

Pit River Health Service, Inc.

To provide the highest quality healthcare services to our patients, making all possible efforts to raise the standards of healthcare for our Tribal members and others we serve

Volume 18 Issue 7

Quarterly Newsletter

June 2009

Employee Spotlight

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Mark Robinson has been F.N.P./ R.N. at PRHS for the past eight months, and Clinic Manager for the past two. He has 3 children: A 25-year-old daughter attending UCLA, a son who is a junior at Yale, and a 14-year-old daughter who lives in L.A. He graduated from Bergen Catholic High School in 1970, and received his training from Stanford University from 1985-87. He enjoys reading, writing songs on his guitar, running or riding his bicycle in his beautiful new home in the Burney Basin. Patients and staff alike enjoy having Mark work at the clinic because of his expertise and professionalism. Many thanks to Mark.

June is National Safety Month

You can't remove all the safety hazards from your life, but you can reduce them. You can avoid major hazards and prepare for emergencies by taking the following steps:

- ◆ Keep emergency phone numbers by your telephones.
- ◆ Make a first aid kit for your home.
- ◆ Make a family emergency plan.
- ◆ Install and maintain smoke and carbon monoxide detectors
- ◆ Keep guns unloaded and locked up. Lock up the ammunition separately.
- ◆ Follow the directions carefully when using tools or equipment.

July is National Mental Health Awareness Month

The National Alliance on Mental Illness (NAMI) started in 1979, and it was officially adopted by Congress in 1990. Mental Illness Awareness Month seeks to inform the public about severe mental illnesses, such as bipolar disorder, schizophrenia, and major depression. For example, did you know that 5-8% of the adult population in the United States will suffer from depression? That is a lot of people!

GET CONNECTED

- ◆ to family and friends to feel close and supported
- ◆ to the community to feel a sense of belonging and purpose
- ◆ to professional help to feel better when you're stressed and have trouble coping

When it comes to managing the day-to-day pressures of life, building strong connections with others is a proven way to protect your mental health and well being.

Source: mentalhealthamerica.net



Current Events

THE HEALTH FAIR IS COMING!
Mark your calendars for Friday July 31
10 a.m.—2:00 p.m.
Pit River Health Service
36977 Park Avenue
Burney



We are now online!
Visit us at
pitriverhealthservice.org

"Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon"
Doug Larson, 1926 —

Letter from the Administrator

Greetings from the Pit River Health Service administrative offices in Burney. I appreciate the opportunity to serve the Tribal members, and other beneficiaries of our service area. My number one duty is to ensure services we provide are delivered with the highest degree of quality and caring. The long term goal is to have your clinic accredited, meeting high national standards on quality, leadership, and facilities. The Health Board sets the direction, and it is my responsibility to ensure we stay on course.

The road toward creating the very best programs that meet strict national standards in health care is never an easy one. But I look forward to meeting those challenges with the Health Board, and with the dedicated staff of Pit River Health Service. I want to also acknowledge those community members who have already come to me with their thoughts and suggestions in program and policy development. Our Diabetes Program, which has received National recognition, relies heavily on community involvement and input. That's a good example of how staff and community work together to face one of our most significant health care challenges.

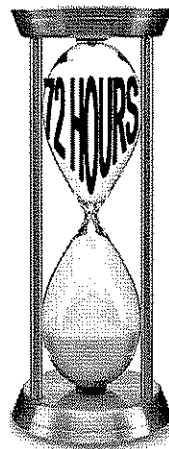
Terry K. Baines, MBA/MPH

Pit River Health Service, Inc. has employment opportunities for the following positions:

- ◆ Behavioral Health Director/LCSW
- ◆ Family Practice Physician
- ◆ RN/Clinic Manager

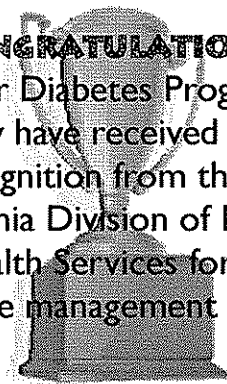


All positions are full time. For more information, contact Human Resources at (530) 335-5090 or email your resume to pattym@pitriverhealthservice.org, or come fill out an application.



Remember to contact the clinic within 72 hours if you visit another facility

CONGRATULATIONS to our Diabetes Program! They have received special recognition from the California Division of Indian Health Services for their case management skills!



STRESS

KNOW THE SIGNS

ARE YOU EXPERIENCING THE SIGNS OF STRESS?

- ◆ Feeling angry, irritable or easily frustrated
- ◆ Feeling overwhelmed
- ◆ Change in eating habits
- ◆ Problems concentrating
- ◆ Feeling nervous or anxious
- ◆ Trouble sleeping
- ◆ Problems with memory
- ◆ Feeling burned out from work
- ◆ Feeling that you can't overcome difficulties in your life
- ◆ Having trouble functioning in your job or personal life



If you're having any of these symptoms, it's important that you take care of yourself. There are healthy steps you can take to stay well when you're stressed, like connecting to people close to you, getting enough sleep or being physically active.

If you feel overwhelmed, unable to cope and feel as though your stress is affecting how you function every day, it could be something more, like depression or anxiety. Don't let it go unchecked. Contact your health care provider.

Source: NAMI

CHECK IT OUT

Help available to you

CHDP—Temporary Medi-Cal

Healthy Families—Low income private insurance

Presumptive Eligibility—This gives a patient temporary Medi-Cal, so they can sign up for regular Medi-Cal. This does not make a patient CHS & Direct, because it is for pregnancy-related issues only.

Family Pact—A program that pays for preventive care, female exams, pregnancy tests, male & female sterilization and more.

EAPC—This program is for Native Americans only. It does not give the patient any coverage; it is based on a grant that the clinic has for patients without an alternate resource. Money is taken from the grant to go towards clinic funds every time you visit the doctor or dentist.

Sliding Fee Scale—This is for non-natives who do not have an alternate resource. Depending upon your income, you may only have to pay 75%, 50%, or \$35.00 total for your visits. You must have proof of income on the day of your visit, or you will not qualify.

DENTAL NEWS



Patients that live out of the Pit River Health Service, Inc. service area are responsible for any lab fees. If the patient has dental insurance, these costs may be covered. If you have dental insurance, please update and give the Intake Department a copy of your insurance card.

*If you have **no** coverage, lab fees are listed as follows:

Crowns (per tooth)	\$150.00
Full dentures (each arch)	\$350.00
Partial Denture	\$350.00
Stay Plate	\$250.00
Ortho Appliance.....	\$100.00

Before any lab work can be started, lab fees must be paid in full. If you have any questions, please feel free to ask any of our dental staff members.

*Prices are subject to change without notice.

If you are a California Native American, have Medi-Cal and require eyeglasses, you may select Medi-Cal frames from your Optometrist. Anything above and beyond that is patient pay.

**READ TO
YOUR
CHILDREN**



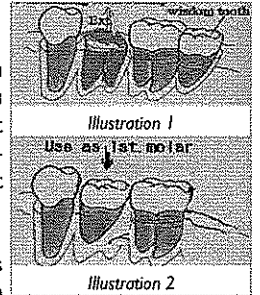
TRANSPORTATION INFORMATION

When the Pit River Health Service refers you to a specialist out of town, we will arrange for transportation to your appointment. In the past, we have made exceptions for individuals who wanted to drive themselves and we've paid for mileage. But for new referrals and patients who drive on their own, they will not be given mileage when transportation is offered and available. The reason for this change, of course, is with limited resources, our main priority will be direct patient care, and the payment of specialty care. Your understanding and cooperation is greatly appreciated.

TOOTH TRANSPLANTATION

Which is a better choice, a bridge or a tooth transplant?

If you have an un-needed tooth (such as a wisdom tooth) and you are missing only one tooth that may need a crown, tooth transplantation might be the right choice for you.



Conventional bridge work requires a reduction of your original tooth down to about two-thirds of the original shape. The teeth supporting the bridge also have to bear the extra forces chewing may bring. A transplanted tooth does not require any reduction of your natural teeth or the extra burden of stress like a bridge does.



In the example drawn above, a wisdom tooth is extracted (Illustration 1) and placed into the socket where a tooth is missing (Illustration 2).

If you maintain good oral hygiene and have frequent check-ups, you may keep the transplanted tooth much longer than conventional bridge work.

Dr. Choti is now offering this service; she has had great success with tooth transplantation. Call today to schedule your appointment.

530-335-3651

THE SWINE FLU

Swine Influenza (*swine flu*) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. CDC has determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human. However, at this time, it not known how easily the virus spreads between people.

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills, and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

First and most important: wash your hands. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.

Administrator Terry Baines and Medical Assistant Mike Rogers recently completed Incident Response training, along with a pandemic influenza course.





BASIC DISASTER SUPPLIES

June is National Safety Month, and everybody should have basic disaster supplies. Keep the items that you would most likely need during an evacuation in an easy-to-carry container. Possible containers include a large, covered trash container, a camping backpack, or a duffle bag.

There are six basics you should stock in your home:

WATER

You should have at least a three-day supply of water and you should store at least one gallon of water per person per day.

FOOD

Store at least a three-day supply of non-perishable food. Be sure to use a manual can opener. Select food items that are compact and lightweight. Avoid foods that will make you thirsty. Choose salt-free crackers, whole grain cereals, and canned foods with high liquid content.

FIRST AID SUPPLIES

Assemble a first aid kit for your home and one for each car.

CLOTHING, BEDDING & SANITATION SUPPLIES

If you live in a cold climate, you must think about warmth. It is possible that you will not have heat. Include at least one complete change of clothing and footwear per person.

TOOLS

In addition to basic tools, don't forget a flashlight and extra batteries, non-electric can opener, utility knife, and pliers

SPECIAL ITEMS

Remember family members with special needs, such as infants and elderly or disabled persons. Medicine, important documents and a map of your area should be on this list.

Source - F.E.M.A.

I've done some checking around, and not every clinic has a system that provides free pick-up and delivery for appointments. Even the Chickasaw nation, which has a \$700 million dollar annual budget expects their clients to arrive at the clinic 'under their own steam' (I heard a report on the radio about it).

So, the opportunity to go and come from the clinic 'all expenses paid' is a resource that we all must do our best to protect. In a very real way it is like clean water, our sacred lands and our wildlife...none of it will last forever unless we safeguard it. So here are some suggestions about what you can do to make sure Pit River will always be able to provide transportation for its tribal members:

- ◆ *Have the receptionist jot down the approximate time for your pick-up on your appointment card (or you can do it);*
- ◆ *Place that reminder card in a prominent place in your home (like on your fridge or bathroom mirror);*
- ◆ *If you find out that you are not going to be able to take your ride, two or three days before call the transportation department and let them know;*
- ◆ *Realize how many pieces of a puzzle involving other people have to be assembled to get you your ride and get you to your appointment on time.*

Working together, we can make this better. Thanks for allowing me to serve as your Nurse Practitioner and Clinic Manager.

Mark Robinson



Pit River Health Services, Inc.
36977 Park Avenue
Burney, CA 96013

Non-Profit Bulk
Rate Permit #8