



The UAI Source

Serving the American Indian Community since 1974

Vol. 7, Issue 2

UAI Welcomed at IGA Conference

From April 19th – 22nd, staff from the United American Indian Involvement was invited to the Indian Gaming Associations Annual Conference this year held at the Anaheim Convention Center in Orange County. The event featured educational sessions, cultural presentations, and opportunities for UAI to share information about our organization. During the conference we met with several community partners of ours who we have not seen since the start of the pandemic. This includes visiting with the newly elected Chairwomen of the San Manuel Band of Mission Indians, Lynn Valbuena, who has been back in office for less than 2 weeks. We also shared warm greetings with Andrew Masiel of the Pechanga Band of Luiseno Indians, Terence Evans of the Gila River Indian Community, A.C. Green former L.A. Lakers great, and many others from across the nation. We also met with Bird Runningwater who is retiring after advocating for Native American filmmakers at the Sundance Film Institute and met for the first time the writer of the hit Peacock channel show, Rutherford Falls, Sierra Teller Ornelas.

On the day's opening of the trade show, UAI was placed front and center with others such as a special presentation of N7 shoes from Governor of the Gila River Indian Community, Steven Roe Lewis. There was also an in-person discussion with an honoree of the music industry, and honoring



IGA Chairman, E. Stevens Jr. is Honored with a UAI Gourd and Plaque by CEO L. Cervantes and Staff, T. Espino and V. Contreras

of the Chairman's Leadership Award to the Chef Paul Wahlberg of the Wahlburgers Television Show and brother of Mark and Donnie Wahlberg. The session culminated with Chairman Ernie Stevens, jr. describing his upbringing in the Los Angeles area and welcoming C.E.O. Luis Cervantes to the stage.

Luis described the work of UAI, our impact in the community, the opportunities in housing and establishing our own foundation. The foundation would be much needed in Indian Country. The idea sprang from our own challenges in securing funding that was flexible and adaptive to service the needs of our

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Letter from CEO



Thank you for allowing our team to serve you. Currently we provide services from five locations and as you know we have "been on the move!" for some time from 6th Street to Temple Street. We thank you for your patience as most of the UAI team is at the new facility on Temple, but our clinic will remain at 6th street providing services from the first floor until our medical rooms are complete.

Getting the proper permits and clearances to operate our services at our new headquarters at Temple took some extra time because of

the pandemic, but we are happy to share that we finally have them all in place! The estimated move of the medical clinic to Temple Street will be at the end of May 2022. We'll send notices of this via social media, emails, and other sources. Our team will inform you of the service location when appointments are ready to be made at the new facility.

Recently, UAI was able to take part in the National Indian Gaming Conference (IGA) at the special invitation of Chairman Ernie Stevens, Jr. (Oneida). Chairman Stevens provided us with a booth and a speaking opportunity at this conference which was held in Anaheim, California. The Chairman was impressed when he visited UAI during our Annual Thanksgiving luncheon in November 2021, where he shared the history of his family growing up in the area and offered his support for the agency. During the conference we had a team, composed of staff from multiple departments, serving as ambassadors for UAI and providing information on our work and new Housing and Foundation projects. The team did a wonderful job representing us!

Thank you for your continued support of our organization. We look forward to welcoming you to our new location very soon and continuing the tradition of serving our community.

Sincerely,
Luis Cervantes
CEO, United American Indian Involvement



UAII on the Move *Soon Completed*

We are excited to announce the move to our new building scheduled for **THIS MONTH!**

All current services - Los Angeles American Indian Health Project, and our Wellness Team, will be moved to the new location starting May 1st.

Our 6th Street location will only longer offer onsite clinic visits on after May 1st.

Please note: Our Community Clinic will move from the 4th floor to the 1st floor until all items are in place at the new Temple Street location.

Transitioning to a Brighter Future

The anticipation has been growing within UAII for a place that will allow for greater expansion and unity across all departments. As we look forward to building on the history of service and dedication, our staff members are committed to ensuring that members of our community are aware and can make plans for the first location change in over 20 years.

"UAII will finally have a building that it deserves," said an Elder at a recent UAII gathering. "The community will grow right along with UAII." Completely reconstructed, the 30,000 square foot building has been structured solely for UAII.

It features a renovated interior designed to host all of UAII's wrap-around services, workshops, weekly events, and community meals. Additionally, our new building features a full-service community center, a full kitchen, and a large outdoor patio for gatherings.

CEO, Luis Cervantes has made it a priority to ensure that communication with our community is a focal point and that our partners, funders, and political supporters are aware of the upcoming move. Soon our leadership team will meet with political representatives like LA Councilmembers Gil Cedillo whose district UAII will remain in, along with political partners in Councilmember Mitch O'Farrell, L.A. Mayor Eric Garcetti, Congressman Jimmy Gomez, and the office of Senator Kamala Harris. We are committed to working alongside our funders and look forward to growing our partnerships further.

Unity in our Location

For over 20 years, UAII was headquartered at 1125 West 6th Street,

near the corners of 6th street and Bixel street, operating on five levels of the six-level structure. The expansive layout made it difficult to build relationships across departments as employees rarely saw one another.

Our new building features two large floor plans, which are conducive to cohesiveness among UAII staff members, clients, and guests.

The 1st floor consists of an updated registration area along with the Los Angeles American Indian Health Project consisting of a community clinic, dietician and health educator and case management team, the Robert Sundance Family Wellness Center, and the American Indian Clubhouse. A newly-constructed kitchen will be easily accessible for community meals in the adjoining community center, as well as a large outdoor patio for lunch breaks and events.

The Temple Street Facility

The first floor will host the check-in center which will be the first step for everyone coming into the building for information, appointment, or meetings with staff. The 1st floor will also house the Community Clinic, Dental, Health Project Team, Robert Sundance Family Wellness, Youth Services/ Clubhouse, and our community center. The 2nd floor will host our administrative offices, the Workforce Development and Training Department, Seven Generations Child and Family Services, I.T., and the UAII facilities team.

The new location will be accessible from the 101 freeway off the 4a exit. You can find assistance on Google maps directing you to our new location. The Metro bus line 10 stops in a short walking distance to our location or the bus line 92 coming from downtown L.A. will leave you a short 5 - 10 minute walk away.

Fun facts about the area include: a walk around the Echo Park Lake is 1 mile long, there is great food including a caterer of several of our staff lunches, the Park's finest (Filipino Barbeque), or new places like Guisadas (Tacos), or Tribal Cafe (Bohemian Style Bistro). The Echo Park Library is within walking distance of our new facility.

Expansion as a Whole

As the largest urban American Indian service provider in the County of Los Angeles, our new location on Temple Street will allow us to provide much-needed medical care, mental/ behavioral health

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UAII ON THE MOVE

MAY 1st, 2022



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United American Indian Involvement Program Spotlight: UAI Workforce Development



UAI Workforce Development

Since its inception in 2018, the UAI Workforce Development Program has been improving the lives of Native Americans in Los Angeles and Orange County through economic self-determination. The Workforce Development Department and its dedicated staff empower a Native American

workforce through employment, education, and entrepreneurship assistance.

UAI Workforce Development provides a breadth of services that help eligible American Indians, Alaska Natives, and Native Hawaiians establish a career path that leads to employment and self-sufficiency. Program services include individualized college and career counseling, post-secondary education assistance, job placement services, professional development, and employment-focused supportive services.

Program Success in 2021

In 2021, during the COVID-19 pandemic, the Workforce Development Department continued to provide much-needed employment, education, and housing assistance services:

- 140+ new clients were enrolled in the UAI Workforce Development Program
- 250+ Native American students were assisted with post-secondary education
- Over 100 job placements were facilitated during the COVID-19 pandemic
- Over \$10,000 in revenue for the Native American community was generated by a Pop-Up Holiday Boutique for vendors. Native vendors were also invited to add their business to the UAI Workforce Native American Vendor Directory, for continuous online promotion (www.uaiiworkforce.com/shopnative)
- 17,000 PPE items (masks, sanitizers, etc.) were distributed to the community, through the Community Health Worker Outreach initiative

UAI's First-Ever Virtual Job Fair Connected the Native American Community with Employers!

In April 2022, the Workforce Development Program hosted UAI's first-ever Virtual Job Fair, connecting 14 employers with dozens of Native American job seekers. The event was an incredible opportunity for UAI job seekers to connect with recruiters from companies passionate about increasing AI/AN representation in the workforce, including Amazon, SoCal Gas, FedEx, The (Oscar) Academy Museum, Saint-Gobain, Disneyland, and more!

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treatment, youth services, health education, and workforce training, on a much larger scale. Soon we will be unveiling plans for additional sites; please follow our website for more info.

There is great anticipation for the future of the organization as we continue to build on the history of our organization in a new home.

Aksia Funmaker, UAI youth intern, and Workforce Department client stated "I've been coming to the building on 6th Street since I was a child, and I can't wait to see the organization grow more and more in its new location."

"This move represents growth of our organization even as we continue to find positives during a pandemic," VP of Development Joseph

UAI Workforce Development Impact:

In the short four years that the program has been active, UAI Workforce Development has been able to help over 400 Native American, Alaska Native, and Native Hawaiian clients find career employment. Below are just a few highlights from our client's perspective.

"Thank you so much to UAI for helping me achieve my goals. This program has helped me and my family so much. They have helped me obtain my certification to become a nursing assistant. UAI helped me get a career in healthcare, and because of that I recently moved into a house. Thank you so much; I appreciate everything you have done and continue to do for myself and for my family."

- Ashley R. (Tohono O'Odham)



"The UAI Workforce Department has helped me all the way around. They helped me prepare for school, secure rental assistance, and with my transportation needs met. They have been there throughout my journey the whole time I have been in California. They connect you with resources if you need them. I have completed my GED classes at Santa Ana College, secured employment, housing and maintained my sobriety since I started with them."

- Randall N. (Cheyenne & Arapaho)

"UAI Workforce Development provided me with support on many different levels and helped me achieve my goals. I am now in a much better space, personally and professionally. I am very happy with my new career. I look forward to taking on a stronger leadership role, and expanding programs that will better serve California's American Indian population. My favorite part about the Workforce Development Program was the one-on-one interaction with my caseworker. This provided a sense of accountability, and it was helpful to know she was invested in my success."

- Ravena S. (Enterprise Rancheria Estom Yumeka Maidu)



Quintana said. "UAI has remained a beacon of light for our community for 48 years. That hope is not defined by the walls that surround us but is found in the people within its walls. We've moved in the past, and each time, we've grown and expanded our resources for our community. This will be an opportunity to become better united under one roof."

For more information please follow our "UAI on the MOVE" tab on our website at www.uaii.org or follow along with one of our social media sites.

For follow-up questions, donations, sponsorship, or media requests please contact development@uaii.org.

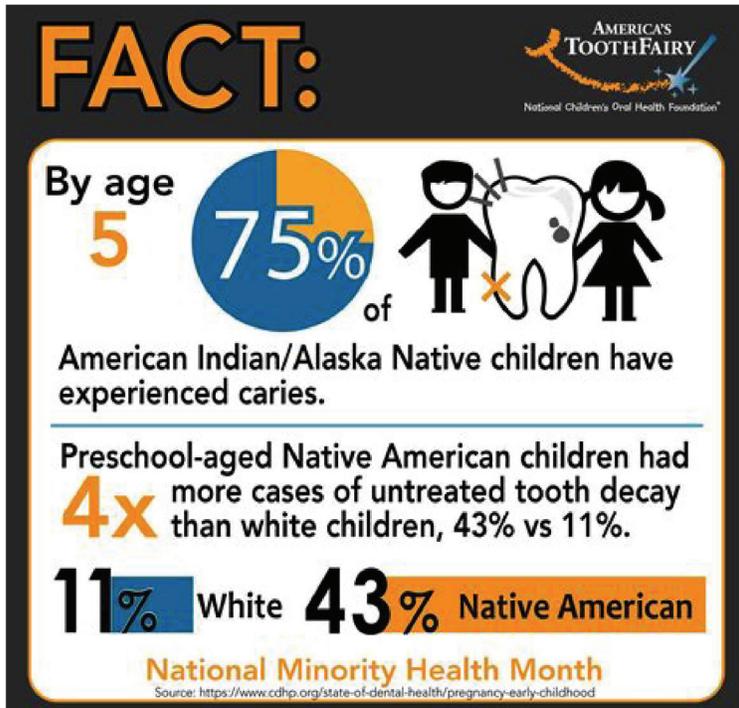
Thank you UAI staff and community for your support!



Dental Program Premieres at Children's Health Day

Did you know that over 75% of American Indian children experience dental cavities by age 5? Or that preschool-aged American Indian children have four times the amount of untreated tooth decay compared with Non-Hispanic White children?

UAIH recognizes the urgent need for dental services in our community, and we're excited to announce that on April 15th, we showcased our long-awaited Dental Program during our annual Children's Health Day event hosted by our health services team from the Community Clinic and L.A. American Indian Health Project.



Children's Health Day featured mobile dental screenings along with nutritious food, fun games for the whole family, exciting prizes, and even the Easter Bunny made an appearance.

A few years ago, we received the alarming news that many in our Los Angeles American Indian community were traveling outside our region including all the way to Santa Barbara or San Diego to receive culturally competent dental care. We knew something had to be done – fast. Our VP of Development, Joseph Quintana, developed a relationship with Travis Tramel, a local, Native-friendly dental hygienist, and began working on a dental solution for our community. Luis Cervantes (CEO of UAIH) continued to grow the ideas and wanted to see a Dental Program at UAIH come to fruition. Luis made sure the organization put a lot of focus on building out a successful dental program for everyone in the community – children, adults, and Elders. This Friday at Children's Health Day, UAIH offered mobile dental cleanings, referrals, and dental education for kids. Then Next, in the fall of 2022, we will begin offering molds, x-rays, and specialty care for all ages in our new dental clinic (still under construction). This is very exciting for all of us! We hope to continue the mobile dental units alongside our primary clinic - partnering with school districts, pow wows, and other large events that we sponsor throughout the year.



The dental staff taking a quick break during a busy day

Cavities were rare in American Indian children until the introduction of refined sugar in the mid-1800s. Post-reservation, the U.S. Army provided sugar, flour, and other processed foods that were previously unknown. For some tribes the traditional, Native diets consisted of real foods such as buffalo (the leanest of meat), elk, deer, rabbit, fish, wild fruits, grasses, root vegetables, and fresh drinking water. These foods were the primary staples for thousands of years. Native peoples now have higher rates of diabetes and dental cavities, and this may be due to a reduced ability to digest refined sugar and flour.

UAIH Oral Health Recommendations:

- Reduce consumption of sugar-containing drinks and sugary snacks.
- Promote exclusive breastfeeding for the first 6 months and breastfeeding until 12 months of age.
- Promote collaboration between oral health and obesity and type 2 diabetes mellitus prevention efforts.



The dental staff giving the utmost care on the young patients



Seven Generations Child and Family Services: NADDAR



The UAII Native American Drum, Dance, and Regalia program (NADDAR) was created in 2005 as a recognition of the need to address mental health disparities among urban American Indian/Alaska Native (AI/AN) families in Los Angeles County, by incorporating culturally sensitive and community-based methods to reduce mental health issues and increase

community connectedness. The UAII NADDAR Program was selected to participate in the California Reducing Disparities Project-Phase II Statewide Evaluation from 2017 to 2022. The aim of the CRDP-II project is to conduct a statewide investigation on the effectiveness of cultural interventions to reduce health disparities among minority populations across California.

NADDAR incorporates cultural activities and culturally-based education founded upon the AI/AN traditional ideal of whole person health and wellness. This interactive program incorporates AI/AN drumming, dancing, and regalia making, providing participants with an opportunity to engage in healing activities, utilized for centuries among indigenous populations to promote healing and self-expression. These workshops provide an opportunity for adults and youth to learn about traditional AI/AN ideals of wellness, enhance their cultural identity and self-esteem, decrease stress levels, and enhance social skills through community-focused activities.

Key findings from the UAII evaluation included the following: 1) Native adults and youth reported feeling fewer depressive symptoms after completing NADDAR; and 2) All Native youth who participated in NADDAR reported zero cigarette use, zero prescription drug misuse, and no binge drinking after completing the NADDAR program. We also found a strong, positive relationship between cultural identity and NADDAR for Native adults who completed the

program. Native adults and youth experienced an increase in cultural identity and community connection that was strongly associated with completing the UAII program.

"Imagine being a little kid alone where you've got your own teachings at home... or even just a little beaded thing that somebody left behind from your family, and you don't have anyone to connect to. Here, especially the people of mixed tribes...you're going to find [culture]. You're going to find somebody. You're going to look like somebody."

– Adult participant

Overall, NADDAR participants reported feeling more connected to their culture and more confident in attending cultural events, such as powwows, thereby expanding their engagement with the broader Native community. Community members also felt less stress due to disenfranchisement associated with historic loss.

"I think everything was really culturally relevant. We opened every session with prayer, land acknowledgments, and ending it with round dancing."

– Adult participant

Findings from the UAII evaluation demonstrate the potential for NADDAR to help urban AI/AN people connect more with their community, engage in AI/AN traditional practices that emphasize social connectedness and healthy behaviors, and experience a sense of cultural pride and resilience that will help to create and sustain healthy urban AI/AN families and communities. Please join us for our next NADDAR session starting in June.

Flyers will be posted soon.



The drum group starts out the NADDAR participants with an intertribal



Rethinking Drinking



People who drink alcohol may be doing so according to old standards of what is safe. Things have changed. The legal blood alcohol level used to be .15%, now it's .08%. For commercial drivers, the limit is .04%. Since 21 is the legal drinking age, the legal blood alcohol limit for drivers under 21 is .01% – you could likely get that level from entering a bar just breathing.

Then there was the idea that you could safely drink one drink per hour. This may be true, but I've never seen anyone do it – as in, “Thanks for the offer, but it's only been 50-minutes since my last drink.” A recent television advertisement recommended: “Make the next one water.” The ad showed a crowded bar, with everyone drinking water. I used to see the occasional drinker having something non-alcoholic between drinks, but... it's not the norm.

Current advice is that if you are going out to drink, you should have a friend that you've known more than an hour or two drive you home, or call a cab/Uber/Lyft, etc. But a different matter than avoiding a DUI is avoiding becoming an alcoholic. For that, it's necessary to set daily limits. The limits are different for men and women.

For men, the recommended limit is no more than two drinks per day; the guideline for women is one drink per day. Heavy drinking for men is defined as four or more drinks per day, and more than 14 per week. For women, the heavy drinking measure is three or more per day; seven or more per week.

There are several reasons why the limit is lower for women. For one, alcohol in the body is found in water; women have less water in their body than men, so alcohol is more highly concentrated. Women also pass some alcohol into the bloodstream directly from the stomach, while men do not; in men, alcohol passes through the intestines before it enters the bloodstream. This makes women become intoxicated more quickly than men.

Rethinking drinking should definitely include rethinking that second or third drink.

Roger Possner, Substance Abuse Counselor



The Robert Sundance Family Wellness Center is officially moving to the new UAII headquarters building at 1453 West Temple Street in May. With this transition, our WIND program will continue to put together many more in-person and virtual workshops as we get closer to summer, and we will continue to collaborate with other departments as well.

One highly requested workshop that we plan to host is our Art Workshop series for youth and families. We will also focus our summer activities on leadership development through experiential education, including archery, hiking, fishing, whale watching, horseback riding, and rock climbing. Using our past training with Project Venture and the Gathering of Native Americans (GONA) curriculum, we will integrate our outdoor activities with frank discussions regarding mental health, the roots of historical trauma, and its current effects among Native families.

For more information, or to register, please contact Youth and Family Services Manager, Janet Padilla Scott, at jpadilla@uaii.org or follow us on our Facebook page at Walking In a New Direction – UAII.

UAII Launches a New Foundation: “Natives Funding a Native Future”

UAII has just announced that along with our exciting transition to a newly-constructed headquarters on Temple Street, we will be launching a new foundation to fund college scholarships and grants for local Native youth. **The Natives Funding a Native Future Foundation (NFNFF)** has just been launched in order to reduce the obstacles that our Native youth currently face in funding their education.

“Our community is in an educational crisis caused by a lack of philanthropic access, and this has contributed to the worst educational and work sector disparities among any group of Americans,” said UAII Vice President of Development Joseph Quintana (Kewa, Pueblo). “For the past few years, our community has collaborated with governmental and foundation partners and launched many promising new solutions, but a great deal of work remains to be done. We are now committed to addressing this crisis from within.”



The NFNFF will focus on grant-making and the creation of new initiatives to support the educational success and workforce readiness of our local Native youth. UAII will reach out to Native individuals, organizations, and tribes, as well as non-Native individuals and organizations, using our own charitable giving for investment in the Los Angeles Native community. “In the philanthropic sector, people often don't think of Natives,” added Quintana. “We must fund from within.”

As a result of our new commitment to funding from within, UAII will develop strategic partnerships and initiatives that strengthen the educational achievements of Native youth. “We want to think about the challenges impacting our youth, and we want to hear directly from the community,” continued Quintana. “UAII already has intimate knowledge about our community, but we want to go even further. We empathize with what our youth is going through, and when it comes to funding their education, it's an uphill battle. This new foundation will empower the community to solve our own challenges without the need to go elsewhere. It's the most empowering thing we've ever done as a community.”

To contribute to the **Natives Funding a Native Future Foundation**, please go to UAII.org and click on “donate” or, for major contributions, please contact Joseph Quintana or Luis Cervantes at UAII.

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Clubhouse Archery Program Aims to Reach New Families

Recently, the American Indian Clubhouse hosted a 1-day Explore Archery Exhibition in Palmdale. This event was a part of UAII's effort to reach new families in areas that have been traditionally underserved. Working with the UAII Development Department, the UAII Community Health Worker Outreach Program, the Palmdale office of Seven Generations, the Palmdale TANF office, and the City of Lancaster Parks and Recreation, the Clubhouse transformed a field at Tierra Bonita Park into an five lane archery range. The event was a success as several American Indian families came out to participate. Several community members just happened to pass the park and dropped in when they saw the range. It was great to see friends like the Howlingwolf family that have stayed in contact with UAII, despite living in the Antelope Valley.

The activity was a great starting point in expanding services, and we hope to continue to develop a network of community partners to provide more opportunities for youth programming in north Los Angeles County. To view highlights of the day, see our YouTube video at <https://youtu.be/ISEDol8Sd1w> Additionally, the AIC Archery Club was asked by former Clubhouse alumni and current UCLA student Makailah Hernandez to provide a workshop at this year's UCLA Youth Conference & Basketball Tournament. At this event, the Clubhouse worked with over 200 American Indian youth from throughout the country. We hope we encourage some of those youths to return home and pick-up the sport.



One of archery participants and parent proud of his marksmanship

The SAGE Project helps to restart the UAII Senior Group

The SAGE Project- funded by the Center for Disease Control and Prevention, will be concluding its 4 year cycle this month. Throughout this period, the SAGE Project aimed to identify traditional practices that could be used to improve the health of our community today. Through this program the SAGE Project looked at traditional activities like archery and keeping active.

The program supported both the Clubhouse basketball team and the Health Project's Walking Club. Another objective of the project was to examine how today's youth could learn from the life experience of the elders in our community, and learn new coping skills or just exchange



The Seniors enjoying a beautiful day being at the Chumash Pow Wow near the Malibu beach



Richard serving fresh fruit, and Ramon serves a side dish to dance participants

good, hard-earned advice. This objective paired youth from the Clubhouse and the Robert Sundance Family Wellness Center's WIND Project with elders in the UAII Senior Program. Over the past 4 years, the SAGE Project has worked to provide opportunities for the intergenerational exchange of knowledge. In April, our team at UAII provided one last opportunity to learn from each other at the Malibu Chumash Pow Wow. For many attendees, this event marked the return to communal gatherings, and an opportunity to see old friends. It was great to see so many of our elders attend this spiritual event and reconnect with the community. It was also great to see our youth revering our seniors and working to make them comfortable at the pow wow. Although the SAGE Project may be coming to an end, we at UAII look forward to many upcoming events like this in the future.



Guess who came to UAll on April 15th?

The Easter Bunny! And this year, he taught our kids how to take better care of their health.



The Bunny handing out toys to the children

UAll enjoyed a HEALTHY EASTER as we geared up for Children's Health Day alongside our annual Easter celebration. It featured delicious food, fun games for the whole family, and exciting prizes for all! Alongside the fun, we also offered well-child visits and mobile dental screenings for the first time.



Chris and Hekeka signing up children to get their teeth checked and cleaned



The Dental staff serving snacks and enjoying the nice day during the event

At UAll we care about the health of our kids - and we wanted to show our community that Easter and children's health can go hand-in-hand! "For the past two years we've had a lot of COVID," Joseph Quintana, VP of Development said. "And some of the kids haven't been seen by a doctor or dentist for a while. We hope to have a big overwhelming response this year - and we're so happy to see their faces again."



Wauashila ready to hand out Easter buckets to the children attending

The UAll Children's Health Day Easter Celebration was hosted in the backyard of our new headquarters on Temple Street.



Susan helping set up the Genga game for the children to play

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Native American community. Our goal will be to seek funding that will allow us to fund the ideas in business, education, energy, environment, advocacy and much more. On behalf of UAII our CEO and several of our staff were on hand to help honor Chairman Stevens thanking him on behalf of our organization. This included a handmade gourd replica like the one first created by Summer Masayesva that was used in our original logo. The current reproductions are made by Lorence Orosco who grew up in the organization and who has always stayed actively connected to UAII. The gourd was given on the stage by VP of Development, Joseph Quintana, who is the cousin of its creator. The Chairman was touched and honored to receive such a gift that has only been given to tribal/ Native Nation leaders. A plaque was also created and presented by Tencha Espino (Workforce) and Valentin Contreras (Youth Services/ Clubhouse).



Bird Runningwater a recent retiree of the Sundance Institute and Film Festival with UAII Staff



Sierra Teller Omelas, writer on Peacock series Rutherford Falls with UAII Staff

Over the course of the week, we meet over 100 different agencies and their representatives. It was a great opportunity for others locally and across the nation to learn more about UAII. There was plenty of support that will be followed up with meetings in the hope for funding and partnership development. We will follow up with the contacts made and will continue to offer updates as they come available. We thank everyone who visited our booth and spent time with our staff learning and taking what they learned back to their home communities.



Ramon Enriquez, Director of Youth Services shares about our agency at IGA Conference



R. Cruz, V. Contreras, T. Espino, R. Enriquez, and J. Quintana in front of Anaheim Convention Center at IGA Conference



Earn up to \$75

**Socialize
with other
Native people
who are living
with diabetes**



**Participate
in virtual
diabetes
wellness
classes**

Get free healthy meals for 3 months

To participate you need to:

- ✓ Be a Los Angeles County resident
- ✓ Have diabetes
- ✓ Be 18 years or older
- ✓ Have internet access
- ✓ Self-identify as American Indian/Alaska Native
- ✓ Have freezer space available for meals (total space is about the size of two shoe boxes)



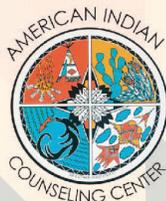
*Not all diets can be accommodated. People who avoid certain foods may be ineligible.



For more information:

Email: nativedm@usc.edu | Phone: 213-764-4550

Please leave a voicemail if there is no answer.



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