

# ***The Spirit of Health***

March 2017

***A newsletter from***

***Consolidated Tribal Health Project, Inc.***



## ***Meet our New Staff...***

As we close out the first Quarter of 2017! There is a lot of exciting news to announce for the New Year at CTHP:

### **Richard Nakamura:**

Richard Nakamura is an executive level Fiscal Officer with over 30 years of experience in the healthcare field. Richard has worked across a wide spectrum of venues from academic institutions to in-patient hospitals to non-profit clinics in northern California. Richard most recent tenure was as Chief Financial Officer of Brighter Beginnings FQHC. His previous professional experience includes, but is not limited to, the following: Chief Financial Officer for Doctors' Hospital of West Covina, Controller for Stanford University Family Practice Clinics, and Accounting Manager for Kaiser Permanente.

Richard received his Bachelors of Science in Accounting, Finance and Marketing from the University of Southern California, Marshall School of Business. He is a former Board Member of the Association of California Healthcare Districts and is a current member of the Medical Group Management Association (MGMA) and the Healthcare Financial Management Association (HFMA).

### **Ann Luke, FNP:**

Ann Luke comes to CTHP after seven (7) years with Alexander Valley Healthcare in Cloverdale. She has more than 37 years' experience in the healthcare field, the last 16 of which has been as a Family Nurse Practitioner. Ann's broad professional background includes extensive work in geriatrics, public health, acute care and hospice. She has experience in Emergency Room Nursing, as well as performing assessments on patients and families who are facing end-of-life situations.

Ann received her Bachelors of Science in Nursing from California State University – Dominguez Hills and her Masters of Science in Nursing and Family Nurse Practitioner from California State University – Fresno.

### **Mikayla Pedroza:**

Mikayla comes to CTHP with over five years of customer service experience and has grown up in our local community. Mikayla is excited to join our team as our Dental Receptionist.

***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.***



# Outreach!

## 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 6<sup>th</sup> 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!



## Medical News

Aggressive recruiting for staff to include new Providers is proving successful. FNP Ann Luke is up and running as of late February. More interviews with Providers are pending. In the interim until we can fill our full time staff positions the current Locum Tenens staff of FNP Catherine Ulrickson and PA Daniel Barry are providing needed and excellent coverage. Additional potential CHR staff are being interviewed with many Native American candidates, though if you know of any interested qualified candidates please encourage them to inquire about the positions with Outreach.

The establishment of the pain management clinic is progressing nicely. Start date slated for late spring. So please be advised that if you are a chronic pain patient you will more than likely be directed to this clinic for management by Dr. Tran a pain specialist.

Tele-psychiatry is undergoing a revision. Plans are underway to recruit a staff Psychiatrist, most likely part time, though full time would be great. In the interim, established patients will be followed-up or referred out based on condition and new patients at this time will be more than likely to be referred out for care.

A test trial for a walk-in clinic is underway. With all luck our trial will prove fruitful and we will be able to establish this clinic though be patient as results are pending and will be forthcoming. Additionally, the medication refill process is also under review to improve patient satisfaction and care. We have conducted an informal retrospective analysis which has brought to light that many patients are not up to date on necessary follow-ups to maintain good health. We are in the process of addressing this and again more detail will be forthcoming.

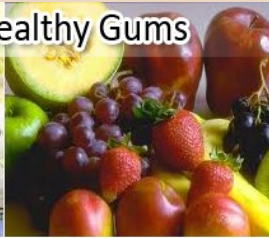
Lastly, please note the new laboratory walk-in hours as below. Given increased administrative responsibilities directed to improving patient care and access we will not be doing PPD checks and laboratory blood draws on Wednesday morning but will still be available Monday, Tuesday, Thursday, Friday from 8:00-11:00 and 1:00-4:00, Wednesday from 1:00-4:00.

# Dental News

## Healthy Foods for Healthy Gums



Dairy Products



Citrus Fruits



Vitamin C



Green Tea



Fatty Fish



Raisins

What you eat affects your mouth not only by building healthier teeth and gums, but also by helping prevent tooth decay and gum disease. While a healthy diet rich in fruits and vegetables, whole grains, lean proteins, and unsaturated fats will benefit your overall health, there are a few standout foods and nutrients that can really boost it.

### Teeth and Calcium

Drinking milk builds strong bones and teeth. Calcium is vital in childhood and through your teens, when teeth are formed, but the value of this nutrient doesn't stop once you get your wisdom teeth. A diet adequate in calcium may prevent tooth decay. The body leeches the mineral from tooth and bones which can increase your risk of tooth decay and the incidence of cavities. A diet that has a calcium intake of less than 500mg can result in you as a patient have an increased risk in periodontal disease.

The jawbone is particularly susceptible to the effects of low calcium. It can weaken which in turn causes teeth to loosen leaving a greater risk of gum disease. Calcium is found in dairy foods like milk, cheese, and yogurt and in fish, including sardines and same as well as vegetables including kale and broccoli.

### Teeth and Vitamin C

The body needs vitamin C to repair connective tissue and help the body fight off infection. Those who eat less than the recommended 75 70 90 mg per day are 25 percent more likely to have gingivitis than those who eat three times the recommended daily allowance. Gingivitis is the mildest form of periodontal diseases, and it causes the gums to become red from inflammation, swelling and bleeding easily.

### Teeth and Fruits and Vegetables

Crunchy fruit and veggies like apples, pears, celery, and carrots are excellent for your teeth in two ways. The crisp texture acts as a detergent on teeth, wiping away bacteria that can cause plaque. Plus these foods require chewing which increases the production of bacteria neutralizing saliva.

### Teeth and Tea

While tea may stain teeth, compounds in black tea can destroy or suppress the growth of cavity causing bacteria in dental plaque, which can help prevent both cavities and gum disease.

### Teeth and Water

Drinking plenty of water benefits teeth as it helps rinse away both bacteria and the remnants of food that bacteria turns into plaque.

### Foods to Avoid

Sugary snacks especially gummy candies and hard candies that stick in your teeth are at the top of every dentist's list of foods to avoid. Regular soda provides a double hit to teeth, combining sugar with acids.

Even foods that are good for your teeth, like milk, contain sugar. No matter what you eat, it's important to brush and floss afterward- or at least to rinse your mouth with water. Brush twice a day using either a manual or power toothbrush and remember to visit a dentist at least twice a year for checkups.

# **Behavioral Health News: Save the Date!**

***Pinoleville Pomo Nation presents***



## **White Bison Training: Sons and Daughters of Tradition**

March 29th thru 31st, 2017 at Mendocino College

**Please contact Gabe Ray for more information — 707-462-7801**

## 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](http://www.cthp.org)

