

The Spirit of Health

June 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.

June is Men's Health Month!

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

CTHP is hosting a Men's Health Night on June 20th, 5:30 pm – 8:00 pm in the Wellness Center. The topic will be "Create Your Health". We will have two speakers, one of which will be our new diabetic coordinator, Cameron Underwood. The speakers will be talking about steps to take to improve health and share stories about personal journeys that enabled them to overcome the daily struggle to maintain their health.

We will be accompanied by a delicious meal and entertained with games, including horse-shoes and darts. We encourage our guests to stay and participate in the events and be a part of our grand finale raffle.



Behavioral Health Update

Happy summer vacation! With time off comes an increase in free time and screen time. This includes watching television, using tablets or phones and playing video games. We all have different ideas as to what is too much and technology such as social media can keep people connected. In kids however it can increase mental health issues and prevent them from spending time with friends or family, increase obesity and some studies suggest it can increase aggressive behavior. Adults should try to limit screen time for themselves as well not only for their health but because it's good role modeling. If adults have a hard time pulling away from screen time imagine what it is like for children. I found some ideas and activities that can take the place of screen time for families.

- ♥ *Teach your children your favorite childhood game*
- ♥ *Go camping*
- ♥ *Read to yourself or someone else*
- ♥ *Write a letter to a friend or relative*
- ♥ *Cook dinner together*
- ♥ *Go through closets for a yard sale*
- ♥ *Go to a sports event*
- ♥ *Have a picnic*
- ♥ *Listen to the radio*
- ♥ *Watch a sunset*

Have a great summer everyone!



Dental News

Are You Prepared For A Dental Emergency?

Toothache:

- ◆ Rinse the mouth with warm water to clean it out
- ◆ Gently use dental floss to remove any food or other debris that may be caught between the teeth
- ◆ Never put aspirin or any pain killer against the gums near the aching tooth. This could burn the gum tissue
- ◆ If the toothache persists call the dentist. Don't rely on painkiller, they may temporarily relieve the pain but the situation needs to be evaluated for proper treatment

Knocked out Tooth:

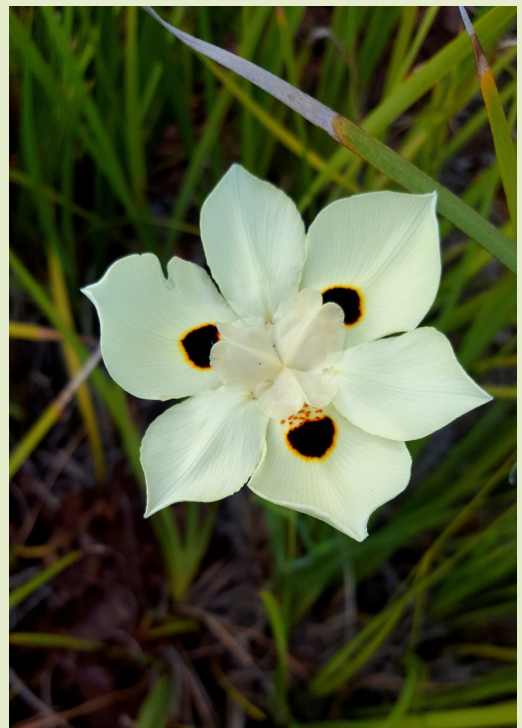
- ◆ Try and find the tooth!
- ◆ Hold the tooth by the crown and rinse the root in water if the tooth is dirty. Do not scrub it or remove any attached tissue fragments.
- ◆ If it is possible, gently insert and hold the tooth in its socket while you head to the dental office. If it is not possible put the tooth in a cup of milk and bring it to the dentist.
- ◆ Time is critical for successful re-implantation so try to get to the dental office immediately!

Broken Tooth:

- ◆ Rinse your mouth with warm water to clean the area
- ◆ Use cold compress on the outside of the cheek to help reduce any swelling
- ◆ Call the dental office for an appointment

Possible Broken Jaw:

- ◆ Apply cold compress to control swelling
- ◆ Get the hospital emergency room immediately



**Consolidated Tribal Health Project Inc.
Cultural Committee
Presents**

**Biddigal Performing Arts and Baabayn
Aboriginal Corporation Delegates
of Australia**

**On June 21, 2017
at
12:00 PM -5:00 PM
In the Wellness Center**

Please join us for a day of Cultural Exchange with our new friends from Australia. The Biddigal Performing Arts and Baabayn Aboriginal Corporation Delegates of Australia is a group dedicated to sharing their cultural history through dance and story telling. We would like to welcome them by sharing our Tribal history, language, songs and dances. During the day at CTHP we will have a Northern Pomo Language Presentation By Erica Carson Jr., Basketry by Corine Pearce and opportunity for tribal members to share cultural stories and exchange knowledge and who we are in Pomo Country.

Any questions please contact Erica (707)391-7128.





Medical Walk-in Clinic Hours

Our walk-in clinic at full provider capacity is Monday, Tuesday, Thursday, Friday from 1:30-4:30/5:00 pm depending upon the number and type of patients. It is a first come, first serve for the first 6 patients, with possibly more if the first six are straight forward and use the walk-in clinic for appropriate complaints similar to same day appointment types.

Consolidated Tribal Health Project, Inc.

Contact Us:

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