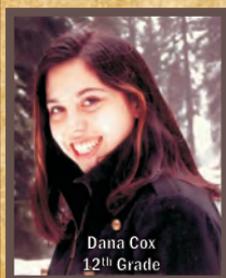


Congratulations

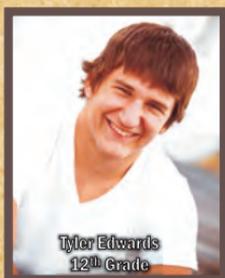
Class of 2011



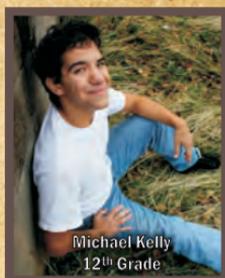
Dana Cox
12th Grade



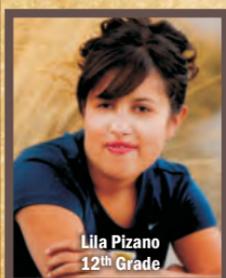
Cody DeRosia
12th Grade



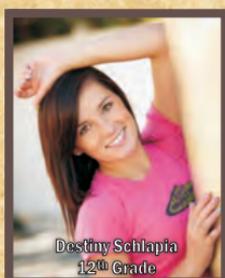
Tyler Edwards
12th Grade



Michael Kelly
12th Grade



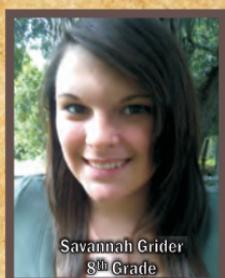
Lila Pizano
12th Grade



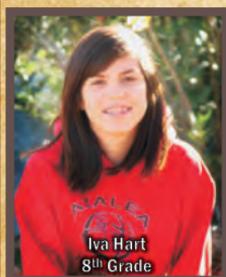
Destiny Schlapia
12th Grade



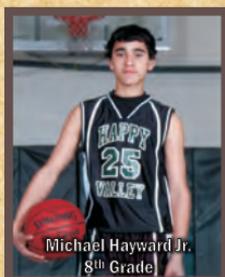
Savanna Edwards
8th Grade



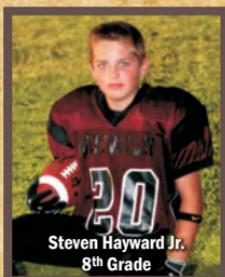
Savannah Grider
8th Grade



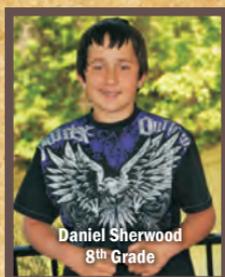
Iva Hart
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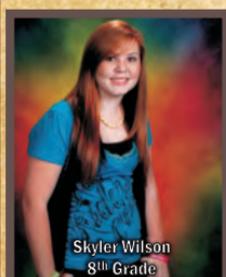
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Daniel Sherwood
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Skyler Wilson
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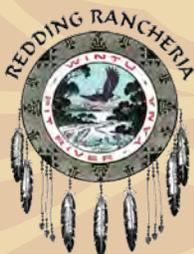
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Public Relations E-Newsletter

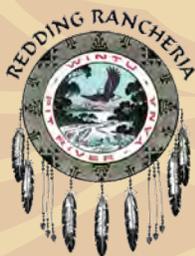
It was Win-River Night at Marketfest on Thursday, August 11th and it was a packed house. Thank you so much to all who volunteered to pour beverages, work the Win-River Booth, and of course the snow cone booth. It really is one of the fun events of the year and it seems to always be the busiest night. Great job, everyone! Looking forward to next year.....





Public Relations E-Newsletter

The Redding Rancheria celebrated Think Pink on October 20th by wearing their "Save Second Base" t-shirts. Win-River Casino had a Think Pink booth out front to celebrate with its customers by handing out promotional items and cupcakes. It is very important to the Redding Rancheria to promote such causes as Think Pink for their employees and customers to stay healthy. Please encourage everyone in your life to get checked.



WIN-RIVER
CASINO

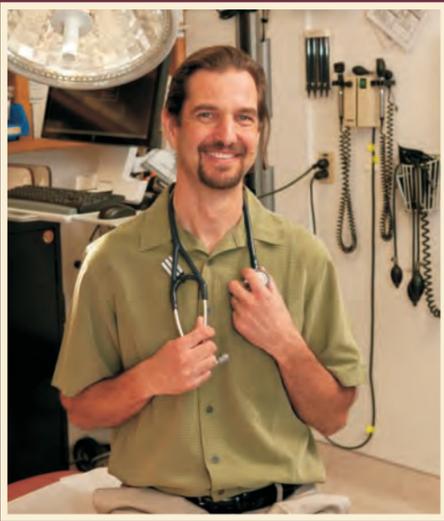


REDDING RANCHERIA

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Daniel Weiner



Embracing Change

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Paul Siewell



Respecting Differences

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Greg Parish



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Kathy Waurig



Working Together

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Wayde McCloud



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Tammy Lantheaume



Balancing Life

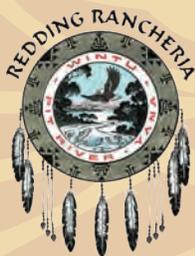
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Public Relations E-Newsletter

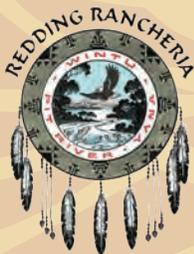
We got to cheer on 12 of our walkers from The Redding Rancheria, Win-River Casino, Win-River Mini-Mart & River Tasalmi on Saturday, April 7th for The Shasta Women's Refuge, "Walk-A-Mile in Her Shoes Event. Our Walkers raised over \$1500 for the cause. Thank you to everyone who walked, donated to our walkers, and came to cheer on our Team! Great job, everyone!





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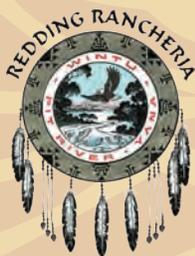
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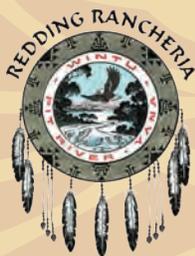
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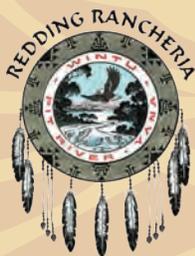
The Redding Rancheria Community Fund Dinner was held on Saturday, March 3rd and was attended by more than 400 people. This Event is always a sellout and we thank everyone who made that night a success. We gave two checks away for \$5000 to The Trinity County Office of Education & Fall River Unified School District. The Entertainment of the evening was amazing! The Keyhole Mystery Theatre did a great job but it was "The Mystery" Entertainment that took the show. Thank you to the Executives of the Redding Rancheria & Win-River Casino for a great show!





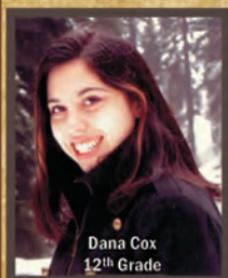
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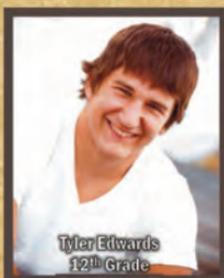
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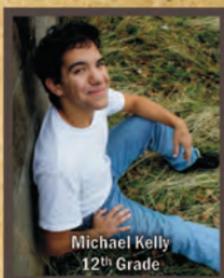
Dana Cox
12th Grade



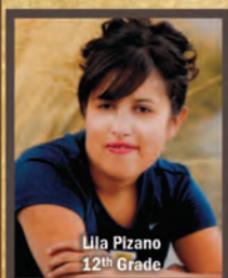
Cody DeRosia
12th Grade



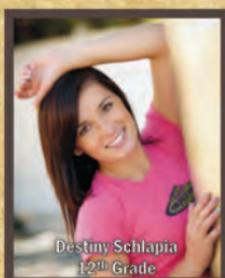
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Destiny Schlapia
12th Grade



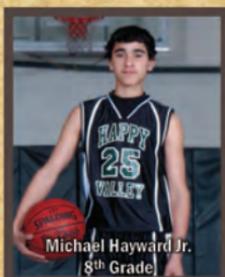
Savanna Edwards
8th Grade



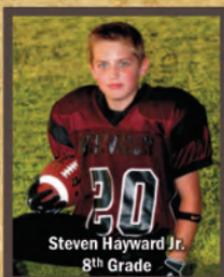
Savannah Grider
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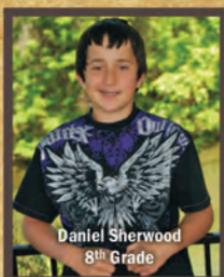
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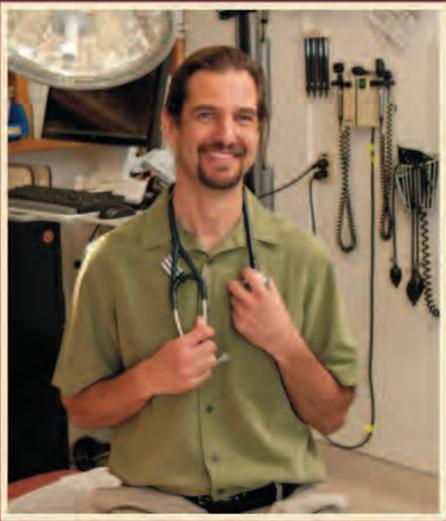


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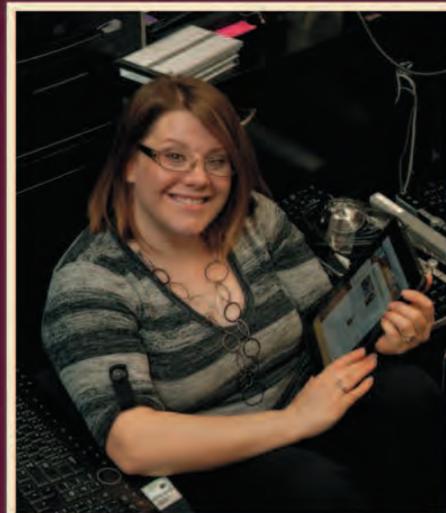
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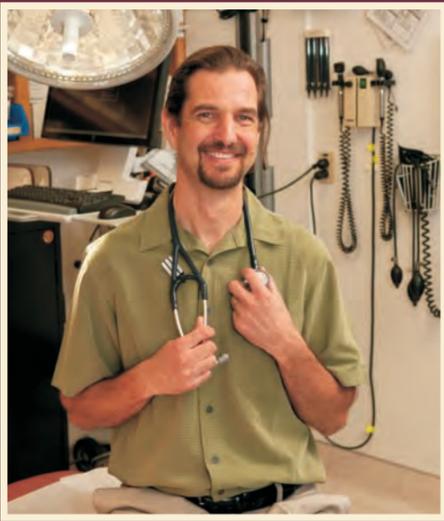


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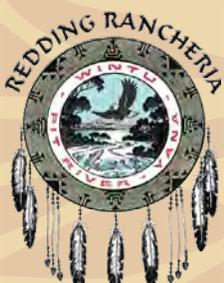
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Public Relations E-Newsletter

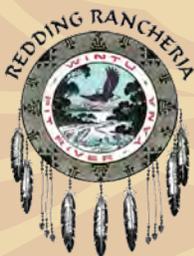
Happy 18th Year Anniversary Win-River Casino. We hosted the Anderson Chamber of Commerce in the Eagle Room on Wednesday and the Greater Redding Chamber of Commerce on Thursday in the Event Center. It's always so fun celebrating with all the folks from both Chambers. They love running through our cheering section. Happy Anniversary with many more to come.





Public Relations E-Newsletter

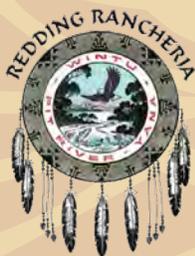
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Public Relations E-Newsletter

The 2011 Redding Rancheria's Stillwater Pow Wow was a great success! This year we were able to bring the event on property and there are so many people to thank. Thank you to everyone who helped with the site preparation, volunteers, and everyone who came to enjoy this special cultural event. Great job to the Cultural Department & the Stillwater Pow Wow Committee. Again, great job to everyone who made this event possible and the best ever!

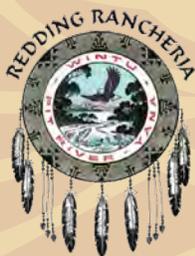


WIN-RIVER
CASINO



Public Relations E-Newsletter

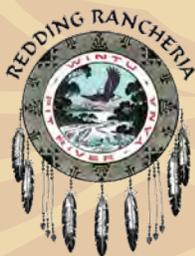
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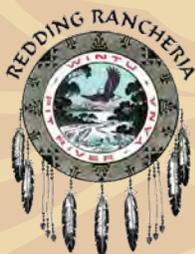
The 2011 Relay for Life was another successful Event. Thank you to everyone who participated in the Event by walking, volunteering in the booth, serving tacos or eating some pancakes. Team Win-River Casino was the Major Sponsor this year and we are always proud to play a part in our wonderful Community. Again, thank you to all of you for participating.





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Save the Date Earth Day Fair

April 20, 2012

9am-2pm

In front of Win-River Casino
Contact Don Hayward at 530-242-4559 or
Paul Taylor at 242-4574 for more information



FEBRUARY 2012



KI-HET-TI-NA-TAY
Sounds of the wind



PR SRT STD
U.S. POSTAGE
PAID
Redding, CA
Permit #7



10 FAT STRESS BUSTING
PICK-UP & RRTHC
ELIGIBILITY

PAGE 2



ORVAL HAYWARD

CONTINUED

PAGE 5



MEMBER'S UPCOMING
BIRTHDAYS

PAGE 6



HEADSTART

PAGE 7



Life has a lot of hurt and a lot of joy
and love. Everything has a price
to pay. Paying the price now is
hard, but, when life as a human is
over there will be a love so great
and full you will find out what life
was all about. The price of God's
love was the biggest deal ever!

For God is true love.

Love forever

Orval Hayward

10 Fast Stress Busting Pick-Me-Ups

1. Laugh out loud. Every time you crack up, increased oxygen courses to your organs, blood flow increases and stress evaporates.
2. Pet your dog. Your pet not only gives you unconditional love, but he's also good for your health. Petting your dog for just a few minutes causes your body to release your feel good hormones like serotonin, prolactin and oxytocin.
3. Clean the clutter. Being surrounded by too much stuff can be overwhelming and contribute to stress. So declutter to de-stress. Start with a drawer, a shelf or a tabletop. An uncluttered space can feel satisfying and restorative.
4. Mow the lawn. Cutting the lawn might seem like work at first but the smell of fresh cut grass can make you feel relaxed.
5. Drink some orange juice. Researchers say that Vitamin C may help people manage their stress more effectively by lowering levels of stress hormones like cortisol.
6. Sing a song. Turn up the radio and rock out to your favorite song in the car. No matter how out of tune you may be singing puts people in better moods. Just make sure it's your favorite song and not that of your teenagers otherwise it could have the reverse effects.
7. Take a walk. Exercise is a great way to ease stress by releasing endorphins in your brain to make you feel good.
8. Chew some gum. Research has shown that chewing gum not only freshens your breath but it also seems to reduce stress and helps you improve mental performance during tasks.
9. Have sex. When you are stressed out getting frisky may be the last thing on your mind. But having sex lowers blood pressure; boost self-esteem and increases feelings of intimacy with your partner. It can also help you sleep better which is a great benefit when you have spent sleepless nights stressing about problems.
10. Take a Deep Breath. Deep breathing sends oxygen surging through your blood stream, helping to calm your entire body. Aromatherapy isn't just for the spas.

Glen Hayward
Executive Director Health Services

Vitamin D

Vitamin D has been in the news lately and normal lab values and daily recommendations are being reevaluated. Technically since our skin makes vitamin D it can also be considered a hormone. Vitamin D is found in fatty fish, mushrooms, fortified milk and orange Juice. Our skin makes vitamin D when exposed to sun light. The darker your skin, the more sunlight you need to make vitamin D. However, most of us do not spend as much time out side as our ancestors did. In Redding, the prime time for making Vitamin D is in the heat of the day when we stay inside or wear sunscreen. Additionally, Redding is far enough North that the sun light is not strong enough for Vitamin D production in the winter time. A few years back we analyzed the vitamin D levels checked at the clinic over a one year period. Three

out of every four tests were low and none were in the ideal range. This can be an expensive blood test and I am not advising everyone to have it done. However, it is a good idea for everyone to take 1,000 units of Vitamin D3 a day, especially in the winter months. Vitamin D is needed for the absorption of calcium and may play a role in strengthening our immune system. Vitamin D3 can be purchased over the counter at any retail pharmacy or grocery store without a prescription.

Dr. Paul Davis



How does RRTHC eligibility work?

Upon registration with the clinic, the patients are asked to supply Native American verification, proof physical address within the service area, certified birth certificate, Photo ID, Social Card or number, and proof of an Alternate Resource. Before an appointment can be made, all of the above items must be turned in to the clinic. As a patient or family member of a patient, you may be asked at anytime to provide proof of physical address within the service area. The clinic must stay consistent in our efforts to provide high quality care to Redding Rancheria Tribal members and Native American Indians residing in our service area. Those patients, who live outside our service area, need to obtain care from a facility

within their local area. We understand, this rule is not always easy due to the rural nature of our counties, but in our efforts to be responsive to our patients needs, we must follow the set policies. Patients, who do not have an Alternate Resource (i.e. insurance, Medi-cal, CMSP, Medicare, etc.) will be placed on an eligible list after 45 days until such time as the proof of an Alternate Resource is shown to the clinic. Alternate Resource, Front Medical staff, or Dental may ask you questions about your coverage. Please understand it is very important to cooperate with and allow these staff members to assist you with getting coverage, so your care here at RRTHC is not interrupted.

Kathy Waurig

Redding Rancheria Head Start and Child Care

Head Start 500 The Head Start "500" Boxcar Races were held on Friday, February 24th in the Win River Event Center. This is an event that we hope promotes Fatherhood Involvement by giving the family a project to work on at home, in this case its building a cardboard box car. We had many different kinds of boxcars this year; monster trucks, buses, a skidder and our very first cardboard airplane from Ryder Webb. Many thanks to Diane Coe and

Eric Underwood for MC'ing our event, DJ Randy for providing us with the "race" music and lastly, Win River Casino for allowing us the use their facility yearly and for hosting this event. The parents put a lot of work into these boxcars and it's great that we have such supportive people to help out!

Jayme Stack



How does CHS process work?

Emergencies:

- If you are CHS eligible patient, and you visit the Emergency room or you are hospitalized on an emergency basis your expense may be reimbursed through CHS funds.

You must provide 72 hours notice (30 days if you are aged 55 or older) of your emergency visit to the CHS Department at 530-226-1730, If notification is not received, your visit can NOT be covered by CHS.

Referrals:

- Your physician or provider must write a referral to an outside medical provider.
- If you are CHS eligible patient, referrals are reviewed by a committee of medical and fiscal professionals to level the services based on medical necessity and availability of funds.
- The Referrals Department will notify you when the committee has prioritized your referral and may assist you in setting up an appointment.
- Most Referrals expire in 90 days
- IMPORTANT:
 - o A referral does NOT constitute commitment for payment by CHS. Remember if CHS denies payment for specialty care/referral or an emergency visit, you and you alone are responsible for payment.
 - o Note that just because CHS determines your referral does not constitute an urgent or emergent need

based on medical necessity and available CHS funds, does not mean you shouldn't have the referral service done. If your provider deemed the service important, you should speak with him or triage prior to not having the service completed..

Kathy Waurig

Clinic Operations Manager



BEHAVIORAL HEALTH

Two of our Behavioral Health interns were honored by Simpson University at the Master of Arts in Counseling Psychology (MACP) Graduate Award Reception on January 20th.

Dr. Amy Brom, Director of Behavioral Health was named "Clinical Supervisor of the Year" by Simpson University's Master of Arts in Counseling Psychology Program. Dr. Brom has provided supervision and oversight to two students in Simpson's program over the past year: Nathan Read, who works at the Tribal Health Center, and Lynn Osa, who works with Tribal Headstart. Nathan was also honored by Simpson with the student award for "Excellence in Clinical Practice". This award is given to the student recognized by faculty as having exceptional clinical ability. Our patients benefit weekly from Nathan's services and we are blessed to have him training with us.

Join us in congratulating these two staff persons for being recognized for excellence in their work by their peers in the community.

Amy Brom



One of our therapists, Amy Bradley, MFT, is a trained practitioner to deliver Triple P® to adolescents and their families. For more information on Triple P® or to obtain Triple P Services, contact Amy Bradley at 226-1731.



REDDING RANCHERIA

ORVAL HAYWARD

Redding Rancheria Tribal Health Center wins "Best of Large Clinics"

The California Area Indian Health Service, Diabetes Systems of Care Project, has designated five Indian healthcare clinics as recipients for performance based awards. These awards are based on the 2011 Diabetes Audit and Outcomes results. The indicators reviewed included percentages for:

- HbA1C below 7%
- Blood Pressure below 130/80
- LDL Cholesterol < 100
- Depression Screening
- Annual eye exams
- Documented foot exams

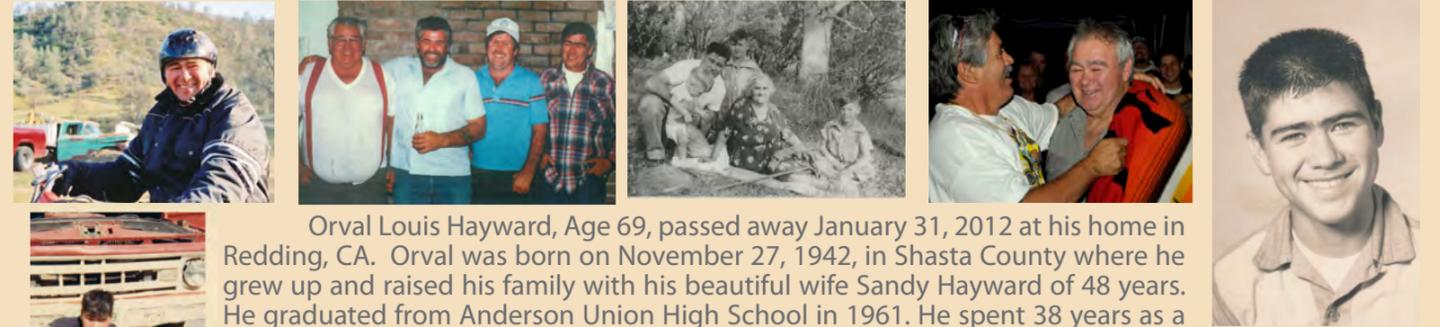
The awards were divided among small, medium and large Tribal and Urban programs. This year there was an unbreakable tie between Redding Rancheria and Northern Valley for the Best of Large Clinics. Recognition for Overall Diabetes Patient Care is being given to the following programs:

Redding Rancheria Indian Health Service tied with Northern Valley Indian Health, Inc., Best of Large Clinics; Round Valley Indian Health Center, Inc., Best of Medium Clinics; and Table Mountain Medical, Best of Small Clinics. The program being recognized for Most Improved Overall is Riverside/San Bernardino

Properly implemented diabetes case management is cost-effective and preferred particularly when services include Patient-Centered Care along with a team approach within a Chronic Illness model. The team approach to diabetes patient care aims to provide continuous, supportive, and aggressive care for people with diabetes throughout the course of their disease. This approach to chronic disease management is recognized as practical, supportive, and evidence-based to improve care.

The success of the designated programs supports the IHS Agency priority: "Improve the Quality of and Access to care". The partnerships of health boards, tribal leaders, healthcare providers and community is evident in your success. You have demonstrated a positive impact on the health and wellness of Indian People while addressing the health challenges and disparities facing Native Americans/Alaska Natives today. "We are very excited about winning this award for the 3rd straight year in a row. It is through the hard work and dedication of all of our health center staff that this was even possible. Jessica Cupp, our Community Services Director has done a won-

derful job of bringing diabetes and nutrition education to our people. It is through her hard work and the dedication of our medical providers that has helped our diabetic patients have fewer diabetic related complications than any other diabetics in Indian Country. Every day I am amazed and humbled by the wonderful and caring staff we have right here at the Redding Rancheria Tribal Health Center," says Executive Director of the Tribal Health Center, Glen Hayward.



Orval Louis Hayward, Age 69, passed away January 31, 2012 at his home in Redding, CA. Orval was born on November 27, 1942, in Shasta County where he grew up and raised his family with his beautiful wife Sandy Hayward of 48 years. He graduated from Anderson Union High School in 1961. He spent 38 years as a Plasterer, working all over the Western United States. He worked as the Facilities Manager for Win River Casino until his retirement in 2002. Orval was a Wintu Indian and a Redding Rancheria Tribal Elder. Orval was part of the original tribal first tribal council and was involved in start of Win River Casino.

Orval is preceded in death his son Gene Lee Hayward and his father Arthur Louis Hayward.

Orval leaves behind his wife Sandy, mother Wanda Haller, his brothers Bill and Mac Hayward, Bud Haller, his sister Karen Hart and many nieces and nephews.

Orval was a proud father of his four children, Jeanette McCain of Redding, CA; Anthony Hayward of Anderson, CA; Michelle Hayward of Anderson, CA; and Tricia Kaplanis of Reno, NV. Orval enjoyed spending time with his 18 grandchildren; Brian, Tyler, Chunner, Jeremy, Arron, Morgan, Tara, Shanda, Scott, Jessie, Brittney, Nicholas, Shawnell, Sara, Jordayn, Haylee, Taneeka, and Chance.

11 great grandchildren; Ezra McCain, Ezra Harvey, Talen, Ryder, Raycen, River, Junior, Charlotte, Izabella, Adrianna, and Layla. He also has one grandchild on the way and one great grandchild on the way.

Orval loved to hunt, fish, ride quads, travel, gamble, hike, play cards, pool and "go to the mountain"

Orval was a quiet man a man of few words and a ton of wisdom, he was the strength of his family the rock that all of us came to for guidance and strength for wisdom.

Orval was a man of great faith in God he asked to be taken out of pain and God granted his wish.

Popa was so gentle, calm, loving, encouraging, wise and strong. He really is one of the best dads you could ever dream or wish for.



We welcome you to stop by the Redding Rancheria Tribal Health Center pharmacy on your next visit and meet our two newest team members.



Koy Saechao



Peggy Brock

MEMBER'S UPCOMING BIRTHDAYS

Ivan Fischbach	4/1	Jason Wilkes	4/26
Tyler Hayward	4/1	Gary Hayward Jr.	4/27
Warren J Sorahan	4/1	Ricky Pimentel Jr.	4/27
Malia Hayward	4/2	Chelsea Hayward	4/28
Cody Murphy	4/2	James Benner	4/29
April Rymel	4/2	Steven Hayward Sr.	4/29
Sara Hayward	4/6	Brianne Schlapia	4/29
Devin Baker	4/8		
Talen Maynard	4/11		
Trevallion Potter	4/14		
Antony Thetford, Jr.	4/16		
William Bailey	4/19		
Virgil Baker Jr.	4/19		
Brian McCain	4/20		
Anthony Schumacher	4/22		
Scott Hayward	4/23		
Shaelyn Pizano	4/23		
Jeremiah Wilkes	4/23		
Logan Brantley	4/24		
Taylor Hayward	4/25		
Olivia Pizano	4/26		
Hailee Rehnblom	4/26		



CONGRATULATIONS FROM THE REDDING RANCHERIA!

Thursday, February 9th, employees attended a lunch at Olive Garden to celebrate over 8 years of service. JoAnn Turmel, has retired from the Redding Rancheria as the Education Director. JoAnn was presented with a Redding Rancheria quilted t-shirt blanket in honor of her commitment to Redding Rancheria. "One thing I can say about working with JoAnn is that there was never a dull moment working with her. In our department we have faced many different obstacles that have made us laugh, cry or become upset. Jo would always find a way to solve and accomplish any obstacle that was thrown our way with a smile on her face. JoAnn is a caring, loving, fun, energetic person to be around. She loved working in the Education department and working with the youth. The Tribal youth are the future of the tribe and JoAnn always expressed that to all of us. Our department will miss Jo very much and we will be calling on her when we need volunteers." says Marrysa Schumacher

Charity Bingo

Salvation Army

Salvation Army was the Charity of the month for February. They were presented with a check for \$620.80 from Bingo Manager Anthony Semore.



REDDING RANCHERIA WELLNESS

Redding Rancheria Native American Family Caregiver Support Program

Services we can offer:

Counseling, Information and Referral, Support Groups, Respite and Training. We work closely with Mountain Caregiver Resource Center in providing workshops and conferences for the family caregiver. We also have a lending library with training tools and books on various topics relating to the tasks and trials of caregiving.

In February, we participated in the 2nd Annual Cupcakes for Caregivers fundraiser for Mountain Caregiver Resource Center. This event is a fun way to raise awareness about Caregiving and to have a good time together. The event has 3 categories for judging cupcakes. Professional, Open and Junior divisions are judged by professional cake judges and money is awarded to the winners. No doubt we will be attend-

ing the 3rd annual next February, so start practicing on those cupcakes!

We have a Caregiver Support Group on the second Wednesday of each month and next month we will have a guest speaker on "Developing Your Long Term Living Plan". This will provide information on obvious and not so obvious ways to "age proof" your life and surroundings. Lunch is provided with all Support Group meetings.

If you would like more information on the services offered by the Redding Rancheria Native American Family Support Program, please call Ellie at 242-4594 Monday through Friday 7am to 3pm.

(If you receive payment for your services, then you are considered a professional caregiver and are not eligible for family caregiver services).

Ellie Kissick



FROM YOUR PHARMACY

In addition to celebrating President's Day, Valentine's Day and Ground Hog Day last month, February was designated as "Go Red for Women" by the American Heart Association. This movement was started to increase awareness of heart disease as the number one killer of women. According to the AHA, "more women die of cardiovascular disease than from cancer." Heart disease has also become the leading cause of death in American Indians and Alaska Natives today.¹ Obesity, diabetes, high blood pressure, smoking, high cholesterol and lack of exercise all play a major role in the development of this disease. Do you know the signs of a heart attack?

Signs of a Heart Attack:

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.

2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.

3. Shortness of breath with or without chest discomfort.

4. Other signs such as breaking out in a cold sweat, nausea or lightheadedness. 5. As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

If you have any of these signs, don't wait more than five minutes before calling for help. Call 9-1-1...Get to a hospital right away.² On the positive side, heart disease is preventable. See your doctor and determine your risk, quit smoking, modify your diet by choosing healthier foods, and become more active. If you are already taking medication for high blood pressure be sure to follow

the instructions carefully, do not miss doses, and keep track of your blood pressure by monitoring it regularly. For more information on heart disease visit the American Heart Association website at www.heart.org.

Renee Wolfe



Redding Rancheria's

STILLWATER

Save the Date

Oct. 5-7, 2012
Win-River Casino
 (Lower parking lot)

POW wow 12



KI-HET-TI-NA-TAY

Sounds of the wind



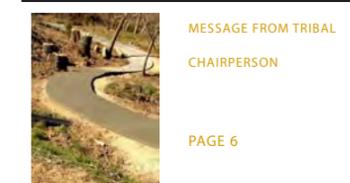
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COMMUNITY INVOLVMENT
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Hestum...
 The traditional dugout canoes went very well. The original contract allowed 2 dug outs, but as we had more logs left we decided to make use of the timber and are carving 4 more. The cedar logs were acquired under "Farm Bill 2008" with the partnership of Shasta Trinity National Forest. This bill allows for federally recognized tribes to have and to take material for traditional cultural purposes in the national forests.

Our instructor was George Blake from Hoopa who is a well known carver and has done work on canoes for the white deer skin dance. There was anywhere from 20-25 people on the first weekend helping out with the carving." It was a good feeling to see my son and grandson working on the dug outs together." There were many young men working hard alongside the adults and everything went very well.

The first one that we completed we launched in Clear Creek with 3 young men and a homemade paddle. It was very rewarding to watch them paddle around in something that we used our own hands to build and get used to sitting in a canoe. How fitting it was to launch our first one in Clear Creek. The rains are here right now, but as soon as it clears we will continue on with our work.

We hope to use our traditional dugout canoes in sacred places such as Medicine Lake at the gathering this year. We have also been contacted by the Winnimem Wintu to help launch in Shasta lake and the McCloud arm to assist in a ceremony taking place at Dekkas Rock. We will try to direct traffic away from the ceremony to keep peace. We want to deter away from the obsenitites and "flashing" that has occurred in the past.

We will all get a chance to use the dugouts. Hopefully we can pass this knowledge along to our future generations ahead.
 Challa Beskin

James Hayward Sr.



Help others Empower for solutions Serve with a smile Treat with respect Understand diversity Meet customer needs

PIZZA FOR A CAUSE

On Saturday, March 24th Mary's Pizza Shack in Anderson hosted The 2012 Pizza & Pumps Event. This pre-event raised monies for the Shasta Women's Refuge, "Walk-A-Mile in Her Shoes" which will be on Saturday, April 7th. This year Pizza & Pumps invited Community Leaders to come and join in on the fun. The Celebrity Pizza Makers were asked to not only dress in their heels but also toss their dough for presentation and create a great tasting pizza for the title "Best taste and all around pizza". As a major sponsor we would like to thank Mary's Pizza Shack for hosting this incredible event, thank the community leaders for giving us a great show, but most of all thank you to Mr. Gary Hayward, General Manager of Win River Casino for showing our community why we are proud to play a part. Great job everyone!



MULTI-CULTURAL DAY

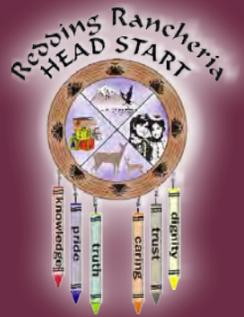
On Saturday, March 10th, The Shasta County Sheriff's Office hosted The 16th Annual Multi-Cultural Day at the Mt. Shasta Mall in Redding. They had many cultures represented from Hispanic, Japanese, Filipino and Native American. Many of them offered informational booths & performed during the event. It first began in 1996 to combat prejudice. Tribal Vice Chairperson Jack Potter was there representing Redding Rancheria along with Tribal Youth Andrew Billy and a few others. A few of our dancers also performed on stage.



REDDING RANCHERIA HEAD START & CHILDCARE



The Redding Rancheria is proud to be a part of a county wide school readiness initiative, "Take 10 and do it Again!" Sponsored by Shasta First Five, the goal is to encourage reading to your child for at least 10 minutes, twice a day. "We forget how important it is to bond with our children over a picture book, a silly rhyme or even a special story," says Tracy Edwards, CEO and guest reader at the Head Start last week. Our children value what we value." How to help your child get ready for



kindergarten? "Read, read, read from infancy!" says Diane Coe, Head Start Manager. "When you read to your children, you engage their entire brain... unlike TV or even computers. "Reading encourages language development, higher thinking skills and even problem solving. As you read, ask your children what happens next? What would happen if? And why do you think they acted as they did? These questions expand the story and make each story an adventure!"

Diane Coe



Honored Elder Nominations

We are currently taking nominations for the 2012 Stillwater Pow Wow's

Honored Elders (ages 50 & older)

Stillwater Pow Wow will be held on October 5-7, 2012

If there is an elder that you would like to nominate please send in:

Biography

Portrait of Elder (please mail in photo we can keep)

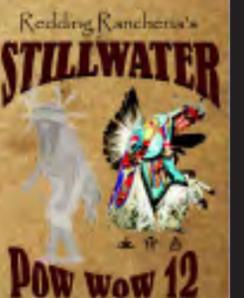
Accomplishments

Your contact information

Please mail in nominations by May 21, 2012 to

Attn: Pow Wow Committee
2100 Redding Rancheria Road
Redding, CA 96001

For any questions of more information please contact Louise Davis at
225-8979 x1111 or louised@redding-rancheria.com





REDDING RANCHERIA

COMMUNITY FUND

Redding Rancheria taken over by boas, glitter and diamonds

More than 400 Community member's attended our Burlesque Themed Event for the 2012 Redding Rancheria's "A Year to Remember" annual fundraiser dinner held on Saturday, March 3rd.

"I wondered how we would surpass last year's theme of Decades, but this event was truly the most successful fundraiser dinner we have had raising approximately \$38,000 for the Redding Rancheria Community Fund. We are grateful for the continued support we receive from the community in growing this beneficial fund.

During dinner two additional gifts of \$5,000 were awarded to the Trinity County Office of Education and the Fall River Joint Unified School District. The Executives from the Redding Rancheria and Win-River Casino performed "Show Me How to Burlesque" as the mystery entertainment of the evening. We also had the Keyhold Mystery Theatre performing other numbers from the hit movie "Burlesque" hinting to guests what organizations would be receiving the two additional \$5,000 checks.

All proceeds from the dinner will go to benefit the 2012 RRCF. The Redding Rancheria Community Fund (RRCF) has designated funding in 2012 towards any local non-profit organization in Shasta and Trinity Counties. The RRCF has donated over \$1.8 million since its inception in 2002. Twenty-eight local schools received funds in 2011 totalling more than \$110,000.

Maria Orozco



MESSAGE FROM THE CHAIRPERSON

INTERPRETIVE TRAIL



I am pleased to announce that our "Interpretive Trail" is almost complete and we are hoping to be able to walk the trail by mid June. The trail starts behind the Redding Rancheria Tribal Office Building and runs all the way down to the lower parking lot of the casino.

On the trail there will be several educational signs about the wildlife and the plants in the area. "We really want to inform people of the background of all the beautiful creatures that are along side the creek." We are also planting several different types of trees along side of the trail.

EPA and Tax dollars are providing the funds for the trail. We couldn't think of a better idea than to combine culture, exercise and education all in one. It is a nice place to step away and get some peace and quiet. Please come take a walk and enjoy the nature.



TRIBAL YOUTH



Taylor and Dani Hayward

The West Valley Lady Eagles Basketball team had a great season with making it all the way to State after winning the Northern Section Division. Dani Hayward is a Junior and Taylor Hayward is a Senior at West Valley High School. Great job ladies, we are very proud of you!

SMALL BUSINESS GRANTS

The Small Business Grant is a grant that helps to enhance the economic well being and self determination of the Redding Rancheria by providing support for the development of small businesses by tribal members. The program enables the Rancheria to focus on those projects that will foster economic self-reliance, self-sufficiency and business knowledge, skills and experience among the membership. These things will not only benefit small businesses, but can also be used to assist the Redding Rancheria in managing tribal businesses. The long term impact is expected to be a stable base of independently owned and operate tribal member-owned businesses. On Tuesday, March 20th, The Redding Rancheria granted 3

First Small Business Grants to some of our Tribal Members. Shanda McCain received her Grant for a Home Cleaning Service. Brian McCain received his Grant for M.R.M. McCain Race Motors. He builds engines for Outlaw Cart Racing. Don Hayward received his Grant for a Haul away/recycling Dispose Company.



NATIONAL KIDNEY MONTH



The National Kidney Foundation has designated March as National Kidney Month. So what exactly is Chronic Kidney Disease (CKD)? What causes it? Who gets it? How can it be prevented?

CKD is a condition in which the kidneys have been compromised. They lose their ability to regulate your body water and other chemicals in the blood such as sodium, potassium, phosphorus and calcium. They also have difficulty removing toxins from your body. In addition, the kidneys may not be able to release certain hormones that are essential in the regulation of blood pressure, the formation of red blood cells and the promotion of strong bones.

Although there are a number of conditions which can affect the kidneys, the two main causes of CKD are diabetes and hypertension. The effects of high blood sugar from diabetes can damage not only the kidneys but many organs of the body including the heart, blood vessels, nerves and eyes. High blood pressure left uncontrolled can cause kidney damage.

According to the National Kidney Foundation, 26 million American adults have Chronic Kidney Disease and millions more are at high risk. "You may have an increased risk for kidney disease if you:

- have diabetes
- have high blood pressure
- have a family history of chronic kidney disease
- are older
- belong to a population group that has a high rate of diabetes or high blood pressure, such as African Americans, Hispanic Americans, Asian, Pacific Islanders, and American Indians."

The best way to lower your risk of getting CKD is to keep your blood sugar levels and blood pressure in control. Test blood sugar levels at home and monitor your blood pressure often. If you are taking blood pressure medication, be sure to take it as prescribed. See your primary physician at least yearly for blood and urine tests. This will help your doctor detect early changes in kidney function so that kidney disease and its complications can be prevented or delayed.

Renee Wolfe



Burlesque

Redding Rancheria Community Fund



March 3, 2012 at 6:00pm
For ticket and event information please contact Maria Orozco at 530-242-4516 or maria.orozco@win-river.com



Save the Date

It's better on The River.

JANUARY 2012



Glen Hayward



Christi Hines

CONGRATULATIONS FROM THE REDDING RANCHERIA!

I'm happy to let you know that Glen Hayward, Redding Rancheria Tribal Health Center's own, and Chrsi Hines, CFO of Win-River Casino have been selected as the 20 community leaders under the age of 40 in the Record Searchlight's 20 Under 40 emerging leadership program!

The Record Searchlight started this program last year, with the generous help of Simpson University. They invited the public, organizations, businesses and individuals to nominate young leaders who are excelling in their profession and are showing leadership skills in the community.

This year, the same process was followed. They received more than 70 nominations and the selection committee selected the top 20 emerging young leaders. Each of the nominated and winners will be invited to a reception in January at the McConnell Foundation.

"We were excited that we were able to nominate Glen for this award and thrilled that he was selected from over 100 applicants to receive the award. Glen is definitely a leader in our community and we look forward to the wonderful things coming under his direction at the new Redding Rancheria Tribal Health Center that we will be opening in 2011." Tracy Edwards, CEO of the Redding Rancheria.



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PHARMACISTS AND DIABETES

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CORE VALUES

PAGE 4 & 5



MEMBER'S UPCOMING BIRTHDAYS

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HEADSTART

PAGE 7

JAMES HAYWARD, Cultural Manager

HESTUM, GREETINGS TO ALL OUR MEMBERSHIP. "CREATOR, THANK YOU FOR YOUR BREATH WE CALL LIFE. THE BLESSINGS YOU HAVE PROVIDED ARE MANY AND THE PATH THAT IS BEFORE US IS LIT FROM YOUR SACRED FIRE." I HOPE ALL IS GOOD WITH OUR MEMBERSHIP THIS WINTER.

The Ceremonial Arbor is pretty much complete except for a few little items like adding some stonework, but the overall structure is complete and beautiful, a place to be proud of. I espoused a little bit on the arbor last edition, but here I go again. The arbor is not only an investment in our culture, but in our people.

The Wintu, Pit River, and Yana peoples all normally had roundhouses, where big time dances were held and tribes traveled from afar to share songs, dances, and yes even social dances. For instance, "the ball dance," this is where young men and women from different bands or tribes met and socialized. During the days of darkness and genocide, all the roundhouses in our traditional lands were burned and the culture and religion were outlawed. Too many though, it just went to sleep or went underground for awhile. Slowly but surely our Sacred Fire which burned down to embers is rekindling itself. Our sacred songs and dances are becoming weapons of choice with our clappers, drums and rattles as our ammunition. We are waking up our culture with the youth as our warriors, the elders as our wisdom and foresight.

One of the first projects in our arbor will be the Traditional Canoe Project which will be modeled after the canoe at Fort Crook Museum and the one at Turtle Bay Museum. This particular canoe happened to be the very one that the young Pit River natives had to cross the river to get to school. It was later recovered at the bottom of the river and donated to the museum. The carver of that particular canoe was one of the Buckskins from Pit River. Both are made from cedar logs, which we have acquired for this particular project.

There will be a flyer coming out for the exact date and time. We had to cancel once because of the storm coming in. We are looking at the beginning of February for the project and will last for approximately three-to-four days. There will also be a flyer or questioner to membership asking about what you would like to see or have at the Cultural Department. All ideas are good.

Redding Rancheria Community Fund Announces New Deadline

Redding, CA -The Redding Rancheria Community Fund a fund of the Shasta Regional Community Foundation announces a new deadline. Proposals can be submitted for grants up to \$30,000 for 501(c)(3) nonprofit organizations and public entities in Shasta and Trinity Counties in the areas of arts/culture, education, environment, health and social services.

All grant requests must be received or postmarked by 5:00 p.m. April 4, 2012 at the Community Foundation Redding office (1335 Arboretum Drive, Suite B). Guidelines can be found on the Community Foundation website at www.shastarcf.org. Any questions regarding this opportunity may call the Community Foundation at 244-1219.

The Community Fund, which has awarded over \$1.8 million in grants since inception, encourages proposals to serve Native Americans, Seniors/Elders, Youth and/or Rural Populations. The Community Fund also encourages proposals from programs that can demonstrate a high level of community involvement and/or volunteerism.

The Shasta Regional Community Foundation is a resource building organization in Shasta and Siskiyou Counties dedicated to meeting community needs through philanthropy, education and information. Since 2000, the Community Foundation has awarded more than \$9,000,000 in grants to area nonprofit organizations. For more information call the Shasta Regional Community Foundation at (530)244-1219 or visit www.shastarcf.org.

The Diabetes Talking Circle is designed to give Native American Elders with diabetes an opportunity to discuss their struggles and success with the disease. The Diabetes Talking Circle helps them find new ways to manage their diabetes, maintain a healthy diet and recognize the value of moving their muscles. The Diabetes Talking Circle meets twice a month (2nd and 4th Friday) at the Redding Rancheria Tribal Office Room 109 from 10:00 to 11:00am. The Diabetes Talking Circle is open to Native American Elders with diabetes. The Diabetes Talking Circle is led by Rick Crowley, a Certified Diabetes Talking Circle Facilitator. Call 530-406-9678 for details.

Jessica Cupp

Talking Circle Discussion Topics

- Peoples perception of diabetes
- Emotional and Spiritual aspects of diabetes
- Learn diabetes Myths from Fact
- Understand different types of diabetes
- Learn who is at risk of diabetes
- Recognize the warning signs of diabetes
- Diabetes effects on the family
- Diabetes and your communit

Talking Circle Activities

- Traditional Prayer
- Share traditional stories
- Food diaries
- Diabetes wellness video
- How to read food labels
- Learn healthy food preparation
- Share traditional food recipes
- Learn importance of moving your muscles



Pharmacists and Diabetes

Diabetes affects over 8% of the US population or approximately 26 million people of all ages. There are currently about 19 million people diagnosed with diabetes and an additional 7 million people undiagnosed.¹ According to the American Diabetes Association there is a staggering 79 million people with pre-diabetes. If current trends continue, it is estimated that by 2050 one out of every three Americans will have diabetes.²

From 1950 to 1995 there was only one drug class in oral form available for the treatment of type 2 diabetes. For 45 years there was no need for pharmacists to make recommendations for the treatment of the disease. In 1995, metformin (Glucophage®) became available but there was still no need for pharmacists to be involved with the diabetes team. However, over the last decade and a half there has been a dramatic change in the treatment of Type 1 and Type 2 diabetes. There are now more than six new drug classes and a number of new insulins available as well as five more drug classes in development. As a result, the therapy best suited for each individual patient has become much more complex. It becomes evident then that the pharmacist plays a much greater role in recommending the best and most cost-effective

medication with the fewest side-effects, contraindications and drug interactions.

Most diabetic patients are on multiple drug therapies due to other medical conditions such as high blood pressure, hyperlipidemia and cardiovascular disease. Studies have proven over and over that pharmacists, as part of the healthcare team, can improve patient outcomes and decrease costs. More importantly, pharmacists are able to collaborate with physicians, dietitians, nurse educators and other healthcare providers in managing patients with pre-diabetes and help prevent those patients from ever getting the disease.

Here at the Redding Rancheria Tribal Health Clinic we are continually striving to help our patients prevent and manage this disease. As part of the healthcare team, we are fortunate to have your pharmacist, Dr. Francine Hutchings, available for drug consultations, medication review, and training for blood glucose monitors and insulin pens. She is currently scheduling appointments on Fridays by referral from your provider.

Renee Wolfe

Redding Rancheria Head Start and Child Care

Kindergarten

Have you registered your child for Kindergarten?? Most public schools begin Kindergarten registration in early spring, and I encourage parents to not delay! In fact, you may not know that kindergarten is not mandated in California...so if your school's classrooms fill up, you may not be able to attend at your local school.

The cut off date for Kindergarten has changed...this year, the cut off age for kindergarten is November 1st, meaning that your child must be 5 years old by November 1st. In 2013, the cut-off date will be Oct. 1, and in 2014 and beyond, it will be Sept. 1st.

Here's some suggested activities from Shasta First Five's website: www.first5shasta.org

January - Read everyday to your child! Make reading a daily priority

February - Begin researching schools and visiting classrooms; Schedule health and dental exams for your child and get any vaccinations needed for school

March - Attend "Kindergarten Round-UP" at the schools you are considering. Choose the school your child will attend and turn in the necessary paperwork.

April - Practice basic skills like drawing, cutting and self care skills. Visit the school you have chosen.



POSITIVE PARENTING PROGRAM

The Positive Parenting Program (Triple P®) is an international evidence-based parenting program developed by the University Of Queensland Department Of Psychology in Australia. The program is designed to help parents deal with social, emotional and behavioral problems that are inherent in childhood.

What makes this program unique is that it offers multiple levels of intervention that range from the general to the specific. For example, Triple P® offers a series of three seminars that provide general information on the benefits of positive parenting. These are delivered in a public workshop format and last for 90 minutes. For a more individual approach, there is Level 3 which uses brief behavioral counseling strategies to help parents manage specific behaviors, like tantrums and bedwetting. This level is delivered in a series of four 30 minute sessions. For parents in need of a more intensive therapeutic intervention their are levels 4 and 5. Evidence has shown that this multi-level system helps build skill and strengthen confidence within parents.

Shasta County Health and Human Services (HHS) is implementing Triple P® as part of its Mental Health Services Act (MHSA) Prevention and Early Intervention (PEI) efforts. During MHSA's stakeholder input process, community members ranked children and youth in stressed families as the #1 population to work with in preventing mental illness, and with an average of 500 children a year coming through HHS's Children's Services system the need for early intervention for this population was clear. Triple P® was chosen because of the agency's commitment to delivering evidence-based practice and as such there is a countywide evaluation piece to the overall implementation of the program.



One of our therapists, Amy Bradley, MFT, is a trained practitioner to deliver Triple P® to adolescents and their families. For more information on Triple P® or to obtain Triple P Services, contact Amy Bradley at 226-1731.

Redding Rancheria Community Service Department 2012

Eligibility Services at Redding Rancheria Community Services Department are available to Tribal members, Community Native Americans, Alaskans and their families who reside in Trinity County and two-thirds of Shasta County. To see if you qualify for services you must first make an appointment with the Community Services Administrative Secretary and provide the following documentation:

- Indian Verification
- Social Security cards (self and dependents)
- Birth certificates (dependents)
- Income verification for entire household

Low -Income Home Energy Assistance Program (LIHEAP) is a federally funded program. Liheap program funding year is October 1, 2011 to September 31, 2012. This program is designed to assist low-income Native American households families with home use energy bills. Low-income households may receive assistance with utilities, electricity, gas, wood and fossil fuels.

Salmon Distribution- Every fall Redding Rancheria coordinates in way of contracting to distribute Salmon to the Native American community. Usually distribution begins in October and ends now in the month of February. Only those providing certified proof of ethnicity are eligible to participate in the program. Call for distribution sites. 225-8979

Native American Housing Assistance and Self Determination Act (NAHASDA) is available for housing needs. The aid is available and limited in the form of emergency assistance to help victims of burn-out, domestic violence, and displaced families. Rental Assistance provides

monetary aid with monthly rent upon meeting eligibility requirements. Application process is required. Please contact Chris Baker for further information 225-8979 ext. 1154

BIA Welfare Assistance -This program offers limited funding to low-income Native Americans enrolled in a federally recognized tribe. Assistance can be used for food, clothing, transportation and emergency housing. Income scale is based upon the State Temporary Assistance Families (TANF) and requires the applicants to apply for services with other state and local programs in order to receive funds. Additional dollars are available for burial services and emergency related to floods and fire. Those seeking burial assistance must have resided in Redding Rancheria's service area for the six prior to death and be enrolled within a federally recognized program and meet income guidelines.

Sharing Fund (Emergency Assistance - This program is designed to build individual self -sufficiency among Tribal Members and other Native Americans residing with Redding Rancheria's Service area. Sharing fund is available only when funding is available has limited guidelines. For further information please contact Community Services during office hours, Please remember that these funds are not guarantee of payment until the applicant has followed all the proper steps of applying for services, meets qualifications, and funding is available.

All My Relations
Lauri Hayward
Community Services Director

Trisha Baker
Community Services Administrative Secretary



REDDING RANCHERIA CORE VALUES



Daniel Weiner

Embracing Change
We honor our traditions and recognize that change is an ongoing part of our environment.

We face the challenges and changes in our work with creativity, innovation, adaptability and a sense of humor.

There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them. Our Value award winner has accepted the responsibility to change them. To say our Health Center has gone

through some tremendous changes would be an understatement.

Our embracing change value winner has been the epitome of change at our health center. This person has grown to be much respected and the go to person whenever we have an upgrade to our Electronic Medical record system. This person has spent countless hours of their own personal time learning a difficult system and then changing it to make it more user friendly as well as more beneficial for patient care.

This person took it upon themselves to take the lead in the development and training of our medical providers. He has shown that no

change is too big or for that matter no goal is unattainable.

This person has been employed with the Redding Rancheria for 8 years and is one of our biggest advocates for a great place to work. This person has a drive and passion that was made for medicine. He cares about his patients; and he cares about his colleagues. When an issue arises he is at the forefront to volunteer a solution or to participate in the execution of the change.

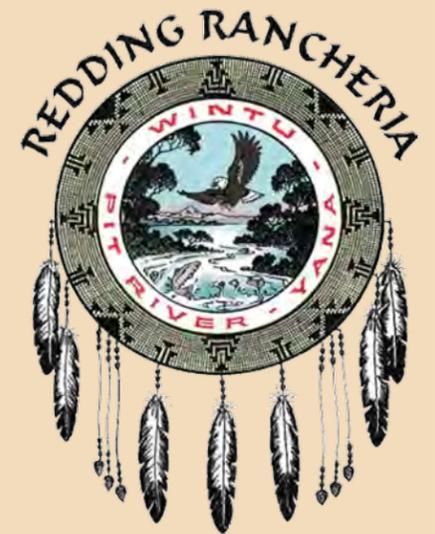


Paul Siewell

I have the honor this year of presenting the Workplace Value Award for Respecting Differences (We seek to understand differences in ideas, approaches and perspectives and we welcome people from all backgrounds. We understand that our diversity makes us stronger and better as a community). Hired by the Tribe in July of 2006, this employee has the innate ability to treat everyone with consistent fairness, respect and thoughtfulness. I'm sure coming from a family of 10 kids began his training in

dealing with different personalities, and his 21 years working in Indian Country solidified his knowledge of the importance of diversity in a community, but whatever the reason, this person has a true "open door" policy. To my knowledge he has never turned away a Tribal Member or employee when approached for assistance. Even when his role in the Legal Department prohibits him from direct involvement in a matter, he always takes time to make sure the Tribal Member or employee has an understanding of the legal process and a suggestion where they can get help. This employee works closely with all departments in the Tribal government as well as the Casino and is instrumental in our Tribal Court process. He has a

great common sense approach as well as a strong legal knowledge. He is the busy father of 4 and grandfather of 1.



Kathy Waurig

Working Together We are actively involved in building a spirit of teamwork and collaboration, within and between

departments, functions and workplaces. Because we work together and support each other, we are a smarter and more effective group.

Henry Ford once said "Coming together is a beginning, keeping together is progress and

working together is Success." This year's value award winner for working together is nothing less than a success. This employee is the glue that holds us together and the first to jump on board to bring everyone back to the table to finish the task at hand together as a team. This employee not only does her job and does it extremely well she also mentors and teaches our new supervisors as well as provides them with a person to lean on and trust.

Her work ethic is unrivalled and she often completes additional work on the weekends because she likes to have everything ready and complete. She always makes sure Glen has

the right numbers, and the right information. This employee has become one of Glen's most trusted colleagues and friend.

This employee has been working for the Redding Rancheria for 2 years and has excelled every year to increase collaboration between departments as well as increase revenue collections. When I think of what Working Together means I think of this employee. She is extremely motivated as well as highly educated finishing her graduate degree in Business last year with an MBA, while working full time.

I am proud to announce this year's Value Award Winner for Working Together to Kathy Waurig



Tammy Lantheaume

Balancing Life. Although work is our focus together, we realize that life is more than work. We encourage

healthy lifestyles that support mental and physical well-being. We believe a balanced employee is happier and more productive.

Our Balancing life winner this year is a person who is a mother and wife. She has been continuously involved in our wellness program

and a steady participant in our wellness activities. She has attended over 80 activities this year including jazzercise, zumba, palates, and yoga. While working out takes a lot of her free time she has also managed to complete her Bachelor's degree from Phoenix University.

I am proud to announce Tammy Lantheaume as this year's Balancing Life Value winner.



Wayde "Manny" McCloud

Our decisions and actions reflect integrity and honesty. We are committed to earning and keeping the trust of

the people we serve. We do not seek nor accept personal gain for our actions.

This employee takes great pride in their work

For this employee "early" is on time. Works with little or no supervision

Has a positive attitude regardless of assignment Continuously strives to help others to succeed Is willing to put in a "one more time" effort when it is needed on assigned tasks.

And the decision that the "one more time" effort is needed is often made by this employee not by supervisors

Attention to details make this employee work

stand above the normal. Finding short falls is difficult, but should you find one... you will only find it once. The motivation for this level of work ethic is "Doing What's Right"... nothing less is acceptable. And if you know nothing else of this employee you know his smile.



Greg Parish

Serving Others We are here to provide excellent service with a caring attitude. We are proud that our work serves tribal

members, each other and the larger community. Serving Others is demonstrated by providing excellent service with a caring attitude. This year's winner of Serving Others has a huge job

that includes serving every employee, council member and tribal member. He has been working for the tribe for over 6 years and his actions reflect serving others on a daily basis.

In addition to his regular duties, he is the first one who volunteers to coordinate special staff events that we have held over the years. Our recently created Redding Rancheria travel Agency was not only his idea but he was responsible for making it happen. The Tribe's travel agency has generated new revenues for

commissions received on travel costs.

He never hesitates to assist someone that runs into issues while traveling, even if it is weekends or evenings. He works diligently to ensure that every Tribal Member, Council Member and staff have as smooth of travel experiences as possible and he truly cares about their experience.

I am proud to announce to you this year's value award winner for Serving Others, Greg Parish.

MEMBER'S UPCOMING BIRTHDAYS

Ivan Fischbach	4/1	Jason Wilkes	4/26
Tyler Hayward	4/1	Gary Hayward Jr.	4/27
Warren J Sorahan	4/1	Ricky Pimentel Jr.	4/27
Malia Hayward	4/2	Chelsea Hayward	4/28
Cody Murphy	4/2	James Benner	4/29
April Rymel	4/2	Steven Hayward Sr.	4/29
Sara Hayward	4/6	Brianne Schlapia	4/29
Devin Baker	4/8		
Talen Maynard	4/11		
Trevallion Potter	4/14		
Antony Thetford, Jr.	4/16		
William Bailey	4/19		
Virgil Baker Jr.	4/19		
Brian McCain	4/20		
Anthony Schumacher	4/22		
Scott Hayward	4/23		
Shaelyn Pizano	4/23		
Jeremiah Wilkes	4/23		
Logan Brantley	4/24		
Taylor Hayward	4/25		
Olivia Pizano	4/26		
Hailee Rehnblom	4/26		

REDDING RANCHERIA WELLNESS

Redding Rancheria Native American Family Caregiver Support Program

Background: The National Family Caregiver Support Program (NFCSP) was created in November 2000 by an amendment to the Older Americans Act. Administered by the U.S. Administration on Aging, the NFCSP provides grants to States and Tribal Organizations to implement programs offering a range of direct services and supports to caregivers of chronically ill, frail, or elderly relatives, or relatives with developmental disabilities. The program also extends services to grandparents caring for their grandchildren at home.

While there are emotional and social benefits to looking after frail and disabled persons within the home, research shows that caregiving can place

emotional, physical, and financial strain on caregivers and their families.
Are you a Family Caregiver?
You are a Caregiver if you answer "yes" to two or more of the following questions that pertain to taking care of an elder.

Group #1

Do you help pay bills? Provide Transportation? Clean the house? Prepare meals? Supervise the taking of Medication?

Group #2

Do you assist with: Bathing, Dressing, Eating, Getting up and down, Walking, Toileting, or Supervising for Safety?

You qualify for the program if the elder you are caring for is Native American, 55 years or older and lives in the Service Area. (If the Elder is a current patient at the Redding Rancheria Health

Clinic, then you are in the Service Area)
(If you receive payment for your services, then you are considered a professional caregiver and are not eligible for family caregiver services).
Services we can offer:

Counseling, Information and Referral, Support Groups, Respite and Training. We work closely with Mountain Caregiver Resource Center in providing workshops and conferences for the family caregiver. We also have a lending library with training tools and books on various topics relating to the tasks and trials of caregiving. If you would like more information on the services offered by the Redding Rancheria Native American Family Support Program, please call Ellie at 242-4594

Monday through Friday 7am to 3pm.

Sr. Nutrition Program Information

A great lunch isn't the only thing served at Sr. Nutrition. Information on services available to elders in the community, arts and crafts, music, exercise, nutrition education, bingo and socializing among neighbors and relatives is waiting for those wishing to participate.

We have offered basket weaving, talking stick making, rock art, sign language, beading and of course bingo for pre-lunch activities. Ideas for

classes or games are always welcome. Live music to celebrate birthdays is offered once a month.

We are grant funded through the Department of Health and Human Services and stretching the budget is possible by utilizing the dedication of several elder volunteers that help with the program. Serving meals, washing dishes, calling bingo or teaching a craft are some of the ways the elders contribute to the program.

If you are Native American, 55 years or older (50 if you are a Redding Rancheria Tribal Member) you are eligible for a free meal on Tuesday, Thursday and Friday (Monday, Tuesday and Thursday during the summer) in the Community Center. Spouses of elders regardless of heritage are also eligible. Doors open at 10am for activities and lunch is served from 11:30-12:00.

Ellie Kiesick

FABLES VERSUS FACT ABOUT FITNESS

The world of fitness abounds with fables, from no pain, no gain, to drinking water before exercising can give you cramps, and falling for one could have you spinning your wheels and getting nowhere instead of shaping up. Let's set the record straight and take the mystery out of these and other muscular myths so you can make the most of your exercise routine.

No Pain, No Gain is Bad. When people start to exercise, there may be some muscle aches and pains, which are normal. But there are other aches and pains, such as joint pain, bone pain, muscle strains, and ligament or tendon strains, which are bad, and you should back off of because they'll get worse if you ignore them.

There Is One Best Way to Exercise. This is not true; you have to incorporate different exercises and routines into your fitness strategy to reach your goals, which should be individualized for you. The exercises you choose should be tailored to

what you like to do and then optimized for fitness and to avoid injury.

More Sweat, Less Fat, This is false the amount you sweat is indicative of your body's ability to maintain its normal body temperature. You sweat when your body starts to store heat so you can experience cooling via evaporation of that sweat. So it doesn't correlate to how much energy, or calories, is being expended.

Drinking Water Causes Cramps, Cramps are actually a symptom of dehydration, so this is an old wives tale. Basically, drinking water will help ensure you are properly hydrated, which will ultimately reduce your risk of sustaining or experience cramps.

Lifting Weights Can Make You Look Bulky. This is a myth that deters a lot of women from strength training, when in fact, what determines the amount of muscle bulk a person has is largely dependent on genetic factors. So for the typical woman, and

the typical man, the chances of looking like Arnold Schwarzenegger are slim.

You Can Target One Area of Your Body for Weight Loss. This is a myth, pure and simple, no matter how much exercise you do for a specific region of the body, it's physiologically impossible to lose body fat in a targeted area.

Think about making exercise a part of your life, just lace up your shoes and get out there, and don't give your brain time to hem and haw about it. If you think about it you can talk yourself out of it. Grab your family and start with an after dinner walk and see where it leads you in your fitness goals.

Glen Hayward RN BSN
Executive Director of Health Services

Employee of the month of February

Daniel Brantley

Employment Relations Specialist

- He always has a smile on his face.
- He learns from his mistakes and genuinely tries his hardest
- He listens and treats everyone with respect

Thank you Daniel for all that you do for the Redding Rancheria.





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Giving Back



Come play Bingo at Win-River Casino and help raise monies for a Local Non-Profit. For the month of July the Shasta Women's Refuge was the Charity chosen and here is a photo of Win-River Casino's Slot Manager (Anthony Semore) presenting a check to Executive Director (Jean King) a check for \$786.60.



Ki-Het-Ti-Ma-Tay
Sounds in the wind

Hestum

Redding Rancheria News

LCBC Press Conference

On August 4, 2011 the Redding Rancheria Tribal Council welcomed several agencies at the Redding Rancheria Community Center to present checks to those agencies that received grants from the Local Community Benefit Committee (LCBC). The LCBC, comprised of members from the Redding Rancheria, the City of Redding and the County of Shasta, met and awarded \$517,031 to local governmental jurisdictions in Shasta County to assist in mitigating impacts caused by the Win-River and Pit River casinos. The LCBC received 25 requests for funding totaling over \$1.25M and had \$517,031 available to award for Fiscal Year 2010-2011. Checks were presented to the following agencies.

- The City of Redding- received a check for \$55,000 for bikeway and pedestrian study
- The City of Redding Police Department- received a check for \$75,000 for Financial Crimes Investigation
- The City of Redding Fire Department- received a check for \$40,000 for Extrication Equipment
- The City of Anderson Police Department -received a check for \$36,704.78 for Incident Command Vehicle
- The City of Anderson -received a check for \$34,704.78 for portable changeable message boards
- The City of Anderson Fire Protection District- received a check for \$31,996.78 for Three Seasonal Firefighters
- Shasta County Sheriff's Office- received a check for \$55,000 for mobile data computers
- The Shasta County Sheriff's Office – received a check for \$50,000 for a Casino Deputy Liaison
- The Shasta County District Attorney's Office- received a check for \$129,677.27 for Casino Crimes Investigation/ Prosecution Unit
- The Burney Fire Protection District- received a check for the total of \$8,327.63 for ALS/BLS Interface Training & supplies

The State of California allocated \$30M in Indian Gaming Funds statewide for FY 2010-11, Shasta County's share was \$527,583, less 2% available to the County for administering the LCBC, leaving \$517,031 to grant for local governmental jurisdiction project requests. Only cities, counties and special districts are eligible to apply for the funds that resulted from the 1999 State-Tribal Compacts that provided for Tribes with casinos having more than 200 slot machines to pay into the State's Special Distribution fund (SDF). SB 621 (Battin) provided for the establishment of a local LCBC to solicit, review and approve grant-funded projects. Locally, the Win-River Casino of the Redding Rancheria pays into the SDF and thus local money is coming back into the community through the LCBC. The LCBC sent payment information to the State Controller's Office on May 9, 2011. The State Controller's Office will send the grant payments directly to the recipients.

Tracy Edwards



Ancestral Run

In 1993, a handful of runners set out on a journey. This journey was to run from the base of the great Yet-AhKo (Mt. Shasta) to their destination Yet-Techana (Mt. Lassen), resurrecting the old Pit River story of the race between the Bear and the Mountain Lion. The runners ran across the land of their ancestors, each receiving blessings from the land.

This year there were over 160 runners, who aged from 3 years old and up. Pit River, Wintu, Yana, Karuk, Pomo, Shasta, Maidu, Pauite, Choctaw, Chichimeca, Maya, Yokut and other Indigenous people's came together to carry sacred run staff that blessed them and held their prayers.

As the runners came to the main camp at Yet-Techana, they were welcomed by family and friends who were cheering them on with whoops and hollers that could be heard throughout the campground. Encircling around the fire, all the runners made tobacco offers and their prayers. In the main camp there were over 350 people who were praying as well. The rest of the weekend was spent with family and friends and everyone shared meals, stories, and ceremonies.

A special thanks to all those people who work in making sure the people are taken care of at the run and in helping keeping our traditions alive.

Redding Rancheria Cultural Resources Department.



Pit River Ancestral Run/Up River Route 2011

The Up River Route held its first run this year on August 3rd – August 7th, 2011. Camping overnight and starting at Thomas Creek, just east of Alturas, Ca. Runners ran into Bieber, Ca. and spent the night and taking off the next morning for Burney Ca. where they met up with Ancestral Run Runners, Mt. Shasta to Mt. Lassen Route. Here everyone camped and took off the next morning running into Mt. Lassen together. It was a very successful run for us and we, Warren and Danita, would like to thank our children, Joey & Cecilia, our drivers, runners, cook (Laura) and The Redding Rancheria. We also want to thank Radley and his helpers; cook Louise & helpers, drivers, runners and the Pit River Casino for making it possible for all our Native Peoples to run together. We hope to see you next year. Thank You.

Mrs. Danita Quinn

An easier way to refill your prescription



Renee Wolfe
Pharmacy Director

So what does it take to get my refill at the pharmacy? Why does the provider have to be contacted if it's a medication that I take all the time? Why isn't it ready when I arrive to pick it up? How can time spent in the waiting room be reduced? If you ever asked any of these questions then hopefully the following information will provide some helpful hints and make refilling your prescriptions a lot easier.

Refilling prescriptions can sometimes seem like an arduous process. The fact is that the dispensing of prescription drugs is highly regulated by State and Federal laws by which all pharmacies are governed. Although you may be taking a prescription for the rest of your life, limiting the number of refills will ensure that patients regularly return to their physician for important follow-up appointments, monitoring, and evaluation of the effectiveness of the medication. The number of refills that any particular prescription can be given is therefore determined both by pharmacy law and medical practice. Here's what you can do:

First, check the label on your bottle. It will indicate the number of refills remaining and the date they expire. (Yes, the prescription can expire even if refills are left.) The law places time limits on prescriptions. Depending on the drug, prescriptions expire after six months or one year from the date the prescription was issued. (Prescriptions for Schedule II medications may not be refilled. A new, written prescription is required each time if your physician wants you to continue a Schedule II medication.)

If the refills are valid you may use the phone number listed on your medication bottle to call the pharmacy voicemail. You can assist your pharmacist and avoid delays by calling at least 3 business days before you run out of your medication. This will usually allow the pharmacy enough time to get your medication ready. However, it can possibly take longer (up to 5 business days) if your provider must be contacted.

Once a prescription is allowed to be refilled it must go through a series of steps. These steps are designed to improve efficiency and reduce errors. There are an infinite number of possible disruptions to the process of filling a prescription. In addition, the effort to reduce errors will often decrease the efficiency but is absolutely necessary to ensure patient safety.

1) Data Entry: This part involves the input of information into the computer system. The refill must be processed and the claim transmitted to the insurance company. The claim can also be rejected for a number of reasons (e.g., your insurance mandates a drug change) which requires more time to resolve.

2) Dispensing: This involves locating the stock bottle, counting the tablets, and labeling the vial.

3) Verification: This step can only be done by a pharmacist. It involves verifying every piece of information for accuracy. The final prescription is screened for correct dosage, drug interactions, appropriateness of the medication, drug allergies and that the correct product is being dispensed. This process can be very involved when a patient has multiple medications and/or medical conditions.

4) Release to Patient: This is where the medication is given to the patient, paid for, signed for and counseled by the pharmacist if needed.

The entire process can be done in an amazingly short time if everything goes smoothly. But keep in mind that each step can be quite time consuming. Either way, please be patient with your pharmacist, your life and health depend on accurate prescriptions being dispensed.

Renee Wolfe

Redding Rancheria

40% Carnival

August 15th Redding Rancheria held the 40% Carnival in the Win-River Event Center and it was a great success. It was the biggest turnout that they have had so far. There were booths from the Cultural Department, Finance Department was giving out snow cones, RREDCO, Karate presentations, a bounce house, Plinko Board and much more.

The Carnival is an Educational Carnival for the Membership for all the programs that are available to them. "It is an important event because it encourages and educates all of the members about the direct 40% programs that are offered to them. It makes everyone more comfortable with what is offered through Redding Rancheria. It is also a nice way for everyone to get together and enjoy ourselves all together as one big family." says Tribal Chairman, Jason Hart.



Community Services

Substance Abuse



Joe Ross
Substance Abuse
Counselor

I hope this newsletter finds you in good health and spirit. The substance abuse program continues to grow and I am encouraged by the health and wellness of the participants. The Red Road meetings have become a safe place to share the difficulties of not only getting clean and sober but staying clean and sober. I inserted one of my favorite meditations of the day. This one speaks directly to me and I hope you like it as well.

"Praying to seek a vision, to seek truth is always right. Truth builds upon itself - as the true mark of a warrior who conducts himself/herself accordingly - so that its beauty may shine in the faces of our children." -Barney Bush, SHAWNEE

We move toward and become like that which we think about. What we think about creates our vision. If our thoughts are wise and good, then our vision becomes strong and truthful. If our thoughts are junk, then our vision becomes contaminated. It's important to be aware of what we are thinking about. As I live my vision, my children watch and live their lives the same way. We need to live the walk of the Warrior. We need to walk in beauty and respect.

Meetings available here at the Tribal offices;

Mondays	Red Road book study	12pm to 1pm	Room 153
Tuesdays	Red Road meeting	7pm to 8pm	Community room
Thursdays	Red Road meeting	12pm to 1:30pm	Community room

These meetings are recovery support meetings and are open to all who would want to join. If you have any questions regarding the outpatient program, please call 530-242-4533.

Joe Ross

Services offered



Trisha Baker
Community Services
Administrative Assistant

Liheap: is a government funded program to assist our Local Native Community. Liheap is used for electricity, propane, wood, and pellets to access this program you would need to have proof of Tribal verification, birth certificates, social security cards, marriage certificate proof of income for your household and ids for anyone over eighteen years old and your bill.

293 people has received liheap starting from October 2010 to June 2011

Sharingfund: is funded by the Redding Rancheria this program assist Redding Rancheria Tribal Member and the Local Native Community. Sharing fund helps with Food, clothing, school and sport sponsorships, electric, housing, burial.

For this program you need proof of Tribal Verification, Birth certificates for your children social security id for anyone over eighteen proof of income 184 People were assisted starting from January 2011 to June 2011.

Altogether 477 people were assisted already. Everything is based on funding availability.

If you have any questions or you are interested in applying please contact Trisha Baker Community Service Administrative Assistant at 530-242-4532. She is here to assist you with your needs.

Prevention and treatment of heat related illnesses



Glen Hayward
Executive Director of
Health Services

It is that time of the year again when we need to be aware of the heat and its potential health risks. As the temperatures soar above the century mark, this month we feel it wise to give you some advice on how to avoid Heat Exhaustion and its much more life threatening partner Heat Stroke.

Heat exhaustion is a condition that often occurs when people exercise, work, play or even shop in a hot weather. This causes the body to lose fluids through sweating, leading to dehydration and overheating of the body.

When it is hot outside, the body cools itself largely through evaporation of sweat.

When it is very humid, this mechanism does not work properly. The body loses a combination of fluids and salts often referred to as electrolytes.

When this is accompanied by an inadequate replacement of fluids, you can become dehydrated leading to problems in circulation and perfusion which may result in a mild

form of shock.

Symptoms that you may experience include profuse sweating, weakness, nausea, vomiting, headache, lightheadedness, and muscle cramps.

Treatment: get out of the heat, either a cool shaded area or even better go inside your house or building with A/C. Drink cool water, loosen or remove clothing, have a salty snack as tolerated.

Prevention, the best way to treat heat exhaustion is through prevention. On warm days carry a water bottle with you, wear hats to shield you from the sun and try to do your activities in the early morning hours or late evening after the sun has had a chance to set. Limit your caffeine intake if you are going to be working outside and avoid alcohol.

Heat stroke: also referred to as sun stroke, is a life-threatening medical condition. The person's cooling system, which is controlled by the brain, stops working and the internal body temperature rises to the point at which brain damage or damage to other internal organs may result. Infants, children under the age of 4, people who are overweight, and the elderly are more likely to have this problem, as are those who are taking antihistamines and certain types of medication for high blood pressure, heart disease, or depression.

Symptoms: Unconsciousness, or altered mental state, flush dry hot skin because the body has lost the ability to sweat, dizziness or confusion.

Treatment: Call 911 immediately, move the person to a cool shaded place and pour tepid water over their entire body and support the person as best as you can while you wait for emergency personnel.

Summer time in our area can be lots of fun, if you take the necessary steps to protect yourself and your family. Nearly 700 people die each year due to heat-related illness, according to the U.S. Centers for Disease Control and Prevention.

So from our family to yours please Stay Hydrated, protect yourself and enjoy the summer with family and friends.

Glen Hayward RN, BSN
Executive Director of Health Services
Redding Rancheria Indian Health

Contract Health Services



As the end of the year approaches, so does the open enrollment period for your Medicare Part D prescriptions coverage. Medicare offers prescription drug coverage to everyone with Medicare. Even if you don't take a lot of prescriptions now, you should still consider joining a Medicare drug plan. To get Medicare prescription drug coverage, you must join a plan run by an insurance company or other private company approved by Medicare. Each plan can vary in cost, the drugs covered, and the pharmacies which accept the insurance plan.

Federal regulations and policies of the Redding Rancheria (RRIHC) require that you obtain and use all available Alternate Resources before Contract Health Services (CHS) can assist you with payment of any balances. Therefore, obtaining Medicare Part D Prescription coverage is very important. The available timeframes for signing up for Medicare Part D Prescription coverage are limited.

The most common time is during open enrollment, which begins October 15th through December 7th, 2011.

If you sign up for a new plan during this timeframe, your coverage will be effective January 1st 2012.

The process for deciding which plan covers your needed prescriptions, the types and amounts of yearly deductibles and copayments, and determining if you qualify for 'Extra Help' paying for your Medicare Prescription Drug Coverage, can be very confusing. The RRIHC has partnered with HICAP Services of Northern California Shasta Region to provide you assistance. Three separate classes will be provided this year as follows:

September 20th @ 11am – Diabetic Luncheon participants only at the Tribal Community Center

September 26th @ 1:30 – 3 pm at the Tribal Community Center

September 28th 9:30 – 11am in the Clinic Conference room

Please call Trish at the clinic at (530)226-1734 to save a spot in the class of your choice as we limited space in some classes. We look forward to assisting you with your CHS and Health Care needs into the future.

Kathy Wawig

Behavioral Health



The Behavioral Health Department is also expanding our services to customers by becoming a preferred training site for local graduate students in psychology, social work, or marriage and family therapy. These therapists-in-training are either in the last year of their degree programs, or have graduated with their Master's degrees and are training for licensure.

Trainees have been providing services to HeadStart children and families at the Rancheria for the past two years, and recently began providing counseling at the clinic. Our current exceptional students seeing patients in the clinic are Nathan Read, who is getting his M.A. from Simpson University, and Amy Bradley, an MFT Intern and graduate of National University. In the fall we will add more students to work with the children and families of HeadStart. Training students is a winwin, benefitting our customers, our department staff, and our community.

Amy Brom

Redding Rancheria

2011 Employee Appreciation

On Wednesday, July 27th, the Redding Rancheria celebrated its Employee Appreciation Day at Waterworks Park. The evening had food, music and water rides. Thank you so much for being a part of the Redding Rancheria Family. We are very lucky to have such wonderful employees that keep this place running everyday and it is because of them that we get to celebrate like this every year!! Keep up the great work everyone!!

Maria Orozco



Recognition

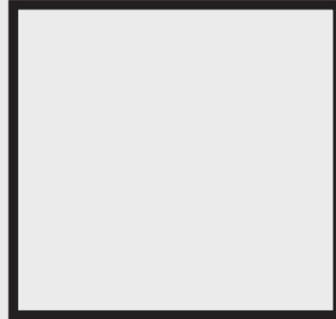
Employee of the Month



July

Jackie Wilder

Our Value of 'Working Together' states, we are actively involved in building a spirit of teamwork and collaboration, within and between departments, which Jackie exemplifies every day in her daily interactions. She is not only a joy to work with in every aspect, but she is truly an asset to the clinic. Jackie has had to train people on the fly while ensuring all the work is still getting done in a timely and professional manner. Additionally she does all this with an unwavering positive attitude and smile on her face. She always shows consideration for others and goes the extra step to help our patients.



August

Member's Upcoming Birthdays

September Birthdays

- Christopher Hart 9/6
- Rachelle Pimentel 9/8
- Trevor Shepherd 9/10
- Ana Hackman 9/11
- Shanda McCain 9/17
- Tracy Edwards 9/18
- Andrew Billy 9/23
- Charlee Carman 9/25
- Cupy Dominguez 9/26
- William Keluchie 9/26



October Birthdays

- | | |
|------------------------|----------------------|
| Aiyonia Alonso 10/1 | Glen Hayward 10/23 |
| Miranda Edwards 10/4 | Michael Kelly 10/25 |
| Koda Sanchez 10/4 | Barbara Murphy 10/28 |
| Riley Hayward 10/9 | Tatum Sanchez 10/28 |
| Bradley Smith 10/9 | Noe Pizano 10/30 |
| Antony Thetford 10/10 | |
| Susan Pizano 10/13 | |
| Brandon Foreman 10/15 | |
| Breanna Foreman 10/15 | |
| Savannah Edwards 10/18 | |
| April Rehnblom 10/21 | |
| Joshua Croft 10/22 | |



Education Department

July-August 2011

Education Banquet 2011

The Education Department hosted its annual Education banquet on August 5th in the community center. The Banquet provides the special opportunity to acknowledge and encourage academic achievements as well as extracurricular involvement of the member youth. There are several categories for which the youth are recognized: Grade point average, grade improvement, grade maintenance, attendance, awards received, extracurricular activities and various graduation benchmarks.

Over 75 youth received recognition, for various achievements.

Recognizing the graduating seniors is always a highlight of the evening and, this year, the department announced the largest graduating class since the program was implemented; The Tribe had nine seniors graduate this year and 5 of those students have enrolled for college.

The Banquet is the highpoint of the year when friends and family to come together and "loudly" show their support for the youth and their accomplishments.

We had a great turn out this year and we thank all of those who attended the event.



JoAnn Turmel

Johnson O'Mally

The Johnson O' Mally Grant is received annually by the Redding Rancheria and is distributed each summer, to assist Native American families with school supplies. Wal mart cards are issued to the eligible applicants, in July, to allow parents time to purchase school related items.

Dispersing the JOM cards is always a busy time for the department, but this year we had the highest number of applicants since the program was implemented. 418 children utilized the program this year.

One can only wonder if the recession did not play a part. Regardless of the reason, the thankfulness that is expressed by so many parents is heartfelt and we are glad to be able to help out in this manner.

JoAnna Turmel

Redding Rancheria

Special Guests



On August 23, 2011, the United States District Attorney for the Eastern District, Ben Wagner visited with the Redding Rancheria Tribal Council and Executive Staff at a regularly scheduled Tribal Council meeting. Mr. Wagner's office contacted the Redding Rancheria Tribal office's to request a meeting. Mr. Wagner brought with him his Executive Assistant, Laurel White and Sean Vassar his Community Outreach Specialist. The District Attorney's office for the Eastern District has jurisdiction over federal crimes that happen on Indian reservations. The meeting was very informative.

Mr. Wagner was looking to create a relationship with the Redding Rancheria and offered to assist the Tribe with matters that his office has jurisdiction over.

The Tribal Council hosted an informal dinner with Assemblyman Jim Nielsen and Senator Doug LaMalfa on July 19, 2011 in Win-River's Eagle Room. Tribal Council discussed several political issues with our representatives, such as, health care, gaming, and Tribes putting fee land into trust. Assemblyman Nielsen and Senator LaMalfa talked with the Tribal Council about the federal budget and the issues that they see regarding the budget, as well as, issues that affect them personally, like redistricting. The dinner was very informative. The Tribal Council likes to keep in touch on a regular basis with our local representatives so that they can continue to represent the interests of Redding Rancheria in Sacramento and Washington D.C.



James Hayward Sr. & Benjamin Madley from the Departments of History & Native American Studies Program at Dartmouth College. He presented information about the Yana History to the Redding Rancheria Tribal Government & Membership. Benjamin is currently writing a text book on the Genocides of the Yana People and about Yana History and was looking for any information that the Tribe would have.



Stillwater Pow Wow

Save the Date



Fundraisers

The Pow Wow Committee hosted a Co-ed Big Ball Tournament on August 13th & 14th at Anderson River Park. There was Indian Tacos, Drumming and great spirits. Thank you to everyone who came to support the Stillwater Big Ball Tournament. Congratulations to the Winning Team, Elements.

There was also a Silent Auction, and Indian Taco Sale and Rez Rocks 3 that were also held in August. All of the proceeds go directly to the Stillwater Pow Wow.



Redding Rancheria Health Fair

2011 Health Fair was a success

The Redding Rancheria Discover Health Fair 2011 was a great success with over 60 vendors providing screenings and information promoting a healthier lifestyle. It was estimated over 600 people visited the booths and over 300 people received free health screenings. People were waiting in line to get the free screenings including blood pressure, cholesterol, A1c, BMI and more.

The first health fair was held in September of 1992 in the Redding Rancheria Indian Health Clinic parking lot celebrating the opening of the pharmacy and providing health screenings. Since that time, the health fair has continued to be an annual event and this marks the third annual "Discover Health" fair held at the Events Center and Tribal building.

The Health Fair committee was very pleased with all of the different vendors that came this year ranging from medical, physical therapy, chiropractic, oral cancer, breast cancer and many more. According to one source, "We had a very diverse vendor population this year so we are very pleased the word is getting out to the community. This was the first year for some new vendors such as Anderson Physical Therapy, WellnessOne and others.

The health fair was initially moved up a month to try and get some of the youth to attend and activities were planned for them including demonstrations with the new X-Box Kinect exercise program for kids. Although school started two days before the health fair, it is hoped next year we will be scheduled before school starts so we can get the information out to the youth. Preventative and good health begins in the early stages and educating the children will give them the opportunity to develop healthy eating habits that will sustain throughout their life.

The health fair is sponsored by the Redding Rancheria, Redding Rancheria Tribal Health Center and Win-River Casino to promote good health and wellness for our entire community. One committee member remarked this was the largest health fair so far and it is great to see so many community members collectively bringing a wealth of information about getting and staying healthy. Everyone is looking forward to the health fair next year and hope to have even more vendors.

The Health Fair committee would like to take this opportunity to thank all those that helped to make this a great health fair including the Win River Marketing department, Win River Human Resources, Redding Rancheria Human Resources, Stillwater Pow Wow Committee and the Redding Rancheria Tribal Health Center staff and all of the vendors that participated. Everyone did a great job and made a very successful event.

Trish Staffers



Community Services

NAHASDA Rental Assistance Program

My name is Chris Baker and I am the Housing Clerk at Redding Rancheria. The Redding Rancheria applies for and receives the Indian Housing Block Grant (IHBG) each year to help low income federally recognized Native Americans in our service area. Our service area includes the western 2/3's of Shasta County and Trinity County. The type of help we offer is Rental Assistance.

Rental Assistance is provided for 3 months from start to finish. The first month pays for the rent in full and, if applicable, the security deposit. Any portion of the deposit must be returned to the Redding Rancheria upon leaving the rental agreement/lease. The 2nd and 3rd months are ½ rent payments; the tenants are responsible for paying the other half. After the 3rd month the tenants are responsible for the full payment of rent.

Chris Baker
Community Services
Housing Clerk

Applications are only accepted at certain times during the year (dates vary), and MUST be filled out completely. Incomplete applications will not be approved. You must turn in the application in person to the Tribal Office (usually in the MPR) on the specified days between specified hours (usually 9:30am to 4pm).

These are some requirements:

1. Must turn in completed application during specified dates and times
2. Applicant must be enrolled in a Federally Recognized Tribe
3. Must meet low income guidelines
4. Applicant must be at least 18 years old
5. You must reside in Redding Rancheria's service area at least 30 days with proof (utility bill preferably)
6. Must have copies of social security cards for all in household
7. Must have state issued valid picture ID for 18 and older in household
8. Must have Verification of Income for all adults in household
9. Rental unit must pass a Lead Based Paint Inspection
10. W9 Form – Request for Taxpayer Identification Number and Certification must be filled out by landlord before any payments are made on your behalf
11. Rental Agreement/Lease showing all people in household on it

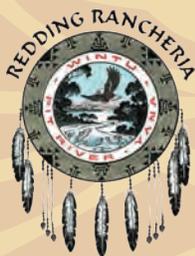
If you have any other questions or concerns please contact myself at 242-4554. Thank you.

Chris Baker



Public Relations E-Newsletter

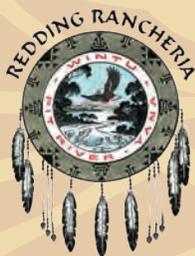
On Friday, April 20th The Redding Rancheria kicked off Earth Day with a great event held in front of Win-River Casino. Over 43 Vendors came to educate and demonstrate their ways to help "our earth". Visitors were shown how to have healthy lifestyles and conserve energy while being able to purchase goods from various vendors. There were opportunities to watch wood carving displays as well as touch and feel all kinds of animals. A big thank you to The Redding Rancheria EPA Department for hosting such an incredible event.





Public Relations E-Newsletter

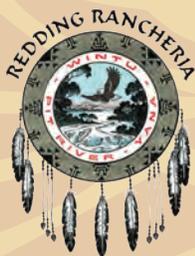
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**Discover Health
REDDING RANCHERIA**

Join us for Discover Health at the Redding Rancheria Health Fair on
Wednesday, September 12th, 2012

For details please contact
Trish Stoffers @ 226-1734
trish@redding-rancheria.com
or Jasmine Romero @ 339-7462
Jasmine.Romero@win-river.com

**WIN-RIVER
CASINO**
It's better on The River.



KI-HET-TI-NA-TAY
"Sounds of the wind"



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SDPI
HEALTHY
HEART
PROJECT
HEALTHY HEART ACTIVITY
IN JUNE
PAGE 2

WALK A MILE IN HER SHOES
PAGE 5

TRIBAL YOUTH
PAGE 6

REDDING RANCHERIA
HEAD START
PAGE 7

Hestum...
"Creator... With your breath all things live and hold spirit. Thank you for breathing spirit into our Ceremonial Arbor."

This Arbor is an investment in our culture and is here for all to enjoy. We will always keep this place sacred and traditional. It was an awesome turn out with people coming from Pit River Country and Wintu Country in Trinity County. Elders and youth alike were there to enjoy the California Traditional Feather Dancing from the "Pitt River Dancers" of Radley and Louise Davis's dance group. Several of our young members were a part of the dancing ceremony and just to see the smile on everyone's face was a reward in itself. The potluck was held in the Redding Rancheria Community Center and was also very successful with about one hundred people attending. The Mountain Lion and Bear Spirit were introduced into the dance house later that night. The whole event was a vision coming true from our people and I know in my heart of hearts that the water spirit and the good spirits that travel this land heard the prayer and our songs.

There are so many people that I would like to thank for their help in making this event successful. This is only the beginning of our sacred fire that burns in all of our hearts and with your help this fire will continue to grow and grow. Challa Beskin... Thank you!

James Hayward Sr.



Indigestion, is it Heartburn?

Also called dyspepsia, indigestion is a term used to describe a feeling of fullness or discomfort during or after a meal. It can be accompanied by burning or pain in the upper stomach.

What Are the Symptoms of Indigestion?

The symptoms of indigestion include:

- Bloating (full feeling)
- Belching and gas
- Nausea and vomiting
- Acidic taste
- Growling stomach
- Burning in the stomach or upper abdomen
- Abdominal pain.

Here are some helpful tips to alleviate indigestion:

The best way to prevent indigestion is to avoid the foods and situations that seem to cause indigestion. Keeping a food diary is helpful in identifying foods that cause indigestion. Here are some other suggestions:

- Eat small meals so the stomach does not have to work as hard or as long.
- Eat slowly.
- Avoid foods that contain high amounts of acids, such as citrus fruits and tomatoes.
- Reduce or avoid foods and beverages that contain caffeine.
- Smokers need to quit smoking.
- Cut back on alcohol consumption because alcohol can irritate the stomach lining.
- Avoid wearing tight-fitting garments because they tend to compress the stomach, which can cause its contents to enter the esophagus.
- Do not lie down right after eating.
- Wait at least 3 hours after your last meal of the day before going to bed.

Raise the head of your bed so that your head and chest are higher than your feet. You can do this by placing 6-inch blocks under the bedposts at the head of the bed. Don't use piles of pillows to achieve the same goal. You will only put your head at an angle that can increase pressure on your stomach and make heartburn worse.

When Should I Call the Doctor About Indigestion?

Because indigestion can be a sign of a more serious health problem, call your doctor if you have any of the following symptoms:

- Vomiting or blood in vomit (the vomit may look like coffee grounds)
- Unexpected weight loss
- Loss of appetite
- Black, tarry stools or visible blood in stools
- Severe pain in the abdomen

Symptoms similar to indigestion may be caused by heart attacks. If indigestion is unusual, accompanied by shortness of breath, sweating, or pain radiating to the jaw, neck or arm, seek medical attention immediately.

Glen Hayward

UPCOMING EVENT

The Redding Rancheria Healthy Heart Program is hosting an outing at the Whiskey Creek Group Picnic Area on June 16, 2012 at 10:00 am. We will screen anyone interested in joining the Redding Rancheria Healthy Heart Program. You must meet eligibility requirements to join the Redding Rancheria Healthy Heart Program which include the following: at least 18 years old, Native American, and have Type 1 or Type 2 diabetes.

If you are looking for an enjoyable day to learn more about diabetes management while being in nature,

please join us. For more information or to RSVP contact Erin Reed at (530)226-1725 no later than May 31, 2012.



DENTAL DEPARTMENT

Dr. Regina Ngo started seeing patients in the beginning of march. With a master's in public health as well as her dental training we expect her to be a valuable addition to the dental department. Melanie Broderick RDA comes to us with many years of experience from Shasta Community Health and has hit the ground running.

The dental department also continues expanding with a new hygienist due to start this month, another RDA to be hired, and plans to add even more providers and support staff with the move to the new building.

Currently we are still restricted to just seeing patients age 20 and under and pregnant women. We will

expand to see more patients with the hiring of a third dentist after we are in the new facility. If any of your patients fit our criteria and desire an appointment they can call the dental department at 226-1750 to make an appointment or you can walk them to the front window and introduce them to Roxanne and she will be happy to get them scheduled.

Todd Gandy

Redding Rancheria Head Start and Child Care

The Head Start and Child Care children and staff ventured down to see the new Cultural Arbor on Monday, April 16th. James Hayward Sr. and Louise Davis walked the kids through the Arbor and talked about the Dance and Native Traditions, while the kids listened to the new Earth Drum. James shared stories of the salmon running along the creek when he was a child and showed the kids how a traditional spear pole works. The kids were also shown the canoes/dugouts that are currently being built and were taken to the sweat lodge where James and Louise spoke about the prayers offered for our families, ourselves and the community. Thank you to James and Louise for their knowledge and wisdom and for their willingness to share with our children



Jayme Stack



Honored Elder Nominations

We are currently taking nominations for the 2012 Stillwater Pow Wow's Honored Elders (ages 50 & older)

Stillwater Pow Wow will be held on October 5-7, 2012

If there is an elder that you would like to nominate please send in:

Biography

Portrait of Elder (please mail in photo we can keep)

Accomplishments

Your contact information

Please mail in nominations by May 21, 2012 to

Attn: Pow Wow Committee

2100 Redding Rancheria Road

Redding, CA 96001

For any questions of more information please contact Louise Davis at 225-8979 x1111 or louised@redding-rancheria.com

Redding Rancheria's
STILLWATER
POW WOV 12



REDDING

RANCHERIA

ALL ENTITIES WALK A MILE IN WOMEN'S SHOES

We got to cheer on 12 of our walkers from The Redding Rancheria, Win-River Casino, Win-River Mini-Mart & River Tasalmi on Saturday, April 7th for The Shasta Women's Refuge, "Walk-A-Mile in Her Shoes Event. Our Walkers raised over \$1500 for the cause. Thank you to everyone who walked, donated to our walkers, and came to cheer on our Team! Thank you Shasta Women's Refuge for inviting us to participate.



EARTH DAY 2012

This year's Earth Day was a success we had 43 vendors and approximately 300 patrons visited the event. Our motto for the tribe is "proud to play a part" and this is what we did. A combined effort between the Environmental Department, Public Relations department, and the help from the staff from Win-River the event went off without any problems.

Climate is changing and we as a people of the land need to play our part as individuals by doing things a little different. Going green is a hard thing to do because of cost, but simple things like recycling, turning -off the lights when not in use, and conserving water not only help the environment but will help your wallet as well.

Don Hayward



EDUCATION DEPARTMENT

JOHNSON O MALLEY

Applications are available on Monday, May 21st, 2012. The deadline is Friday, June 29th by 5:00pm. (Any "complete" late applications received after 5:00pm on June 29th will be put on a waitlist)

Applications are available at Redding Rancheria Tribal Office, Redding Rancheria Head Start, Win-River Casino HR, Redding Rancheria Indian Health Center, LIFE Center and with Indian Education Coordinator, April Carmelo, at the Shasta Union High School District.

Eligibility Requirements:

Copy of Court House Birth Certificates for all children applying. (not Hospital Birth Certificates.)

Copy of Native American Verification: birth certificates showing Native American heritage, we must be able to link the lineage.

School Age Children 3-17 years old & Grades Pre-School to 12th grade. (College students are not eligible for this program)

Pre-School students must submit proof of enrollment in school (REQUIRED)

PLEASE NOTE: Incomplete applications will not be processed- applicants will receive only one (1) courtesy call to complete their application.

Marrysa Schumacher

Tribal Youth

Brianne Schlapia

Brianne Schlapia was picked to the All-NAL Basketball team this year and she was selected to play in the All Star Basketball Game at Simpson University on April 1st. They beat the South Team by 15 points. "The game was fun because I beat a lot of girls that I have played against for years. I look forward to playing for Shasta College next year," says Brianne.



REDDING RANCHERIA WELLNESS

April is National Volunteer Month

There is a very important group of people that participate in the Senior Nutrition Program. They are the elders and non-elders that volunteer to help the lunch program run smoothly. Every year we honor them with a special luncheon and some form of entertainment along with gifts to bribe them to keep coming back! They help in a multitude of ways and each contributes their own unique gift to the elders that come here for lunch. Some greet the newcomers to make them feel welcome. Several help serve the meals to the elders at their tables so they don't have to stand in line as they do at other senior centers. This is a great help especially for those that have difficulty walking. A couple of the elders split the responsibility of counting the money for guest meals and

donations and make sure it is properly accounted for. There are also those that do the thankless job of helping clean up and do dishes. We also have 2 groups of musicians that play music once a month for a small donation and the star of the program is our bingo caller. Because the Senior Nutrition Program is funded by a grant, they help us offer services that we would otherwise be unable to.

The volunteers that we are honoring this year (in no particular order) are:

Bea and Les Gentry, Betty and Bill Chipley, Nina Bennett, Fran Geisler, Diane Ortiz, Myrtle Waggoner, Ilene and Dick Duval, Shirley Vasquez, Robert Bentley, Wally Peppel, Jim Duval, Doyle Begley, Bill Ruhe, Don Lowery and Pete Toro. The musicians are Dennis Martineau, Wayne Carlin, Margaret Carlin, Mike Jackson and Ed Echelberger. Anyone with an interest may volunteer, but non-elders must apply with Human Resources

Ellie Kissick



FROM YOUR PHARMACY



How to make refilling your medication easier

So what does it take to get my refill at the pharmacy? Why does the provider have to be contacted if it's a medication that I take all the time? Why isn't it ready when I arrive to pick it up? How can time spent in the waiting room be reduced? If you ever asked any of these questions then hopefully the following information will provide some helpful hints and make refilling your prescriptions a lot easier.

Refilling prescriptions can sometimes seem like an arduous process. The fact is that the dispensing of prescription drugs is highly regulated by State and Federal laws by which all pharmacies are governed. Although you may be taking a prescription for the rest of your life, limiting the number of refills will ensure that patients regularly return to their physician for important follow-up appointments, monitoring, and evaluation of the effectiveness of the medication. The number of refills that any particular prescription can be given is therefore determined both by pharmacy law and medical prac-

tice. Here's what you can do:

First, check the label on your bottle. It will indicate the number of refills remaining and the date they expire. (Yes, the prescription can expire even if refills are left.) The law places time limits on prescriptions. Depending on the drug, prescriptions expire after six months or one year from the date the prescription was issued. (Prescriptions for Schedule II medications may not be refilled. A new, written prescription is required each time if your physician wants you to continue a Schedule II medication.)

If the refills are valid you may use the phone number listed on your medication bottle to call the pharmacy voicemail. You can assist your pharmacist and avoid delays by calling at least 3 business days before you run out of your medication. This will usually allow the pharmacy enough time to get your medication ready. However, it can possibly take longer (up to 5 business days) if your provider must be contacted.

Once a prescription is allowed to be refilled it must go through a series of steps. These steps are designed to improve efficiency and reduce errors. There are an infinite number of possible disruptions to the process of filling a prescription. In addition, the effort to reduce errors will often decrease the efficiency but is absolutely necessary to ensure patient safety.

1) Data Entry: This part involves the input of information into the computer system. The refill must be processed and the claim transmitted to the insurance company. The claim can also be rejected for a number of reasons (e.g., your insurance mandates a drug change) which requires more time to resolve.

2) Dispensing: This involves locating the stock bottle, counting the tablets, and labeling the vial.

3) Verification: This step can only be done by a pharmacist. It involves verifying every piece of information for accuracy. The final prescription is screened for correct dosage, drug interactions, appropriateness of the medication, drug allergies and that the correct product is being dispensed. This process can be very involved when a patient has multiple medications and/or medical conditions.

4) Release to Patient: This is where the medication is given to the patient, paid for, signed for and counseled by the pharmacist if needed.

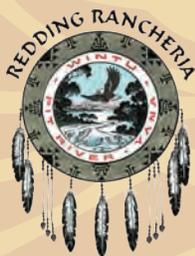
The entire process can be done in an amazingly short time if everything goes smoothly. But keep in mind that each step can be quite time consuming. Either way, please be patient with your pharmacist, your life and health depend on accurate prescriptions being dispensed.

Renee Wolfe



Public Relations E-Newsletter

Relay for Life 2012 was simply amazing! All entities of the Redding Rancheria Tribal Government got together to raise money to help find a cure for cancer! Thank you so much to all who volunteered, participated in activities, walked, served dinner, dealt blackjack, etc. We work for such an incredible group of people who let us enjoy such activities as this.

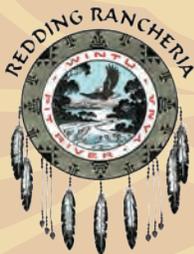


WIN-RIVER
CASINO



Public Relations E-Newsletter

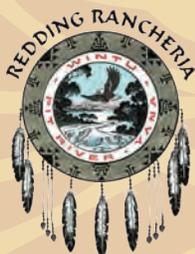
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Redding Rancheria's
STILLWATER
 POW wow 12

Save
 the
 Date

Oct. 5-7, 2012
 Win-River Casino
 (Lower parking lot)

MAY 2012



KI-HET-TI-NA-TAY
 "Sounds of the wind"



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PHARMACY UPDATE
 PAGE 2

19 YEAR ANNIVERSARY
 CELEBRATION
 PAGE 5

TRIBAL YOUTH
 PAGE 6

HEADSTART
 PAGE 7

Interpretive Creekside Trail

Please come down and take a walk. The trail is just about complete, it is 887ft long by 7ft wide. The trail has been incorporated into a one mile loop along with the perimeter of the Redding Rancheria. Recently there was 28 solar lights added to the trail, so people can enjoy it during the evening. So far there have been 5 Cottonwood trees removed and we have planted 14 new trees. The stumps from the trees that had been cut down were carved into Bears, an Eagle Head and more by Circling Skies, owner Carlton Stevens. The signs on the trail have been installed and are there for education. So far this project has taken 18 months to complete.



Pharmacy



Back in 1949 the month of May was designated as Mental Health Month.

It has been an ongoing tradition since then to help increase awareness of mental health conditions which now affect 1 in 4 American adults. (www.nmha.org)

Many people who suffer from mental health conditions attempt to better understand their medications while others would rather have someone else manage their medications for them. However, researchers have discovered that the more involved a mental health consumer is about their medication the better their recovery.

Your pharmacist is a great resource and can help answer questions about possible side effects, dosing, drug and food interactions and any precautions that might be necessary. Because your pharmacist may be the last healthcare professional you see prior to taking medication he or she plays a key role in discussing medication concerns.

Get answers. Get better!

Renee Wolfe

Admissions and Records for RRTHC



As the Redding Rancheria Tribal Health Center (RRTHC) prepares to move into our new building, one area being reviewed is the accuracy and completeness of the registration documents provided to us by our patients. On an annual basis, the center is audited by an outside agency to ensure we meet the Federal Regulations as your Native American health center. In our efforts to ensure these requirements are met, staff will begin the process of review patient registration documents. This means over the next 3 to 6 months, patients may be receiving a letter from RRTHC asking for missing documents to be supplied. One change patients should be aware of is the need for a Tribal Enrollment or CDIB (Certified Degree of Indian Blood) card rather than linking Native American heritage by multiple birth certificates. The CDIB card can be obtained through The Bureau of Indian Affairs, which is located on the corner of Churn Creek and Mistletoe. Patients are being asked to obtain one of these forms of Native American verification to continue to be eligible for services.

Kathy Waurig

BEHAVIORAL DEPARTMENT



May was Mental Health month and our behavioral health team participated in the minds matter health fair, educating the public about stress reduction.

Did you have to deal with traffic on your way to work? Have you been sitting at your desk working away for hours? Are your kids or significant other really wearing on you today? We all encounter these types of events that raise stress levels; it's how we handle it that makes a difference.

Here are three different techniques to try:

Quick Calm

1. inhale deeply and hold for four seconds
2. think "i am warm"
3. exhale and think "I am calm"
4. repeat three times with eyes closed

Instant vacation

1. close your eyes
2. imagine you are on a quiet beach or hilltop
3. feel the sun warm your hands, feet and body
4. stay here and relax the tranquilizer

The Tranquilizer

1. inhale and make tight fists
2. hold for four seconds
3. exhale, relax hands and feel the tension dissolve
4. repeat with muscle groups throughout the body

Practice reducing your levels, it's good for your physical and emotional health!

Amy Brom

Redding Rancheria Head Start and Child Care

Sunshine, parade, barrel racing and balloons. The annual Stick Horse Rodeo was a huge hit with children and families alike. The kids are always so excited to see their fans in the crowd. As you can see the kids put a lot of time into making their special horse and it is always so wonderful to see the parent so involved.

Special thanks to Eric Underwood and Diane Coe for MC duties and Rob Krikorian for BBQ'ing for the large crowd and Thank you to everyone who came out to support the Redding Rancheria Head Start as always.

Jayne Stack



Honored Elder Nominations

We are currently taking nominations for the 2012 Stillwater Pow Wow's Honored Elders (ages 50 & older)

Stillwater Pow Wow will be held on October 5-7, 2012

If there is an elder that you would like to nominate please send in:

Biography

Portrait of Elder (please mail in photo we can keep)

Accomplishments

Your contact information

Please mail in nominations by May 21, 2012 to

Attn: Pow Wow Committee

2100 Redding Rancheria Road

Redding, CA 96001

For any questions of more information please contact Louise Davis at

225-8979 x1111 or louised@redding-rancheria.com





REDDING

19 Year Anniversary Celebration for Redding Rancheria Tribal Members

Win-River Casino celebrated its 19-Year anniversary during the Month of May. Win-River Casino hosted The Redding Rancheria Tribal Member's Night on Monday, May 14th. It is always an honor to invite the membership down so we can thank them for all their support & to give them a night where they can get together and reminisce. During the night they were seated for a great dinner, received special gifts for The 19 Year Anniversary & fellowshiped with their families. Thank you so much to The Redding Rancheria Membership...We appreciate you! Happy Anniversary....



RANCHERIA

Anderson and Redding Greeters

It's tradition for Win-River Casino to host Greeters with both The Anderson & Redding Chamber of Commerce. We held The Anderson Greeters Group on Wednesday, May 16th and The Redding Greeters Group on Thursday, May 17th. Greeters was held at Win-River Casino's Overtime Bar so we could showcase a new part of the casino. Both are such great events & great people to host to celebrate such a wonderful occasion. Happy Anniversary Win-River Casino.



TRIBAL YOUTH

Sarah Gard and Jessica Armentrout had a wonderful idea for a Senior Project. They hosted a shoe drive to send shoes to those in need in underdeveloped countries. "Shoes are important because they help protect people from the elements and diseases, allow children to attend school and just make a person's day better," says Sarah.

After hosting the shoe drive the two girls had collected a total of eight hundred and twenty pairs of shoes. On their way to turn in the shoes the girls found out that the company that shipped the shoes had closed down and last minute had to drive to Las Vegas, to the nearest warehouse, and drop them off in time to be shipped. They did such a great job and helped out a lot of families.



Gladiator Rock n Run

On May 18th a group of 8 employees and 1 non employee traveled to San Jose CA to compete in the Gladiator Rock N Run on May 19th. The Race was a little over 6K which is approx. 4.35 miles and 17 obstacles. The team consisted of 5 men and 4 ladies. This was one of the hardest and most rewarding things I have ever done. The Race was to raise money for T.A.C.A. (Talking about curing Autism) we completed the race as a team in 2 hours. Thank You Redding Rancheria for the sponsorship, and thank you Win-River for all your donations. We will be competing in another race on October 28th in Hollister if you would like to join us on our next race please give me a call @ 242-4559 and I can give you the information.

Don Hayward



REDDING RANCHERIA NATIVE AMERICAN FAMILY CAREGIVER SUPPORT

Did you know.....

Grandparents caring for grandchildren are also eligible for services? If you are Native American, 55 years or older and caring for a child under the age of 18 then you may be eligible for services.

Services we can offer:
Counseling, Information and Referral, Support Groups, Respite and Training. We work closely with Mountain Caregiver Resource Center in providing

workshops and conferences for the family caregiver. We also have a lending library with training tools and books on various topics relating to the tasks and trials of caregiving. We can help link you up with resources in the community such as: Afterschool programs, summer activities for youth, etc. We have a Caregiver Support Group on the second Wednesday of each month for caregivers caring for frail elders and we will have our first support group for Grandparents in July. Refreshments are provided with all Support Group meetings.

If you would like more information on the services offered by the Redding Rancheria Native American Family Support Program, please call Ellie at 242-4594 Monday through Friday 7am to 3pm. (If you receive payment for your services, then you are considered a professional caregiver and are not eligible for family caregiver services).

Ellie Kissick



COMMUNITY SERVICES

Redding Rancheria Family & Children Services (RRFCS) will offer educational and insightful articles and statements that we feel will give positive suggestions and opportunities for change and growth for tribal families. The RRFCS educational article will start off with "The Six Protective Factors." This will be the first of six articles. Also, RRFCS will offer tips for the month and this month includes "Parenting Your School-Age Child."

THE SIX PROTECTIVE FACTORS

Protective factors are conditions in families and communities that, when present, increase the health and well-being of children and families. They are attributes that serve as buffers, helping parents who might otherwise be at risk of abusing their children to find resources, supports, or coping strategies that allow them to parent effectively, even under stress.

- 1) NURTURING and ATTACHMENT
- 2) KNOWLEDGE of PARENTING and CHILD DEVELOPMENT
- 3) PARENTAL RESILIENCE
- 4) SOCIAL CONNECTIONS
- 5) CONCRETE SUPPORTS FOR PARENTS
- 6) SOCIAL and EMOTIONAL COMPETENCE of CHILDREN

Research has shown that these protective factors are linked to a lower incidence of child abuse and neglect.

NURTURING and ATTACHMENT

A child's early experience of being nurtured and developing a bond with a caring adult affects all aspects of behavior and development. When parents and children have strong, warm feelings for one another, children develop trust that their parents will provide what they need to thrive, including love, acceptance, positive guidance, and protection.

Sharing Strategies and Resources to Strengthen Nurturing and Attachment

You can share resources available from your agency and throughout the community on how parents can connect with their children, listen to them, and become more involved in their lives. It is important to note that bonding is a two-way street. As children grow and develop the ability to socialize, relate, and communicate, it is easier for parents to respond positively to them. When a child does not show a positive response to the parent (due to age, a disability, or other factors), the parent may need additional support.

Resources to promote nurturing may include information, examples, and opportunities to practice and receive feedback in the areas of:

Impact of nurturing on development

- Information about infant and toddler development, including brain development
- The importance of an early secure attachment between parents and young children
- Information on shaken baby syndrome and sudden infant death

syndrome

- Examples of secure parent-child attachment at all ages
- Examples of how secure parent-child attachment supports positive child behavior
- Parenting strategies that promote nurturing
- Infant care and strategies that promote bonding and attachment (e.g., breastfeeding, rocking, using a baby carrier, responding to crying, talking lovingly, consistency within and across caregivers, and stability of primary caregivers)
- Cultural differences in how parents and children show affection
- What to do when your child has an emotional or behavioral disability that limits his or her ability to respond to parental nurturing
- Ways to nurture children at every age
- How fathers nurture children
- Ways to engage other important adults as part of a child's "nurturing network"
- Ways to create and sustain healthy marriages that better support a nurturing home environment for children
- Ways to create quality time to play with children in the context of daily activities
- Communicating effectively with older children and resolving conflicts
- Using positive discipline

Source: Preventing Child Maltreatment and Promoting Well-Being: A Network for Action 2012 Resource Guide or find additional resources on Information Gateway.

Parenting Your School-Age Child

Source: <http://www.childwelfare.gov/preventing/promoting/parenting>
What's Happening
Children ages 6 to 12 go through big changes. As they spend more time at school and away from home, they are working to develop an identity of their own. Their bodies are growing stronger and changing quickly, a process that will continue through puberty and the teen years. They are learning to control their feelings, use reason, and solve problems. Yet children in this age group still need rules and structure and, most of all, their parents' love and support.

What You Might Be Seeing

Normal school-age children:

Mature unevenly. Their bodies may be growing, but they are still capable of having temper tantrums and need reminders to take baths and brush their teeth.
See things in black and white. They are concerned about fairness and rules. Are capable of doing chores and homework more independently but may need you to remind and teach them (not do it for them). Get distracted easily and may lack organizational skills. Develop deeper relationships with peers and care deeply about "fitting in."

What You Can Do

Model the behavior you want to see. Your children are watching and learning from you. Meet your responsibilities, follow house rules, and communicate with respect.

Make a few important rules and enforce them every time. Remember, children want freedom, so give them choices in smaller matters (e.g., clothing, room decorations).

Talk to children about what you expect. Post rules and routines where everyone can see them. Fewer "grey areas" means less to argue about.

Support their growing bodies. Children this age still need nutritious meals (especially breakfast) and 10 hours of sleep each night.

Limit time spent watching TV, playing video games, or using the computer. Monitor Internet use for safety, and encourage your children to participate in hobbies and sports.

Be involved with your children's school. Talk to their teachers and attend parents' night and school conferences. Show that school is important to you by providing a quiet space for homework, volunteering in your child's school, and celebrating your child's hard work.

Offer support and understanding when your child has problems with peers. Explore ways to resolve conflicts, but do not interfere. If your child is being bullied at school, alert school staff and work with them to keep your child safe.

Don't wait for your children to learn about sex, alcohol, and drugs from peers. Educate yourself and talk to your children about your values. Help them practice ways to resist peer pressure.

Remember:

Talk to your children, and listen to what they have to say. School-age children may sometimes act like they don't care what their parents say, but they still want your love, attention, and guidance!

Radley Davis