



# IHC Healthy Ways

Fall Edition, November 2014

## Sonya Tetnowki, IHC's New CEO

### INSIDE THIS ISSUE:

6th Annual Softball Slam	2
IHC's New CEO Continued	3
Wellness Center Remodel	4
Diabetes Foot Care	5
Ballet Class at the Family Resource Center	5
CWO Visits Oya Organics	6
2014 Comedy Jam Fundraiser	8

The Indian Health Center is happy to announce that on June 30th Sonya Tetnowski became the IHC's new Chief Executive Officer (CEO). After several years of searching, IHC's Board of Directors chose Sonya to be a part of our team and looks forward to the IHC's growth under her leadership.

Before beginning her role as the IHC's CEO, Sonya has helped multiple tribal governments advance economically through many large scale and successful initiatives. She also served for 8 years in the United States Army as a Special Operations Sergeant (Airborne). Please join the Indian Health Center in welcoming Sonya!

Sonya was born in Milton, Florida to Oscar Dannel and Lois I. Claplanhoo-Dannel, and is the youngest of 4 siblings. Her father served in the Air Force and her mother was in the Navy, but both left the service when Sonya was born. The family moved back to the Makah Reservation located in Neah Bay, Washington and was very involved with their community. Sonya remembers

her immediate and large extended family coming together for many events to sing their family songs. At a welcoming for her that was held at the Wellness Center on July 16th, Sonya said "We represent our family by the songs that

on Native issues. "The museum taught us how to be proud and talk about who we were and to be humbled by our ancestors and what they endured to get us to where we are. I got to learn about our history and about my family.



Although my family would transfer knowledge, the museum actually gave me other people's perspective on my family. I got to read the notes of the Indian Inspectors from the Government who

we've been given. They shaped who I am. I live my life making sure that what I do is a reflection of that gift that has been given to me."

Sonya began working with tribal issues at a young age. While in High School, her first job was with the Youth Opportunity Program run by her tribe. In this position, she gave exhibit tours of the Makah museum and spent time doing community service. Both aspects of the job gave her the opportunity to become accustomed to working hard and learning different perspectives

would come to our Reservation to do different things. It was pretty amazing. I also learned how to translate Makah to English and English to Makah which was also an amazing skill to learn." Sonya continued to work with this program until she went to college.

Sonya attended college at Concordia University in Portland, Oregon on a tuition scholarship. While working towards her Bachelor's degree, Sonya held several part-time jobs, played College basketball and later played on a Na-

*(Continued on page 3)*



The IHC would like your support as you shop! If you ever shop online with Amazon.com, we hope you will consider using AmazonSmile! AmazonSmile is the same as Amazon with the same products, prices and service, but AmazonSmile will donate 0.5% of the price of your eligible purchases to the **Indian Health Center of Santa Clara Valley**.

Simply Log in to Amazon Smile with this link, and start shopping!

<http://smile.amazon.com/ch/94-2476242>

Thank you for supporting the IHC!

## 6th Annual Softball Slam



July 12, 2014 marked the 6<sup>th</sup> Annual Summer Softball Slam and Gathering hosted by the Indian Health Center's Counseling Department. Community members, IHC Staff and IHC Board Members gathered at Columbus Park in San Jose for a day of friendly competition, lunch and face painting.

Each year, softball players not just from the San Jose community but friends from Oakland, San Francisco, Berkeley and even Sacramento make the trek to San Jose to participate in this event. The Softball Slam gives the Bay Area Native community a way to gather outside the powwow arena to have some fun while being active and athletic. Anecita Hernandez, the organizer of the event, explained that when the community mobilizes for sporting events like this, we are taking care of ourselves, promoting wellness and creating important com-

munity connections. And by keeping the atmosphere fun and not too competitive, players of all skill levels are able to join and showcase their strengths. "It's really cool to see all of the talent that comes out in the community. You wouldn't necessarily see, acknowledge or experience the community's talent without an event like this."

On top of the annual festivities, the IHC's new CEO Sonya Tetnowski was introduced to the community for the first time. She began her duties as CEO on June 30, 2014. Having Sonya and the IHC's Board Members in attendance made the day even more memorable. "Seeing the community and the IHC's Board Members come out and not be afraid to play and have fun was great," said Anecita.

In addition to the Softball Slam, families were able to enjoy good

food and face painting. As in years past, Fred Mata from Bay Area Catering provided the food. He barbequed delicious chicken and hotlinks and served salad, fruit and beans. His yummy summer menu was very fitting for the event and greatly appreciated by all the players and attendees.

For the kids who showed up, community mom Lisa Duran donated her artistic abilities and supplies to paint faces. Some of her masterpieces included butterflies, superheroes and Ninja Turtles. The kids and families thoroughly enjoyed her contribution to the day's activities.

The Counseling Department would like to thank all the community members, volunteers and staff who helped with set-up and clean-up. If you are interested in future events like this, please contact Anecita Hernandez at [ahernandez@ihcsev.org](mailto:ahernandez@ihcsev.org) or 408.445.3400 ext. 245.



# Sonya Tetnowski, IHC's New CEO Continued...

*(Continued from page 1)*

tive basketball team which traveled to Eastern Washington Reservations. Outside of college life, Sonya also took the time to learn more about Portland's large Native community. She started going to different events including Name Giving's and other potlatch type events on the weekends and the neighboring Reservations.

After college, Sonya followed in the footsteps of her parents and joined the military. "Military is a culture and I appreciate how much it did for our family and wanted to be a part of that," said Sonya. "Overall, the military played a key role in who our family was and how easy it became for us to try to venture out and try new things."

After 4 years of active duty and 4 years in the Army reserves, Sonya returned to the Makah Reservation. Her first job out of the military was as an Assistant to the Director of Economic Development of the Makah Tribe. Sonya was trained by the Director to assume responsibility for all functions of the office, she then became the director. Sonya was able to execute 10 full projects that would increase the Tribe's revenue and job opportunities. The initiatives included a new Post Office, a new General Store, a waste treatment plant and a Marina which became a top performing business for the Tribe. From there, Sonya moved

onto the Oregon Native American Business and Entrepreneurial Network where she helped to develop a curriculum to help women create businesses on the Reservation. After the curriculum was complete, she taught the content to women in her community as well as other tribes in the Northwest. "We started about 37 businesses around Oregon and Washington. I was really building off of skills people already had, just helping them apply them in a different way. That was one of my favorite jobs!"

Next, Sonya went on to be the Executive Director for the Affiliated Tribes of Northwest Indians (ATNI), which is a policy organization that works with tribes to preserve sovereignty and tribal rights. "Inside that organization, I worked specifically on energy and changing the policy associated with the direct sale of energy to tribal governments so tribes could buy wholesale power... Unless tribes could have their own infrastructure, own it and operate it, they wouldn't be able to grow as fast as they would like too." As a part of this effort, Sonya presented on behalf of the tribes in the Bonneville Power Administration (BPA) Rate Case and was finally able to get it passed so that tribes could buy wholesale power.

After that the Government had to sell power wholesale to tribes and needed someone to head up their tribal programs, so they sought out

Sonya. Bonneville Power Administration is a Federal Agency responsible for marketing electric power from the Bonneville Dam and other hydroelectric projects in the Pacific Northwest. While at BPA, Sonya was able to initiate two tribal utilities, Yakama Power owned by the Yakama Nation and the Umpqua Indian Utility Cooperative owned by the Cow Creek Band of the Umpqua Indians in Oregon.

Next, Sonya worked with the Lower Elwha Klallam Tribe. As their Chief Executive Officer, she was responsible for overseeing a \$27 million budget with a workforce of 398 staff and multiple services including health, social services and education, as well as many other government functions. One of her most significant projects was to help the tribe remove the dam off of the Lower Elwha River. Sonya worked tirelessly on this project and was successful in building a coalition that had the dam removed.

Sonya was in this role for 7 years before being recruited to come to the IHC. Sonya said that "one of the things I realized was that when I looked back at all of my work, it's really been a public purpose to be able to help Tribal people in one form or another if I can. I want to help them advance or provide jobs, or whatever is necessary."

Please join us in a warm welcome to Sonya!

In terms of the IHC, Sonya said, "I think it's an amazing organization with a wonderful mission....The mission of this organization is providing health and wellness to Native people. How could you not be excited about that?"

# The Wellness Center Gets a Face Lift



Since its inception in 1977, the IHC's mission has been to provide the best clinical care for American Indians and our community. But throughout the years, our sites haven't always reflected the heart of our staff or the quality of our services. For those who have been in the community for many years, you will remember some of our previous locations and their conditions!

In 2005 IHC started a campaign to raise funds to improve IHC's building sites and in 2008, the IHC formed the American Indian/Alaskan Native Culture Committee comprised of Native staff who volunteer their time to work on how to improve the IHC. It became a priority for the Culture Committee to discuss the aesthetics of the IHC's sites and consider a design concept that reflects the IHC's roots as a Native organization. Two capital grants that IHC received in 2010 and 2012 made it possible to remodel IHC's two main sites to both improve safety for patients and staff, and help bring the group's ideas on

aesthetics into action.

The 1333 Meridian site was remodeled in 2011-2012 using a US HUD Community Development Block Grant that was extremely competitive to get. The site made safety upgrades and most noticeably created a larger waiting room for clients by enclosing the courtyard. The building was also painted in deep red and two shades of tan which were, after much discussion, colors that the committee chose to represent the IHC's grounding in American Indian traditions.

In 2012 the Wellness Center at 602 E. Santa Clara Street in downtown San Jose was remodeled using a highly-competitive Immediate Facility Improvement Grant from HRSA. The IHC used this grant to make the facility more accessible for community members with disabilities and increased safety features. In addition to taking care of trip hazards, the IHC made the Counseling Department restrooms more accessible from the waiting room, did a complete make-over of the parking lot,

and increased the number of handicap parking stalls. On the safety side, the IHC installed a video surveillance system and badge card access for employees. The exterior of the site was painted to match the 1333 Meridian location using the deep red and tan color schemes. The community was also very happy to find a new bike rack on-site which has been getting a lot of use. The project took a total of 3 months and had few problems.

The IHC plans to use the same color scheme of these two sites to standardize the IHC's locations and create a consistent image. "My view is that we would do the same scheme to every building we own," says Aldon Wayne Scott, DM and Director of Operations. Additionally, "...there's a whole landscaping layout that we had drew up a few years back that's on the waiting list. We are also looking at building signage along with everything else."

Stay tuned for more upgrades coming to an IHC site near you!



**Want information on more IHC Events and Programs?  
Visit our on-line calendar at  
[www.indianhealthcenter.org/get\\_involved/calendar.html](http://www.indianhealthcenter.org/get_involved/calendar.html)**

# Diabetes Foot Care

Taking care of your feet when you have diabetes is very important. Uncontrolled diabetes can cause nerve damage leading to foot numbness, or slow healing due to decreased blood flow. As a result, you may not notice when you have cuts, blisters or sores on your soles and there's a greater chance these wounds could become infected.

It's important to keep your feet clean and check for blisters, cuts and sores **every day**. If you can't bend over to see the bottom of your

feet, you can use a mirror. Wearing clean socks, checking your shoes for pebbles, and never walking barefoot can also help keep your feet free from wounds. Treat yourself to a pedicure and foot massage to increase blood flow by someone trained in proper diabetic foot care techniques. As always, see your doctor if you have any concerns about the health of your feet!

*Written in collaboration with Candace Nguyen, RN from CWO.*

Image from [kisbyto.blogspot.com](http://kisbyto.blogspot.com)



## What You Can Learn from Ballerinas

This past summer the IHC's Family Resource Center (FRC) held a ballet class for students 4 to 8 years old. Students were taught basic ballet steps and stretching, and were exposed to the world of professional ballet through famous ballet stories and ballet performance videos. Melissa Mai, the FRC's guest ballet teacher, has been practicing ballet for 14 years and is currently training in the Pre-Professional Division at Ballet San Jose. As a volunteer with the First 5 Program, she worked with Marisol Agustinez to develop a class appropriate for our young community members.

The ballet class has been a hit with students and families. Beyond the basic ballet steps, preschool and elementary children have learned vital confidence-building, socialization, self-expression and athletic skills. Students

must learn how to hold themselves as ballerinas, practice smiling and establish a presence in front of an audience as they move through their exercises. In addition to emphasizing the performance aspect of ballet, the kids learn the habit of Practicing to Perfect, a character trait they'll use in many aspects of their lives.

The class also gives the students opportunities to interact with one another and create friendships. Many of the students look forward to seeing each other and learn by observing their peers practicing the ballet steps. By being comfortable going to different classes and trying new things they've never done before, these students are more likely to try other sports and extra-curricular activities as they grow older. Melissa sums it all up, "not only is [ballet] some kind of

exercise, but it's also something artistic for them to do...If they have fun and know how to express themselves, that's the beauty of dance."

This class was a special treat for the community. Even during the short period, the students' growth was very evident to Melissa. "I love working with them because I see them grow. For example, when I first started they didn't know how to skip and all the sudden now they know how to skip. It just makes me so proud to see that they're actually growing, learning and getting something out of the class."

For the most update to date list of activities for the Family Resource Center please contact Marisol Agustinez at (408) 445-3400 ext. 330.



## CWO Visits Oya Organics Farm

Being active during the summer is one of our greatest missions! Here at the Indian Health Center of Santa Clara Valley (IHC), we encourage everyone to be active! Walking and even going to a farm to pick fresh food are all activities we encourage and do through the Community Wellness and Outreach (CWO) department. This past summer, Marsha Habib of Oya Organics invited us to visit her farm in Hollister, CA to see what it is like to grow and harvest healthy organic foods.

It was a hot California summer day with fields fresh and green. As we unloaded the van for the day, we set up a canopy and some chairs as a picnic area. There were all walks of American Indian and San Jose community members there, from young children and babies, to adults and elders. It was nice for all of us to experience how fresh food is grown and what it would be like to pick our own food.

First, Marsha took us to feed the chickens. The chicken coop has hundreds of chickens that lay fresh eggs daily. The eggs often come in different colors. We were

spreading seed and watching them peck up their food. It was a very exciting event to experience.

After a healthy lunch prepared with the farm fresh ingredients, we were off to the giant fields of food to pick some delicious produce. We each walked out with an empty bucket. The field was large, and we walked through rows and rows to get to the lettuce, chard, kale, strawberries, carrots, onions, garlic, tomatoes and even some edible weeds. At each row, we stopped, looked at the food, and listened as Marsha shared with us how hard it is to grow the food, the conditions the produce need to grow, and the lifecycle of the plants. It was very interesting to learn about organic farming and know that the food we picked could not get fresher—because we unearthed it right there! (It was also nice to walk so much. Everyone had a total of 12,000 steps completed by the end of the farm tour!)

After the tour, we made a fruit salad from strawberries and greens. It was a little snack to hold us over before we returned home to bring

the fresh produce back to our families.

Collaborating with an organic farmer has benefited thousands of people in our community. Oya Organics has been working with the IHC for the past 4 years. Marsha Habib and her team provide fresh organic fruits and vegetables for our local community events such as the Stanford PowWow. They also provide Community Supported Agriculture boxes to the staff and clients and ran a Farmer's Market twice a month at the Medical Department during the summer. They also provide the fresh produce for our Veggie Rx Program. Outcomes of all these efforts include lowering BMI and blood pressure of community members. Eating healthy, learning about food and being active was a great experience for everyone! We all had a great time during our day at the farm!!

*Guest submission by  
Cuauhtemoc Peranda*



## Upcoming CWO Events

*Come enjoy a healthy lunch, group education, bingo, raffle, & health screenings.*

**American Indian Care Day: 12-2 pm**  
November 19th

**Elders' Lunch : 12-2 pm**  
December 5th

Events held at **IHC's Wellness Center**,  
602 E. Santa Clara Street in San Jose  
(408) 445-3400 ext. 266

## FAMILY RESOURCE CENTER EVENTS



**Arts Enrichment: Parent & Child Groups**  
Tuesdays and Thursdays— 9am to 11:30am

**Additional Parent and Child Services open to all families with children ages 0-5:**

- Parent workshops
- Free play
- Music & Movement
- Early Literacy
- Cultural Activities
- 1-to-1 Parent Meetings
- Resource and Referral
- Parent Resources
- Health Insurance
- Socialization

Call 408.445.3400 ext. 352 with questions

## Do You Have a Car You Would Like to Donate to Support IHC's Youth Empowerment Program?

**Donating your car is easy and only takes a few minutes!**

**1.**

Locate the title to your vehicle and have your VIN number ready.

**2.**

Call Center for Car Donations at 1-877-411-3662 to set up a time to pick-up your vehicle. Mention Indian Health Center of Santa Clara Valley so that the Youth Empowerment Program receives your donation.

**3.**

Give the tow truck driver your signed title and you'll receive a receipt and Tax 1098 Form when your vehicle sells.



[www.CenterForCarDonations.com](http://www.CenterForCarDonations.com) 1-877-411-3662



## American Indian Alliance New Year's Eve Powwow Wednesday, December 31, 2014

Yerba Buena High School  
1855 Lucretia Ave, San Jose, CA 95122

6 pm to Midnight

**All drums and dancers welcome!**



**The mission of the Indian Health Center of Santa Clara Valley is to help ensure the survival and healing of American Indians and our community by providing high quality, comprehensive health care and wellness services.**

NONPROFIT ORG  
US POSTAGE  
PAID  
SAN JOSE CA  
PERMIT NO. 603

**Chief Executive Officer:**  
Sonya Tetnowski - Makah Tribe

**Chief Financial Officer:**  
Barbara Miao

**Chief Operations Officer:**  
Liz Hunt

**Chief Medical Officer:**  
Ria Paul, MD

**IHC's Board of Directors:**

**Vice President:**  
Chris Mele, MD  
Seneca (Enrolled)

**Secretary:**  
Rhonda McClinton-Brown, MPH

**Treasurer:**  
Pablo Diego Viramontes  
nHanHu- Otomi

**Member:**  
David Strong  
Tlingit-Haida-Tsimpian (Enrolled)

**Member:**  
Cheryl Marsden  
Tlingit-Haida-Tsimpian (Enrolled)

**Member:**  
Luan Wilfong, MBA  
Choctaw-Chickasaw (Enrolled)

**Member:**  
Amy Lopez  
Choctaw (Enrolled)

**Member:**  
Lisa Lee Pate, JD, MD  
Choctaw-Miami

**Member:**  
Jesse Militante  
Choctaw-Creek (Enrolled)

**MONTHLY ONGOING EVENTS**

**IHC Board of Directors Meeting  
Third Wednesday of the Month for November and  
December 2014 at 6:30 PM**  
IHC Administration Office  
1211 Meridian Avenue, San Jose

**American Indian Alliance  
Community Meeting & Potluck  
First Wednesday of the Month**  
6:30 PM dinner, 7:00 PM meeting  
IHC Family Resource Center, 1st floor  
25 North 14th Street, San Jose

**San Jose Indian Elders Potluck  
Third Saturday of the Month**  
12:00 noon – 4:30 PM  
Native Doors Networking Center  
1898 Senter Road, San Jose  
For more information call  
Al Cross (408) 294-0519



[www.twitter.com/  
IHCsanjose](http://www.twitter.com/IHCsanjose)

[www.facebook.com/  
IHCsanjose](http://www.facebook.com/IHCsanjose)

## 8th Annual Comedy Jam A Success!

The 8<sup>th</sup> Annual Indian Health Center Comedy Jam Fund-raiser was filled with laughs and excitement. The event took place on Saturday October 18, 2014 at the Campbell Community Center. A reception was held from 5 pm to 6:30 pm and the Comedy Jam was from 7 pm to 9 pm.

Gunther's Restaurant and Catering catered the food for over 200 guests at the reception. The menu included tri tip, turkey breast, fruit and vegetable platters, new cap potatoes, asiago asparagus, and a wide variety of delicious desserts. One attendee stated, "That is the best bratwurst I have ever had in my life, and I have had it in Germany many times. All of the food is so fresh and very delicious."

The Comedy Jam featured Bob Sarlatte as the Master of

Ceremonies, Nick Guerra, Sandy Stec, and Dave Burleigh, all of whom are comedians. There were over 500 people in attendance for this very funny show. The comedians truly knocked it out of the ballpark. One attendee commented, "This is the best fun I have had in years. During Nick's performance I literally almost started crying because I laughed so hard."

There were also 15 great silent auction items that were up for bid. One silent auction item was a helicopter ride with the San Jose Police Department. Another auction item were tickets to an Oakland A's game in 2015. Many great items were up for bid for people to win.

The Indian Health Center was able to raise over \$50,000 in total and the proceeds will

be used to support IHC's Youth Empowerment Program, which helps Native youth stay strong in their culture.

This is the Indian Health Center's 8<sup>th</sup> Annual Comedy Jam Fundraiser. Each year the event grows and grows. Information regarding the 2015 show will be out soon. Come on out and share a few laughs with us!

We want to give a very special thank you to our sponsors which includes Fernandes and Sons (Title Sponsor), Family Medicine Associates of San Jose (Reception Sponsor), Heritage Bank of Commerce (Comedian Sponsor), Santa Clara Family Health Plan (Venue Sponsor), and all of the other sponsors who were able to support this event and make it a success!