



CHAPA-DE
INDIAN HEALTH

Passionate People.
Compassionate Care.

NOVEMBER 2021

CHAPA-DE News



**NATIVE
AMERICAN
HERITAGE
MONTH**

NOVEMBER IS NATIVE AMERICAN HERITAGE MONTH

In honor of Native American Heritage Month, we are featuring these influential American Indians who made a big impact.



EVERETT COLLECTION

Maria Tallchief, Prima Ballerina January 24, 1925 – April 11, 2013

Maria Tallchief was a revolutionary American ballerina who broke barriers for Native American women. Maria Tallchief was the first Native American (Osage Tribe) woman to break into ballet. Her career as a ballerina spanned the globe and led to a short marriage to George Balanchine.

Born Elizabeth Marie Tall Chief on January 24, 1925, in Fairfax, Oklahoma. She was the daughter of an Osage tribal member. She grew up in Los Angeles, California, where she studied ballet for years, working with Ernest Belcher and Bronislava Nijinska. She was a trailblazer for Native Americans in the world of ballet and would become one of the country's leading ballerinas from the 1940s to the 1960s.

During her early career, in the 1940s, Tallchief danced with the Ballet Russe de Monte Carlo.

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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.



Branda Adams,
Chair



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Secretary



David Keyser,
Vice-Chair



Jason Camp,
Member



John L. Williams,
Member

OUR COLORFUL TAPESTRY

Our Native American patient population here at Chapa-De is as unique and diverse as the State of California.

California is home to 109 separate federally recognized tribes, more than any other state. There are also about 45 Indian communities of formerly recognized tribes that were terminated as part of the United States' failed termination policy in the 1950s or tribal communities that the federal government never recognized. These groups are referred to as "unaffiliated" or "Indians of California".

California also has the largest urban Indian population in the United States, including many whose tribes are located out-of-state. So it is not surprising that California is home to more people of American Indian/Alaska Native heritage than any other state in the Country.

In other states, many Indian Health Service facilities are located on a large reservation and primarily serve the members of that tribe. Given the rich tapestry of tribal identities in our area, Chapa-De has always served all American Indians and Alaskan Natives, including members of federally recognized tribes, descendants of tribal members, and unaffiliated California Indians.

So whether you belong to a small band here in California or a large tribe from another state, or you are a descendant of a California Indian, you are a member of Chapa-De's family and what makes us unique. Collectively, you make up Chapa-De's colorful tapestry of rich cultural diversity.

We would love to hear from you about your tribe or how you connect to your culture. Please send us an email at newsletter@chapa-de.org.

NORTHERN CALIFORNIA FALL AND WINTER GARDENING

Fall is the best time to plant most garden plants and trees in Northern California. The days are cooler and shorter, yet the ground is still warm from the summer sun. Winter rains are on the way to soak the roots and give your plants a healthy start in the spring to survive the harsh, dry conditions of summer. Trees, shrubs, perennials, ground covers, ornamental grasses, lawns, wildflower seeds, and (some) bulbs will perform best if planted in the fall.

If you enjoy fall color trees, now would be a perfect time to plant them for years of enjoyment. These trees will provide shade in the summer, habitat for birds and beneficial insects, and then as autumn approaches, will turn beautiful shades of yellow, orange, and red. The trees marked with an asterisk * are also native to North America.

- Chinese Pistache (*Pistache chinensis*)
- Dogwood (*Cornus florida*)* also has beautiful spring flowers
- Japanese Maple (*Acer palmatum*)
- Persimmon (*Diospyros virginiana**, hachiya, and kaki) also has sweet, edible fruit
- Red Oak (*Quercus rubra*)*
- Red Maple (*Acer rubrum*)*
- Sweetgum (*Liquidamber styraciflua*)*

Did You Know?

- Pumpkins are native to North America and are one of the oldest domesticated plants. They have been used as an important food for Native Americans as early as 7,500 BC., even before beans and corn. A member of the gourd family, the first pumpkins had little resemblance to the ones we know today. They were small, round, and bitter.
- They were a diet staple to original Americans because they preserved well into the winter months thanks to their thick skin. Pumpkins are a great source of vitamins A and C and are high in dietary fiber.

- Real Christmas trees can be a wonderful addition to your home during the holidays. You may consider getting a live, potted tree that can be planted outside and enjoyed for years to come. Keep in mind live trees shouldn't be kept indoors for more than 7-10 days and will need plenty of room to grow when planted outdoors. For Northern California, blue spruce, scotch pine, white fir, noble fir, and Douglas fir can be used in the landscape after the holidays.

Free Resources

Whether we are weekend gardeners or farm for a living, we live in a great area for gardening and have many free resources available to us in the form of websites, workshops, zoom classes, videos, and even real live people who can help with your planting adventures.

- Placer County Master Gardeners: <http://pcmg.ucanr.org/>
- Nevada County Master Gardeners: <http://ncmg.ucanr.org/>
- University of California Agriculture and Natural Resources: <https://ucanr.edu/>
- California Native Plant Society: <https://www.cnps.org/>

Now is the Time to Create Defensible Space

Winter is an optimal time to create defensible space on our property and around our homes in preparation for future wildfire seasons. As the winter rains come, it is safe to get out the power equipment and mow, weed eat, and use chainsaws to reduce wildfire fuels. There are guidelines to creating a safe zone around your home and even fire-resistant landscape plants. Check out the recommendations from your local Master Gardeners and Fire Safe Councils. Many communities offer free chipping programs to eliminate brush and branches cut from your property. Check with your local county for information and resources.

- <https://www.areyoufiresafe.com/ready/defensible-space>
- <https://www.placer.ca.gov/5721/Fire-Safe-Alliance>

NOVEMBER IS NATIVE AMERICAN HERITAGE MONTH

Continued from page 1

It was also around this time that she became known professionally as Maria Tallchief, combining the two parts of her Indian name. In 1947, she became the first prima ballerina of the New York City Ballet—a title that she would hold for the next 13 years. That same year, Tallchief became the first American to dance with the Paris Opera Ballet. In addition to her work with the NYCB and Paris Opera Ballet, she was a guest performer with the American Ballet Theatre.

Reference: Biography.com

Maria Tallchief



ARCHIVE PHOTOS/GETTY IMAGES

Billy Mills, American Athlete June 30, 1938 –

Billy Mills (Sioux descent) was the first American to win an Olympic gold medal in the 10,000-metre race, achieving a dramatic upset victory at the 1964 Olympic Games in Tokyo.

William Mervin Mills was born June 30, 1938, in Pine Ridge, South Dakota. He grew up on an Oglala Sioux Indian reservation and, after he was orphaned at the age of 12, attended the Haskell Institute (an Indian school in Lawrence, Kansas). There and at the University of Kansas, he excelled in track events but then abandoned them for two years.

While serving in the U.S. Marine Corps, he returned to racing in 1964, qualifying for that year's Olympic Games in Tokyo. Mills was a little-known entrant in the 10,000-metre run; among those favored to win was Ron Clarke, of Australia, who held the world record. On a wet track, Mills kept pace with the leaders until the final lap, when Clarke and



Billy Mills breaks the tape in the 10,000-meter run to take gold in the 1964 Olympics.

OFFICIAL MARINE CORPS PHOTO

Mohamed Gammoudi of Tunisia forced him to the outside of a crowded field. As Clarke and Gammoudi fought for the lead, Mills, in a frantic final sprint, surged past them to win an electrifying victory by just three yards.

His success continued in 1965 when he set an outdoor world record (27 minutes 11.6 seconds) in the six-mile run and set US records in the 10,000-metre and indoor three-mile races. The film *Running Brave* (1984) was based on his Olympic victory. In 1986 Mills cofounded Running Strong for American Indian Youth, which provides health and shelter assistance while also supporting traditional cultures and languages. In 2013 Mills was presented with the Presidential Citizens Medal by President Barack Obama.

Reference: Britannica.com



ASSOCIATED PRESS PHOTO

Billy Mills at the 1964 Tokyo Games.

Jim Thorpe, American Athlete May 28, 1887– March 28, 1953

Jim Thorpe (Sauk and Fox descent) is known as one of the most accomplished all-around athletes in history. In 1950 he was selected by American sportswriters and broadcasters as the greatest American athlete and the greatest gridiron football player of the first half of the 20th century.

James Francis Thorpe was born May 28, 1888, near Prague, Indian Territory (now in Oklahoma), and died March 28, 1953, in Lomita, California. He attended Haskell Indian School in Lawrence, Kansas, and Carlisle Indian Industrial School in Pennsylvania. While playing football for Carlisle under coach Pop Warner, he was chosen as halfback on Walter Camp's All-America teams in 1911 and 1912. Also, in 1912 Thorpe won the decathlon and the pentathlon by wide margins at the Olympic Games in Stockholm.

In 1913, an investigation by the Amateur Athletic Union showed that he had played semiprofessional baseball in 1909 and 1910, which should have disqualified him from Olympic competition. He was subsequently deprived of his gold medals.

From 1913 through 1919, Thorpe was an outfielder for the New York, Cincinnati, and Boston baseball teams in the National League. He was more successful as one of the early stars of American professional football from 1919 through 1926. In 1920–21 he served as the first president of the American Professional Football Association (later the NFL). He also excelled in basketball, lacrosse, swimming, and hockey.

In 1954, after his death, the communities of Mauch Chunk and East Mauch Chunk, Pennsylvania, merged to form the borough of Jim Thorpe. From 1955 the Jim Thorpe Trophy was awarded annually to the most valuable player in the NFL. In 1973 the Amateur Athletic Union restored his amateur status, but the International Olympic Committee did not recognize his amateur status until 1982. Thorpe was subsequently restored as a "co-winner" of the decathlon and pentathlon of the 1912 Olympic Games (along with the second-place finishers in those events). His Olympic gold medals were restored to his family in 1983.

Reference: Britannica.com



Jim Thorpe in his Canton Bulldogs football jersey circa 1915.

ASSOCIATED PRESS PHOTO



Jim Thorpe fields a ground ball for the New York Giants, year unknown.

2006 MARK RUCKER/TRANSCENDENTAL GRAPHICS

STORY OF THE WOOD COLLECTOR

One year, a young native boy was given the task of ensuring the entire village had enough wood for winter. This was the first time he had been given such an honor, and he wanted to do it right. Before he went to work, he called the weatherman to ask what kind of winter would be expected. The weatherman told him it was going to be a warm and uneventful winter. The boy thought to himself, 'this is great. I won't have to work too hard and I'll be able to look good in front of the whole tribe.'

To be safe, he gathered a few of his friends and went to work for a week. At the end of the week, after chopping and piling the wood, the boy decided to give the weatherman a second call. The weatherman told him it was going to be a very cold winter. Shocked at this sudden change and not wanting to disappoint the elders of his village, he gathered more of his friends and they went to work. They cut and piled wood for two weeks, hoping that it would be enough to last the whole winter.

Once again, the boy called the weatherman, and this time the weatherman told him, "Son, it's going to be a very bitter, cold, and long winter. Maybe the worst winter on record."

Exasperated, the boy had to ask, "What makes you say that, sir?"

The weatherman replies, "The Indians are gathering wood like crazy!"

RESOURCE SPOTLIGHT

Senior Firewood Program in Western Nevada County

Eligibility

- Low-income seniors 60 or older who live in Western Nevada County
- Lives alone or with another age-eligible, low-income senior

To Apply:

- Download an application at <https://www.goldcountryservices.org/senior-firewood-program/>
- Or pick one up at the Administration Office (528 Brunswick Road, Grass Valley) Monday thru Thursday from 9:00 a.m. to 3:00 p.m.

For more information or to donate wood:

Online: <https://www.goldcountryservices.org/senior-firewood-program/>

Phone: (530) 615-4541

Email: info@goldcountryservices.org

Low Income Home Energy Assistance Program (LIHEAP)

Can assist eligible low-income households with their heating and cooling energy costs, bill payment assistance, energy crisis assistance, weatherization and energy-related home repairs.

To be eligible for this benefit program, you must need financial assistance with home energy costs. A person who participates or has family members who participate in certain other benefit programs, such as SNAP, SSI, TANF, may be automatically eligible.

For more information and to apply, visit

<https://www.benefits.gov/benefit/623>
or call 1-866-674-6327



Thanksgiving Indigenous People's Sunrise Gathering

Each year on Thanksgiving morning, Alcatraz is closed to regular visitors, but from 4:45 AM till 6:00 AM, the ferries run every 15 minutes. After the event, the ferries run from Pier 33 until the last sailing at 8:45 AM, when all visitors must leave Alcatraz.

The Sunrise Gathering seeks to honor the traditions of the indigenous peoples on the day that attention is normally devoted elsewhere. It's also sometimes referred to as Unthanksgiving Day or Un-Thanksgiving Day. Rochelle Diver, an environmental health and development consultant with IITC, tells Teen Vogue that, at its core, the Sunrise Gathering is a spiritual event, a way for Native people to ground themselves in community and in resistance and push forward together. The entire ceremony — the songs, dance, and the sound of the drum — are spiritual, especially that the gathering takes place on land that once belonged to Native people.

Tickets cost \$14 per person and are free for kids under 5.

The box office opens at 3:00 a.m. Thanksgiving morning. You can also buy tickets in person in advance at Pier 33.

Indigenous People's Day October Sunrise Gathering (Plan ahead for 2022)

Each year on the morning of Indigenous People's Day (which is an alternative celebration on historical Columbus Day), Alcatraz is closed to regular visitors, but at 5:00, 5:15, and 5:45 AM ferry service brings people to the island to celebrate the Indigenous People's Sunrise Gathering. The event honors the occupation of Alcatraz by Indians of All Tribes in 1969-71, which focused attention on discrimination, land rights and living conditions of Indians in the United States on a day dedicated to celebrating the arrival of Europeans.

Tickets for this event sell out. We recommend buying tickets well in advance. They sell fewer tickets to this event than to a standard day's activities on Alcatraz.



Tickets cost \$11 per person and are free for kids under 5. Masks are required for all visitors.

Pictured left to right: Manny Lieras, Colin Kaepernick, and Sam Lopez



CHAPA-DE PRENATAL CARE SERVICES FOR AMERICAN INDIAN WOMEN AND FAMILIES

Pregnancy can be a very exciting time. There is so much information and advice for expectant mothers. So, it can also be overwhelming. Chapa-De is here to help! Chapa-De offers a range of prenatal care services at both our Auburn and Grass Valley locations designed for Native patients. This includes regular visits with their prenatal care provider, fetal non-stress tests, blood work, and ultrasounds. Our highly trained and caring staff supports mothers through every step of their pregnancy and beyond. Our prenatal care team includes family medicine doctors, nurse practitioners, OB doctors, an RN nurse case manager (a certified childbirth educator), and our Baby Luv coordinator.

Our signature Baby Luv Program provides extra education and services to promote healthy pregnancies and babies, like what to expect during pregnancy, childbirth education classes, healthy eating, counseling on problems or family issues, post-partum and newborn care, breastfeeding, future family planning, and birth control. Patients in the Baby Luv Program receive incentive points for completing pregnancy appointments and educational classes that can be used in the Baby Luv store. The store offers things like baby clothing, blankets, monitors, nursing pillows, and much more. The Baby Luv program delivers enhanced services to women from pregnancy through the end of the second month after their baby is born.

Michelle Valentine RNC, BSN Perinatal Case Manager

I am originally from New Orleans, LA. I have been a Registered Nurse since 1995. My Nursing Certifications include Maternal Child Care, ICEA Childbirth Education, and Advanced Electronic Fetal Monitoring. I have been with Chapa-De since October of 2018.

My career path was inspired by the care that I received during the birth of my son. That experience and the nurses who cared for me showed me to how wonderful it is to help bring babies into the world.

Most of my career has been dedicated to Maternal Child Care, specializing in Labor and Delivery. I have worked as a labor nurse in New Orleans, Navajo Reservation at Shiprock, NM, Nicaragua, and Grass Valley. I have been fortunate to learn so much from each of those experiences.

My role here at Chapa-De as the Perinatal Case Manager is to coordinate individualized care based on each patient's needs. I offer education opportunities for pregnancy and childbirth. And, for those moms that may require perinatal testing, I offer Fetal Non Stress at the Auburn clinic location.

Seeing our moms and babies in the clinic brings me such joy. I love what I do!

Marci Fox, Baby Luv Coordinator

Marci has been a part of the Chapa-De team for over eight years. She said, "I have been in the healthcare field since I was 17 and I cannot imagine ever doing anything else. I love having the opportunity to help people."

Marci graduated from National Career Education's Medical Assistant program. She is currently training to become a Lactation Counselor. Once certified, she will be able to provide support to breastfeeding mothers on issues such as latching difficulties, painful nursing, and low milk production.

Marci believes in the value of listening to patients. She said, "I've learned that taking the time to simply listen to someone can make all the difference in the world. People want to know that they are being heard and that you understand what they are telling you that they need."

Due to COVID-19, many Baby Luv appointments have been shifted to telehealth instead of in-person. This impacts a patient's ability to visit the Baby Luv store. Marci found a solution by creating an online catalog of the items in the Baby Luv store. "I didn't want our patients to miss out on this benefit," she said. Patients are now able to browse the catalog online to pick out what they want. Their chosen items are then shipped directly to their homes.

Marci works to identify any issues, strengths, and needs of the patient. She helps patients connect with any services they need through referrals, including referrals to the Dental, Behavioral Health, and Diabetes departments. She will help sign patients up for Medi-Cal Presumptive Eligibility for Pregnant Women. This helps ensure services outside of our health centers are covered, such as the hospital charges for labor and delivery. She can also help file for disability and send referrals to outside programs such as WIC, Cal Fresh, Birth & Beyond, and more. Another key part of Marci's role is education. Marci takes the time to go over many topics with her patients. Topics like preterm labor, fetal movement counting or Kick-Counts, and nutrition are important.

The whole team works together to support and promote healthy moms, babies and families!

For more information, call our Auburn location at (530) 887-2800 or our Grass Valley location at (530) 477-8545 or visit us online at chapa-de.org.

'TIS THE SEASON

The season of giving is here and with it comes flu season. We want you to be protected.

You know when that pesky Auntie or that Wandering cousin shows up with a six-pack of pop and a cold to the family dinner? And all you can say is, "Ya'adilla" (Navajo for good grief or to express exasperation). Make sure you are prepared.

Come in now for your free 2021-22 flu shot. High doses are available for patients that are 65 and up.

Chapa-De is offering these fast and convenient options for you, your friends, and family:

- Flu shots are offered during all in-person medical appointments - adults and children.
- Walk-In flu shots (no appointment needed) are also offered in our Medical Departments Monday thru Friday from 8:30 a.m. – 11:30 a.m. and 1:30 p.m. – 4:30 p.m.
- Or you can schedule a vaccine appointment by calling the health center or online at: <https://healow.com/apps/practice/chapa-de-indian-health-program-inc-17536?v=1>

Free COVID-19 vaccines and boosters for certain groups are also available to help you stay healthy this winter. For the latest information about who is eligible for COVID-19 vaccines and boosters, please visit <https://chapa-de.org/covid-19-vaccine-schedule/> or call (530) 887-2800 and press 0.



CHECK OUT THESE AMERICAN

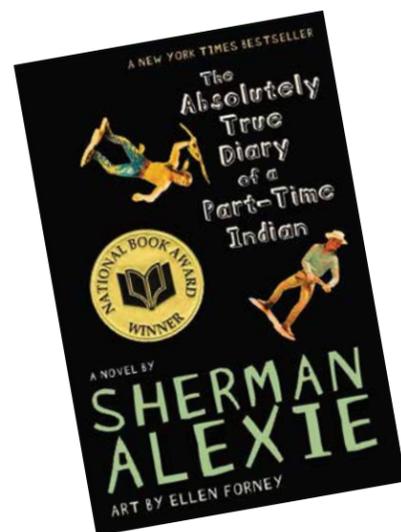
Books & Authors

1. Sherman Alexie:

Sherman Alexie is one of the best-known Native American writers today. He has authored several novels and collections of poetry and short stories, which have garnered him prestigious awards, including a National Book Award. In his work, Alexie draws on his experiences growing up on the Spokane Indian reservation, addressing sometimes difficult themes like despair, poverty, alcoholism, and Native American identity with humor and compassion. As a result, no survey of Native American literature is complete without Alexie's work.

2. Leslie Marmon Silko:

A key figure in the first wave of the "Native American Renaissance" (a term fraught with controversy, but that's another discussion), Silko is an accomplished writer who has been the recipient of MacArthur Foundation Grants and a lifetime achievement award from the Native Writers' Circle of the Americas. In her most well-known work, *Ceremony*, she draws on her Laguna heritage to tell the story of a WWII veteran returning home from the war to his poverty-stricken reservation. She has written numerous novels, short stories, and poems in the years since, and remains an influential figure in American literature.



3. Janet Campbell Hale:

Growing up on reservations helped inspire some of the work of Janet Campbell Hale. She honed her gift for the written word at UC Berkeley while earning her M.A. in English. Her novel *The Jailing of Cecelia Capture* was nominated for a Pulitzer and is perhaps her best-known work. Her second best-known work, *Bloodlines: Odyssey of a Native Daughter*, earned her the American Book Award. Both novels, one fiction and one non-fiction, are essential reads for anyone trying to understand the modern Native American experience.

4. Paula Gunn Allen:

Paula Gunn Allen made an impact on both fiction and poetry, and on the anthropological understanding of Native American culture, making her a must-read for anyone exploring Native American literature. Among her fictional work, *The Woman Who Owned the Shadows*, her only novel, and her collection of poems, *Life Is a Fatal Disease* are both great reads inspired by Pueblo oral traditions and stories. Allen also produced an impressive and controversial non-fiction work, *The Sacred Hoop: Recovering the Feminine in American Indian Traditions*, in which she argues that women played a much larger role in Native societies than was recorded by the largely patriarchal Europeans in their writings.

5. Vine Deloria Jr.:

One of the most outspoken voices in Indian affairs for decades, Vine Deloria's writings helped redefine Native activism in the 60s and 70s. He is perhaps best-known for his book *Custer Died for Your Sins: An Indian Manifesto*, which upon its publication in 1969 generated unprecedented attention to Indian issues. He would go on to write more than 20 books, addressing stereotypes, challenging accepted ideas of American history, and helping the American Indian Movement to gain momentum.

INDIAN AUTHORS AND MOVIES

Movies:

Netflix:

- Grizzlies
- Indian Horse*
- Dances with Wolves
- Wind River*
- The Body Remembers When the World Broke Open*
- Frontier (series)
- Green Frontier
- Basketball or Nothing.

On Amazon Prime:

- We were Children*
- She Sings to the Stars
- Falls around Her
- Skins*
- Rabbit Proof Fence*

HULU:

- Reservations Dogs
- The Nightingale*

PBS

- Native America
<https://www.pbs.org/native-america/home/>
- Native American Heritage Month
<https://www.pbs.org/specials/native-american-heritage-month/>

*WARNING: Some of the content in these books and movies may trigger unpleasant feelings or thoughts. We encourage you to take time to care for your mental and emotional well-being. If you are experiencing any traumatic stress, panic, anxiety, depression, or hopelessness, you are not alone, and help is available! You can call 1-800-273-TALK (8255) to speak with a crisis counselor now. Our Chapa-De behavioral health team is also here for you and you can call us to schedule an appointment.



RECIPES FROM *THE SIOUX CHEF'S INDIGENOUS KITCHEN* BY SEAN SHERMAN WITH BETH DOOLEY

White Bean and Winter Squash Soup

Serves 4 to 6

This soup works well with any variety of beans or more than one. The squash cooks along with the beans, so everything is ready at the same time.

- 1 tablespoon of sunflower oil
- ½ cup wild onions or leeks
- 6-8 cups of corn or bean stock (recipe below)
- 3 cups winter squash, cut into 1-inch cubes
- 1 very small sprig cedar
- 2 teaspoons chopped sage
- 2 cups Cedar-Braised Beans (recipe below)
- 1 cup cooked hominy
- Salt to taste
- Sumac to taste
- 8 fresh or dried apple slices

Fill a heavy soup pot with the oil and set over medium heat. Sauté the onions until translucent, about 5 minutes. Add the stock, squash, and cedar and cook over very low heat until the squash is just tender. Add the sage, beans, and hominy, and season with the salt and sumac. Continue cooking until heated through. Remove and discard the cedar before serving and garnish with the apple slices.

For this recipe, you will need:

Cedar-Braised Beans (makes 2 ½ to 3 cups)

- 1 cup dried beans
- 3 cups cold water
- 1 5 to 6-inch branch cedar
- Salt and freshly ground juniper to taste

Put the beans in a large pot or bowl, and cover with water by 3 inches. Allow to soak for at least six hours or overnight. Drain the beans and transfer to a medium saucepan or soup pot.

Add 3 cups of cold water to the pot and lay the cedar branch over the beans. Set the pot over high heat; bring to a boil. Cover and simmer until the beans are very soft. Begin tasting after about 25 minutes

of simmering. Remove and discard the cedar. Drain and reserve the cooking liquid for soups and stews. Serve the beans or store in a covered container in the refrigerator for several days or freeze.

Corn Stock

Save the corncobs after you've enjoyed boiled or roasted corn on the cob or you've cut the kernels for use in a recipe. Put the corncobs into a pot and cover with water by about 1 inch. Bring to a boil and partially cover. Reduce the heat and simmer until the stock tastes "corny," about 1 hour. Discard the cobs. Store the stock in a covered container in the refrigerator or freezer.

Kneel Down Bread

Makes 12 breads

- 12 ears fresh or flint corn
- 3 tablespoons sunflower oil
- Pinch salt
- Pinch crushed juniper

Husk the corn, reserving the husks for wrapping. Using a sharp knife, cut the kernels from the cob. Then, setting each cob in a large bowl scrape down the cob with the dull side of a knife to release the corn milk into the bowl. Place the kernels and milk into a food processor fitted with a steel blade and grind into a mush. Add the oil, and if the dough is too stiff, add water, 1 tablespoon at a time, and process into a stiff dough.

Divide the mixture into twelve portions. Lay the husks rounded side down, then spoon the corn dough into each of the husks. Using strips of husks, tie both ends to enclose the filling. Gently fold the filled husk in half and tie the two ends together. Then tie another strip around the middle. Place on a baking sheet and bake until the package is firm to the touch, about 1 hour. Serve hot. These will store in the refrigerator up to five days. Reheat before serving.

Thank you,
**CATHY MURCHISON,
FOR YOUR SERVICE
AND DEDICATION!**

Trivia question: How many dentists and RDAs were working in the Dental Department in 1983?

Answer: 3 Dentists and 1 RDA

Bonus question: Who was the 1 RDA?

Answer: Cathy Murchison

You may not have known the answer to these questions, but many of you DO know Cathy Murchison. There was a time when Cathy was Chapa-De's sole RDA and then she moved on to become a cornerstone not only of the Dental Department but also of Chapa-De's Leadership Team.

Cathy's career with Chapa-De spanned 38 years and 4 months. That's at least 5 Executive Directors/CEOs, 5 Dental Directors, at least a dozen dental department remodels and renovations, the transformation of infection control practices in the dental industry, and now one global pandemic. That's quite a career.



Those of you who have been coming to Chapa-De for a long time will remember Cathy working chairside as an RDA. For those of you who came later, you will recall Cathy managing the dental front office. And for those of you who are newer to Chapa-De, you may not recognize Cathy, but she has been a steady force at Chapa-De for the last 38 years making sure the dental schedules run smoothly, the equipment and supplies are functioning properly, patients are recalled for appointments, the phones are answered promptly and just about every other detail of running a busy dental clinic. And speaking of a busy dental clinic, Chapa-De grew from two dental chairs to 28 dental chairs during Cathy's tenure.

When asked what sets Chapa-De apart from other dental practices, Cathy reflected that it's Chapa-De's mission of focusing on helping patients, not profits. She likes that it is a place where the staff rely on trust and respect to help patients work through their fears, rather than just using sedation (oral or nitrous oxide). She is proud of Chapa-De's Dental Department and that it has become such a mainstay in the community.

So with a long and lively career behind her, and with hikes, horses, and kayaks awaiting her, she is trading in her daily commute for more time with her family, her friends, and her horses.

When asked what advice she would give her younger self, Cathy said, "Be patient. Good things will come in time."

Good advice, Cathy. Good advice.

FAMOUS NATIVE AMERICANS

Instructions: Find and circle all of the word that are hidden in the grid. The words may be hidden in any direction. Words are also combined for example "Red Cloud", is hidden as "REDCLOUD".

Y	X	H	E	K	U	D	A	L	O	C	Y	Q	X	U	U	U	Z	V	O
D	T	A	B	H	P	J	J	W	S	B	C	K	N	L	K	F	T	N	Q
F	T	Q	J	Q	N	Z	E	Q	P	C	P	U	A	L	A	N	I	B	X
N	D	U	O	L	C	D	E	R	H	U	H	Q	F	X	O	B	H	R	P
R	Z	J	W	G	C	Z	U	U	Q	V	N	V	X	H	B	D	R	V	C
Y	K	U	N	D	H	M	P	G	R	N	M	K	J	V	O	Y	Q	C	M
X	K	Y	R	K	I	D	D	R	I	B	E	V	A	R	B	G	X	H	V
D	V	J	E	G	E	Q	U	T	M	S	M	D	H	K	Q	M	G	F	B
B	K	N	D	Y	F	E	T	R	A	I	L	P	R	N	M	C	O	G	T
N	D	P	C	Q	J	P	T	V	L	L	R	X	N	Y	M	V	B	S	H
S	V	G	R	Q	O	R	H	L	G	K	L	S	P	I	L	L	I	H	P
P	D	H	O	A	S	O	S	Q	V	Q	M	C	M	D	U	P	A	N	G
O	E	M	W	B	E	H	Z	W	P	B	C	M	H	U	A	A	Y	K	V
O	K	B	Z	J	P	T	K	W	Q	O	H	O	M	I	N	O	R	E	G
L	T	A	V	H	H	D	X	G	L	K	H	V	W	R	E	E	G	N	Y
G	R	T	T	U	T	E	M	A	N	K	I	L	L	E	R	F	K	Y	V
G	O	M	O	I	E	H	C	S	E	L	F	A	L	L	C	S	H	O	Q
F	V	M	O	D	A	K	W	A	H	R	E	D	N	U	H	T	D	Y	U
J	X	X	Q	F	A	W	Y	C	K	D	Y	Y	I	E	D	Q	J	L	F
C	J	A	C	C	U	M	E	N	N	I	W	M	I	I	I	X	N	D	Z

TALLCHIEF
THORPE
CHIEFJOSEPH
LAFLESCHE
PUALANI

BRAVEBIRD
GERONIMO
WINNEMUCCA
MILLS
PHILLIPS

REDCROW
REDCLOUD
MANKILLER
LADUKE
THUNDERHAWK

FREE CLASSES AND GROUPS FOR CHAPA-DE PATIENTS

Red Road to Wellbriety Talking Circle

Every Thursday from 1:30–2:30 p.m. through Zoom

Native Recovery group based on the Red Road to Wellbriety of the White Bison Recovery Movement.

For more information and instructions on how to join, call (530) 887-2800 ext. 2805

Exercise Classes

Every Tuesday 3:00–4:00 p.m.,
Wednesday 2:00–3:00 p.m., Thursday 4:00–5:00 p.m.,
and Friday 9:00–10:00 a.m.

Each class includes a variety of cardio, flexibility, and resistance exercises via Zoom. All exercises can be modified to meet you at your level. We go at our own pace and encourage each other throughout the class. No exercise equipment is necessary to join in, but if you have hand weights, feel free to use them.

For more information and details on how to join, call (530) 887-2800 ext. 2930

“Weigh to Go” Weight Loss Session

2nd Monday every month from 2:30–3:30 p.m. through Zoom

This seminar will give information on making healthy lifestyle changes to help start your weight loss journey. Diet, exercise, and lifestyle changes are presented.

For more information and details on how to join, call (530) 889-3765

Weight Loss Support Group

Every Monday 4:15–5:00 p.m. through Zoom.
Starting May 10, also on Mondays 10:00–11:00 a.m.

Meet others with the same goal and struggles you may be having around weight loss issues. Lively discussion on a variety of topics, tips from peers on what works for them, recipe sharing.

For more information and details on how to join, call (530) 889-3765

Diabetes Empowerment Education Program (DEEP)

Every 1st and 2nd Wednesday of the month
10:30–11:30 a.m. through Zoom.

This program encourages lifestyle changes while learning about your diabetes and how it affects your health. Enjoy the benefits of a healthier, more energetic lifestyle by signing up today. You are welcome to bring a friend, relative, or support person.

For more information and details on how to join, call (530) 889-3765

Type 1 Support Group

Every 2nd Tuesday 3:00–4:30 p.m. through Zoom.
Open to all Type 1 Diabetes patients.

For more information and details on how to join, call (530) 889-3765

Type 2 Diabetes Support Groups

Every 3rd Tuesday 3:00–4:15 p.m. by conference call. Dedicated to American Indian/Alaskan Native patients.
Every 1st Tuesday 2:00–3:00 p.m. by conference call. Open to all Type 2 patients.

For more information and details on how to join, call (530) 889-3765

Diabetes Prevention Program

This is a year-long program that starts several times a year.

Aimed at preventing diabetes, it also can lower your risk of having a heart attack or stroke, improve your health overall, and help you feel more energetic. Now offered through Zoom, no need to come to our clinic.

For more information and to join the next class, call (530) 889-3765

Classes are subject to change. For the full list of classes and most current details, visit our class calendar at <https://chapa-de.org/chapa-de-class-calendar/>.



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

ANNUAL CHAPA-DE ELDERS PARTY

For the last 20 years, Chapa-De Indian Health has been hosting an annual Elders Party. This started as a way for native elders in the community to get together, share a meal, and reconnect with friends and family members. It was also a way for Chapa-De to show gratitude to our local elders. Over the years, we have had many changes to the Elders Party. Last year, due to the pandemic, we did not have our traditional dinner. Instead, we hosted a drive-thru party at our Auburn and Grass Valley health centers and handed out gifts and items to help elders through the holiday season. We would like to invite elders to share their remembrances of past Elders Parties by emailing newsletter@chapa-de.org.

This year's event is likely to be a drive-thru event again. Chapa-De patients aged 55 and older are invited to attend and are welcome to bring one guest. To learn more about this year's party, or to RSVP, please call Chapa-De Community Health Representative Sami Enos at (530) 863-4682.



from Chapa-De!