New Employee Spotlight

Kara Crochett, Human Resources Director

Kara joined the SNAHC family as the new Human Resources Director on January 10th, 2022. Kara has over 25 years of Human Resources leadership experience, and is knowledgeable about community clinics and the healthcare environment.

Kara will work to oversee the day-to-day operations of the Human Resource department, including recruiting, interviewing, and hiring new staff, management of employee benefit plans, updating policy, and much more!

"Human Resources is ever-changing to make things better. I get the opportunity to make our employees’ lives better, even in a small way. We spend just as much or more time here with our work family as we do with our families, so I’m committed to making it time well-spent," said Kara. "Our employees get to take care of our patients and community. I love that our team gets to turn around and take care of them and their families."

"Martin Luther King said that ‘without a sense of caring, there can be no sense of community,’” said Kara. "SNAHC has great compassion for everyone in the community and that hits home to me. I am so proud to be a part of this community of like-minded people."
Medical Update
New Year, New You? Not So Fast!

Many people think of the New Year as a chance to make changes to reach health goals... lose weight, exercise more, or eat healthier. Do these sound familiar?

Why do 80% of us abandon these goals by February, even though we were so committed on January 1st?

The simple answer is: goals are often set too high, or are not specific enough. If your goal is to get in shape in 2022, what does that mean? How is “in shape” measured? When will this be achieved? This goal may be too vague with no real meaning. However, if your goal is to jog a 5K (3.1 miles) by June 30, 2022, this goal is SMART - meaning it is Specific, Measurable, Achievable, Realistic, and Time-Based. More information about this model can be found here: https://www.mindtools.com/pages/article/smart-goals.htm. Using this model, it is possible to create steps to actually achieve realistic, meaningful health change that we can stick to, with success that can be measured.

For example, if you'd like to jog a 5K (3.1 miles) by June 30, 2022, we suggest registering for an official 5K event near your goal deadline. Also, start walking 30-45 minutes, or one mile or more per day. Each week, add 10 more minutes until you are quickly walking 3.1 miles or more without stopping. A couple of months in, try slow jogging for 1/3 of this distance. Add longer or quicker jogging distances as you near your goal date.

Please note that it is okay to re-evaluate your goal as you go, or even change it if you feel it is unattainable. However, starting small and working up to an appropriate specific, measurable, achievable, realistic, and time-based goal is the way to succeed!

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Brian Shaw
Brian Shaw is SNAHC’s Health Educator and Certified Diabetes Educator. He works with patients to achieve meaningful and realistic goals to improve their health.
Health Information Update

Helpful Tips from the Health Information Management Team

Requesting medical records can sometimes be a frustrating experience. Luckily at SNAHC, our Health Information Management Department can assist you throughout the process to make it quick and easy. Below are a few helpful tips:

- To initiate the process to request medical records, patients can ask to fill out a release of information form at any clinical front desk, or the form can be mailed, faxed, or emailed, depending on the patient’s preference.
- If questions arise regarding this form, patients can ask a front desk employee, or call the Health Information Department at 916-341-0575.
- We are allowed up to 15 business days to process requests, however we are often able to produce records sooner.
- Requests are processed on a first come first serve basis. Please make sure to submit any requests that are needed for a specific date as early as possible and indicate what date the records are needed by.
Behavioral Health Update

“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.” - Audre Lorde (Self-described Black lesbian, mother, warrior, and poet)

Self-care is a buzzword we see and hear all the time in today’s society. But what is self-care, really? Is it taking bubble baths and getting a manicure? Is it going on a shopping spree and eating comfort food? Or, perhaps, is it something much more complicated and sometimes, less fun. Maybe self-care is all of the above.

The most basic definition of self-care is "the practice of taking action to preserve or improve one's own health" or "the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress."

The COVID-19 pandemic and resulting isolation, fear, and uncertainty, has taken a toll on the mental health of many of us. As a community we have experienced incredible loss - of loved ones, ways of life, and so much more.

Self-care is often deeply personal. For some, it might be engaging in healthy hobbies such as gardening or music. For others, it might be letting go of unhealthy habits such as binge-drinking or smoking. It may be taking medication as prescribed, staying hydrated, and getting exercise. Self-care means knowing it is okay to make your mental, physical and spiritual wellness a priority.

Mental health care could include meeting with a psychiatrist to discuss medication options, and meeting with a therapist to engage in talk therapy to address symptoms of mental illness and develop skills to reduce those symptoms. You could also attend support groups to connect with others, and share and learn from one another's experiences.

During this pandemic, it is extra important to find ways to connect with others and foster community.

At SNAHC, we offer several virtual support groups, to help build connections while also providing tips and guidance from experienced facilitators. To register for any of the following groups, please follow this link: http://eepurl.com/hIrilT

**Anxiety Support Group**
Thursdays, 10:00 am - 11:30 am
An open 16-week class focused on managing anxiety caused by or exacerbated by COVID-19.

**COVID-19 Grief and Loss Group**
Mondays, 3:00 pm - 4:30 pm
An open 16-week class focused on managing grief and loss caused by or exacerbated by COVID-19.

**COVID-19 Health Care Worker Support Group**
Thursdays, 5:00 pm - 6:30 pm
Created to help individuals who work in the healthcare field in the process of recovering from the magnified effects of work grief, loss, and stress caused by COVID-19 related factors and fatalities.
CELEBRATE BLACK HISTORY MONTH

NATIONAL CONDOM WEEK
FEBRUARY 14 – 21
BE PROTECTED.
DON'T RISK GETTING SEXUALLY TRANSMITTED INFECTIONS.

FEBRUARY IS
AMERICAN HEART MONTH

February is
CHILDREN'S DENTAL HEALTH MONTH

Schedule Your Next Dental Visit Now
We offer general dentistry for children and adults. We are committed to ensuring all pediatric patients are comfortable and have the best experience possible at SNAHC.

Book Your Appointment
(916) 341-0575

NEED HELP WITH YOUR LEGAL ISSUE?
Taxes, Estate Planning, Wills, Expungement, Guardianship, ICM, and More

Get Free Legal Advice at the next Legal Clinic
February 24th 1pm - 3:30pm
To register call 916-978-0960 x353
Hosted by:
Sacramento Native American Health Center
Seguia Room
2020 J Street
Sacramento, CA 95811

Sacramento Native American Health Center