

The Spirit of Health

April 2017

A newsletter from

Consolidated Tribal Health Project, Inc.



Consolidated Tribal Health Project, Inc. is committed to healthy lifestyles and honoring traditional Native American values to maintain physical, mental, emotional, spiritual and social well-being of the community.

Redwood Valley Rancheria Hosts Annual Spirit Run / Walk on April 8th

A rainy Saturday morning couldn't deter a dedicated group of runners and walkers from participating in the Annual Spirit Run / Walk event on April 8th to raise awareness for child abuse prevention in the community.

Several members of the CTHP staff and board joined the participants to complete the 5K course in Redwood Valley. Our outreach team also garnered a strong presence at the event, providing health information for walkers, runners and community members who showed up in force for the gathering.



APRIL Child Abuse Prevention Month



New Outreach Staff on Board!

Consolidated Tribal Health Project welcomes three (3) new team members in the Outreach Unit in April. Monica Horse and Sydney McConnell join CTHP as Community Health Representatives. These two staff members bring a wealth of experience to our team. They will be joined by Cameron Underwood, who has accepted the position of Diabetic Coordinator for the clinic.

With the hiring of these three professionals, the Outreach Unit is now complete. After completing the mandatory orientation and training sessions, they will begin their client-related duties. Please welcome Monica, Sydney and Cameron as the newest members of the CTHP family.

Outreach is Happening!

Rock Your Socks – Walk to Health!



Rock Your Socks is a 1k, 3k or 5k walk/run hosted by Cahto Tribe of Laytonville Rancheria, Consolidated Tribal Health Project, Coyote Valley Band of Pomo Indians, Guidiville Indian Rancheria, Hopland Band of Pomo Indians, Pinoleville Pomo Nation, Potter Valley Band of Pomo Indians, Redwood Valley Band of Pomo Indians and Sherwood Valley Band of Pomo Indians.

The walk/run will be held at Lake Mendocino Dam on Saturday, May 6th from 9:00 am – 12:00 pm. There will be a Crazy Sock and Hula Hoop contest. All participants registering to walk/run will be entered into a drawing for raffle prizes. Blood glucose and blood pressure screenings will be offered. Diabetic foot checks will also be available and all those completing a foot check will receive a pair of Crazy Socks.

The first 100 people that register will receive a T-Shirt and a box lunch!

The Importance of Strength Training for Elders

Most adults reach their peak muscle mass during their late 30s or early 40s. After reaching that peak, muscle mass gradually diminishes and can continue a steady downhill decrease as we age. Age-related loss of muscle mass can happen quickly. Physically inactive adults can lose as much as 3% - 5% of their muscle every 10 years after age 30.

What is strength training?

Strength training is physical exercise that focuses on muscle contraction. This type of exercise builds muscular strength. Strength training can be done with weights, resistance bands or your own body weight.

What are the benefits?

Strength training improves and preserves muscle mass regardless of age.

Strength training helps control weight by increasing lean body mass that helps burn calories more efficiently resulting in healthy weight loss.

Strength training reduces the risk of osteoporosis because it slows bone deterioration that women experience as they age. It helps bones grow stronger, maintains strength and reduces the chance of developing osteoporosis.

Strength training decreases the risk of injury. Increasing muscle mass protects joints against injury and improves balance and coordination reducing the risk of falls.



Dental News

A Guide to Flossing Your Teeth

Brushing your teeth is not enough to maintain good oral health. Flossing should be a regular part of your oral hygiene routine.

Cleaning the spaces between your teeth and along the gums with dental floss is as important to your oral health as cleaning your teeth with a toothbrush. Just like you brush your teeth every day, flossing should be a part of your daily routine.



To better understand why flossing is so important compare this to cleaning your home—you cannot effectively vacuum a house with only one attachment; you need other attachments to get into all the nooks and crannies. This is what floss does—it gets into areas that the toothbrush cannot clean adequately.

The Benefits of Flossing to Your Oral Health

There are many benefits to regularly flossing your teeth. Dental floss can help clear food debris and plaque from the spaces between your teeth, where your toothbrush cannot reach. As a result, flossing helps prevent gum or periodontal diseases, tooth decay, and bad breath.

There are certain things to keep in mind to get the most out of flossing:

- Use dental floss or an interdental cleaner every day
- Floss at least once a day
- Be gentle when using floss so you avoid damaging gum tissue
- If long threads of dental floss are too hard for you to hold, use a floss holder

A Variety of Cleaning Products

Both waxed and unwaxed floss work well to clean the spaces between your teeth. If the spaces are tight, waxed floss may glide more easily between them. The bottom line is that flossing everyday is more important to your oral health than which floss you choose.

A floss holder or other interdental cleaning tool may be helpful if you have trouble handling long pieces of floss due to arthritis, vision difficulties, or discomfort.

Oral irrigators can help remove food caught between your teeth but they should not replace dental floss and tooth brushing. Likewise, most mouthwashes won't do an effective job of keeping your mouth healthy on their own.

Remember the basics — Daily brushing and flossing can lead to good oral health!

Behavioral Health News: Case Conferences

Behavioral Health and the Medical Department will be holding our first case conference meeting on April 19th since new providers came on board. There has been some discussion around why BH records cannot be viewed by the medical department as this is common practice at other clinics. In BH we continue to maintain privacy and confidentiality by keeping records on a need to know basis. This means that unless a client's physical health is involved with their treatment or emotional wellbeing we do not discuss a patient's history or current mental health status with other providers.

This community is very different from other clinics as it is more closely knit and family of clients can and do work at CTHP. We continue to encourage our medical providers to refer clients to BH or to contact us directly if they have questions regarding a client. This is especially true with those in treatment for substance abuse as our providers have more training in the addiction field. We also have different roles from doctors and want to help clients before things escalate or become difficult for a medical provider. The case conference meetings will help with this and Behavioral Health looks forward to working with the Medical Department.

Consolidated Tribal Health Project, Inc.

Contact Us:

Main number: 707-485-5115

Medical appointments: 707-467-5649

Dental appointments: 707-467-5601

Behavioral Health appointments: 707-467-5645

Mailing Address:

6991 North State Street
Calpella, CA 95418

Street Address:

6991 North State Street
Redwood Valley, CA 95470

Web Address:

www.cthp.org

