



CHAPA-DE
INDIAN HEALTH

Passionate People.
Compassionate Care.

FEBRUARY 2022

CHAPA-DE News



THE STORY OF TULE PEOPLE

Tule River Tribe of California, tulerivertribe-nsn.gov/

When the old-time bird and animal people had all gone to their new places, the Eagle and the Mountain Lion went into a tule house to talk about the new kind of people they were ready to make.

“How are we going to make these new people?” asked Mountain Lion.

“I have a plan. I believe I can do it,” answered Eagle.

Then Eagle began. He took some dirt from the floor of the house and made a shape like people are today, except that he made paws like Coyote for hands and feet. When Eagle had finished making the dirt man, it was almost night. He said, “Now we must set fire to the house.” Mountain lion took a branch from the fireplace in the house and set fire to the tules. The tule house blazed high and made a dark smoke. As the smoke rose to the sky, it began to rain. Eagle and Mountain Lion sought shelter under an overhanging rock.

Before morning the fire had burned out. The baked dirt man lay in the old wet ashes. “Now,” said Eagle, “it is time to give this man a heart.” Mountain Lion said, “I can do that.” “All right,” said Eagle. Mountain Lion breathed on the man's face and said, “Hello.”

The clay figure arose. It walked about and became the first man.

“Now,” said Eagle, “we must have a mate for this man.” They took a piece of this man and put it in a basket. They covered the basket with a flat winnowing tray and set it by a spring. In the morning, as the stars began to fade from the sky, Eagle and Mountain Lion looked in the basket. There they saw the first woman.

The children of the first man and woman went out into the world and became the other tribes of the world.

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Auburn Health Center

11670 Atwood Rd., Auburn, CA 95603

(530) 887-2800

Grass Valley Health Center

1350 E. Main St., Grass Valley, CA 95945

(530) 477-8545



MISSION STATEMENT

The mission of Chapa-De Indian Health is to advance the health and well-being of American Indians and low income individuals living in our communities by providing convenient access to high-quality, compassionate care.

LIST OF SERVICES

- Dental
- Medical
- Behavioral Health
- Optometry
- Prenatal Care
- Pharmacy
- Diabetes Program
- Lab / Phlebotomy
- Substance Use Disorders
- Classes and Support Groups
- Telehealth

BOARD OF DIRECTORS

Chapa-De's Board of Directors is made up of members from our sponsoring tribe, United Auburn Indian Community.



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Vice-Chair



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Member



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BOOKS TO READ

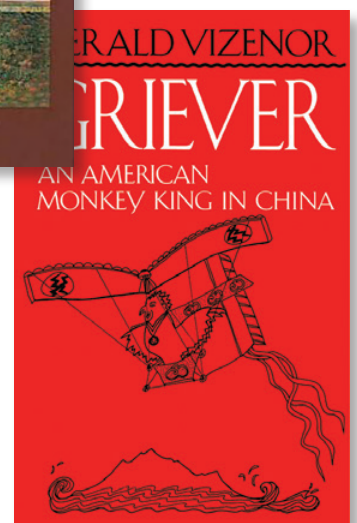
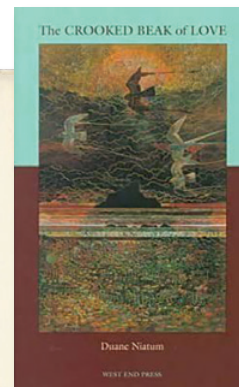
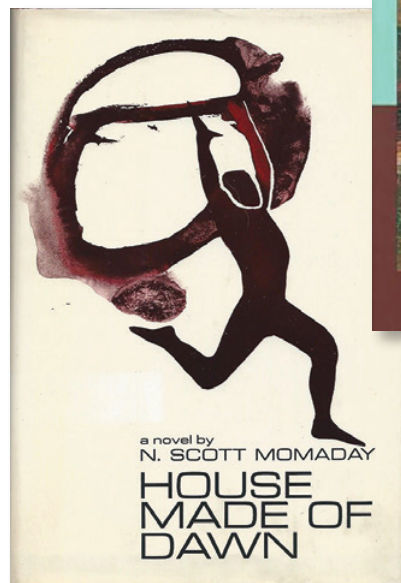
These recommendations are from Open Education Database's (OEDb) list of "20 Native American Authors You Need to Read"

1. N. Scott Momaday:

A writer, teacher, artist, and storyteller, N. Scott Momaday is one of the most celebrated Native American writers of the past century. His novel, *House Made of Dawn*, is widely credited with helping Native American writers break into the mainstream and won Momaday the Pulitzer Prize for Fiction in 1969. Since then, he has published several more novels, collections of short stories, plays, and poems and has been honored with numerous awards, including a National Medal of Arts and a Lifetime Achievement Award from the Native Writers' Circle of the Americas. He was also made Poet Laureate of Oklahoma.

2. Duane Niatum:

Professor Duane Niatum has dabbled in everything from playwriting to essay writing, but he is best known for his poetry. His epic lyric poems draw on both the work of great Western poets and his native S'Klallam cultural heritage. Some of his best work can be found in his collections *The Crooked Beak of Love* and *Song for the Harvester of Dreams* (which won the American Book Award).





3. Gerald Vizenor:

Gerald Vizenor is one of the most prolific Native American writers, having published more than 30 books to date. In addition to teaching Native American Studies at UC Berkeley for several years, Vizenor has produced numerous screenplays, poems, novels, and essays. His novel *Griever: An American Monkey King in China*, a story that takes Native mythology overseas into a Chinese setting, won him the American Book Award in 1988. His latest novel, *Shrouds of White Earth*, also won him the same award, and he continues to be a leading figure in Native American literature today.

4. Louise Erdrich:

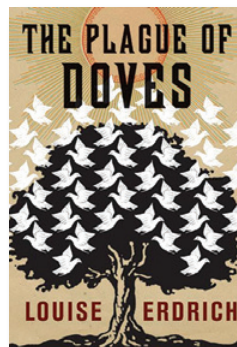
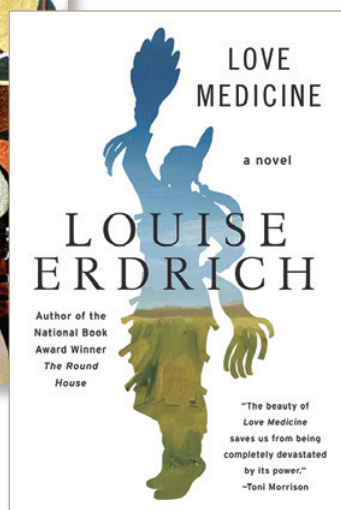
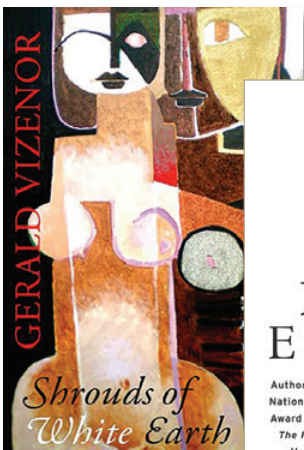
During her long literary career, Louise Erdrich has produced thirteen novels, as well as books of poetry, short stories, children books, and a memoir. Her first novel *Love Medicine* won her the National Book Critics Circle Award in 1984, and would set the stage for her later work, *The Plague of Doves*, which was a finalist for a Pulitzer Prize. Erdrich's work centers on Native American characters, but draws on the literary methods and narrative style pioneered by William Faulkner.

5. James Welch:

Considered one of the founding authors in the Native American Renaissance, Welch was one of the best-known and respected Native American authors during his lifetime. The author of five novels, his work *Fools Crow* won an American Book Award in 1986 and *Winter in the Blood* has been named as an inspirational work by many other authors. Welch also published works of non-fiction and poetry, and even won an Emmy for the documentary he penned with Paul Stekler called *Last Stand at Little Bighorn*.

Find the full list online at:

oedb.org/ilibrarian/20-native-american-authors-you-need-to-read/





HEALING TRAUMA

The weather was gray and drizzly, but spirits were high as many came together to share their stories of resilience on Saturday, October 23, 2021. Chapa-De hosted a Healing Trauma Event to serve as a forum for those who have been impacted by Indian Boarding Schools. The morning started with a blessing from Sonia Keller LaPointe. Then speakers LoVina Louie and Josh Cocker, from the Native Wellness Institute, helped lighten a heavy topic with some laughter but also some tears were shared. The morning ended with singing and drumming by the Bringing Medicine Drum Group.

It was the start of a conversation about a topic that is not discussed much but has resurfaced as news emerged of hundreds of bodies found in unmarked graves, first at Canadian residential schools and then at Indian boarding schools here in the U.S. For many, these discoveries brought back the painful memories of historical injustices committed against American Indian families when children were forcibly removed from their homes to attend government-run boarding schools.

We know talking about Indian boarding schools dredges up painful memories for some, but we also know that not talking about it and suppressing what happened is not good either. We've all seen the terrible statistics on depression, anxiety, alcohol and substance use disorder, and other health conditions that can happen when something bad is suppressed and festers inside a person's being. By acknowledging what happened, we can start the process of long-term healing from the unspoken traumas of the past and end the cycle of trauma for future generations. We want Chapa-De News to help be part of the conversation as well as part of the healing.

Update on Investigation into Student Deaths at Indian Boarding Schools

This past summer, the new Secretary of the Interior, Deb Haaland, announced an investigation into the 365 Indian boarding school sites that the federal government and various Christian churches operated from the early 1800s to 1978 to identify more sites where there may have been student burials. The boarding schools were initially intended to assimilate Native students into "White" culture, but the practice robbed Native people of their language, religion and culture and left a devastating



KC Fallon (far left) and Sami Enos (far right) present beautiful necklaces made by Clyde Prout III to Josh Cocker and LoVina Louie from Native Wellness Institute.

legacy of pain and trauma for the families forced to send their children. It is unknown where the investigation will lead, but it is a start down a path of truth and justice and "to uncover the loss of human life and the lasting consequences of residential Indian boarding schools" (Deb Haaland, June 2021). In December 2021, Nevada Governor Steve Sisolak apologized on behalf of the State and promised to cooperate with the DOI investigation into the Sherman Indian School in Carson City, Nevada, and stated "an honest accounting of an immoral program that existed here for generations" was overdue.

Resources

Chapa-De Behavioral Health Department:
(530) 887-2800 or (530) 477-8545

The National Native American Boarding School
Healing Coalition
<https://boardingschoolhealing.org/>
(612) 354-7700

Indian Residential School Survivors Society
<https://www.irsss.ca/>
(800) 721-0066

Sources:

Indian Boarding School Investigation Aims
For Spiritual And Emotional Healing : NPR
<https://www.npr.org/2021/12/04/1061491812/nevada-indigenous-indian-native-schools-governor-apologizes?sc=18&f=1001>

Memo from Secretary of the Interior, June 22, 2021

WITH GRATITUDE TO PAM PADILLA

Have you ever rushed frantically to get to your medical or dental appointment and felt your stress level immediately drop as you sit in the waiting room at Chapa-De and admire a beautiful piece of art on the wall? Well, that is no accident. It is exactly the intention of the person who helped plan and design many of Chapa-De's interior spaces, including the art. Pam Padilla (Pit River), Chapa-De's Administrative Project Supervisor, has been behind the scenes beautifying Chapa-De's buildings for nearly 20 years to make it a welcoming and calming environment for both the patients and the staff.

Pam was attending California State University in Sacramento pursuing a degree in art and interior design when life took her in another direction and she ended up with a business degree instead. When she started working at Chapa-De nearly 20 years ago as the Executive Assistant, she never dreamed the position would take her full circle back to her creative roots and love of art. She was assigned to help with the interior design, artwork, and project management of the Grass Valley health center during its construction. That project allowed her to select colors, designs, and art to create a serene and beautiful space to compliment the unique design of the new building.



With the Grass Valley project and others, she intentionally selects a color palette that reflects the colors of the Sierra Foothills and provides a calming effect: greens, blues, and browns. She chooses art that highlights Northern California tribes and other tribes that use the facility. The goal is to create a sense of belonging for all and spark a curiosity to learn more about an image or piece that is unfamiliar.

When asked about her favorite piece of art at Chapa-De, Pam noted that she loves all forms of art but is most partial to the custom digital wall coverings of the Patsuni dancers in the Medical Front Office area in Auburn. She also loves one of the original murals painted by artist Asenith Jose of a Yurok girl with a basket weave dream that unfolds like smoke around the girl's head.

One of the newest pieces that Pam selected for the new Auburn Medical building Pod D waiting area is a series of images depicting the creation of a Yokut tule boat. It is one of those pieces that tells a story, but also sparks interest and curiosity. Please see our article in this issue on tule to learn more!

The Grass Valley Administrative building is Pam's final project to complete before wrapping up a remarkable career at Chapa-De next spring when she plans to retire. But the art she has selected will be enjoyed by many for years to come.



HELPING OUR POLLINATORS

You have probably seen the bumper stickers 'No Farms No Food' but probably have never seen a bumper sticker that says 'No Pollinators No Food.' These often overlooked creatures are responsible for 75% of the food grown in North America. We cannot live without pollinators.

Who Are Our Pollinators?

We are all familiar with honey bees, but did you know there are many other pollinators? Native bees, moths, hummingbirds, butterflies, and even beetles pollinate.

What is Pollination, And Why is It Important?

Many plants need pollen, which looks like yellow dust, to spread from one flower to another to produce fruits, seeds, and grains. We need tiny creatures to do this work. When they visit a flower, tiny pollen particles stick to their legs and body and rub off onto all of the other flowers they visit. Their reward is the nectar and pollen, which provides the nutrients they need to survive.

But our pollinators are in trouble and need our help. Loss of habitat, use of pesticides, and disease are threatening them.



Native Bee House

What Can We Do to Help?

- Include plants native to your area in your landscape. The pollinators native to your area have developed over millennia to feed on specific plants.
- Plant various trees, shrubs, and flowers, so you have blooms throughout most of the year.
 - If you need guidance, download a free list of pollinator favorites such as rosemary, thyme, aster, coreopsis, cosmos, and more from U.C. Davis Agriculture and Natural Resources at <https://anrcatalog.ucanr.edu/pdf/8498.pdf>
 - Winter can be a tough time for our pollinators to find food. Here at Chapa-De, three plants seem to be the cool weather favorites; pink camellia shrubs, shiny xylosma shrubs, and native California fuchsia (a groundcover that holds its blooms late into the season).
- Don't use pesticides or herbicides in your yard.
- Provide water in a shallow tray.
- Provide a nesting area by leaving a section of bare ground, an old log, or purchase a native bee house.

For more information, please check out these additional resources:

- <https://www.fs.fed.us/wildflowers/features/panels/SnowyRangeTinyCreatures.pdf>
- <https://www.fs.fed.us/wildflowers/pollinators/importance.shtml>
- <https://www.pollinator.org/pollinators>



THE IMPORTANT MESSAGE BEHIND RIBBON SKIRTS

“For me, a traditional Navajo skirt represents the strength and prayers my ancestors had for me,” explained Chapa-De staff member KC Fallon, “that I would not forget the traditional teachings they fought to pass down.” She shared that some teachings were not passed down, not because it was lost, but because she doesn't speak Navajo fluently and some things can't be learned or taught in English. Fallon was raised by both parents. Her mother is full Navajo and she did her best to teach Fallon and her siblings traditional ways. She said, “one of the earliest lessons I learned was about my regalia. I wanted to learn to sew so that I could make my own traditional clothing. Now that I can sew my own skirts, I make them for family members. When I sew a skirt, I have to be in a good frame of mind with only positive intentions set. I want to bless the person who wears it; that they will wear it with pride. Recently, I have taken to making ribbon skirts. Not a skirt that is traditional to my tribe, but one that represents all nations.”

The ribbon skirt doesn't represent just one tribe but is primarily influenced by the plains tribes in the Midwest. When First Nations people started trading with colonizers, the most common items included furs, flour, and cotton cloth. Native American women learned how to use these commonly traded items and make beautiful things; from the flour they learned to make bread, and from cotton fabric they learned to make skirts.

In recent years, ribbon skirts have become more and more popular. Skirts are made in every color and size. Native people are wearing them daily to symbolize their own resiliency and strength. This awakening of wearing your ribbon skirt brings the teaching that we are from powerful people. It lets others know that American Indians are still here living and working to provide for our children's future.

In an article written by Kelly Ann Smith in the Anishinabek News, Tala Tootosis talked about the power and message behind ribbon skirts. Tootosis said, “it's teaching them to be empowered and that they already are resilient. Women already have power. A woman is protection because she is a woman. And when you have that understanding you learn boundaries.”

The ribbon skirt has become a symbol of many Native Americans from all nations. Wearing a ribbon skirt is like flying a flag on your body and it flies in resistance against those that would take our culture, language, and our women and children away from us. It is a stand against those that attempted to wipe us from the earth. Women who are leaders, medicine people, elders, young girls, and the women who are healing themselves of addictions; have turned to their sewing machines to bring back the medicine that our skirts give us. They are a statement of our strength as women and our resistance.

If you want learn how to make your own skirt, there are many online tutorials that will teach you how. We recommend Tala Tootosis' YouTube video <https://youtu.be/xK2bYjfZVHc>

Reference: <http://anishinabeknews.ca/2018/01/31/the-ribbon-skirt-symbol-of-surviving-cultural-genocide/>



KC Fallon, Adonia Blue, Margreet Adriani, Viola Lopez



TULE

(PRONOUNCED TOO-LEE)

Tule (*Schoenoplectus acutus* and *Schoenoplectus californicus*) are giant species of sedge native to freshwater marshes all over North America. Related species are found worldwide. It commonly grows in shallow water with cattails. *S. actus* has a round stem while *S. californicus* has a triangular stem. Both varieties have a thick stem with a spongy center that grows up to 10 feet tall.

Great swaths of marshes once covered the valleys of California supporting huge flocks of waterfowl and elk. Tule was so common in California, several places in the state were named for it, including Tule Lake, Tule River, and Tulare. Tulare used to have the largest freshwater lake in the Western United States, but land speculators drained it in the 20th century to develop agriculture. As development has taken over wetland areas, tule areas have also declined.

Every winter, California's central valley experiences thick, ground-hugging "tule fog" so named because the fog develops in the low areas of marshes and wetlands. The term "out in the tules" means "out in the middle of nowhere" or "out in the boondocks."

This fascinating plant has been used for millennia by Native Americans for food, medicine, clothing, baskets, boats, decoys, sleeping mats, and even houses.

As a traditional food source, many Native Californians ate the white tuber portion of the root that goes down into the water. Today, the water tule grows in is often stagnant or polluted and isn't safe for consumption.

Tule Canoes/Balsas:

Miwok, Ohlone, Chumash, Yokuts, Kumeyaay, and many other tribes made canoes or balsas out of tule by harvesting and tying the plant to form a boat. The spongy center of the reeds are full of air pockets giving it the ability to float. This buoyant craft was used for fishing, transportation, and harvesting in lakes, rivers, bays, and even the ocean. The Hearst Museum website features a 1958 film production showing how the traditional tule balsa was made.

Learn more about Tule Canoes/Balsas:

- hearstmuseum.berkeley.edu/aifp/
- youtube.com/watch?v=EbrT2uFYa5w





Tule Baskets:

California tribes were known for some of the finest basket weaving in the country. The intricacy of pattern, material, and design made these baskets not only useful everyday tools but works of art. Tule was used to make a variety of baskets from tightly woven water bottles to rougher, open weave sifting baskets. Several California museums have collections of historical baskets.

Learn more about Tule Baskets:

- hearstmuseum.berkeley.edu/california-baskets/
- californiabaskets.com/pages/museums.html

Tule Clothing & Headpieces

Tule was also used to make items of clothing. Chumash and many other coastal communities traditionally wore tule skirts. They cut the triangular variety to make 'ribbons' that were then gathered thickly on a belt to form a skirt for women similar to the hibiscus fiber or ti leaf skirts worn by Hawaiian Natives. A beautiful headpiece, called a Patsuni, was formed by wrapping tule in otter fur and decorating it with beads and 'flags' made of flicker feathers and shells.

View a Patsuni Headdress at calisphere.org/item/a6abc95d951b594f83d15cd62aa2145a/

Tule Houses:

Some tribes also used tule to make houses. Coastal and California tribes like Chumash, Pomo, and Wintun built dome-shaped homes with a framework of willow branches covered in tightly woven tule mats. They resembled our modern-day camping tents. Tribes of the Plateau region in present-day states of Northeast Oregon, Southeast Washington, Idaho and Montana such as Yakima, Walla Walla, Spokane, Nez Perce, Klamath, and Modoc people often built homes shaped like a teepee but covered with tule mats rather than animal (buffalo) hides. These homes fit their semi-nomadic lifestyle as they could quickly and easily move them during the summer hunting season. Both houses had a flap entry and an open area in the top to allow smoke from a central heating and cooking fire to escape.

Keep learning here: kcet.org/shows/tending-the-wild/tules-weaving-baskets-boats-decoys-and-houses



MARCH IS COLORECTAL CANCER AWARENESS MONTH

Colorectal Cancer (CRC) occurs in the colon and rectum. It is the 2nd most common cause of cancer deaths among men and women combined. The good news is that the death rate from colon cancer is declining because more people are getting screened and having polyps removed before they develop into cancer or cancers are being found earlier when they are easier to treat.



People with these common risk factors have a higher chance of developing Colorectal Cancer:

- **Age:** over 45 years
- **Lifestyle:** Alcohol consumption, cigarette smoking, or lack of physical activity
- **Diet:** low-fiber, high-fat, or high in red and processed meats
- **Weight:** overweight and obese
- **Medical Conditions:** inflammatory bowel disease, diabetes, or a personal or family history of CRC

Regrettably, American Indian people in many regions experience higher rates of CRC than the general population, making screening even more important. Below is a table that shows the benefits and limitations of different screening tests. **The most important thing is to get screened, no matter which test you choose.** Your Chapa-De medical provider can help you decide which test is best for you.

Test	Benefits	Limits
Fecal Immunochemical Test (FIT)*	<ul style="list-style-type: none"> • No direct risk to the colon • No bowel prep • No pre-test diet or medication changes needed • Sampling done at home 	<ul style="list-style-type: none"> • Can miss many polyps and some cancers • Can have false-positive test results • Needs to be done every year • Colonoscopy will be needed if abnormal
Colonoscopy**	<ul style="list-style-type: none"> • Can usually look at the entire colon • Can biopsy and remove polyps • Done every 10 years • Can help find some other diseases 	<ul style="list-style-type: none"> • Can miss small polyps • Full bowel prep needed • Costs more on a one-time basis than other forms of testing • Sedation is usually needed, in which case you will need someone to drive you home • You may miss a day of work • Small risk of bleeding, bowel tears, or infection

* Test offered at Chapa-de.

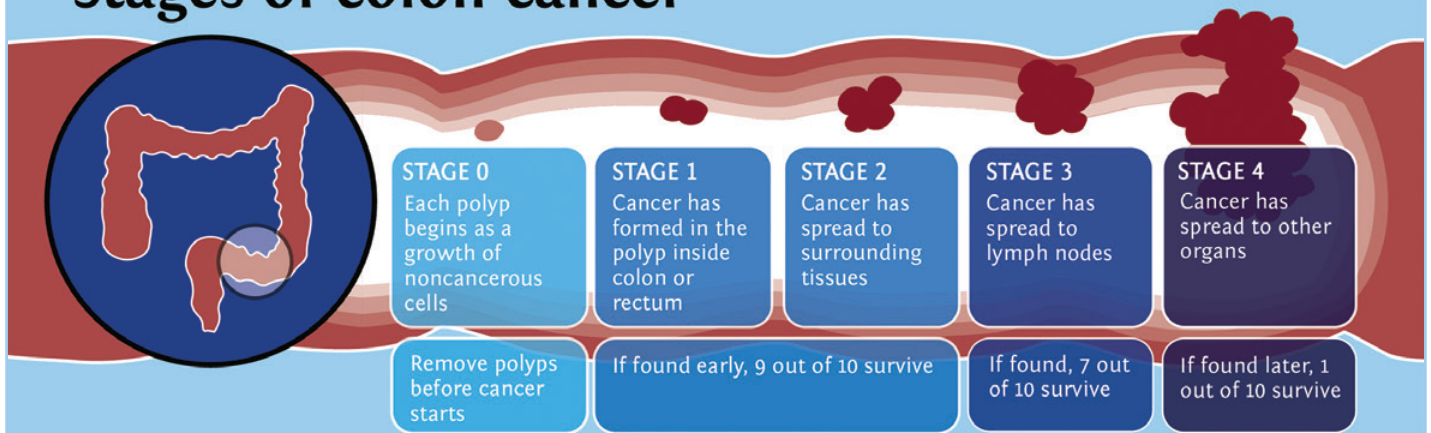
** Chapa-De can order Colonoscopy, not done in office.

End Colon Cancer ▶▶▶▶ in Indian Country

What is colon cancer?

A disease in the large intestine (colon) and rectum. Most colon cancers start as small noncancerous clumps of cells called polyps. Without treatment, polyps may turn cancerous.

Stages of colon cancer



TIMING MATTERS WHEN COLON CANCER IS FOUND

What can I do?



QUIT SMOKING



EAT FRUITS & VEGGIES



WEIGHT CONTROL



GET SCREENED



EXERCISE



LIMIT ALCOHOL USE



Colon cancer is the second leading cause of cancer death for American Indians and Alaska Natives.



Colon cancer often has no symptoms in early stages.

Screening tests

Colon cancer screening for American Indians is recommended for those ages 45-75

▶ STOOL-BASED TESTS

- Looks for blood in the stool
- Take test at home every 1-3 years
- Mail or return to clinic
- If positive, must have colonoscopy

▶ VISUAL TESTS

- Looks directly in the colon
- Test is done at a medical center
- Colonoscopy can prevent cancer by removal of polyps during test

Talk to your health care provider about when screening is best for you.





HAPPY ANNIVERSARY CHAPA-DE NEWS!

We re-introduced this quarterly newsletter one year ago this month and are thrilled with the warm response. We thank you for taking time to read Chapa-De News and hope you have found the articles to be interesting and insightful. We hope you'll continue sending your submissions and topic suggestions to newsletter@chapa-de.org.

Special thanks go out to the Chapa-De News Committee who make this newsletter possible:

Darla Clark, Chief Operations Officer

I am a member of the Osage Nation and have dedicated 32-years to working at Chapa-De. I love working for an organization that treats patients the way I would want me and my family to be treated: with respect and caring and help navigating the health care process, which can be daunting as a patient. I feel honored to be a part of Chapa-De and serve our patients.

Katie Aplanalp, Dental Practice Manager

I have worked for Chapa-De for 18-years. It has been a rewarding experience; I appreciate representing an agency that does so much for its community. What I love most about working here is the quality of care and support we provide to our patients and community. I enjoy being part of a team that improves the lives of our patients by providing needed dental treatment and education.

KC Fallon, Quality Coordinator

I am Dine` from the Navajo Nation and have worked at Chapa-De for nearly 5-years. I love working at Chapa-De because I get to help the Native Americans in our area that are from many tribes. Not only that but I get to work with some amazing coworkers.

Viola Lopez-Salinas, Diabetes Program Assistant

I am Oglala Lakota (Sioux) and have worked at Chapa-De for 2 years now. I work in the Diabetes Department with a wonderful team that provides important care for our patients. I like being a part of a team that provides education and care for Native people and others as well. Our Diabetes program offers helpful information that promotes a healthy lifestyle.

Sami Enos, Community Health Representative

I am an enrolled member of the Yurok tribe of California and a descendant of the Karuk Tribe. I have been with Chapa-De for a total of 15-years. First from 1986 to 1992 and then I returned in 2012. I love working with and for our native community! We have so many tribes represented amongst our employees and patients. It is an honor and blessing to be able to learn from them all.



From left to right: Darla Clark, Katie Aplanalp, KC Fallon, Viola Lopez-Salinas, Sami Enos, Sunie Wood, Aimee Sagan

Sunie Wood, Chief Gardener

I am a member of the Osage Nation and have worked with Chapa-De for a total of 26-years. Five years as a contractor and then 21 years as an employee. I like to see patients and staff enjoying our grounds, flowers, water features, et cetera. It's rewarding to know it is appreciated. It makes me feel like I am doing my part to create a healing environment at Chapa-De. This organization provides quality care and I want our patients to know that as soon as they pull in our driveways.

Aimee Sagan, Development & Communications Coordinator

I have worked at Chapa-De for 8 ½ years. I love working at Chapa-De because of the patients and staff. I have met some of the most kind and interesting individuals during my time here and I have deeply appreciated the opportunity to learn from each of them. It's a privilege to be part of such a caring organization that works hard every day to provide really high-quality services.

United Auburn Indian Community Diabetes Prevention Event

Chapa-De's Diabetes Program hosted a Diabetes Prevention and Awareness event at the United Auburn Indian Community (UAIC) in November. During the event, our team offered the following free screenings to encourage participants to take charge of their health:

- Blood pressure
- Retinal Screening
- Weight
- Hepatitis C
- A1C (Blood Sugar)
- Foot exams

The team also spoke with attendees and offered instruction on caring for diabetes, pre-diabetes, hypertension, and weight management. We thank everybody who came out to participate and hope to return later this year. We always like to say, prevention is better than a cure!



Diabetes Nurse Case Manager Loretta Moore and Diabetes Program Assistants Viola Lopez and Liz Escobedo at the UAIC Screening Event.

Healthy Food Box Challenge

With generous grant funding from Indian Health Service and Sutter Health, Chapa-De's Diabetes Program offered a fun new challenge for patients participating in the Diabetes Prevention Program (DPP).



Patients who accepted the challenge were provided with a box of healthy food such as organic brown rice, cabbage, eggs, potatoes, bell peppers, lima bean, organic ground beef, kiwi, apples, and pears.

They were then encouraged to submit a recipe or picture of a meal that they prepared from the items in the box. These were shared with other DPP participants to share ideas and to inspire participants to incorporate tasty and healthy recipes into their weekly cooking.

Throughout 2021, the Chapa-De Diabetes Prevention Program gave out 55 food boxes. They also supported 44 individuals to lose a combined total of 333 pounds and to improve their A1C (blood sugar) level through healthy lifestyle changes.

If you would like support with improving your eating or exercise habits, please call us at (530) 889-3765.



FINANCIAL RESOURCES FOR

American Indians face many challenges in gaining access to a college education. Native Americans are one of the most underrepresented groups amongst current college students and people who hold college degrees. There are fewer American Indians than other minorities in higher education. Poverty and limited access to educational resources cause education to be a top concern for many native communities. It is time for this to change and there are resources available.

Despite a strong desire to earn a degree, many American Indian students cannot easily pay for school. Fortunately, there are financial assistance and scholarship opportunities available for American Indian students dedicated to beating the odds and earning a degree.

Types of Assistance:

- **Scholarships** are typically merit-based awards, which are distributed based on student achievement and performance. See: <http://www.collegescholarships.org/scholarships/subject-specific.htm>
- **Grants** are primarily need-based (awarded based on financial need). See: <http://www.collegescholarships.org/grants/index.htm>
- **Fellowships** generally have a service or work component that requires the student to spend a certain period of time working or volunteering in a particular field of study or geographical area
- **And more!** See <https://studentaid.gov/understand-aid/types>

Important Resources to Know About – Start Here!

- **Federal Student Aid Programs** (Loans and Grants) <http://www.ed.gov/>
<https://studentaid.gov/>
1-800-4FED-AID (1-800-433-3243)
- All students interested in financial aid should complete the **Free Application for Federal Student Aid (FAFSA)** at <https://studentaid.gov/h/apply-for-aid/fafsa>
- **Federal Pell Grants** are awarded to students with demonstrated financial need <http://studentaid.ed.gov/types/grants-scholarships/pell>

Then, Look Into These Resources:

- **APRIL MOORE MEMORIAL SCHOLARSHIP**
Chapa-De offers the April Moore Memorial Scholarship to local American Indian/Alaska Native students. Applications are being accepted for the 2022-2023 school year. This scholarship is in memory of April Moore. April served on the Chapa-De Board of Directors for 26 years. She dedicated her life to advancing the lives of AIAN people. The annual scholarship awards \$1,000 to a local AIAN student. The student must be attending or planning to attend college or a technical, trade, or vocational school.
For more details and the application form, visit <https://chapa-de.org/wp-content/uploads/2019/12/April-Moore-Memorial-Scholarship-Application-2019.pdf?x14164>.

- **CollegeScholarships.org**
Grants: <http://www.collegescholarships.org/grants/state.htm>
Scholarships: <http://www.collegescholarships.org/financial-aid/>
- **The Bureau of Indian Education Higher Education Grant Program**
<https://www.bie.edu/document/bie-higher-education-grant-program-scholarship-information-packet>
- **American Indian College Fund**
<https://collegefund.org/>
(800) 776-3863



AMERICAN INDIAN STUDENTS

- **American Indian Education Fund Scholarships**
http://www.nativepartnership.org/site/PageServer?pagename=aief_progs_sf_scholarshipfund
(866) 866-8642
- **Association on American Indian Affairs Scholarships**
<https://www.indian-affairs.org/scholarships.html>
(240) 314-7155
- **Daughters of the American Revolution (DAR) – American Indian Scholarship**
<https://www.dar.org/national-society/scholarships/american-indian>
For more information, email
americanindiansschol@nsdar.org
- **Frances Crawford Marvin American Indian Scholarship**
<https://dar.academicworks.com/opportunities/339>
For more information, email
FCMarvinAmericanIndianScholarship@nsdar.org
- **American Indian Science and Engineering Society Scholarships**
<https://www.aises.org/students/scholarships>
(505) 765-1052
- **Indian Resource Development (IRD)**
<https://ird.nmsu.edu/>
(575) 646-1347
- **All Nations Alliance for Minority Participation (AMP)**
<https://new.anamp.org/>
(406) 275-4714
- **Scholarships.com American Indian/Native American Scholarships**
<https://www.scholarships.com/financial-aid/college-scholarships/scholarships-by-type/minority-scholarships/american-indian-native-american-scholarships/>

- **American Indian Graduate Center – Center for Native Scholarships**
<https://www.aigcs.org/scholarships-fellowships/>
(505) 881-4584
- **The Gates Scholarship**
<https://www.thegatesscholarship.org/scholarship>
- **Also, ask the school you plan to attend about Native American funding**

Additional Resources for Medical, Dental, and Other Health-Related Studies:

- **National Health Services Corps**
<https://nhsc.hrsa.gov/scholarships/index.html>
- **Indian Health Service Scholarships**
<https://www.ihs.gov/scholarship/>
- **Pacific Dental Services Foundation**
<https://www.pdsfoundation.org/programs/scholarships/>
- **American Dental Association Foundation**
<https://www.ada.org/en>
- **American Dental Education Association**
<https://www.adea.org/studentawards/>
- **Native Graduate Health Fellowship**
<http://www.ncai.org/get-involved/internships-fellowships/native-graduate-health-fellowship>

We also encourage you to visit this website to find a Native American College or University:
<http://www.aihec.org/who-we-serve/TCUmap.cfm>



your connecting point

Start here for information & assistance



Dial 2-1-1

or 1-833-DIAL211

TTY: 1-844-521-6697



Text your zip
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Your text plan's rates will apply.



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transportation, healthcare, and more. Your source
for non-emergency disaster information.

ELDERS CHRISTMAS DRIVE-THRU EVENT

The 2021 Elders Party was another successful event. It was wonderful to see all who could attend the special drive-thru events on Saturday, December 4th, at the Chapa-De Health Centers in Auburn and Grass Valley.

Elders who participated received a Christmas gift from Chapa-De which included a holiday card, a sage bundle, and a gift card. This was our second year doing a drive-thru event for the elders in our community.

For more information on how you can attend the 2022 Christmas party, please call our Chapa-De Community Health Representative Sami Enos at (530) 863-4682. We will start asking for RSVPs in October and November.

We hope you all had a wonderful holiday season and wish you many more.





**JOIN OUR
GROWING
TEAM**

**LIVE, WORK,
& PLAY IN
BEAUTIFUL
NORTHERN
CALIFORNIA**

**WE VALUE
THE HEALTH &
WELLNESS
OF OUR TEAM**



Make a difference in our patients' lives today

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Competitive Salaries

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Generous Paid Time Off and Paid Holidays

Why Join Chapa-De?

Healthy Work-Life Balance

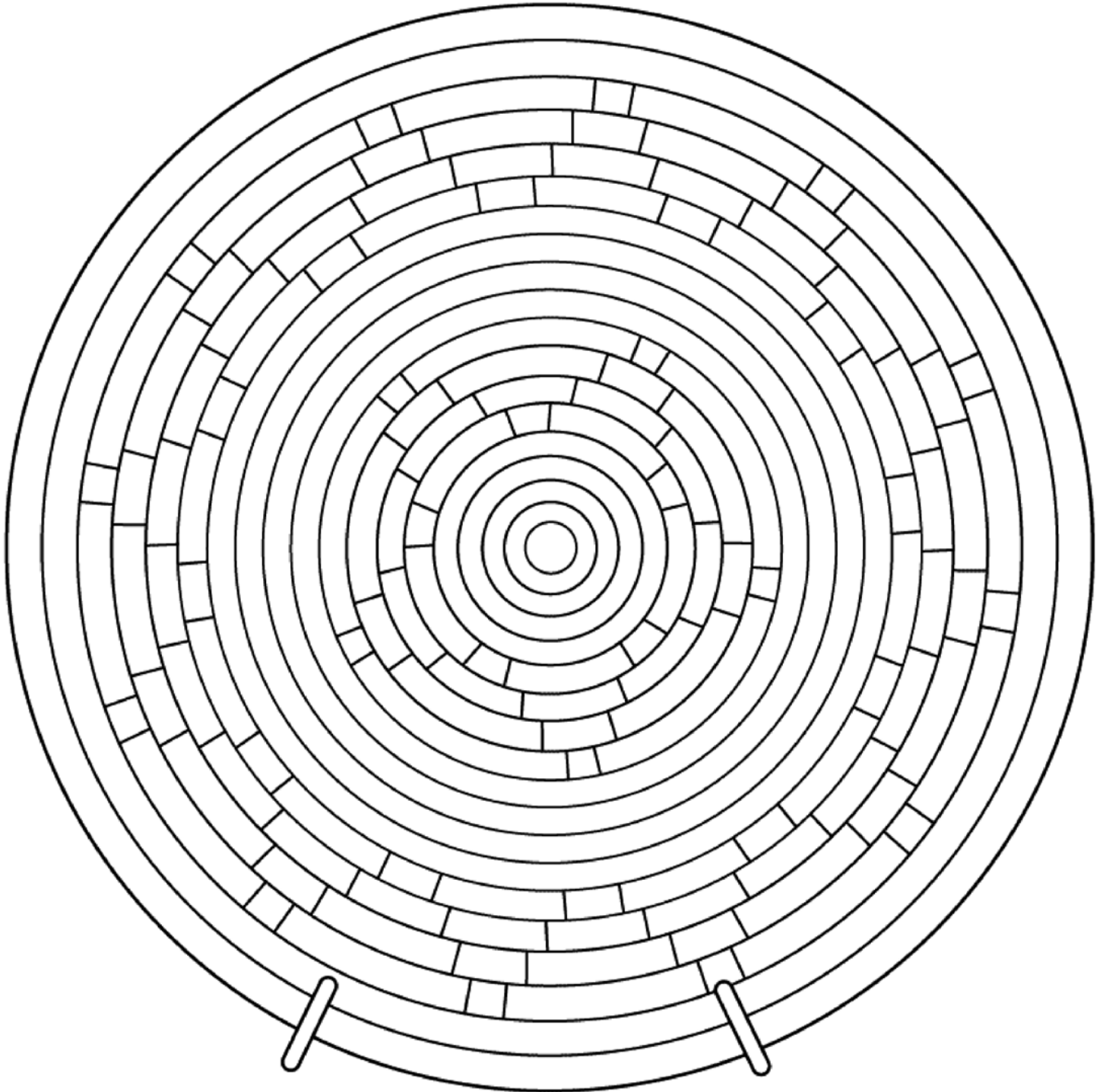
No Night or Weekend Hours

Apply Today:

www.chapa-de.org/join-our-team

COLORING

Navajo Wedding Basket





Chapa-De Indian Health
 11670 Atwood Road
 Auburn, CA 95603

If you no longer want to receive this newsletter, email us at Newsletter@chapa-de.org or call (530) 887-2800 ext. 2924



CHAPA-DE
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 Compassionate Care.**

FEBRUARY 2022

CHAPA-DE *News*



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