

# CHIPRA TIMES

## Native American Health Center

### RECESS Project

By Shirley Begay

Recently, Native American Health Center (NAHC) has been awarded funds to focus on the importance of retention and re-enrollment for Medi-Cal and Healthy Families. As a clinic of the Alameda County Community Clinic Consortium, Native American Health Center's CHIPRA Outreach Team will now be collaborating our efforts to introduce the RECESS Project of the consortium.

RECESS stands for Retaining Every Child: Enrollment Support Services. Through the RECESS Project, our goal is to improve the retention rate among all low-income, underserved children in Alameda County enrolled in Medi-Cal and Healthy Families programs through renewal outreach support and various retention interventions; thereby decreasing the number of uninsured children in Alameda County. The CHIPRA Outreach Team will focus on outreach during redetermination periods to ensure that our children maintain the coverage they are eligible for.

The CHIPRA Outreach Team is here to assist families with paperwork for your annual determination processes, to make copies of needed documents, or to simply answer questions about retaining or re-enrolling in Medi-Cal and Healthy Families. If you have any questions about CHIPRA or RECESS Project services, feel free to call us at (510) 535-4408 for Lorena or (510) 535-4474 for Shirley. Let's all take a stand to make sure no child goes without health insurance. Protect our younger generations' health!

### CHIPRA Enters the Social Media Game

By Lorena Rivera

Does Facebook, twitter and other social networking sites have you busy, engaged and connected daily? As Social Media continues to expand and advance, CHIPRA is taking advantage of this growing movement. NAHC's CHIPRA outreach team is constantly looking for innovative ways to reach the American Indian/Alaskan Native population. Exploring this new frontier we have found that Social Media is a great way to disperse information and give timely updates. How many of you find yourself checking your Facebook or updating your tweets daily? Yes, social media is on the scene to stay and CHIPRA will use it regularly.

Over the past several months, our CHIPRA team has worked diligently promoting and sharing information regarding the exciting services we offer on-site and off-site.

We need your help! "Like" us on Facebook, follow us on Twitter and check out our videos on YouTube. If you have any questions feel free to call our dedicated team: Lorena at 510-535-4408 or Shirley at 510-535-4474.



Winter 2012

Issue 3

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## Schedule of Events

### February 2012

- 17th-American Indian Care Awareness Day
- 2nd Tuesday of the month on-site SF FCGC Youth Services: 10AM -2 PM
- 3rd Friday of the month on-site Richmond Wellness Center: 10AM- 2PM

### March 2012

- 10th- Running Is My High: Race starts at 9am
- 2nd Tuesday of the month on-site SF FCGC Youth Services: 10AM -2 PM
- 3rd Friday of the month on-site Richmond Wellness Center: 10AM- 2PM

### April 2012

- CHIPRA/IFH Spring Picnic at Knowland Park
- 2nd Tuesday of the month on-site SF FCGC Youth Services: 10AM -2 PM
- 3rd Friday of the month on-site Richmond Wellness Center: 10AM- 2PM

### May 2012

- 2nd Tuesday of the month on-site SF FCGC Youth Services: 10AM -2 PM
- 3rd Friday of the month on-site Richmond Wellness Center: 10AM- 2PM



## Do my children qualify for Medi-Cal or Healthy Families?

What if I have income? That's ok, you may still qualify for Medi-Cal or Healthy families depending on your household size and income.

Do I have to make an appointment? While appointments are recommended, drop-ins are available. Monday-Friday 9 AM-12PM, 1-5PM.

What if I do not live in Alameda County?

We can still help! Our CHIPRA team can travel to Contra Costa, San Francisco, San Mateo and Marin Counties. We also now have locations in San Francisco and Contra Costa County to offer onsite enrollments. See page 4 for an announcement of our mobile services and new locations!

What type of documentation do I need to bring in?

- Proof of Identity
- California Drivers License or Identification Card
- U.S Citizenship or alien status documents (passport)
- Birth Certificate
- Documentation of Income
- Paycheck stub
- A copy of last year's federal income tax return
- Proof of Residency
- Rent Receipt or Utility bill, or
- A pay stub that shows your address in California or
- A handwritten letter of room and board

If I am Native American do I need to provide proof? If so, what kind is acceptable

No, but these documents are helpful in reducing or eliminating co-pays and premiums.

- Enrollment document from your federally recognized, or
- Certificate Degree of Indian Blood (CDIB)



## Poison Prevention for small children At Home

By Dawn Lulua-Claxton

## California Poison Control # 1-800-222-1222 \*put in your cell phone & by all your phones!\*

Little hands can lead to big trouble. As your baby begins toddling around the house, toxic substances in drawers and cabinets are within reach. Children at this age also begin to imitate others' behaviors, so it's important so it's important to model safety first.

### Top Tips

#### In the bathroom:

- Lock up medications and other medicine out of children's sight and reach.
  - Keep products in their original containers.
  - Never refer to medicine or vitamins as "candy."
- Always read labels and follow directions exactly.

#### In the kitchen:

- Read labels and instructions on all household products.
- Safely store house cleaners, detergents and poisons out of reach.

#### Around the house:

- Use child-resistant packages.
- Never leave potentially poisonous household products unattended while in use.
- Install carbon monoxide alarms.
- Prevent CO buildup in the first place — make sure heating appliances are in good working order and used only in well-ventilated areas.
- Don't run a car in the garage, even to warm it up; move the car outside first.

There are many tools that parents can use to help to keep their toddlers safe from injuries. Many of them are affordable and can be found at many stores.

### What You'll Need:



Cabinet locks



Carbon monoxide detectors

# CHIPRA is Mobile!

Our CHIPRA Outreach has multiple enrollment sites AND we can come to you to enroll your family in Medi-Cal and Healthy Families if you need us to.

**chipra**

**on-site enrollment**

NAHC'S CHIPRA Enrollment & Retention Program offers onsite services to enroll eligible American Indian and Alaskan Native children & families in Medi-Cal and Healthy Families. If your children are uninsured, there is a good chance they qualify for these programs.

To see if your children are eligible or to make an appointment, contact Shirley at (510) 535-4474 or Lorena at (510) 535-4408

**outreach team**

We are also available to come to you if you need us to!

Appointments with the CHIPRA Outreach Team are available:

*Seven Directions*  
2950 International Blvd, Oakland  
Mon, Wed, Fri: 9am-4pm

*SF Medical*  
160 Capp Street, San Francisco  
Such and Such time

*Richmond Wellness Center*  
260 23rd Street, Richmond  
3rd Friday of the Month: 10am-2pm

NATIVE AMERICAN HEALTH CENTER  
NAHC MEDIA

# Announcements!

**BAAITS FIRST ANNUAL TWO-SPIRIT POW-WOW**  
SATURDAY FEBRUARY 11th 2012

11:00 AM - 6:00 PM  
LGBT CENTER 1800 MARKET ST. SF

Contests Raffles Indian Market Food & Drink  
All Dancers Welcomed No drugs alcohol or weapons

M.C. Earl Neconle, Kiowa  
MC. L. Frank Manriquez, Tongva-Acjachemen  
Area Director, Erik Kimple, Kiowa  
Head Woman Jaqueline Lomeli, Luiseno  
HeadMan Ben Wolf, Kiowa

[www.baaits.org](http://www.baaits.org)  
vendor info: [peacewarrior@earthlink.net](mailto:peacewarrior@earthlink.net)

SAVE THE DATE! MARCH 10, 2012  
**RUNNING IS MY HIGH**

"WALK IN BALANCE WITH THE PASSING OF EACH GLORIOUS SUN" ~LAKOTA PRAYER

**LAKE MERRITT OAKLAND**  
RACE STARTS AT 9 A.M. SHARP

PRE-REGISTER BY MARCH 1ST  
\$10 ADULTS  
\$5 KIDS (12 AND UNDER)

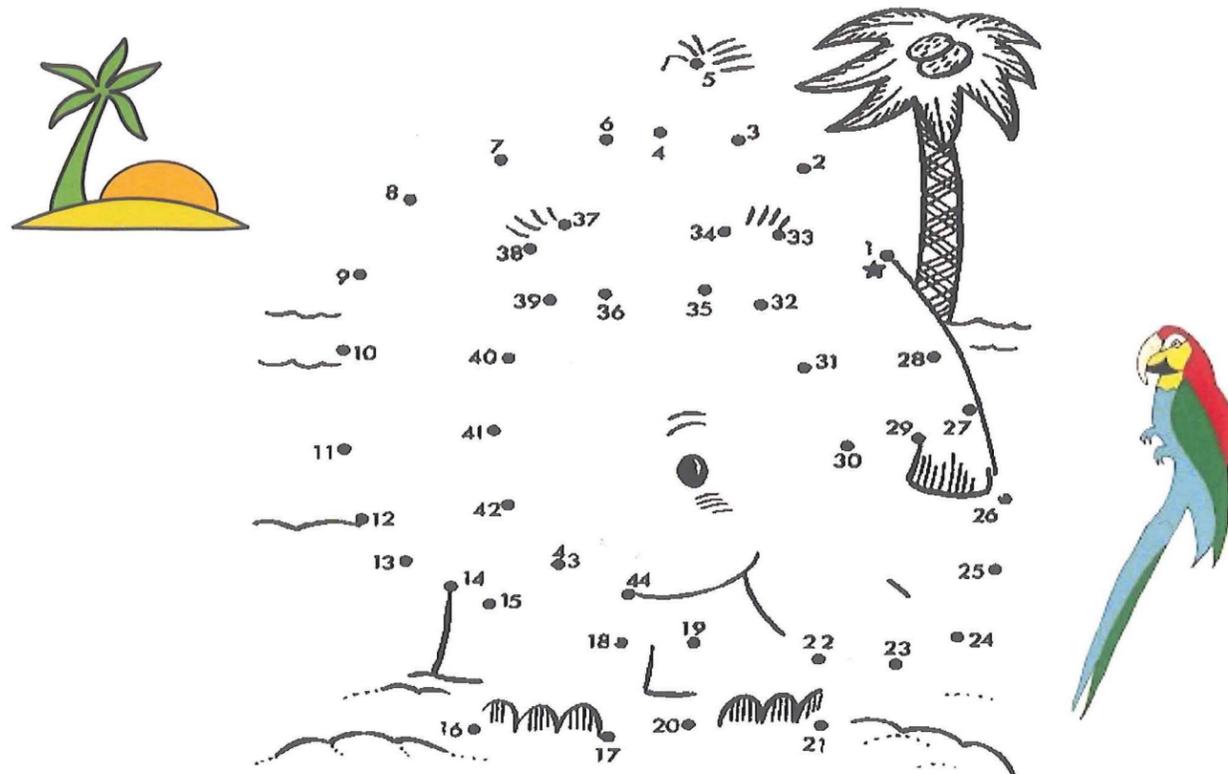
OR REGISTER DAY OF: 7-8:15 A.M.  
\$15 ADULTS  
\$5 KIDS (12 AND UNDER)

CALL LAURA: (510) 535-4463  
FOR MORE INFORMATION

SPONSORED BY THE NAHC NUTRITION & FITNESS DEPARTMENT AND FAMILY & CHILD GUIDANCE CLINIC

Currently seeking submissions for our next CHIPRA TIMES. Poetry, Artwork, and informational pieces are being accepted. Keeping with the Health Insurance topic, all work should be relevant for American Indian Children

## Kids just wanna have fun!



Brighten up the rainy days to come with this fun recipe to make with your child!



### Ingredients:

- 1/2 pt. heavy cream
- Few grains salt
- 1 tsp. pineapple juice
- 1/4 tsp. vanilla extract
- 2 cups mini marshmallows
- Fresh or canned pineapple slices

### Instructions:

1. In a chilled stainless steel mixing bowl, combine the heavy cream, salt, pineapple juice and vanilla extract. Whip until soft peaks form. Fold in the mini marshmallows, cover and refrigerate for at least 1 hour. (The marshmallows will sweeten the cream as it sets.)
2. Just before serving, trim the outer edges of the pineapple slices to resemble sun rays. Place each pineapple slice in the center of a plate and top with a generous dollop of marshmallow cream. Serves 6 to 8



## Community Organization Spotlights



### American Indian Child Resource Center

522 Grand Ave  
Oakland, CA 94610  
(510) 208-1870  
aicrc@aicrc.org

AICRC is a nonprofit social service and education agency serving urban Indian children and their families. Governed by a voluntary Board of Directors with Native American members who are sensitive to the issues facing Indian families, AICRC has thrived for over 30 years in Oakland with services in ten counties of the greater Bay Area. Programs have developed over the years to meet the challenges faced by the community they serve. The growth of the agency from a small group of Indian nurses to a diverse staff providing services through many differ-

ent programs demonstrates that we have the essential knowledge and experience needed to fulfill our mission. AICRC has formal and informal working agreements with multiple agencies, school systems, and government entities and is committed to the need for networking and collaboration in order to most effectively deal with the complex situations facing the urban Indian community. The American Indian family has always been a resourceful, influential, and productive cornerstone of our society. By providing social services, community support, education, and foster care



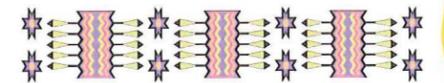
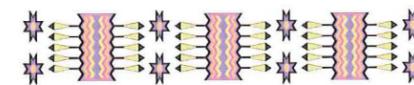
services AICRC helps Indian families stay together and promotes the success of our Native youth.



AICRC is always looking for Native foster parents.

### Indigenous Nations Child & Family Agency

1436 Clark Street  
San Leandro, CA. 94577  
[incfa@sbcglobal.net](mailto:incfa@sbcglobal.net)  
510-667-6950



Knowing that the "Roots of the Sacred Tree" live and thrive within our children, the American Indian community established Indigenous Nations Child and Family Agency-INCFA, Bay Area American Indian Council, Inc. INCFA is an Indian-managed nonprofit agency centered in the East Bay. It serves 11 counties from the California Coast to the Central Valley and Indian Tribes nationwide. Our goal is to strengthen and unify American Indian families and children. Our guiding principles incorporate our diverse traditional values and spiritual beliefs, an American Indian approach to wellness, family and social change. INCFA's staff of professional social workers, therapists and educators have diverse American Indian and multicultural backgrounds, and over eighty years of combined experience. We promote wellness and resiliency of our families and children through a number of unified projects.

Here are some of the Services provided by INCFA:

### Foster Child Services

\* Foster homes for American Indian children serving Alameda, Contra Costa, Sacramento, Santa Clara, San Joaquin, San Francisco, Sonoma, Stanislaus, San Benito, Yolo, and Solano counties.

- \* Foster parent training
- \* ICWA assistance

### Therapeutic Services

\* Individual and conjoint therapy for children and youth  
\* Culturally centered group therapy for children and youth

\* Parent groups from an American Indian perspective focusing on children's therapeutic needs

### Support Services

- \* Crisis intervention
- \* Culturally-centered activities and events for children and youth
- \* Advocacy (court, personal, school)

### Things to Consider Before Becoming a Foster Parent

1. Do I genuinely like children?
2. Do I like child/adolescent-centered activities?
3. Is my lifestyle stable?
4. Am I flexible? Dependable? Tolerant?
5. Can I provide a structured and safe environment for a child?
6. Are you willing to participate and engage in culturally-relevant activities for the benefit of a Native American child?

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Native American Health  
Center

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510-535-4474  
Fax: 510-535-4409  
E-mail:  
Lorenar@nativehealth.org  
Shirleyb@nativehealth.org



*Native American Health Center  
assists American Indians and Alaska Natives to  
improve and maintain their physical, mental,  
emotional, social and spiritual well-being with  
respect for cultural traditions and to advocate for  
the needs of all Indian people, especially the most  
vulnerable members of our community.*

Striving to make sure no Bay Area  
American Indian/Alaskan Native  
child goes without Health Insurance.

Find us on Facebook  
[www.facebook.com/Native American  
Health Center-CHIPRA](http://www.facebook.com/NativeAmericanHealthCenterCHIPRA)

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Native American Health Center  
7 Directions  
2950 International Blvd.  
Oakland, CA. 94601

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