



Ki-Het-Ti-Na-Tay 𐄎 𐄎 𐄎 Sounds in the wind

Redding Rancheria News

November 2023

REDDING COMMUNITY CELEBRATES GRAND OPENING OF CHURN CREEK WELLNESS & DENTAL CARE

REDDING RANCHERIA TRIBAL HEALTH SYSTEM

The Redding Rancheria celebrated the opening of the Churn Creek Wellness & Dental Care. Health Services for the community are a huge priority for the Tribe. We are proud to offer more services to our patients! The official opening date is on Monday, December 4. www.rrths.org

Redding Rancheria Behavioral Health Department

The Redding Rancheria Behavioral Health Department operates seamlessly across four key locations: Tribal Health Center, Churn Creek Health Care, Churn Creek Wellness Center, and Trinity Health Care. The initiation of referrals occurs through the Medical Department at each campus, utilizing an integrated and collaborative approach. Central to the department's mission is the enhancement of mental, emotional, social, and spiritual well-being while upholding and respecting cultural traditions.



HESTUM

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

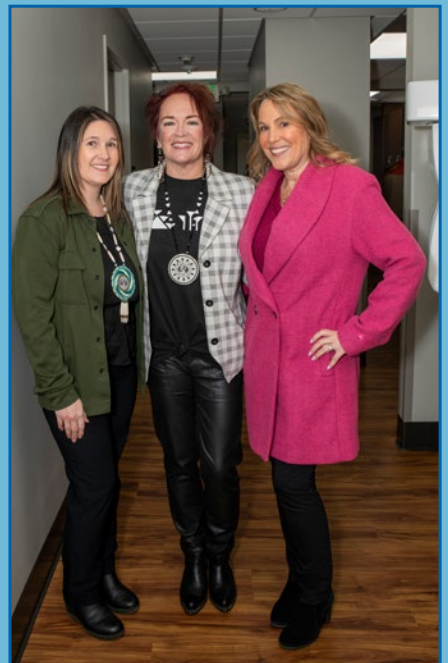
GRAND OPENING OF CHURN CREEK WELLNESS & DENTAL CARE, CONT.

REDDING RANCHERIA TRIBAL HEALTH SYSTEM

Redding Rancheria Recovery Program Highlights:

The Recovery Program at Redding Rancheria adopts a person-first approach, boasting a diverse and collaborative team inclusive of Medical Providers, Licensed Therapists, Drug and Alcohol Counselors, and Case Managers. Services provided encompass medication-assisted treatment, both individual and group counseling, case management, and facilitating referrals. The program is unwavering in its dedication to supporting individuals, families, and the community, with a specific commitment to serving diverse populations, including those covered by Medi-Cal, Partnership, and Native Americans. Additionally, the department emphasizes the provision of Psychiatry and Psychotherapy to further enhance mental, emotional, social, and spiritual well-being while respecting cultural traditions





NATIVE AMERICAN HERITAGE MONTH

REDDING RANCHERIA

As we immerse ourselves in the rich cultural diversity that defines our nation, we stand united in commemorating Native American Heritage Month this November. Every month is an opportunity to celebrate and honor the profound contributions of Native American people, this dedicated period serves as a poignant reminder to reflect on the vibrant tapestry of history and heritage woven by the indigenous communities across the Americas. It is a call to delve into the intricate stories of resilience, wisdom, and tradition that have shaped the very fabric of our collective identity.



In the spirit of fostering understanding and unity, we encourage everyone to seize this moment as an invitation to explore and appreciate the unique cultures of local tribes. Take time to engage in meaningful research, deepen your knowledge, and embrace the diversity that enriches our shared heritage. One such example is the Redding Rancheria, a community with a rich history and cultural legacy. To learn more about our story, visit www.reddingrancheria-nsn.gov and explore the free documentary available on our website. It is located in the Documentary tab.

By honoring and respecting the past, we lay the foundation for a future marked by empathy, collaboration, and a shared commitment to preserving the invaluable contributions of Native American communities for generations to come.



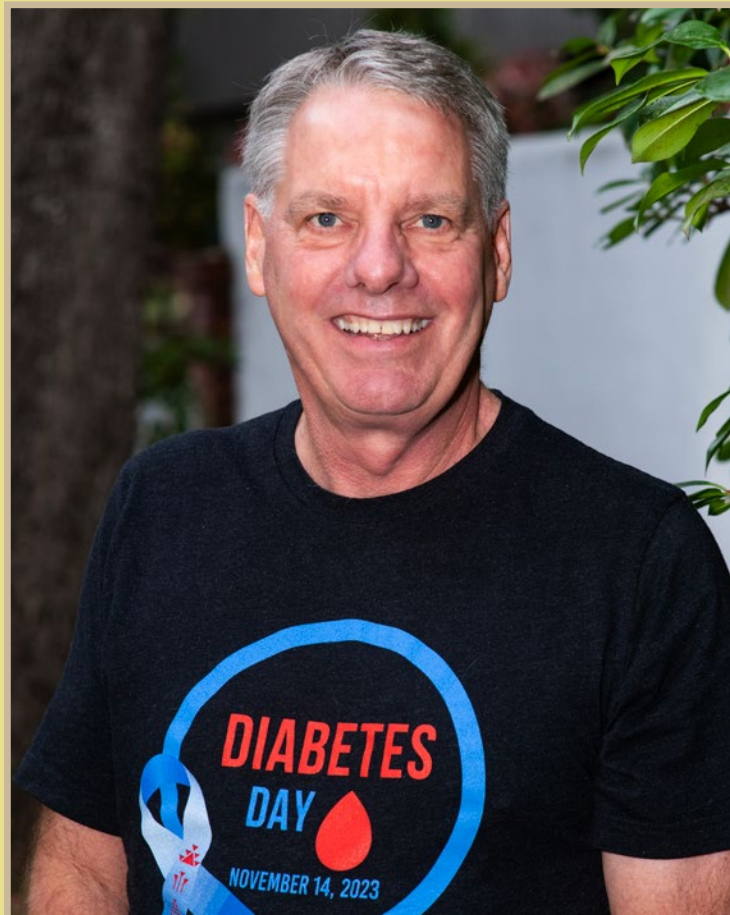
WELCOME TO THE TRIBE

REDDING RANCHERIA TRIBAL HEALTH SYSTEM

Please help us welcome our newest employee to the Redding Rancheria Tribal Health Center. We are honored to have Mike Engbretson join our team as a Physical Therapist. Here is to raising the health of our community together!

Mike Engbretson Biography:

I began physical therapy as a second career and have been a physical therapist in the North State for 24 years. I have experience in acute care, skilled nursing, home health care, aquatic therapy and working with children in the academic environment. The majority of my career has been spent in the outpatient setting caring for patients with a wide variety of diagnoses. In my spare time, I enjoy exercising, golf, fishing and hunting.



DIABETES DAY 2023

REDDING RANCHERIA TRIBAL HEALTH SYSTEM

In a burst of celebration and gratitude, our healthcare workers are donning smiles and specially designed shirts as they commemorate National Diabetes Day! A massive thank you ripples through the air for their unwavering commitment to delivering top-notch care to our incredible patients navigating the challenges of diabetes. A special shout-out is reserved for our community health department, the unsung heroes orchestrating a symphony of support for those managing diabetes. From educational initiatives to the delightful beats of healthy cooking classes, they sprinkle a dash of wellness into the lives of our community members.



In recognizing the unique health challenges faced by the Native American People, our mission takes on a heartfelt hue. With diabetes casting its shadow at a higher rate for Native Americans, our dedicated team is on a mission to treat and to

tenderly manage this condition. Through compassionate patient care, we aim to be the sunbeam breaking through the clouds, offering warmth and support on the journey toward a healthier and happier life. Here is to our healthcare



WELLNESS DEPARTMENT HEALTHY LUNCHEONS

REDDING RANCHERIA

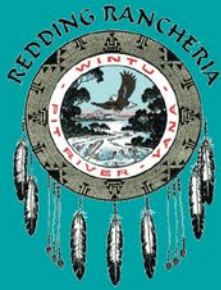
The Wellness Department at Redding Rancheria is pleased to announce our quarterly Healthy Luncheon series, a valuable initiative aimed at introducing our staff to a diverse range of healthier food options. These luncheons provide employees with the opportunity to explore new and nutritious meals, showing our commitment to promoting overall wellness. This drive is just one of the many benefits available to Redding Rancheria's employees as part of our comprehensive Wellness program, designed to foster year-round engagement.



In addition to our Healthy Luncheon series, our Wellness program also offers onsite fitness classes, monthly wellness challenges, and family fit events spread throughout the year, further enriching the range of benefits available to Redding Rancheria's employees. We believe in empowering our staff to make informed and positive choices for their well-being and we encourage everyone to take these opportunities and embrace a healthier lifestyle. This week, we're thrilled to spotlight the healthy lunch options from Kaleidoscope

and Mamma Llama's. We invite everyone to savor these nutritious options as we continue to prioritize the health and wellness of our valued employees.





2023 Pow Wow Dancing & Pow Wow Regalia Making Schedule for August and September

Open classes for all ages to come learn how to Pow Wow dance and make your own dance regalia. Classes will be held at the

**~Redding Rancheria Community Center~
2000 Redding Rancheria Rd. Redding, CA 96001**

TUESDAY NIGHT

Dance class 5:30 pm to 6:30 pm

Dinner Break @ 6:30 pm

Sewing class 7:00 pm to 8:00 pm

Dance Instructors: Dani Brewster and Dylan Jeude



**~November~
Tuesday 14th & 28th**



**~December~
12th**

**For more information please contact the Redding Rancheria
Cultural Department at 530-225-8979 or email
Louise.Davis@ReddingRancheria-nsn.gov
Michael.Kelly@ReddingRancheria-nsn.gov**

WIN-RIVER RESORT & CASINO AND REDDING RANCHERIA JOIN FORCES TO STUFF THE TRUCK! REDDING RANCHERIA



Redding Rancheria & Win-River Resort & Casino expresses deep gratitude for the opportunity to contribute during the festive season. The collaboration resulted in a combined donation of \$3000 for the South County Stuff the Truck initiative, with both entities generously contributing \$1500 each. This philanthropic gesture resonates with our commitment to foster and uphold communities through benevolent contributions. In commemoration of National Philanthropy Day, we take a moment to applaud our partners who share the noble aspiration of constructing a brighter and more promising future for local communities. This celebration is a testament to our collective commitment to shaping

a tomorrow that has enriched and uplifted through collaborative efforts. The alliance between Redding Rancheria & Win-River Resort & Casino underscores a shared ethos, where the spirit of giving extends beyond mere financial transactions. It mirrors a deeper understanding of community building, emphasizing the importance of sustained support and initiatives that leave a lasting imprint on the fabric of society. As we embrace this season of giving, we extend our heartfelt appreciation to those who join us in this shared endeavor. Together, we forge a path towards a community-centric future, acknowledging the transformative power of collective goodwill.





Seeking Safety Group Therapy

Seeking Safety is an 8-week trauma-informed psychotherapy style group treatment for substance abuse with safety as the primary goal

Topics may include:

- Grounding & Mindfulness
- Asking for Help
- Compassion
- Recovery Thinking
- Red and Green Flags
- Commitment
- Healthy Relationships
- Healing from Anger
- Creating Meaning



“Although the world is full of suffering, it is also full of the overcoming of it”

-Helen Keller

Open to all Churn Creek Recovery Patients

When:

Thursdays

9:00 – 9:50 am

Where:

Churn Creek
Healthcare

3184 Churn Creek Rd.
Redding, CA 96002

For start dates, and to register for the next session, talk with your Recovery Provider today!

REDDING RANCHERIA'S EMPLOYEE OF THE MONTH



Charlee Carman and Amanda Macon



As the
November 2023
Employee of the Month!

This Month we get to recognize and support not one, but TWO AMAZING Employees!

Please help us congratulate Charlee Carman, she is one of two Employees of the month for November 2023! Charlee is an extremely hard working employee with a great work ethic and positive attitude. She helped facilitate the employee Wellness Conference this year, providing two days for employees to relax, reset, and restore. Charlee has increased our Tribal Member participation in the Wellness Program, as well as increased our employee participation in the Wellness activities, bringing wellness to our Tribal community. Amazing way to highlight health as the true wealth of our people! Thank you Charlee Carman!

Please help us congratulate Amanda Macon, our second employee of the month. Amanda helped facilitate the employee wellness conference this year, providing two days for employees to relax, reset, and restore. Amanda has been doing her regular job duties as well as filling in and assisting with additional duties while our Admin Assistant I was on maternity leave. Amanda's smile lights up and brings joy to everyone who walks down the HR hallway. Thank you for all that you do Amanda!

**Congratulations
Charlee and Amanda!!!**



**Redding Rancheria
Recovery and Wellness
Program**

Churn Creek Healthcare
3184 Churn Creek Rd.
Redding CA 96002


Tribal Health Center
1441 Liberty St.
Redding, CA 96001


Trinity Health Center
81 Arbuckle Ct.
Weaverville, CA 96093

For more information,
or to make an
appointment, please call
us at (530) 768-2482

PROGRAMS AND SERVICES AVAILABLE

- Drug and Alcohol Evaluation and Treatment
- Medication Assisted Treatment (MAT) for Opioid and Alcohol Addictions
- Tobacco Cessation Support
- Gambling and Sex Addiction
- Individual and Group Support
- Clearance for In-patient Programs
- Referrals to Residential Treatment
- Referrals to Primary Care & Behavioral Health





www.RRTHS.org

CUSTOM BALLOON DECOR AND GIFTS

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ATTENTION BUSINESS OWNERS



DEAR REDDING RANCHERIA TRIBAL MEMBER

Many of you own your own business and know that advertising is very important. We are dedicating a page just for you to advertise. Send in your business card for us to feature you in our monthly newsletter. This will help all readers know that your business is important to us and help you gain more customers.

**Contact Maria Orozco at 530-242-4516
or at Maria.Orozco@reddingrancheria-nsn.gov**