

# Dorris joins Siletz Clinic following stint in US Air Force

By Diane Rodriguez

Dr. Jalien Dorris is a new physician at the Siletz Community Health Clinic who came to Siletz following four years at Nellis Air Force Base near Las Vegas, where she practiced family medicine and paid the Air Force back for a scholarship to medical school.

"I applied for a scholarship to medical school. I was accepted and they paid for years of medical school. Then I owed them four years," she said. "The family medicine caveat is that you have to go to a military hospital because the need is so great ... I learned a lot about being a physician."

Dorris also became a medical acupuncturist while in the Air Force following 300 hours of training.

Traditional acupuncture, she said, focuses on energy flows and is effective. Medical acupuncture, however, focuses on genetics and medical issues and how they

intertwine. She then can tailor treatment to fit each patient.

During her final year at Nellis, she was the medical director as a captain, a position usually reserved for a colonel.

Dorris is an osteopath, which means she completed all the classes required of a medical doctor, plus 200 additional hours of musculoskeletal training and manipulation, like the training for chiropractors.

Dorris said she likes family medicine "because it's from womb to tomb. I love kids all the way to geriatrics. I can tailor medicine to what I believe medicine should be – focused on the person and not the disease. I can tailor it to what their cultural beliefs are, what they're willing to accept."

Listening and teaching are the hallmarks of Dorris' approach to patient care.

"If you listen to a patient, they will tell you what they need, what they don't need and what's wrong with them – if you just

listen. That's good medicine to me," she said. "I teach to my patients why doing or not doing things is good or bad and this is why. If my patient understands why they're doing something, they are less fearful in any situation."

Dorris lives in Philomath with her husband, Jesse (Comanche), and two sons on a homestead with chickens, quail and Noni, their border collie/lab/whippet mix. Goats soon will join the group.

She said the family is quite happy with the move to Oregon and feels settled after several years in the military. The medical training she received has helped pave the way for a satisfying career.

"I love what I do, love being a physician and being here for patients, offering alternative medicine when they're so disgruntled with modern medicine that won't fix them," said Dorris. "I'm here to fix things and not put Band-Aids on them."



Photo by Diane Rodriguez

Dr. Jalien Dorris

## Report finds that women fill leadership ranks at American Indian nonprofits

LONGMONT, Colo. – A new report issued by First Nations Development Institute (First Nations) examines gender and leadership within the American Indian nonprofit sector. Overall, it finds that the leadership ranks of American Indian nonprofits look very different from the national or mainstream nonprofit sector, with Native nonprofits largely led by women.

The new research report, issued Nov. 14, is one of few that attempts to examine leadership trends within a specific nonprofit subsector, namely looking at gendered leadership within mostly rural and remote reservation-based nonprofits that primarily

serve American Indian populations.

Titled *Native American Women, Leadership and the Native American Nonprofit Sector*, the report was authored by Raymond Foxworth, Ph.D., vice president of grantmaking, development and communications at First Nations, a national American Indian-created and led nonprofit organization.

The report documents that approximately 61 percent of Native nonprofit organizations are led by women, compared to only about 45 percent of other nonprofits nationally. It suggests that the Native nonprofit sector seems to be doing

a better job with issues of gender and equity than the national nonprofit sector.

Through interviews, the report also offers some possible explanations for this gendered leadership trend and also highlights other challenges Native women face as leaders in this sector.

Foxworth researched and wrote the report as one contribution to his participation in Independent Sector's American Express NGEN Fellows Program. In the yearlong fellowship, the 2015-2016 cohort examined issues related to gender and leadership within the nonprofit sector.

"As part of this fellowship, it was

important for me to provide voice to the Native nonprofit sector as it relates to gender and leadership," Foxworth said. "As this report notes, contrary to national trends around gender and leadership, Native women are leading the way in Native nonprofit sector, which perhaps offers some valuable insights into conditions that facilitate and encourage more women in key leadership positions."

The full report is available as a free download at [firstnations.org/NativeLeadership](http://firstnations.org/NativeLeadership) or in the Knowledge Center section of First Nations' website at this link – [firstnations.org/knowledge-center](http://firstnations.org/knowledge-center).

## Grain-free winter comfort foods

By Nancy Ludwig, MS, RD, LD, Siletz Tribal Head Start Nutrition

As part of my role as a consultant nutritionist to Siletz Tribal Head Start, I offer information for families. This segment features easy suggestions for winter comfort foods that also happen to be grain-free and are low in starch and sugar.

Traditional diets did not include grains, starches or sugar. Modern diets tend to use grains, starches and sugar, which can contribute to poor health.

A return toward more traditional food may offer benefits for people who struggle with illness or autoimmune conditions, such as diabetes, celiac, rheumatoid arthritis, multiple sclerosis, lupus, Hashimoto's Thyroiditis and more.

Please check out the following recipe ideas for modern-day nutritional equivalents to help reduce reliance on grains, starches and sugary foods.

### Cashew Gravy (grain-free) Yield: 1 cup

½ cup cashews, raw or roasted salted  
1 cup water, slightly warm for better blending  
Various options or seasoning ideas below

Place cashews and warm water in blender and blend until smooth.

Add to drippings (after cooking meat in a skillet or roasting pan) to create savory

gravy. Drippings are not required and without them this gravy can be made vegetarian.

Transfer the blended cashew mixture to a saucepan and heat on medium while stirring frequently to thicken (the vegetarian option is also delicious with mushrooms sautéed in butter or other oil). Adjust seasoning as needed with salt, pepper and poultry seasoning, such as sage, thyme, parsley and optional rosemary.

Serve with cooked poultry (chicken/turkey). Pour over sliced meat or with chunks of chicken heated in the gravy.

Note: This ground cashew mixture can be baked with raw chicken pieces in a casserole or baking dish for an easy meal.

Pour sauce and sautéed mushrooms (optional) over the chicken and bake covered approximately 45-60 minutes at 350 F until sauce is bubbly and chicken is completely baked. Adjust seasonings.

Serve with mashed cauliflower (as mashed potatoes) and a green vegetable.

### Cauliflower "Potatoes"

1 cauliflower, large head cut into pieces  
¼ cup butter or homemade yogurt (or non-dairy oil such as coconut)  
To taste – salt and pepper  
To garnish – parsley and paprika

Cook cauliflower until just tender. Drain. Puree in blender or food processor. Add butter or yogurt, salt and pepper and blend thoroughly. Reheat and serve. Garnish with parsley and paprika.

### Sautéed Greens

Bunch of fresh greens, chopped; such as spinach  
1-2 tablespoons coconut or olive oil  
To taste – lemon juice or vinegar  
To taste – salt and pepper

Clean and chop fresh greens.\* In a frying pan, heat oil and sauté greens until tender. If you use spinach or chard, this will occur quickly. Other greens require longer cooking.

\*Greens include spinach, kale, collard, mustard and turnip greens, or Swiss chard.

### Tart Cranapple sauce

12 ounces (1 bag) fresh cranberries  
2 each apples, peeled and chopped small  
Zest – orange peel (organic)  
¾ cup orange juice, fresh-squeezed  
¼ cup water (combine with orange juice to make 1 cup total liquid)  
¼\* cup honey, to taste (still tart at ¼ cup)  
1 cinnamon stick

Place all ingredients in a medium saucepan and bring to a boil, stirring occasionally. Reduce heat and simmer for approximately 10 minutes until the sauce thickens. Remove cinnamon stick (or keep it for fun). Refrigerate until ready to use.

Variations, if desired – add walnuts and celery.

### Hot Spiced Apple Beverage Yield: 3 quarts

8 cups apples (or apple scraps from another apple recipe)  
12 cups water  
5+ cinnamon sticks  
1 tablespoon cloves  
1 teaspoon juniper berry (optional)  
1 slice orange with peel (optional)  
1-2 tablespoons honey (to taste)

Wash apples and cut out any bruises or rotten areas. It is OK to use the entire apple, as it will be discarded later. This is also a good place to use apple scraps from baked apples, apple pie or crisp, etc. (be sure to eliminate rot; OK to use skin and seeds).

Place apples in a large cooking pot; add water and spices. Simmer for several hours. Using a wire mesh strainer, collect the liquid. Press the apple scraps gently to maximize yield (the harder you press, the more soluble fiber you will collect – be careful as this is food for bacteria).

Taste and adjust sweetness with honey, if needed. It is also delicious with cardamom pods.

Siletz Tribal Head Start offers my time at no cost to you to support family nutrition over the telephone. Please contact me if you have nutrition concerns about your Head Start child.