



Canoncito Band of Navajos Health Center, Inc.



Bini' anit' a'a' tsob/September

From the desk of Maria Clark Chief Executive Officer's Corner



We are at the close of our fiscal year which ends September 30th and October 1st starts a new fiscal year for us, in terms of budget and operations. We've had a very busy and successful "YEAR THREE" of being a full Title I 638 corporation. The CBN/TNS Chapter approved renewing the contract with IHS for another year. It was a very busy year for the CBNHC Health Board members in approving budgets, major building repairs, vehicle purchases, several

contracts, amending and approving personnel and finance policies and procedures, attending national health conferences, etc. We have increased our CBNHC staff levels from 16 beginning July 2016 to 42 employees in September 2019. Our efforts have been focused on increased community outreach and awareness of our services that include increased home visits, outreach and education, and traditional services, to give you a few examples. We hope to hear soon on the status of our USDA loan for the clinic expansion. This will alleviate our space issues. Our revenues from health insurances increased from \$2.4

million in 2018 to \$3.2 million this year. This revenue is crucial in maintaining current operations as well as gives us the ability to expand services. For the upcoming year, our goals will be to continue to increase access to quality health care services here at CBNHC, Inc.

Ahe'hee'

Maria K. Clark
CBNHC, Inc.

From the desk of Dr. Sheryl O'Shea Chief Medical Officer's Corner



Ya'ta' eeh and Happy Fall!!! September is National Childhood Obesity Awareness month and with that in mind I thought I'd review simple strategies to improve the health of our children and entire family. Healthy habits should take a community, family and individual approach. Let's review the simple 5210 guidelines for childhood obesity prevention.

5: Encourage **FIVE** servings of fruits and vegetables daily. Place a bowl of apples and oranges on the counter in easy view and reach of children. Add as many vegetables to your stews such as corn, squash, carrots, celery and of course *Green Chile*.

2: Limit screen time to **TWO** hours or less a day. This includes Ipad, video games, TV and smart phones. This should be easier now that school is back in session.

1: **ONE** hour of exercise or activity a day. For our younger children this is easy because they never stop moving around with running, jumping, skip-

ping, and playing tag. For older kids encouraging participation in fun organized sports like basketball, cross country and volleyball. Also, exercising as a family is great. Going for walks in the evenings and choosing fun outdoor activities on the weekends such as going to a playground or hiking.

0: **ZERO** calories through sweetened drinks. That means no soda, sports drinks, sweetened teas and very limited amounts of juice. WATER is always BEST. Fall is the perfect time to get healthy as a family. Going for walks and hikes to enjoy the cooler temperatures and the fall colors. Bring your whole family to the fun walks/

runs sponsored by the Diabetes program that will be occurring twice a month in the fall season.

And finally, we never recommend dieting for children but encourage instead becoming more active and creating healthier family eating habits. Avoid buying sodas for the home and limit unhealthy sugary snacks and chips.

Let us know if you and your family would like to schedule an appointment with our nutritionist to learn more about eating healthier. A'he'heel!

Sheryl O'Shea, MD, CAPT, CMO



Dental Clinic Report



It's the start of a new school year! It's time to update healthy habits to get you through the year feeling your best! Here are a few tips for a healthy mouth and body throughout the year:

Sign your child's dental program consent form and make sure your child is registered at the Canoncito Band of Navajos health Center. The CBNHC Dental Clinic will be scheduling dental visits with the school soon! Please take advantage

of the time the school and dental clinic are setting aside for your dental health!

Pick the right snacks! Healthy options like water, nuts, fresh veggies, and cheese! Make every attempt not to purchase the sports drinks, chips, cookies, etc that cause dental decay and poor overall body health.

Make brushing and flossing fun! Children and adults need 2 minutes of brushing 2 times per day (at least). Flossing is important to do once per day. Try these helpful tricks to encourage kids to spend time on their oral health: Use a

sticker calendar. Let your kids place stickers on each day to represent brushing and flossing. Play music. Collect your kids' favorite two-minute songs and make sure they brush the whole time. Personalize. Help your child pick a themed toothbrush in his or her favorite color. Feel free to come by your community dental clinic to get needed oral health supplies (**including sports guards**) for you and your children! We are here for you! CBNHC Dental Staff

Michelle Seebinger, RDH

Pharmacy Report

What a summer! The CBNHC pharmacy department was busy as ever: pharmacy students rotating through, various trainings, and a water crisis to boot!

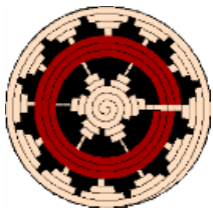
To begin, we were very fortunate to have had a pharmacy student from the University of New Mexico's School of Pharmacy join us for the month of June here in To'hajiilee. He was able to see the community, helped deliver some medications, counseled patients on new medications, and even did a ride-along with the Navajo EMS for a day. He was also very helpful in a quality improvement study we performed in the pharmacy to

help connect patients with their medications directly after seeing their respective providers. In other news, our very own Brenda Wilson, CPhT, attended a 3 day training in Phoenix, AZ in August. The conference was hosted by Indian Health Services Phoenix area. Topics included increasing revenue from point of sales billing, information on flu vaccine and other immunizations, and other pharmacy technician best practices. Perhaps most importantly, the an-

nual conference is a great place to network and meet other pharmacy technicians. The connections can then be used as mentors or people to call when a question or issue arises.

Lastly, the water crisis in July was a real test of the resolve of the community. The lack of water is clearly a dangerous situation in any community. However, kudos to the CBNHC staff for rallying together to help the community unload cases of water, deliver water throughout the community, and stand by on fire watch over the clinic for 24 hour shifts. While our contribution was small in the whole scheme of things, it was not negligible.

Alex Varga, PharmD, LCDR



Diabetes Program Report

Come join us! Look out for Diabetes Event schedule and information posted in the community or on To'Hajiilee Community Information on Facebook. Two Nutrition Class News: Whether the focus is to lose weight, maintain weight, or get nutritional information on eating healthier we are offering an ongoing nutrition class every Wednesday starting at 1:00 o'clock. Cathy Divitt, RD our new registered dietitian conducts the classes. No matter what your skill set is, she deliv-

ers hands on classes for the food enthusiast in a relaxed atmosphere.

There is a "Challenge Event" for attending 6 Nutrition Classes. It begins September 3rd and continues through October. At the end of the six classes, participants will receive incentives. Notification: Diabetes Team will be out of office starting September 23, 2019 through September 27, 2019 returning September 30th. For immediate assistance please contact your provider at CBN Health Clinic.

Activity News: "Getting back into regular physical activity routine!"

Being active doesn't always mean having to do exercise like going to the gym. Everyday activity such as walking, dancing, and helping around the house all count.

Notification: Diabetes Team will be out of office starting September 23, 2019 through September 27, 2019 returning September 30th. For immediate assistance please contact your provider at CBN Health Clinic.

Marian Nez, CCHW



Behavioral Health Report

Ya't'eeh! Its back to school time and this summer brought a huge amount of family activities for the To'Hajiilee community. The Prevention and Outreach office with TBHS has been working hard with presentations on "Alcohol and Drug awareness", "Bullying", "Parenting", the "Youth Project", "Opioid Awareness", "QPR training", the "Men's

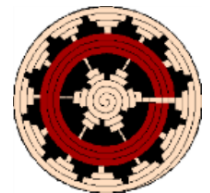
Conference", "Mental Health First Aid training", sports equipment check-out for family enjoyment, and finally preparation for the Red Ribbon week of activities. 2019 Red Ribbon events started out with a long awaited TBHS Red Ribbon Soft Ball Tournament with area teams which was a great success with the help of a UNM Medical Student, Jay Sandoval coordinating with Mrs. Bitsui and CBNHC Pharmacy Technician, Brenda Wilson.

I ask the community to have your student prepared for a year of learning and remind all family members to stay healthy with staying active, do fun family activities on the weekends and make time for students to complete their homework having a space well lit and at a table to work every night. This year TBHS will be working alongside the Albuquerque Area Southwest Tribal Epidemiology Center grant team with providing Equine therapy to our youth for a

project focusing on Resiliency in Youth with TBHS providers. Traditional Services continues to be offered with referrals to TBHS contracted providers.

Ahe'hee'

Roberto Montes, PsyD, LP



Health FOCUS

October is Domestic Violence Awareness Month

Every relationship is different and abuse can present itself in many different ways. Below are some signs of abuse that are very serious and often not reported.

1. Physically hurting you
2. Using weapons to inflict harm or threaten you
3. Controlling what you eat or when you sleep
4. Forcing you to do work against your will
5. Forcing you to use drugs or alcohol
6. Stopping you from seeking medical treatment or calling the police
7. Controlling what you wear
8. Damaging or stealing your belongings
9. Blaming you for the abuse, saying that you deserve what happens; Gaslighting, i.e. saying things to make you question your

perception of reality, such as "That never happened, you never remember correctly."

10. Forcing or manipulating you to perform sexual acts
11. Refusing to let you use birth control medication or devices
12. Forcing you to become pregnant
13. Preventing you from having access to bank accounts with your money
14. Monitoring how you spend money and deciding what can or cannot buy
15. Ordering you to not turn off your phone or punishing you when you don't answer

If you or somebody you know needs help getting out of an abusive relationship come to the clinic and receive confidential help. We are here for you.



Public Health Nursing Corner

When the community had the water shortage in July, CBNHC nursing staff and Community Health Representatives (CHRs) helped out and delivered water and medications to community members. The staff also did home visits on our high-risk elders to ensure their health was ok.

At the annual Song N' Dance in August, CBNHC nursing staff along with the CHRs had booths checking blood sugars and blood pressure readings. Education was provided in way to keep blood pressure controlled and what foods contained high salt content and ways to control blood sugar levels.

Flu shots have arrived, and nursing staff will be making home visits to give

flu shots for community members who are home-bound and elders and have an established chart at CBNHC. If you have a family member that is home-bound or has elder, please call us at the clinic so that we can make a home visit at 908-2307 ext. 138 or 238.

Medication Deliveries:

CHRs can deliver medications and we ask that they be notified by 3:30pm so that they have time to pick up your medications and deliver. This service is for those who do not have transportation to get to the clinic to pick up their medications.

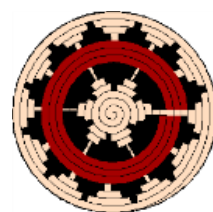
Patient Transport:

A reminder for using our patient transportation, please give 24 hours advanced notice of appointments and

for cancellations. Our transporters work Monday-Friday 8:00am to 4:30pm and we ask to have appointments that are scheduled in Albuquerque to be from 9:00am-2:30pm. This service is for patients who do not have transportation. If you have your own vehicle that is working, please do not use our patient transport services as this takes away services from other community members who do not have transportation. When the community had the water shortage in July, CBNHC nursing staff and Community Health Representatives (CHRs) helped out and delivered water and medications to community members. The staff also did home visits on our high-risk elders to ensure their health was ok.

We will also be having flu shot clinics on Thursday evenings from 4:30-6:00pm, no appointment is required. We will also be providing flu shots in the school.

Marla Jim, BSN, RN WCC



To'Hajiilee Community at a glance...



To'Hajiilee water main break response



To'Hajiilee 2019 Annual "Song and Dance" Celebration

Employee Spotlight

Wendi Abeita

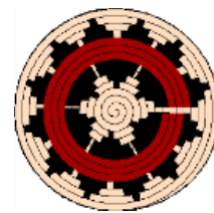
has joined the CBN Health Center's Business Office team as the Purchased/ Referred Care Coordinator. She is Tabaaha born for Dibelizhini, Honaghaahnii Nali, and Todichiinii-Cheii. Wendi worked as a Lead Referral Clerk for Isleta Health Center for 8 years managing the purchasing of health care services for patients with providers and facilities; and serving as a liaison between the patient, Health Center staff, and

health providers, private sector health, fiscal intermediaries, vendors and contractors. Ms. Abeita speaks fluent Navajo. Wendi is happy to be working here and serving the community of To'hajiilee.

Cornelia Garcia

has joined the CBN Health Center's Business Office team as a Billing Technician. Cornelia worked for Isleta Health Center for 14 years, 11 years managing and coordinating the submission of properly executed claims on

a timely basis to third party payers and others. She is a certified PE Determiner and has numerous trainings in the Revenue Cycle. Ms. Garcia is an enrolled member of the Navajo Nation. Cornelia feels it is awesome to be working here and serving the community of To'hajiilee.



Weston Apachito

is our new Medical Assistant in the Clinic. He received his Medical Assistant certificate from Pima Medical Institute in April, 2019. He completed his externship with New Mexico Cancer Center. Weston is a good addition to the health care delivery team, assisting in the promotion of patient comfort; performing triage of patients when they

come into the clinic to determine the reason for their visit; executing orders set by providers including blood work, immunizations, Point-of-Contact labs and EKG's. Mr. Apachito is a member of the Navajo Nation. Weston is happy to be working here and serving the community of To'hajiilee.

Gloria Secatero-Mexicano

has joined the CBN Health Center as a Motor Vehicle Operator for the Clinic's Transportation program doing non-emergency medical transports. Gloria worked as a certified Basic EMT for (10) years for the Navajo Nation EMS in Canoncito, transporting patients to hospitals and brings technical

skills in coordination and communication to serve our patients.

Gloria is a member of the Navajo Nation and makes her home in To'hajiilee. She speaks fluent Navajo. Gloria is happy to be helping her community members.

Romilly Ortiz (Tsinhnahjinnie), PA-C, LTJG

CBNHC has experienced the conversion of one of our own employees to a newly commissioned officer with the United States Public Health Service Commission Corps. CBNHC currently has several uniformed officers serving on active duty here and take on an additional role with serving our country while at home.

LTJG Ortiz (Tsinhnahjinnie)

Thank you for your service!

Healthy Eats...

Autumn and cooler weather remind us of yearly events like the start of a new school year for children and teens, State Fair Time, and Harvest Festivals with lots of fresh sweet corn, squash, pumpkins, apples, peaches and melons abundantly available in stores or farmers' markets. Plus, this time of year, just enjoy the smell of fresh chile roasting! So much of our menu planning can include what is grown here. You can even buy pinto beans that are grown in New Mexico. All of the foods I mentioned so far are considered "Super Foods". This means that these foods are not highly processed, have no added sugars and are full of "super nutrition" that first tastes delicious, and second supplies us energy, vitamins, minerals, fiber and other food nutri-

ents to make us stronger and overall healthier. Plus at harvest time, the cost of these fresh foods is usually lower so and we can save money while we are eating healthfully. I joined the Canoncito Health clinic as your nutritionist in August. I look forwards to greeting you in person sometimes soon.

Cathy McDivitt, RD-N



Current Events and upcoming...

RED RIBBON WEEK events September 2-5

Nutrition Classes by Mrs. Tina Louise

Classes will be as follows:

Diabetes "Fun Walk/Run" twice a month for the Fall season only.

ICAN Nutrition Class with Tina Louise, Wednesdays at Diabetes Office at 1:00pm.

Morning walk starts: September 19, 2019 at 8:00am

Evening walk at 5:00pm at CBN Health Clinic. Incentives will be given to ALL participants.

September

9/4/19 Saving Money at the Grocery Store

9/11/19 Buying in Bulk

9/18/19 Shopping the Seasons

October

10/2/19 Diabetes, your body, and how good nutrition protects it.

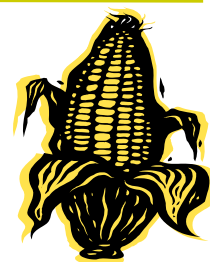
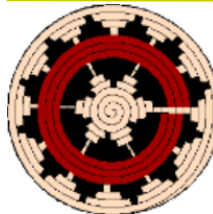
CBNHC, Inc.

129 Medicine Horse Drive

To'Hajiilee, NM 87026

Phone: 505-908-2307

Fax: 505-908-2310



10/9/19 What do the numbers mean? Managing hyper or hypo-glycemia.

10/16/19 Exercise, what is it good for?

10/23/19 Fiber, Salt and Fat

10/30/19 How to make sense of the those nutrition labels

*In Recognition of November 11, 2019
Veteran's Day,
Thank you for your Service!*



CAPT Sheryl O'Shea, MD *

CDR Columbus Nettles, PharmD *

LCDR Alex Varga, PharmD *

CDR Chris Cordes, OD *

LTJG Romily Ortiz (Tsinhnahjinnie), PA-C *

**Current active duty U.S. PHS Commission Corps
Officers at CBNHC, Inc.*



Charlotte Toya U.S. Army

Ursula Roblero, MD U.S. Public Health Service

Al Benalli, LADAC U.S. Army

Roberto Montes, PsyD, LP U.S. Marine Corps

Raymond Yazzie, MBA U.S. Marine Corps

Community Phone contacts:

To'Hajiilee Chapter House.....	505-908-2732
Crown Point Navajo Nation Police...	505-786-2050
EMS.....	505-908-2367
CBNHC Clinic.....	505-908-2307
CHC CHR.....	505-908-2318
CHC Diabetes Program.....	505-908-2772
To' Hajiilee Behavioral Health System...	505-908-2571
To'Hajiilee Court House.....	505-908-2817
Community School.....	505-908-2426
To'Hajiilee Senior Center.....	505-908-2697
Social Services.....	505-908-2549

**"Walk in
Beauty"**

Ahé' hee'

Editor: Roberto Montes, PsyD, LP