



*“You Have To Know Who You Are.”*

—HENRY AZBILL (1899 –1973) MECHOOPDA MAIDU

MECHOOPDA INDIAN TRIBE OF CHICO RANCHERIA

MAY 2023 ISSUE

# Mechoopda Messenger

## *Mechoopda Tribal Members*

Wood & Woodchips available to Mechoopda Tribal Members. You will need to cut and load yourself.

### Wood (mainly Cottonwood)



### Woodchips (wood type unknown)



Contact Ira for more information: (530) 966-5605

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#### COMING EVENTS

#### COUNCIL MEETINGS

SATURDAY,  
MAY 6  
9:00 A.M.

TUESDAY,  
MAY 16  
5:30 P.M.

# SURVEYS/ANNOUNCEMENTS

## DISPOSABLE MASK REQUEST

Mechoopda Indian Tribe of Chico Rancheria is currently able to provide a disbursement of disposable (one-time use) and cloth (reusable) masks to enrolled Tribal members. Please complete this survey to request a disbursement of masks. Inaccurate or incomplete requests may result in a delay of processing.

**Link:** <https://forms.gle/fqpg8vejGxX1QgPi7>

If you have any questions about this survey, please contact our office at (530) 899-8922 or [mit@mechoopda-nsn.gov](mailto:mit@mechoopda-nsn.gov).

SCAN QR CODE FOR EASY  
ACCESS TO THE FORM



## NEW TRIBAL COUNCIL MEETING REQUEST

Please complete this form to request the login information for the **2023** Tribal Council meetings. This form will be checked at least 24 hours before each Tribal Council meeting.

**Link:** <https://forms.gle/Kymv6aB7TaXdS9PLA>

If you have any questions about this survey, please contact our office at (530) 899-8922 or [mit@mechoopda-nsn.gov](mailto:mit@mechoopda-nsn.gov).

SCAN QR CODE FOR EASY  
ACCESS TO THE FORM



## AIR PURIFIER REQUEST

Mechoopda Indian Tribe of Chico Rancheria is currently offering air purifiers for Tribal members who were recently affected by the 2021 wildfires. We will continue this program until funds are exhausted. Inaccurate or incomplete requests may result in a delay of processing.

**NOTE: If you have received an air purifier from the Tribe in the last three (3) years, we will be able to send a replacement filter (or Amazon gift card for the cost of a replacement filter). If you have not received an air purifier in the last three (3) years, you will be eligible to receive a new one (if available).**

**Link:** <https://forms.gle/dFKDaof3CoUihRTQ8>

If you have any questions about this survey, please contact our office at (530) 899-8922 or [mit@mechoopda-nsn.gov](mailto:mit@mechoopda-nsn.gov).

SCAN QR CODE FOR EASY  
ACCESS TO THE FORM



## WATER ASSISTANCE FOR TRIBAL MEMBERS

The Tribal Council has allocated funds to assist Tribal members experiencing water shortage due to a dry well. This program will provide water delivered by a water truck and is available to Tribal members whose home water supply is provided by a well. The home must have storage tanks to hold any water delivered to the home. Please complete the online survey at:

<https://forms.gle/zPBizqptDV8zKKe79> to request assistance.

We will make every attempt to provide assistance to all who request it, but please note that the maximum assistance will be \$1,000 in water delivery and funding is limited for this program. If you have any questions, please contact the Tribal Administration Office at [mit@mechoopda-nsn.gov](mailto:mit@mechoopda-nsn.gov) or (530) 899-8922.

SCAN QR CODE FOR EASY  
ACCESS TO SURVEY



## ATTENTION MECHOOPDA TRIBAL MEMBER SMALL BUSINESS OWNERS

We would like to let members know about services provided by Tribal-owned businesses. To that end, we would like to create a listing of small businesses owned by Mechoopda Tribal members. We will post this list in the newsletter as well as on the website. If you are an enrolled Mechoopda Tribal member who owns a small business and would like the business listed in the newsletter and website, please fill out the Google Form and provide the required information to add your business to the list. <https://forms.gle/FXMBPu4naRVp6TvPA>

*The Tribe will not provide any type of endorsement or recommendation regarding products or services and members are prohibited from representing otherwise.*

## Mechoopda Indian Tribe Staff Directory

TRIBAL ADMINISTRATION OFFICE (530) 899-8922 + Extension						
First Name	Last Name	Title	Ext	MIT Direct Line	Work Cell	Email
<b>ADMINISTRATION DEPARTMENT</b>						
Dennis	Ramirez	Tribal Chairman	215	(530) 924-2715	(530) 514-1582	<a href="mailto:dramirez@mechoopda-nsn.gov">dramirez@mechoopda-nsn.gov</a>
Mark	Alabanza	Tribal Administrator	217	(530) 924-2717	(530) 519-6467	<a href="mailto:malabanza@mechoopda-nsn.gov">malabanza@mechoopda-nsn.gov</a>
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Stephine	Spielman	Office Coordinator	227	(530) 924-2716		<a href="mailto:sspielman@mechoopda-nsn.gov">sspielman@mechoopda-nsn.gov</a>
Susie	Cortez	Enrollment Coordinator	226	(530) 924-2702	(530) 228-9408	<a href="mailto:scortez@mechoopda-nsn.gov">scortez@mechoopda-nsn.gov</a>
Elizabeth	Thomas	Administrative Assistant	201	(530) 899-8922		<a href="mailto:ethomas@mechoopda-nsn.gov">ethomas@mechoopda-nsn.gov</a>
<b>FISCAL DEPARTMENT</b>						
Lisa	Hood	Director of Finance	206	(530) 924-2706	(530) 519-3515	<a href="mailto:lhood@mechoopda-nsn.gov">lhood@mechoopda-nsn.gov</a>
Sarah	Thompson	Accounts Payable and Receivable Specialist	207	(530) 924-2700	(530) 519-3455	<a href="mailto:sthompson@mechoopda-nsn.gov">sthompson@mechoopda-nsn.gov</a>
Annie	Quintana	Grant Manager	205	(530) 924-2705	(530) 514-3765	<a href="mailto:aquintana@mechoopda-nsn.gov">aquintana@mechoopda-nsn.gov</a>
Terry	Boulton	Accounts Payable and Receivable Specialist	270	(530) 924-2707		<a href="mailto:tboulton@mechoopda-nsn.gov">tboulton@mechoopda-nsn.gov</a>
<b>BUSINESS DEVELOPMENT DEPARTMENT</b>						
Sandra	Knight	Economic Development Director	213	(530) 924-2713	(530) 519-7748	<a href="mailto:sknight@mechoopda-nsn.gov">sknight@mechoopda-nsn.gov</a>
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<b>OFFICE OF ENVIROMENTAL PLANNING &amp; PROTECTION</b>						
He-Lo	Ramirez	Environmental Planning and Protection Director	219	(530) 924-2719	(530) 228-7688	<a href="mailto:hramirez@mechoopda-nsn.gov">hramirez@mechoopda-nsn.gov</a>
Patrick	Spielman	Land Manager	220	(530) 924-2720	(530) 519-5011	<a href="mailto:pspielman@mechoopda-nsn.gov">pspielman@mechoopda-nsn.gov</a>
Kyle	McHenry	Cultural Director	203	(530) 924-2703	(530) 514-1298	<a href="mailto:kmchenry@mechoopda-nsn.gov">kmchenry@mechoopda-nsn.gov</a>
<b>COMMUNITY SERVICES</b>						
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Emilio	Siaz	Wellness and Health Patient Navigator	232	(530) 924-2712		<a href="mailto:esiaz@mechoopda-nsn.gov">esiaz@mechoopda-nsn.gov</a>
<b>EDUCATION DEPARTMENT</b>						
Amber	Marquiss	Education and Child Care Specialist	211	(530) 924-2711		<a href="mailto:amarquiss@mechoopda-nsn.gov">amarquiss@mechoopda-nsn.gov</a>
Vacant		Edueducation and Childcare Assisstant II			(530) 519-4711	
<b>TRIBAL YOUTH</b>						
Paulita	Hopper	Wellness and Community Services Coordinator	214	(530) 924-2714	(530) 514-8898	<a href="mailto:phopper@mechoopda-nsn.gov">phopper@mechoopda-nsn.gov</a>
Jessie	Kai	Cultural Mentor	218	(530) 924-2718	(530) 228-7651	<a href="mailto:jkai@mechoopda-nsn.gov">jkai@mechoopda-nsn.gov</a>
Vacant		Cultural Mentor	739	(530) 924-2739	(530) 519-3151	
Vacant		Youth Activities Coordinator				
<b>ELDERS PROGRAM</b>						
Ophelia	Ceja	Driver	739	(530) 924-2739	(530) 519-3151	<a href="mailto:eldersprogram@mechoopda-nsn.gov">eldersprogram@mechoopda-nsn.gov</a>
<b>ADVOCACY SERVICES</b>						
Sirena	Bradley	Advocacy Services Manager	224	(530) 924-2724	(530) 228-9436	<a href="mailto:sbradley@mechoopda-nsn.gov">sbradley@mechoopda-nsn.gov</a>
<b>CHICO RANCHERIA HOUSING CORPORATION OFFICE (530) 343-4048 + Extension</b>						
First Name	Last Name	Title	Ext	Office Number	Work Cell	Email
Anthony	Tyler	Executive Director	101	(530) 343-4048	(530) 720-8351	<a href="mailto:atyler@crhc-nsn.gov">atyler@crhc-nsn.gov</a>
Roxy	Hice	Admin Asst	102	(530) 343-4048	(530) 636-3489	<a href="mailto:rhice@crhc-nsn.gov">rhice@crhc-nsn.gov</a>
Melanie	Koons	Program Manager	103	(530) 343-4048	(530) 720-4499	<a href="mailto:mkoons@crhc-nsn.gov">mkoons@crhc-nsn.gov</a>
Nikia	Huitt	ROSS Coordinator	104	(530) 343-4048	(530) 636-3538	<a href="mailto:nhuitt@crhc-nsn.gov">nhuitt@crhc-nsn.gov</a>
<b>BOOST CREDIT LINE Office Fax: (530) 899-8517</b>						
First Name	Last Name	Title	Ext	MIT Direct Line	Work Cell	Email
Robyn	Forristel	MTLE Executive Administrative Assistant	222	(530) 924-2722	(530) 591-4820	<a href="mailto:rforristel@mechoopda-nsn.gov">rforristel@mechoopda-nsn.gov</a>

Website Link: <https://www.mechoopda-nsn.gov/members/department-directory/>

# ATTENTION HOMEOWNERS

If you are a homeowner who is experiencing financial hardship due to the COVID pandemic, Chico Rancheria Housing Corporation may be able to help. The Homeowner Assistance Fund program offers assistance with the following:

- Mortgage Payment Assistance
- Mortgage Reinstatement due to Default, Delinquency, Forbearance
- Mortgage Principle Reduction
- Mortgage Interest Rate Reduction
- Utility Services Payment Assistance
- Internet Service Payment Assistance

*For more information, contact the staff at Chico Rancheria Housing Corporation at (530)343-4048 or [rhice@crhc-nsn.gov](mailto:rhice@crhc-nsn.gov).*



# MECHOOPDA BUSINESS DEVELOPMENT NEWS

By Sandra Knight



We understand everyone is excited about our new casino and would like to visit the construction site. However, we must limit access due to safety concerns. Safety is our primary concern, and the casino is an active construction site.

We also need the construction workers to stay on task and meet their timelines.

We anticipate having an open house for our members and the Tachi Yokut members. We will keep you informed as we move closer to July/August.

In the meantime, we have created a Vimeo account to upload recent construction progress videos. Please check our Facebook page for updated links for new videos as they become available.

Below is the link to view the construction progress videos:

<https://vimeo.com/816341452>

The videos will be password protected;

PASSWORD IS: 1920Alcott

Thank you for your understanding!



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Business Development Specialist  
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Email: [dbelone@mechoopda-nsn.gov](mailto:dbelone@mechoopda-nsn.gov)

Sandra Knight  
Economic Development Director  
Phone: (530) 899-8922 ext.213  
Email: [sknight@mechoopda-nsn.gov](mailto:sknight@mechoopda-nsn.gov)

# CHICO RANCHERIA HOUSING CORPORATION

1920 Alcott Ave. Chico, CA 95928

530-343-4048 FAX: 530-343-4091

<http://www.chicorancheriahousingcorporation.org/>

## Here are the programs we offer and where they are available:

- **Move in Assistance:** We assist with the security deposit & first month's rent. Available anywhere in the nation
- **Rental Assistance (TBRA):** Assists with monthly rental assistance; Student TBRA available anywhere in the nation to full time students. Family TBRA available in Butte, Glenn & Tehama Counties. Senior TBRA available anywhere in the nation.
- **Low Income Rental Program:** Our units we rent to tribal members, available in Chico, CA exclusively.
- **Owner Occupied Home Rehabilitation:** Helps with home repairs, available within 250 miles of Chico, CA
- **Elder Owner Occupied Minor Home Rehabilitation:** Helps Elders with appliance repair/ replacement, available anywhere in the nation
- **Homebuyer's Assistance Program:** Assists with the down payment of your first home, available anywhere in the nation.

*Additional requirements and waitlists may apply to individual programs, contact our office for more information.*

Applications are available on our website, by contacting our office at 530-343-4048 or by email at [rhice@crhc-nsn.gov](mailto:rhice@crhc-nsn.gov) to have one sent to directly to you.

## CRHC Board of Directors' Meeting:

*April 04, 2023- Approved Agenda Items:*

- *There were no action items presented to the Board of Directors*

**Next Regular Board Meeting: 05/02/2023 at 4:00 p.m. at the Tribal Office**

### CRHC STAFF DIRECTORY (530) 343-4048

**Anthony Tyler**, Housing Director: Ext. 101  
Email: [atyler@crhc-nsn.gov](mailto:atyler@crhc-nsn.gov)

**Roxy Hice**, Administrative Assistant: Ext. 102  
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**Nikia Huitt**, Ross Coordinator: Ext. 104  
Email: [nhuitt@crhc-nsn.gov](mailto:nhuitt@crhc-nsn.gov)

**Melanie Koons**, Program Manager: Ext. 103  
Email: [mkoons@crhc-nsn.gov](mailto:mkoons@crhc-nsn.gov)

# COMMUNITY SERVICES

Submitted By Emilio Siaz



## COLORFUL PRODUCE

No single fruit or vegetable provides all of the nutrients you need to be healthy. Eating a variety of types and colors of produce gives your body the mix of nutrients it needs.

Here are some tips to eat more vegetables and fruits each day:

- Keep fruit where you can see it. Place several ready-to-eat washed whole fruits in a bowl or store chopped colorful fruits in a glass bowl in the refrigerator.
- Explore the produce aisle and choose something new. Try to get at least one serving from each of the following categories: dark green leafy vegetables; yellow or orange fruits and vegetables; red fruits and vegetables; legumes and peas; and citrus fruits.
- Skip the potatoes. Choose other vegetables that are packed with different nutrients and more slowly digested carbohydrates.
- Make it a meal. Try cooking new recipes that include more vegetables. Salads, soups, and stir-fries are just a few ideas for increasing the number of tasty vegetables in your meals.

Source: *Harvard School of Public Health*

Emilio Siaz  
Health & Wellness Coordinator  
Phone: (530) 924-2712  
Email: [esiaz@mechoopda-nsn.gov](mailto:esiaz@mechoopda-nsn.gov)

# ADVOCACY SERVICES

Submitted By Sirena Bradley

## MAY IS MENTAL HEALTH AWARENESS MONTH



## MENTAL HEALTH - IT'S OKAY TO TALK ABOUT IT

**Together, we can stamp out stigma surrounding  
mental illness and substance abuse disorders.**

Talking and sharing about mental health can be tricky, but we're here to help break the stigma. Join us this month in bringing awareness to improved mental wellness in our communities.

### Butte County Mental Health Resources

#### Butte County Behavioral Health

5608 Cohasset Road, Suite 180, Chico CA 95926  
18 County Center Drive, Oroville, CA 95965

**24 Hour Crisis Line (800) 334-6622**

**Chico Adult Outpatient (530) 891-2784**

**Chico Youth Outpatient (530) 891-2945**

**Oroville Adult Outpatient (530) 538-7705**

**Oroville Youth Outpatient (530) 538-2158**

#### Feather River Tribal Health

2145 5th Avenue, Oroville, CA 95965

**(530) 534-5394**

#### Northern Valley Indian Health

1990 Concord Avenue, Chico, CA 95928

**(530) 809-3300**

500 Cohasset Road, Suite 15, Chico, CA 95926

**(530) 433-2500**

845 W. East Avenue, Chico, CA 95926

**(530) 869-9400**

#### Northern Valley Catholic Social Services

10 Independence Circle, Chico, CA 95973

**(530) 345-1600**

2185 Baldwin Avenue, Oroville, CA 95966

**(530) 538-8221**

Additional resources and referrals are available through the Advocacy Services Program. Contact Program Manager Sirena Bradley at (530) 924-2724 or [sbradley@mechoopda-nsn.gov](mailto:sbradley@mechoopda-nsn.gov) for more information.

**Sirena Bradley**

Email: [sbradley@mechoopda-nsn.gov](mailto:sbradley@mechoopda-nsn.gov)

Phone: (530) 899-8922 Ext 224

or Cell Phone: (530) 228-9436



# OEPP NEWS

Office of Environmental Planning and Protection  
By He-Lo Ramirez

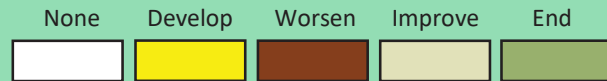
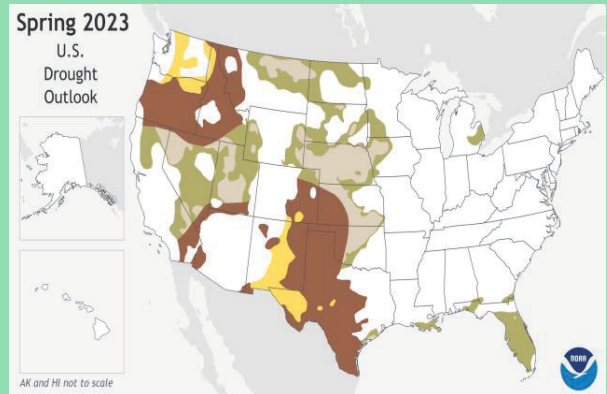


ólolomjo:  
(poppy)

May 2023

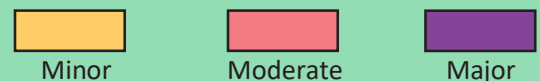
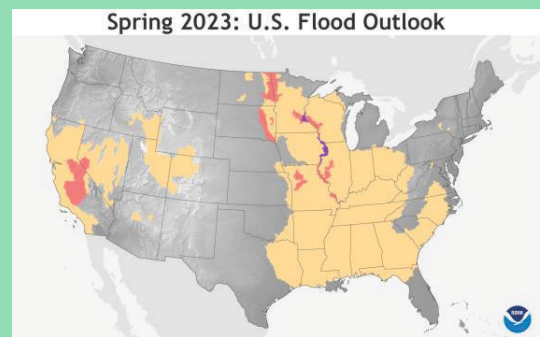
This past rain season California has experienced numerous atmospheric rivers resulting in more precipitation than usual. This abnormally wet winter/spring will alleviate drought conditions in California as record breaking snowpack melts in the months to come. National Oceanic and Atmospheric Administration (NOAA) Administrator Rick Spinrad has this to say; “Climate Change is driving both wet and dry extremes ... NOAA will invest significant resources to build a Climate-Ready Nation”.

NOAA on March 9<sup>th</sup> declared the La Niña weather pattern, of the last few years, over and stated that they expect, “ENSO-neutral, the transition period between El Niño and La Niña, is likely to continue into the early summer with elevated chances of El Niño developing thereafter”. La Niña occurs when the Pacific Ocean temperature is cooler leading to less rainfall on the U.S. Pacific Coast. El Niño occurs when the temperature of the Pacific Ocean is warmer causing more rainfall on the U.S. Pacific Coast.



This map depicts where there is a greater than 50% chance of drought persistence, development, or improvement based on short- and long-range statistical and dynamical forecasts during March 16 through June 30, 2023. (Image credit: NOAA)

Emergency response and preparedness does not only take the form of wildfire preparedness. This year much of the State of California will continue to be at risk of flooding. Above normal to record breaking snowpack levels in the Sierra Nevada mountains, combined with already saturated soils, increases the likelihood of Spring flooding due to snow melt. Please check with your local county, many of which in Northern California utilize “Code Red”, to sign-up and receive emergency response notifications such as evacuation warnings and orders. Stay informed about local flood forecasts and warnings at “weather.gov”.



He-Lo Ramirez  
OEPP Director  
Phone: (530) 899-8922 Ext 219  
Email: hramirez@mechoopda-nsn.gov  
OEPP Instagram: @mechoopda\_oepp

RSVP for the OEPP Youth Summer Camp!  
<https://forms.gle/g4YVx16sVdu1Xewy7>

Source: <https://www.noaa.gov/news-release/spring-outlook-california-drought-cut-by-half-with-more-relief-to-come>

Patrick Spielman  
Restoration Ecologist  
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# HEALTH CORNER

## Community Calendar Chico

# MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5 <b>DEEP</b> 9:30 - 11:30am  Wear red in honor of MMIWG Day	6
7	8	9	10	11	12	13
<b>National Women's Health Week 7th-13th</b>						
		Healthy Steps 1:00 - 2:00pm	Healthy Steps 1:00 - 2:00pm	Health Series Luncheon 12:00 - 2:00pm	DEEP 9:30 - 11:30am	
14 	15	16 Elders Luncheon 11:00 am - 2:00pm Healthy Steps 1:00 - 2:00pm	17 Healthy Steps 1:00 - 2:00pm	18	19 DEEP 9:30 - 11:30am	20
21	22	23 Healthy Steps 1:00 - 2:00pm	24 Healthy Steps 1:00 - 2:00pm	25 Diabetes Talking Circle 2:00 - 3:30pm	26 DEEP 9:30 - 11:30am	27
28	NVIH CLOSED 29 	30 Healthy Steps 1:00 - 2:00pm	31 Healthy Steps 1:00 - 2:00pm			



Northern Valley Indian Health

[NVIH.org/Community-Health-and-Outreach](https://nvih.org/)

Chico: (530) 899-5156 | Willows: (530) 934-5431 | Woodland: (530) 207-5483

Visit the Northern Valley Indian Health Website: <https://nvih.org/>

Facebook Page: <https://www.facebook.com/northernvalleyindianhealth>

Instagram: <https://www.instagram.com/northernvalleyindianhealth/>

# Community Events

## Healthy Steps

Improves physical and emotional well-being by elevating the quality of life through therapeutic exercise and movement; healing body, mind, and spirit.

Dates: Tuesdays, May 2, 9, 16, 23, & 30 and Wednesdays, May 3, 10, 17, 24 & 31

Time: 1:00 - 2:00pm

Location: Conference Room, 1990 Concord Ave., Chico

## DEEP

Diabetes Empowerment Education Program is a diabetes self-management program that has been shown to be successful in helping participants take control of their disease and reduce the risk of complications.

Dates: Fridays, May 5, 12, 19 & 26

Time: 9:30 - 11:30am

Location: Conference Room, 1990 Concord Ave., Chico

## Health Series Luncheon

In honor of Mental Health Awareness Month, TBD team will be presenting an educational piece followed by physical movement, a craft and a healthy lunch.

Date: Thursday, May 11

Time: 12:00 - 2:00pm

Location: Conference Room, 1990 Concord Ave., Chico

## Diabetes Talking Circle

Monthly group to provide emotional and physical support to those living with diabetes.

Date: Thursday, May 25

Time: 2:00 - 3:30pm

Location: Conference Room, 1990 Concord Ave., Chico

### Missing and Murdered Native Women and Girls

National Statistics

#### Violence against American Indian/Alaska Native Women

Compared to all other races, they are...

- 2.5x** as likely to experience violent crimes
- 2x** more likely to experience rape or sexual assault crimes

#### National Crime Information Center Missing and Unidentified Person 2020 Statistics

- 4244 0-20 year olds
- 1049 21+ year olds
- 5,293** incidents
- 578 cases still open at end of 2020
- 690\* were logged into the federal database

#### 1.5 million women

More than 4/5 AI/AK Native women experienced violence in their lifetime

#### Homicide

- #3 leading cause of death among 10 - 24 year olds
- #5 leading cause of death among 25 - 34 year olds

#### 40%

Victims of sex trafficking are identified as AI/AK Native women

#### Top 10 states with highest number of MMIWG cases \*\*

\* (NameUS, as of 12-1-20) \*\* (NameUS, as of 8-1-21)  
2020 NCIC statistics from www.fbi.gov/file-repository/2020-ncic-missing-person-and-identified-person-statistics.pdf

National Criminal Justice Training Center  
855-866-2582 | info@ncjtc.org | ncjtc.org | facebook.com/ncjtc

**Northern Valley Indian Health**  
YOUR HEALTH. OUR MISSION.

Join the Community Health & Outreach team

# DEEP



## Diabetes Empowerment Education Program

DEEP is a diabetes self-management program that has been shown to be successful in helping participants take control of their disease and reduce the risk of complications.

Program will be every Friday 9:30-11:30am  
April 28th to June 2, 2023.

Please contact the Community Health & Outreach team at 530-899-5156 for more information or to RSVP!

# D E E P

## Diabetes Education Empowerment Program

- 1

**Beginning session - Understanding the Human Body**

**Understanding the Human Body**  
What is diabetes? Important systems, organs, and how diabetes affects the functions of the body.
- 2

**Understanding Risk Factors for Diabetes**

**Understanding Diabetes**  
Types of Diabetes, causes, signs, and symptoms. Who should be tested?
- 3

**Monitoring Your Body**

**Monitoring Your Body**  
Glucose self-monitoring, A1c, fasting glucose, hypoglycemia and hyperglycemia.
- 4

**Get up and Move! Physical activity**

**Get up and Move! Physical Activity**  
Reasons for physical activity, precautions before starting, scope of physical activity, and practicing safely.
- 5

**Health Management Through Meal Planning**

**Health Maintenance Through Meal Planning: Food Labels**  
Why and how to read food labels. Calories, fat, sodium, carbohydrates, proteins, vitamins and minerals.
- 6

**Diabetes Complications: Identification and Prevention**

**Diabetes Complications: Identification and Prevention**  
Types of diabetes complications. Explore lifestyle changes.
- 7

**Learning About Medications and Medical Care**

**Learning about Medications and Medical Care**  
ABCs of Diabetes Management.
- 8

**Living With Diabetes: Mobilizing Family And Friends**

**Living with Diabetes**  
Human behavior and health.

**OBJECTIVES:**

- Minimize diabetes risk factors
- Increase self-management skills.

**GOALS:** Prevent and/or minimize adverse health outcomes related to diabetes.

**8 training modules over 6-8 weeks designed to educate and involve patients in their own diabetes journey and management!**



# Northern Valley Indian Health

## MAY NEWSLETTER

### NATIONAL MENTAL HEALTH MONTH

#### What is Mental Health?

Mental health is a state of well-being that allows people to think, feel, and act. It also affects the way humans handle emotions, life stressors, relationships, and the ability to make healthy choices. Mental health is more than a diagnosed disorder, it is the way that the brain functions after years of developing from childhood to adulthood. It is important to obtain mental health support when one is young to help increase mental well-being in the future.

#### What Causes Mental Health?

Mental health is caused by a variety of life factors. A few examples include:

- ACEs also known as Adverse Childhood Experiences
- Chronic health diseases such as cancer or diabetes
- Substance use and biological factors such as genetics
- Exposure to unfavorable social, economic, and environmental circumstances

#### Why is Mental Health Important?

Mental health plays a huge part in physical health. Mental health determines what we will be doing each day. These activities can range from planning out ones day, choosing who we will socialize with, and what we will be eating for that day. If one is suffering with mental health issues, their activity levels will be lower, which can develop into unhealthy habits that can worsen one's health. This is why it is important to ask for support.

**Mental health is a basic human right that everyone should have access to.**

#### Reminders

See CH/OR calendar for more information about physical movement and educational classes.

- Diabetes Education Empowerment Program (DEEP)
- Health Series Luncheon
- Diabetes Talking Circle



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#### 3 Ways to Celebrate Mental Health Month

1. **Socialize**- Stay connected with the people you care about. This can be as easy as asking someone how they are doing, how they are feeling, or simply catching up with loved ones.
2. **Prioritize your Mental Health**- Take time to reflect on how you are feeling. This is the perfect time to check in with your body on what you need to improve. This may be getting more sleep, eating healthier foods, or fitting in more exercise into your daily routine.
3. **Educate**- Help educate others about mental health. A perfect way to help would be providing helpful information and resources to community members. Spreading positive knowledge around the community is one way to help fight back against mental health.

#### No Fry Day Importance

Most skin cancer is caused by overexposure of ultraviolet (UV) rays from the sun. When going outside for a long period of time it is important to make sure that you are wearing sunscreen to protect sun-exposed skin; this includes the face, lips, ears, neck, scalp, arms, hands, and legs. Reapplying sunscreen every 2 hours can help prevent skin cancer, as well.

#### ABCDE Guide

With the help of the ABCs you can help detect early symptoms of skin cancer. Not every form of skin cancer is the same, but if you see something different or new such as a mole on your skin don't be afraid to speak to your provider.

A	B	C	D	E
ASYMMETRY	BORDER	COLOR	DIAMETER	EVOLUTION
One half does not match the other half	Uneven borders	Variety of colors like brown, tan, or black	Grows larger than the size of a pencil eraser (¼ inch)	Change in size, shape, color, elevation, another trait, or new symptom

#### Health Observances

- Wear Red for MMIWG Day- May 5th
- Women's Health Week- May 7th-13th
- Mothers Day- May 14th
- Trauma Survivor Day- May 17th
- No Fry Day- May 26th
- Memorial Day- May 29th
- No Tobacco Day- May 31st

#### Tobacco Education

- Traditional tobacco is natural, non-addictive, and has no additives.
- Commercial tobacco can cause harm and a wide variety of health problems such as addiction.
- Tobacco is something that should be honored and respected.
- Educating the youth about the proper use of tobacco for sacred purposes can help diminish the use of commercial tobacco and prevent future health problems.



RESPECT TOBACCO

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# PERSONAL DATA CHANGE FORM INFORMATION

## SUBMITTING YOUR PERSONAL DATA CHANGE FORM

### WALK-IN

Come into the office and submit your form in-person.

Form DOES NOT need to be notarized if you are submitting your Personal Data Change Form in-person.

### US MAIL, FAX OR EMAIL

- Send your form via US Mail to: 1920 Alcott Ave. Chico, CA. 95928
- Fax your form to: (530) 899-8517
- Email your form to: MIT@mechoopda-nsn.gov

Form **must** be notarized if it is being submitted via fax, email, or by US Mail.

Please make sure to include the notary certificate of acknowledgement page.

### VIRTUAL

Schedule a virtual Zoom meeting with the Enrollment Coordinator.

To complete and submit your Personal Data Change Form, we will start providing virtual authorization via the Zoom platform. This process will be available to any Tribal member that is unable to change their information without coming into the office or obtaining a notary. This option is available **by appointment ONLY**. Please contact the Enrollment Coordinator for requirements and to schedule your appointment.

**Email:** scortez@mechoopda-nsn.gov OR **Call:** (530) 899-8922 ext 226



**ADDRESS CHANGE:** If you have recently moved, please update your address with the Mechoopda office and the Post Office so that you receive any correspondence we mail to you. The NEW Personal Data Change form is available on the Mechoopda website under the Members tab.

[WWW.MECHOOPDA-NSN.GOV/MEMBERS/MEMBER-SERVICES-DEPARTMENTS/ADMINISTRATION](http://WWW.MECHOOPDA-NSN.GOV/MEMBERS/MEMBER-SERVICES-DEPARTMENTS/ADMINISTRATION)



# MAY BIRTHDAYS



Sandra Knight	1	Kimberly Topping	13
Frank Ramirez IV	1	Angelina Demoret	14
Ava Wilson	1	Huyana Dozier	14
Brooklyn Drenon	1	Hope Clements	16
Annalisa Nava	1	Maryjane Huguley	16
Sean Smiley II	1	Charlee Ganzer	17
Danielle Meders	2	Luane Thorpe	18
Dallas Davis	2	Homer Sylvers Jr.	19
Maximilano Cortes Jr.	2	Amanda Cooley	19
Jarred Durant	3	Susanna Robles	20
Dakota Austin	3	Jessie Aranda-Wood	21
Noah McCloud	3	Lance Leistikow	21
Brian Fred	4	Kathy Steele	22
Titus Steltz	4	Patti Klipper	23
Chanelle Hauptman	6	Craig Sylvers	23
Melissa Fred-McCloud	6	Julia Hopper	23
George Clements	7	Juan Estrada	23
Mark Stubblefield	8	Genesee Vierra	23
Isaiah Brown	8	Christopher Stubblefield	24
Maia Hyde	8	Andrea Kent	24
Frederick Delgado	9	Troy Ables	25
Jana Stubblefield	9	Joseph Vigil	25
Julie Stubblefield	9	Nytyka Vigil	25
Kyle Rider	9	Natalia Demoret	26
Skylar Armendarez	9	May Clark	26
Athena Vigil	9	Valerie Shaffer	27
John Vigil Sr.	10	Elizabeth Thomas	29
Steve Santos	11	Sivero Jamito	29
T'at'am Jo McHenry	11	Bradly Rice	30
Emick Brown	12	Roxanne Chavez	30

# ANNOUNCEMENTS

## TRIBAL COUNCIL CONTACT INFORMATION

Dennis Ramirez  
*Chairman*  
dramirez@mechoopda-nsn.gov

Sandra Knight  
*Vice Chairperson*  
sknight@mechoopda-nsn.gov

Roberta Lewis  
*Secretary*  
rlewis@mechoopda-nsn.gov

He-Lo Ramirez  
*Treasurer*  
hramirez@mechoopda-nsn.gov

Barbara Rose  
*Member at Large*  
brose@mechoopda-nsn.gov

Jenny Adkins  
*Member at Large*  
jadkins@mechoopda-nsn.gov

Isaiah Meders  
*Member at Large*  
imeders@mechoopda-nsn.gov

## BUSINESSES OWNED BY MECHOOPDA TRIBAL MEMBERS

**TRIBAL MEMBER:** Jessie Kai  
**Jessie Kai Pest Control Company**  
530-592-6259  
[jessiekaipec.com](http://jessiekaipec.com)  
Jessiekai907@gmail.com

On-Call Monday through Sunday

General pest control- We service residential and commercial structures for most pest problems.

Bedbug and German cockroach control is an extra consideration.

**TRIBAL MEMBER:** Chris McHenry  
**Cal Java Coffee Esplanade**  
1601 B Esplanade Chico, CA. 95926  
530-894-3534  
mchenrycaljava@gmail.com

Full-service coffee shop serving breakfast and lunch items. They have fresh baked muffins, cinnamon rolls and cookies daily.

Open M-F 6:30 a.m. - 2:00 p.m. and Saturday 8:00 a.m.-12:00 p.m.

Disclaimer: Listing is for informational purposes only and does not constitute the Tribe's an endorsement of a business' services.

## MECHOOPDA TRIBAL MEMBERS

To submit an announcement in the monthly Messenger, please email Lisa Steele for more information:  
lsteele@mechoopda-nsn.gov

The following are the submission due dates for the 2023 Mechoopda Messenger

**ALL SUBMISSIONS ARE  
DUE BY 12:00 PM PST**

May 19
June 16
July 21
August 18
September 21
October 20
November 17
December 20

## ELECTION COMMITTEE:

TERM TO 12/31/2023 (1 open position)

If you would like to serve on the above committee, complete and submit the Committee/Board Application by **May 15, 2023**. (Please call to schedule an appointment to pick up an application) **Background checks are required**. Please call Lisa Steele, (530) 899-8922 ext. 210 to schedule an appointment to pick up a LiveScan form. Each applicant is required to be fingerprinted for a background check. LiveScan forms need to be processed by **May 15, 2023**.

## CIMC ALTERNATE DELEGATE:

TERM TO June 30, 2025 (1 open position)

If you would like to serve as an Alternate Delegate, complete and submit the Committee/Board Application by **May 15, 2023**. (Please call to schedule an appointment to pick up an application) **Background checks are required**. Please call Lisa Steele, (530) 899-8922 ext. 210 to schedule an appointment to pick up a LiveScan form. Each applicant is required to be fingerprinted for a background check. LiveScan forms need to be processed by **May 15, 2023**.

## THE TRIBAL OFFICE WILL BE CLOSED FOR THE FOLLOWING HOLIDAY:

- Monday, May 29, 2023 - Memorial Day

*“You Have To Know Who You Are.”*

—HENRY AZBILL (1899 –1973) MECHOOPDA MAIDU



MECHOOPDA INDIAN TRIBE OF CHICO RANCHERIA

MAY 2023 ISSUE

# Mechoopda Messenger

## MECHOOPDA TRIBAL OFFICE

**FOOD VOUCHERS:** Please call the office to schedule an appointment.

**LIHEAP:** Please call the office to schedule an appointment.

**ADDRESS CHANGE:** If you have recently moved, please update your address with the Mechoopda office and the Post Office so that you receive any correspondence we mail to you. The **NEW** Personal Data Change form is available on the Mechoopda website under the Members tab.

**ENROLLMENT PACKETS:** Enrollment packets are now available on the Mechoopda website, under the Members tab. Contact Enrollment Coordinator, Susie Cortez: Ph: (530) 899-8922 Ext. 226 Email: [scortez@mechoopda-nsn.gov](mailto:scortez@mechoopda-nsn.gov)

**Businesses Owned by Mechoopda Tribal Members:** Check out the Mechoopda website under the newly added page that lists businesses owned by Mechoopda Tribal members. <https://www.mechoopda-nsn.gov/businesses-owned-by-mechoopda-tribal-members/>

**Mechoopda Website:** Tribal Members have access to forms such as: Personal Data Change, Consent to Release Information, Enrollment Application, Adult Education, Employment Assistance, Higher Education, Childcare, Direct Deposit, Vehicle Repair Loan. We encourage all Tribal members to register for easy access. <https://www.mechoopda-nsn.gov/members>



Mechoopda Indian Tribe of Chico Rancheria  
1920 Alcott Ave.  
Chico, CA 95928

