

If you have visited our Atwood Clinic this summer, you may have noticed some construction taking place. Our beautiful Medical Building (Building B) was designed by architect Jordan McKnight in 1992. He was guided by our late CEO, Carol Ervin, and our past board of directors to create a healing space that embraced nature and had Native features. Over the years, we have added several surrounding buildings and extra staff parking to accommodate our growing team. The large, natural log arbors over the outdoor entrances are a patient favorite that add beauty and shade while viga tail log details around the exterior give the building a Southwest feel. They stood as welcoming gates since construction and now after 34 years, the logs had decayed and needed to be replaced. It was time to give our buildings some love.

We chose hand processed cedar logs that are beautiful and naturally rot and insect resistant. The old concrete sidewalks were torn out and replaced with new ones.

This gave us an opportunity to install an additional accessibility ramp on the front entrance of our Medical Building. We decided to use the time between removing the old logs and putting up the new logs to give all the buildings a fresh coat of paint as well.

One of the most exciting features is the return of the log arbor to the entrance of our Dental/Optomety/Health & Wellness building (Building A). It looks amazing and adds some much-needed shade to that entry. It is important to us to keep our facilities attractive, clean, and well maintained for our patients. Chapa-De receives funds from Indian Health Services to repair and maintain our facilities.

Thank you for your patience as we continue improving this healing space. We apologize for any temporary inconvenience and hope you enjoy the upgrades to our campus. We want your healing experience to start the minute you pull into our driveway!



Before renovation



After renovation



MANAGING ARTHRITIS WITHOUT MEDICATION

Continued from page 1



Use Heat and Cold

Heat can help loosen stiff joints and make movement more comfortable. A warm shower, bath, heating pad, or warm towel applied to the muscles can be tremendously helpful, especially in the morning.

Cold can sometimes help after activity when a joint feels swollen or irritated by reducing inflammation. A cold pack wrapped in a towel can be applied for short periods to a painful joint.

Pay Attention to Nutrition and Healthy Weight

Food cannot cure arthritis, but a balanced eating pattern supports overall health. Meals that include vegetables, fruits, whole grains, beans, nuts, fish, and other sources of protein can provide important nutrients.

Antioxidants found in berries, such as blueberries and blackberries, may help reduce inflammation when eaten regularly. Turmeric is another natural anti-inflammatory that can be consumed with food or taken as a supplement. It is best absorbed when taken with black pepper.

For elders carrying extra weight, even modest weight loss may reduce stress on joints such as the knees and hips. Weight changes should be approached gradually and safely, particularly for older adults who have other health concerns.

Make Rest Part of the Plan

Arthritis often creates a cycle of pain, poor sleep, fatigue, and reduced activity. It is important to try to get good sleep and regular rest to help the body cope with pain.

Plan demanding activities for times of day when energy is highest. Break large tasks into smaller steps. Rest between activities, but try not to remain inactive for long periods, as too much inactivity can increase stiffness.

You do not have to live with arthritis pain alone. If your symptoms are bothering you, make time to talk with your provider about treatment options that can help reduce pain and improve mobility. Use the healow app or call (530) 887-2800 to schedule an appointment.

FOOD AS MEMORY AND MEDICINE

By Janet Blawn, LCSW

Food is memory we can taste. A smell or flavor can instantly bring people back to another place and time: salmon cooking over a fire pit, acorns being cracked and prepared, fresh frybread at a gathering, or coffee poured quietly around a kitchen table. Food ties people to family, land, and tradition. It is present in everyday moments and community celebrations alike, from simple meals shared with loved ones to tables overflowing with family specialties when the bears are awakened in spring. Long after details fade, people often remember who fed them and how they felt in those moments.

Food is closely connected to our emotional lives. A familiar meal can bring comfort during stressful times or create a feeling of safety and belonging. Foods connected to childhood, family, or culture often carry powerful memories. Anxiety, depression, grief, and chronic stress can affect appetite, eating habits, and the energy needed to prepare meals. During difficult seasons of life, food often becomes part of how people care for themselves and one another.

Most people have turned to food for comfort at one time or another. A sweet treat after a difficult day, a recipe that reminds us of someone we miss, or a gathering centered around food can provide connection when life feels overwhelming. Food cannot solve every problem,

but it often helps people cope, celebrate, grieve, and support one another through life's challenges.

For many Indigenous communities, food also carries the impact of historical trauma. Traditional food systems were disrupted through colonization, forced relocation, boarding schools, poverty, and dependence on government-issued foods. Families adapted by stretching meals, saving what they could, and making sure no one went hungry when resources were uncertain. Those lessons of survival were passed from one generation to the next.

Many of our responses to food today can be understood through that history. Keeping cabinets full, preparing extra food, or making sure food doesn't go to waste often comes from love for family and a desire to make sure no one goes without. What may seem excessive on the surface is often rooted in care, protection, and memories of scarcity.

Food remains both memory and medicine. Every shared meal carries more than nourishment. It carries stories, relationships, and traditions that have endured through hardship and change. In that way, food continues to connect people to one another, to their culture, and to the generations who came before.





THE KIOWA TRADITION OF THE GOURD DANCE

By Jacie Zahler

Chapa-De is proud to serve a diverse tribal population. As Veteran's Day approaches, we would like to recognize all of those who have served. The verbal and written histories of the people contain many stories about the warriors who gave all. There are so many that could be shared. One of these histories belongs to the Kiowa people and the origins of the gourd dance. While the heart of the gourd dance is in Oklahoma, you may also experience it in other Southwestern and Western States, especially if you attend a powwow in California.

Kiowa oral traditions tell us that the gourd dance was given to a warrior by a red wolf. When he was separated from his people, he found a wolf standing on its hind legs, singing and howling. The wolf taught the man the songs and steps of the dance and told him it would provide healing for the Kiowa people. Today, the gourd dance is overseen by various societies and is used to honor our warriors and their families.

If you attend a powwow where gourd dance is included, it will be presented before grand entry. Grand entry is when powwow dancers of various styles come into the arena. Some powwows will have gourd dance throughout the weekend, including sessions before the first grand entry, after dinner break, and a final session on the last day of the powwow to close it out. The

songs are provided by the Southern Drum, or Center Drum. There are very specific songs that are used during gourd dance.

You can recognize gourd dancers by their distinct regalia. Men will dance inside of the arena.

They will wear red and blue sashes, blankets, or robes over their shoulders. You may also see men wearing bandoliers made from mescal beans, or some have more contemporary bandoliers made with glass beads. The men will dance with rattles, or gourds. Many also carry fans while dancing. Women will dance on the edge of the arena, behind the men, wearing shawls.

During the gourd dance, it is important to not enter or cross the arena while the dancers are dancing. There is a time when the MC will call for a blanket dance. During this time, the Center Drum will sing special songs, and a blanket will be placed in the arena. This is an opportunity for those in attendance to provide a monetary offering for the dancers and singers. At this time, you may enter the arena and place your donation on the blanket and then exit the arena. Please remember not to touch a dancer's

regalia, but if you have questions, you are welcome to approach a dancer at the conclusion of the dance, outside of the arena. It is always recommended to offer a small gift if you are asking them to share information. Dancers and singers appreciate monetary donations, traditional medicines like tobacco, cedar, sweetgrass, or sage, or other thoughtful gifts.

Dancers and singers enjoy sharing this special dance with the community. Many societies will host events to give back to their communities as well. We are thankful to have this tradition available to us in our area.



PHOTO COURTESY OF WWW.AANATIVEARTS.COM



PHOTO BY DONOVAN SHORTEY

THE KAWTA AND NICKPEA SCULPTURE

By Darla Clark

It has been 34 years this month that Kawta and Nickpea have stood quietly in Chapa-De's lobby. The first 30 of those years were spent standing in the medical lobby of the Atwood Road campus and now in the lobby of the Auburn Administration building. They are frozen in a private moment that could have been 34 years or 134 years ago. The Grandmother, Kawta, is focused on braiding her Granddaughter Nickpea's hair. Nickpea is sitting patiently, enjoying her grandmother's attention.

Looking at this statue brings back all kinds of memories for me, such as when the Atwood clinic with its lodgepole pillars and ceiling were brand new, Receptionist Diane Ricks sat in the center of that huge lobby greeting families as they arrived, and children who are now adults playing with the toys in the children's playroom. Through these years, Kawta and Nickpea were quiet witnesses to all that unfolded in that lobby. I wondered about them now and who the real Kawta and Nickpea might be. They looked familiar to me and I think I used to know. But the years erased those details. The small placard on the base of the bronze statue indicates that the statue was sculpted by Artist Darla Ilene Sittman. I reached out to her to see what she could tell me about Kawta and Nickpea.



The artist's online bio states she originally grew up in the Auburn area and then moved to the Oroville area. In 2020, she moved to North Carolina after the Bear Fire destroyed her home and all of her artwork. Amazingly, she called me back and we chatted about her sculpture. She remembered well creating the art piece and added an additional detail of how she was connected to Chapa-De. Her sister-in-law, Jeannie Gute, who passed away in the 1990's, worked at Chapa-De had introduced her to then CEO Carol Ervin. It was Carol who commissioned the statue to be created. Sittman also said that her father built the wood base that the statue sits on. As for the identity of the grandmother and grand-daughter, she confirmed they lived locally in the area and even came to her house to let her take pictures and work on the sculpture, but did not remember their names. She noted with sadness that the original molds that were used to make the statue burned up in the fire as well. But fortunately, the original Kawta and Nickpea still sit quietly, and safely, in Chapa-De's lobby.



COMMUNITY SUBMISSIONS

In remembrance of Rose Patsy (Kelly) Enos-Starkey, Nov 7, 1934 – Feb 6, 2026

Submitted by Cinnamon Bear/Russell Enos



Mom passed away at her home with family by her side.

She was born in Nevada City and lived with her grandparents. She had 3 brothers Bill, Warren, Norman and 1 sister, Lavern (Vernie). She went to school in Nevada County and after graduating she married her first husband.

She moved to Bancroft Rd here in Auburn, where she lived for the rest of her life. She was a great pillar for native communities in Auburn and Nevada City.

Many times, she won first place in shooting contests where she would shoot different types of guns, 7mm, rifle, and pistols. She enjoyed traveling, hunting, gathering acorns (She would process and cook acorn for family and gatherings) yard sales, sewing everything by hand, making dance regalia, attending Big Times, playing hand game

(team was usually Sam Starkey, Victor Williams and Agnes Wells) and gathering with family and friends. In her younger years she played slow pitch softball.

Mom was part of the group of native women that gathered food and toys to give to native families here in Placer County. She was also part of the group that brought dental and health care to Auburn for our native families.

She was our head female dancer and along with our Dance Captain Frank LaPena led our dance group the Maidu Dancers and Traditionalist. Mom was loved, respected and looked up to throughout California and Nevada with both native and nonnative communities.

She was the only Baby Blessor in our area and enjoyed seeing and naming all the little ones.

She was preceded in death by her grandparents, parents and siblings along with her husband Sam Starkey, Son Lester Enos and nephew William (Bill Bill) Kelly.

She has 4 children, Russell (Sami) Russell Jr., Albert, Adam, Jimmy and stepdaughter Angie. Lester, Koppa (Jessica) Mackenzie, Joom and Katie. Edward (Paula), Wanda Batchelor (Rocky), Erik (Amanda) and Evan (Ruby), Roxy and Tiana.



In loving memory of Novlyn Hairly Bird

(Wanbli Wi)–
Oglala Lakota

From your
daughter Viola
Lopez and
grandchildren



Congratulations to Destiny Salinas

(Cante Waste Wi)– Oglala Lakota

Received her Associate of Arts
degree from Sierra College in 2026,
graduating with honors in Liberal
Studies – Elementary Education
and Elementary Teacher Education:
Integrated Programs for Transfer.



NEW RESIDENT PHYSICIANS JOIN GRASS VALLEY CARE TEAM

By Tayloranne McLeran

The Sierra Nevada Family Medicine Residency Program, a partnership between Chapa-De and Sierra Nevada Memorial Hospital, is helping train the next generation of family medicine physicians while improving access to healthcare in our region.

The program celebrated an exciting milestone this year. This summer, it graduated its first class of resident physicians. At the graduation ceremony, Chapa-De honored the graduates with a special blanketing ceremony to recognize their hard work and dedication to caring for others. Both graduates, Dr. Kelty White and Dr. Nick Sparr, chose to stay in the area and continue serving local patients.

We are also excited to welcome two new resident physicians, Dr. Tomas Schlenker and Dr. Laetitia Campbell, to our Grass Valley clinic as members of the Class of 2028.

As second-year residents, Dr. Schlenker and Dr. Campbell provide care to patients at Chapa-De, Sierra Nevada Memorial Hospital, and other healthcare sites throughout the region as part of their family medicine training.

Dr. Schlenker earned his medical degree and Master of Public Health degree from the University of Wisconsin. He is passionate about community health, addiction medicine, and caring for underserved communities. He is fluent in English and Spanish.

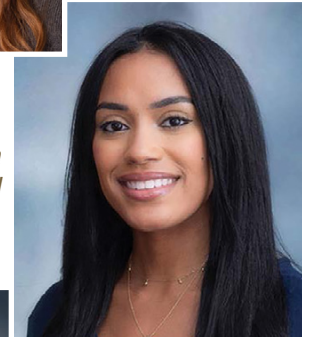
Dr. Campbell earned her medical degree from the Florida State University College of Medicine-Orlando Campus. She is passionate about helping patients stay healthy through preventive care and strong patient partnerships, especially in tribal and rural communities. She is fluent in English, French, and Haitian Creole.

The residency program also recently matched with two new physicians, Dr. Miranda Hellman and Dr. Brianna Cowin, who are now training as first-year residents. We are excited to welcome them to the program as they begin their journey in family medicine and prepare to serve rural communities.

We are proud to welcome these talented physicians and look forward to the care, compassion, and dedication they will bring to our patients and communities.



Dr. Brianna Cowin



Dr. Laetitia Campbell



Dr. Miranda Hellman



Dr. Tomas Schlenker



Dr. Kelty White and Dr. Nick Sparr



CELEBRATING NATIVE AMERICAN HERITAGE MONTH AT CHAPA-DE

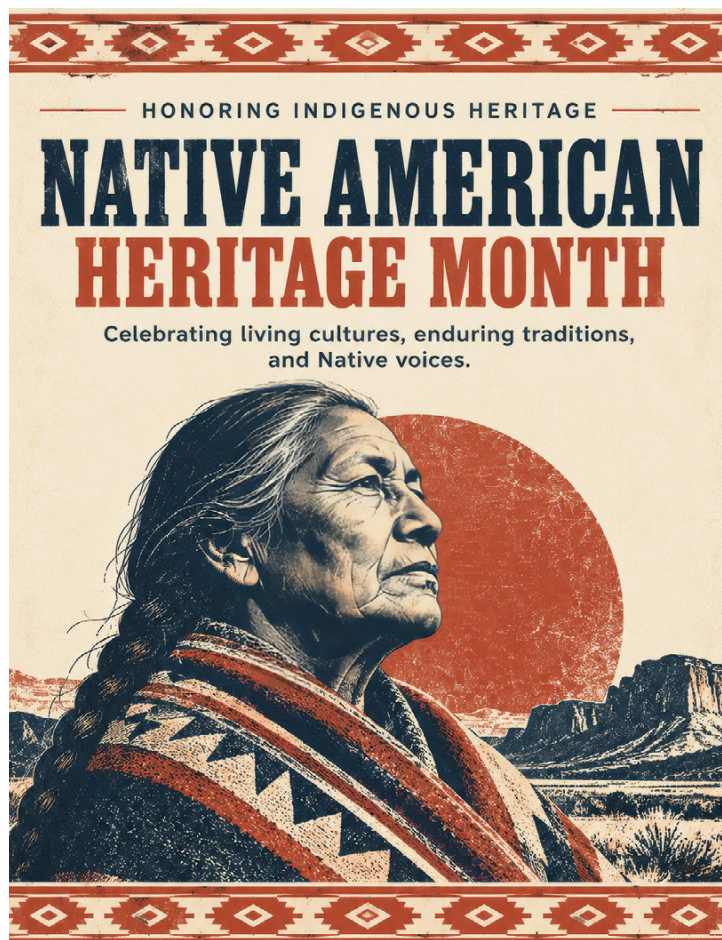
By Sunie Wood and Viola Lopez

Chapa-De will be celebrating Native American Heritage Month on Thursday, November 12th this year with moccasins, tee shirts, and popcorn! The second week in November is recognized as Rock Your Mocs Week. It has become a nationwide way to honor and celebrate Native American culture and contributions. Wearing moccasins or a turquoise shirt is a powerful way of showing cultural pride and heritage for Indigenous peoples across North America and beyond. Moccasins are more than just footwear for Native Americans, they represent the journey of Indigenous people. We will be taking pictures and sharing them on social media with the hashtag #RockYourMocs. All staff will be provided a turquoise tee shirt designed by our Native Engagement Circle. We will also be enjoying a traditional celebration food – popcorn!



We encourage our readers to put on your moccasins or turquoise shirt, snap a photo and send it to us at newletter@chapa-de.org or share on one of our social media sites.

This is our month of recognition. Let's celebrate!



Fun Facts About Popcorn

Did you know corn is actually a type of annual grass?

It is believed that the first use of wild and early cultivated corn was popping. The oldest ears of popcorn ever found were discovered in New Mexico and were about 4000 years old.

15 billion quarts of popcorn are consumed in the U.S. each year. That's about 45 quarts per person. Around 70% of popcorn is consumed at home with microwave popcorn being the most popular.

Native Trailblazers

- **Susan La Flesche Picotte**, first Native American doctor of the Omaha Nation, 1865-1915.
- **Thomas L. Sloan**, first Native American lawyer and activist of the Omaha Nation, 1863-1940
- **Mildred Bailey**, first Native American Jazz Orchestra singer of the Coeur d'Alene Nation, 1907-1951
- **Johnston Murray**, first Native American Governor Oklahoma of the Chickasaw Nation, 1902-1974
- **Diane Humetew**, first Native American Federal Judge of the Hopi Nation, current

Did You Know? Native Facts.

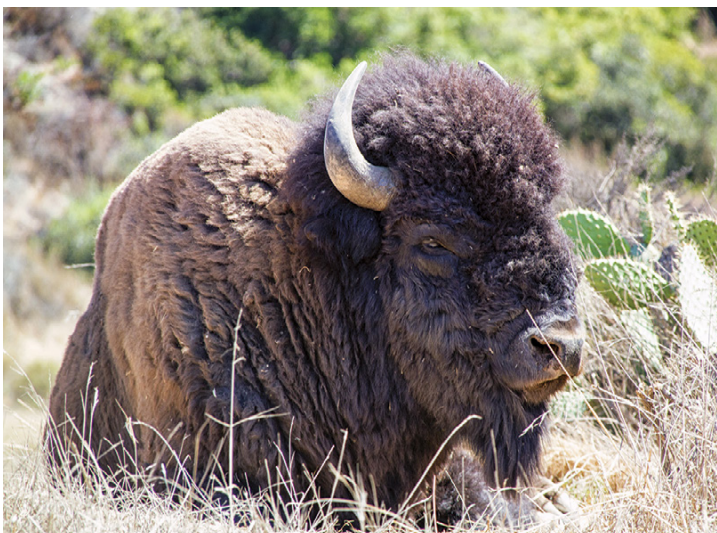
Many foods that are staples around the world originated in America. Imagine Italian food without tomatoes, Thai food without chili peppers, or German and Irish food without potatoes. Colonists discovered a bounty of new foods that were then spread around the globe.

Prior to colonization, between 300-500 separate languages were spoken by hundreds of different tribes. Today only about 50 languages have survived but efforts are being made to revitalize many before they disappear forever.

Native American Heritage Month got its start as a one-day "American Indian Day" celebration in New York in May 1916, after a member of Blackfeet Nation, Red Fox James, literally rode on horseback from state to state to ask for a day to honor Native Americans.

In 1990 Congress officially passed a joint resolution which was signed into law by President George H. W. Bush declaring the entire month of November "National Native American Indian Heritage Month."

In 2016, bison were declared the National Mammal of the United States. Once at the brink of extinction, bison numbers in North America have grown to over 500,000. The Intertribal Buffalo Council has aided 86 Tribal Nations in 10 States in increasing bison on tribal lands to over 30,000. Other herds are on public lands and private ranches.



Source and further reading:

<https://www.history.com/articles/native-american-tribes-facts>

SUPPORT NATIVE BUSINESSES!

You can make a difference in the lives of Native Artists and Vendors by choosing to purchase gifts for the holiday season from them instead of mass produced products in big box stores. You not only support Native entrepreneurs but treat the recipient to unique, handmade quality items.

Gifts Under \$25

www.sekahills.com/collection#/vinegar

wanuskewingiftshop.com/collections/new-in-store?page=1

www.crazycrow.com/gift-shop/general-native-american-25

Gifts Under \$50

www.boyersindianarts.com/gifts-under-50

www.etsy.com/search?q=native+america+gifts+under+%2450&ref=search_bar&instant_download=false

https://yochadeheranch.com/?mc_cid=cf2807e920&mc_eid=6534fafead

Other Local Native Artists

Tradish With a Twist

Jewelry and other handmade items

Lillian: (209) 273-8724

Jesse: (209) 751-7785

www.instagram.com/tradishwithatwist/reels/

Joan Denys Native Three Feathers

Native Jewelry

(916) 847-9208

www.facebook.com/p/Native-Three-Feathers-100068267002837/

Sprinkle Love and Light

Handcrafted beaded jewelry and crafts

(916) 607-2450

www.facebook.com/sprinkle.love.and.light/



A RIGHT THAT WAS PAID FOR: WHAT AMERICAN INDIAN AND ALASKA NATIVE MEDI-CAL MEMBERS NEED TO KNOW

By Brandon Bettencourt, RN

Before there was a state of California, Tribal Nations negotiated treaties with the federal government. In exchange for ceding their lands, tribes secured commitments, including the federal government's promise to provide health care to Native people. That obligation did not expire. It became what is known as the federal trust responsibility: a legal, moral, and ethical duty the United States carries to this day, rooted in the government-to-government relationship between the U.S. and sovereign Tribal Nations.

That history matters right now, because new rules are coming to Medi-Cal, and your tribal sovereignty is exactly why they don't apply to you.

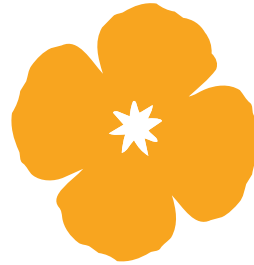
What is changing

Starting in January, most adults enrolled in Medi-Cal expansion coverage will face two significant new requirements. They will need to prove they are working, in school, volunteering, or doing other qualifying activities for at least 80 hours a month in order to keep their coverage. And instead of renewing their Medi-Cal once a year, they will need to renew it every six months.

These are big changes for a lot of people. But not for you.

American Indian and Alaska Native (AIAN) members are exempt from both

When Congress passed this law, tribal nations and their advocates made clear that applying work requirements and more frequent renewals to Native people would directly contradict the trust and treaty obligations the federal government has carried for generations. Those arguments won. The exemptions were secured. Not as a favor, but as a recognition of rights that were negotiated, fought for, and never surrendered.



Medi-Cal

What to do if you receive a notice that says otherwise

Notices about work requirements or more frequent renewals may have already started arriving in the mail. Some of these are generated automatically, and not all of them will correctly account for your AIAN status. While the state and Indian Health Service (IHS) are working to identify AIAN members who are exempt, the process does not catch everyone and errors can happen.

If you receive a notice that says you must complete work requirements or renew your cover more often, don't panic, and don't ignore it.

What you need to do is straightforward: **let your county know that you are American Indian or Alaska Native by calling (800) 541-5555 or by visiting your local Medi-Cal office.** That is all that is required. You do not need to provide documentation or proof. Under current rules, your word is sufficient.

If your coverage is paused or you are asked to meet requirements that don't apply to you, you have the right to appeal. And you don't have to navigate that alone. Contact the Chapa-De Care Coordination Team at (530) 537-2621 and we will help you get it sorted out.

Your rights were earned. We're here to help make sure they're honored.



NEW CHAPA-DE HEALTH CENTER IN ROCKLIN NEARS OPENING

By Tayloranne McLeran



Exciting progress continues at our new health center in Rocklin, CA. Most of the work on the outside of the building is now complete, and crews are focused on finishing the inside spaces and surrounding grounds. The project remains on schedule as we move closer to opening our doors.

As construction continues, Chapa-De teams are also preparing the health center for patients. Exam rooms, dental spaces, technology, and equipment are being put in place to help ensure a smooth experience from day one.

The new health center was designed with healing, comfort, and connection in mind. Natural light, welcoming gathering spaces, and design elements that reflect the communities we serve will help create an environment where patients and families feel respected, supported, and at ease during their visit.

We're also building relationships with local organizations and healthcare providers throughout the region. These connections will help patients access specialty care, transportation, food assistance, and other community resources when they need them.

Will I Be Able to Transfer My Care?

If you're a current Chapa-De patient and live in the Rocklin, southern Placer County, or nearby communities, you'll have the option to receive care at our new health center once it opens.

There is no need to contact us at this time. As we get closer to our Spring opening, we'll share information about how to transfer your care, update your preferred location, and get answers to any questions you may have.

No matter which Chapa-De location you visit, you'll continue to receive the same caring, patient-centered services you know and trust.

We look forward to sharing more updates and welcoming patients to the new location in Spring 2027.



A RESOURCE CREATED TO SUPPORT NATIVE VETERANS

By Sami Enos

Veterans Wellness Path is a free mobile app developed by the U.S. Department of Veterans Affairs with input from American Indian and Alaska Native Veterans, family members, and healthcare providers.

The app was designed to support Native Veterans as they transition from military service back to home, family, and community. It encourages balance and connection with self, culture, family, community, and the environment.

What the App Offers

Veterans Wellness Path includes:

- Daily check-ins
- Tips and exercises to help strengthen relationships with self, family, friends and ties to Community.
- Tools to heal the body, mind, emotions and spirit.
- Resources, including information on trauma treatment or traditional healing.
- A multimedia journal for collection useful information and reflections,
- Screening for PTSD and well-being.
- Quick access to the Veterans Crisis Line.

The app can be used on its own or alongside care from a healthcare provider. No personal information is collected or shared through the app.

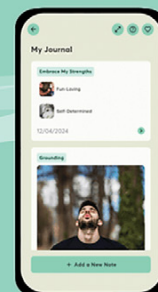
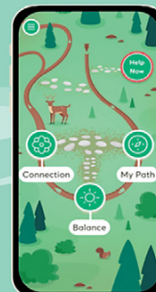
Download Now

Apple: <https://apps.apple.com/tr/app/veterans-wellness-path/id6469732654>

Google Play: <https://play.google.com/store/apps/details?id=gov.va.mobilehealth.ncptsd.veteranswellnesspath>

VETERANS WELLNESS PATH

Veterans Wellness Path is a free and secure mobile app for American Indian and Alaska Native Veterans that offers mental health support by encouraging balance and connection with self, family, community, and environment



SCAN TO DOWNLOAD

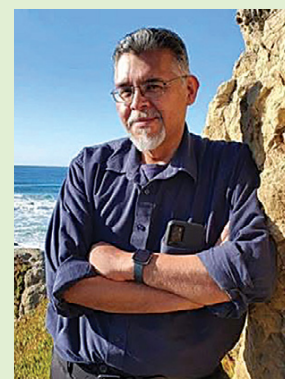
Available for
iOS and Android



A Sneak Peek at This Year's Mug

This year we are proud to feature art by talented Pomo artist, Eric Wilder, on our annual Chapa-De mug. Reveal coming at the Elders Party! We can't wait to show you. We hope you enjoy his colorful creation!

Meet Eric: I am a freelance artist with a passion for contemporary arts and developing indigenous cultural resources. I have a professional background in graphic arts and illustrations. I also have a professional background in Tribal Government and am knowledgeable of traditional cultural information on my tribe, the Kashia Band of Pomo Indians, that has been passed down in my family for generations.



CELEBRATIONS, GATHERINGS & EVENTS

Medicare Open Enrollment

October 15 - December 7, 2026

It is the time of year when Elders and those living with a 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.

3rd Annual Native American Heritage Month Parade

**Saturday, November 7, 2026, 10 AM–2 PM
Downtown Sacramento Capitol Mall**

The parade will showcase cultural presenters, decorated floats, lowriders, horses, music, all in celebration of Native American heritage and culture.

Alcatraz Indigenous Peoples' Thanksgiving Sunrise Ceremony

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

November 26, 2026

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 & Day

November is Native American Heritage Month with National Native American Heritage Day observed the day after Thanksgiving (11/27/26). 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 5th

New Location! UAIC School 3141 Taylor Road, Loomis, CA

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 20th. Elders may bring one guest. Confirm your attendance with Sami Enos at (530) 863-4682 or Janessa Saenz at (530) 820-3370.

Free Firewood for Nevada County Seniors

Free cord of split/seasoned pine delivered to people over 60 in qualifying household.

Call (530) 615-4541 or visit

<https://www.goldcountryservices.org/senior-firewood-program/> for more information.

Winter Solstice

December 21, 2026

Drumming Circle at Chapa-De Indian Health

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

- **November 20, 2026** at 11670 Atwood Road, Auburn, CA 95603
- **December 18, 2026** at 1350 E. Main Street, Grass Valley, CA 95945



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 2026

CHAPA-DE *News*

HONORING INDIGENOUS HERITAGE

NATIVE AMERICAN HERITAGE MONTH

Celebrating living cultures, enduring traditions,
and Native voices.

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.