

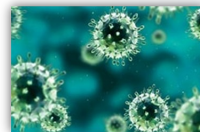


# Little Salmon Newsletter

## Common Winter Illnesses and Preventing Spread

With winter in full swing, common illnesses are not hibernating. Some common winter illnesses include: Rhinovirus (common cold), Influenza (flu), Covid19, RSV, Bronchitis, Pneumonia, Conjunctivitis, Sinusitis, Strep Throat, and Norovirus. Did you know that illnesses are more common during the winter than any other season? This is because contaminated respiratory droplets travel more easily in dry air, when an ill person coughs or sneezes. Also, due to the cold weather, people are more likely to gather indoors as opposed to outdoors which also increases the risk of illness transmission. By taking precautions, the spread of illness during the winter can be decreased. Here are some common ways to avoid spreading illnesses to others:

- Cough and sneeze into the crook of your elbow, not your hands.
- Disinfect high-touch areas such as countertops, doorknobs, and remotes.
- Do not share utensils, cups, toothbrushes, food, towels, or other personal items.
- If you are sick, stay home until symptoms improve and you are no longer contagious.
- Wash your hands often with warm water and soap and intermittently use hand sanitizers.
- Wear a mask if you are sick to protect those who are immunocompromised.



## Christmas Tree Permits/Free for 4th Graders

Fourth grade students are eligible for free Christmas tree permits, paying only the \$2.50 service fee on Recreation.gov, authorized by the Every Kid Outdoors Program. Fourth grade students can also get a free permit, without paying the service fee at any Forest Service Office Location. All other Christmas tree permits are \$10 on Recreation.gov with a service fee



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### Special points of interest

- Elder Firewood Program
- Free Christmas Tree Permits for 4th Graders
- Support Your Mental Health During this Holiday Season



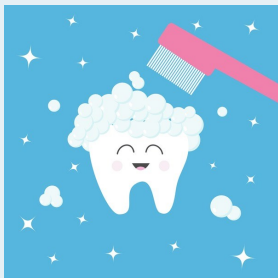
## Updates from our Outreach Department!

We are proud to announce that the Outreach Department is expanding at a steady pace. We currently have several new positions which are the CHW (Community Health Worker), DTPPS (Diabetes Treatment and Prevention Program Specialist), CHR/CHW Supervisor, and the CHR Coordinator which is not presently filled. We recently employed our first CHW who is now a part of the Bear Creek Outreach team, and we are currently seeking to fill the second CHW position, which is opened at the Burney Outreach office.

Kelly Crosby, (RN/BSN/PHN) is the Outreach Department Director, and she is based at our Bear Creek location and Joann Davis (DNP/MSN-PH/RN) works at the Burney Outreach site as RN Manager. We continue to offer services to our Native American community, from a variety of programs such as: CHR (Community Health Representative), Injury Prevention, SDPI (Special Diabetes, Program for Indians), AIMSS (American Indian Maternal Support Services), Family Spirit, Public Education, and COVID-19 Vaccination support services.

## Dental Care Tips for Newborns

- FIRST TOOTH FIRST CHECKUP WITH DENTIST
- Wipe your newborn's gums with a clean, damp cloth at least once a day.
- When first tooth appears brush with a baby toothbrush.
- At age one, your child should brush twice a day using tiny amount of baby toothpaste.
- Use a small, soft toothbrush with round-ended bristles made just for babies or children in a circular motion.
- Brush everywhere – the front side, back side, tops, in between each tooth, and around the gums.
- Young children should practice brushing every day, but it's important for you to handle the "final brushing" for your child until around eight years of age to make sure the job is done right.



### Brushing can be FUN!

- Make it daily family routine -morning and bedtime
- Use brightly colored and age-appropriate toothbrushes.
- Sing silly songs or fun new lyrics as you are brushing their teeth.
- Have your child make sounds that make them open their mouths wide, like saying "ahhh" really loud or roaring like a lion.



## Elder Firewood Program

Beginning November 12, 2024 all Pit River Tribal Elders are eligible to receive firewood. Pick up for wood will be on Tuesdays and Thursdays from 10:00 am to 12:00 pm. Must have completed application, available at our Administration office. Any updates regarding the program will be communicated to the community. Please feel free to contact our Facilities department with any questions or concerns at (530) 335-0300.



**PIT RIVER HEALTH SERVICE**

**ELDER FIREWOOD PROGRAM**

**PIT RIVER HEALTH SERVICE, INC.**  
BURNIEY, CALIFORNIA

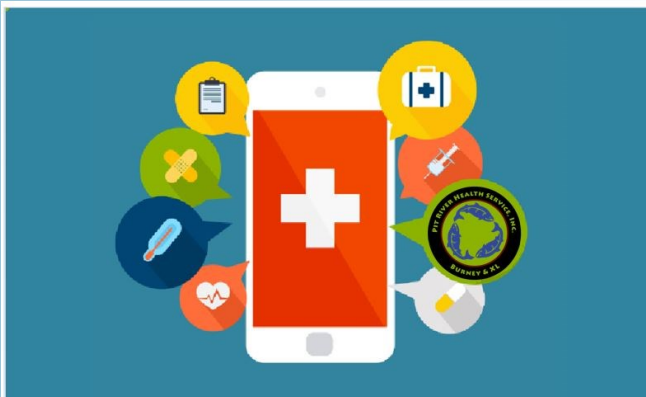
- This program is for Tribal Elders only (55 and older).
- A Tribal Member can pick up a load of wood for a Tribal Elder.
- Wood will be distributed in roughly ½ cord amounts, while supplies last.
- Wood is mixed and cannot be picked through for more desirable wood.
- Pick-up times will be Tuesday and Thursday, 10:00am-12:00 pm (noon), starting on November 12th.
- This program is for Tribal Elders living in the service delivery area.
- PRHS Staff will load firewood into truck/trailer

Firewood Applications are available at PRHS Facilities or online.

Write with PosterMyWall.com



Make sure to always check in with Intake and update any information such as insurance and phone numbers. Also sign up for our text message appointment reminders!



## Just for Jokes

What did the apple say to the doctor?

A: You keep the pests away and I'll keep you away.

Why did the tomato turn red?

A: It saw the salad dressing.

What is a germ's favorite movie?

A: Contagion.

What is the germ's favorite movie genre?

A: Outbreak dramas.

What did the doctor say to the computer with a virus?

A: You need a byte of health information.

## Dark Chocolate and Lowered Risk of Type 2 Diabetes

With the holiday season upon us, go ahead and indulge in a little dark chocolate here and there. Dark chocolate is a powerhouse full of antioxidants. Studies show that participants who consumed five or more weekly servings of dark chocolate had a 21% lower risk of developing type 2 diabetes. The best way to reduce the risk of type 2 diabetes is by consuming a healthy diet low in carbohydrates and sugar and getting regular exercise. Go ahead and add a little dark chocolate in there opposed to milk chocolate this holiday season. Do note moderation is key.



*Dark chocolate is a powerhouse full of antioxidants.*

## Walk On

A new study finds that if people ages 40 and older walked as much as the most physically active members of a population, they could extend their lifespan by at least 5 years. Walking for 160 minutes at 3 mph each day could add up to 11 years to your lifespan.

Walking is also a great stress relieving activity and it can assist with healthy weight maintenance. With the surplus of beauty in nature that is surrounding us, get outdoors and get your walk on!



## Fall Prevention During Winter

With Jack Frost gearing up to cover our surroundings in snow and ice, here are some tips to help prevent any falls during winter:

- Take care in risky locations.
- Be cautious and allow for extra time.
- Change your walking style for greater stability.
- Dress appropriately and wear shoes with good traction.
- Clear your walks.
- Carry kitty litter or sand in a bag to throw on the ground for better traction while walking.



## Healthy Recipe Holiday Sweet Potato Humus

This recipe is perfect for the holidays and it contains no fat. Even the kids will love it!

### Ingredients:

- 1 18-ounce sweet potato, baked, with skin removed
- 1 (4-ounce) jar roasted red peppers, drained, with blackened skin removed
- 3 tablespoons lemon juice
- 1/2 teaspoon fresh garlic, fine dice
- 1/2 teaspoon ground cumin
- Pinch cayenne pepper
- 1/4 teaspoon salt

Puree the sweet potato, roasted red peppers, lemon juice, garlic, cumin, cayenne and salt in a food processor. Process mixture until it's smooth. Refrigerate for 1 hour. Pull out the pita chips and enjoy!



*Tis the season for some self care, good food, and TLC.*

## Supporting Your Mental Health During the Holiday Season

The holidays can be a stressful time. Some may also feel exacerbated anxiety and depression around the holiday season. Here are some ways to support your mental health during the hustle and bustle of the holiday season:

- Pay attention to your feelings.
- Develop a plan for when you are feeling stressed, sad or lonely.
- Practice self-care.
- Connect with community.
- Support others.
- Recognize seasonal mood changes.
- Avoid alcohol and drug use.
- Know when to seek help.

**-Know that you are not alone and if you need help you can visit <https://www.samhsa.gov/find-help/national-helpline> or call 1-800-662-4357. You can also reach out to PRHS Behavioral Health Department (530) 335-3651.**



## 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.”

## Holiday Events

### -Grace Community Church Christmas Dinner

Christmas dinner for the community, hosted by the members of the Grace Community Church.

**20218 Tamarack Ave., Burney, CA Dec. 25th, 12pm-2pm.**

### -Burney Sewing Circle

Contact the PRHS Behavioral Health Department for more info.

**Dec. 22nd 11am-3pm.**



Pit River Health Service, Inc.  
36977 Park Ave.  
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