

CBN Health Center, Inc.

NEWSLETTER – MAY 2023

129 Medicine Horse Drive
505-908-2307
www.cbnhc.org

MENTAL HEALTH AWARENESS MONTH

Mental health refers to the state of our psychological and emotional well-being. It includes how we feel about ourselves, how we think, and how we cope with the ups and downs of life.

Mental health is important for several reasons. Here are some key points:

- 1. Overall well-being:** Good mental health is essential as it affects how we think, feel, and behave, and impacts our relationships, work, and daily life.
- 2. Physical health:** Mental health and physical health are closely interconnected. Poor mental health can lead to physical health problems, and vice versa.
- 3. Productivity:** Good mental health is essential for productivity. When we feel mentally well, we can focus better, think more clearly, and work more efficiently.

4. Quality of life: Mental health plays a vital role in our quality of life. When we have good mental health, we can enjoy life more fully and experience greater satisfaction and happiness.

5. Social connections: Good mental health enables us to form and maintain healthy relationships. It helps us communicate effectively and empathize with others.

6. Coping skills: Good mental health enables us to cope with life's challenges, including stress, loss, and trauma. It helps us develop resilience and adaptability.

7. Stigma reduction: Promoting good mental health can help reduce stigma and discrimination against people with mental health conditions.



MAY EVENTS

May 1 – San Felipe Feast Day

May 3 – Lunch & Learn - Trauma Informed Care @ Clinic at 12pm

May 8 – SDPI Diabetes 4-week Bingo challenge ends.

May 10 – Lunch & Learn - Destigmatize Mental Health @ Clinic at 12pm

May 11 – Mother's Day Event @ Senior Center at 9am

May 13 – To'hajiilee Graduation

May 14 - Mother's Day

May 17 – Lunch & Learn - Purchased Referred Care (PRC) @ Clinic at 12pm

May 24 – Lunch & Learn - Western Sky Community Care @ 12:00 pm

May 29 – Memorial Day - Clinic Closed

WIC – 1st Wed. of Month

CBNHC Wellness Walks: 12-1pm

Mondays @ East NHA

Thursdays @ To'hajiilee Trail

Fridays @ Chapter House

CBNHC JOB OPENINGS



-DIABETES HEALTH EDUCATOR
-MEDICAL CODER

See CBNHC Website for more info.

May Events are for everyone.

*Lunch & Learn Events - food will be provided.

HEPATITIS AWARENESS MONTH

Hepatitis C virus (HCV) is contagious and can infect the liver. Most people who have Hepatitis C do not know they have the virus and are unaware of the symptoms. HCV can be transmitted through drug needle sharing, mother to child transmission, sharing of razor or toothbrush and possibly through sexual contact with an infected person.

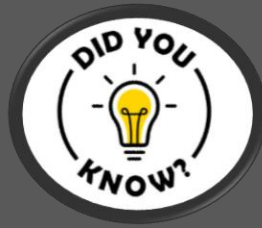
Hepatitis C Symptoms:

- Fever
- Dark Urine
- Fatigue
- Itching
- Jaundice



Treatment – Depending on the stage of virus and if caught in advance an antiviral medication can be taken for 12-24 weeks. In chronic cases a liver transplant may be needed.

Get tested at least once in a lifetime and women who are pregnant will get tested during each pregnancy.



CBN Health Center had 3 Programs and 11 Employees at the beginning of 2016.

By the end of 2022, we have grown to 12+ Programs with 43 Employees

72% of our staff are Navajo.

Diabetes Program

4-week Challenge

“30-Minute Scavenger Walk Bingo” activity has motivated one family.

This family has set themselves up for success with a simple goal, to walk as a family. This family created an enjoyable adventure by spending time walking, talking and taking creative pictures. Below are a couple of pictures taken.



Get Ready to Renew!

Medicaid Renewal Checklist

- ✓ Update Your Contact Information
yes.state.nm.us or 1-800-283-4465
- ✓ Watch For Your Turquoise Envelope
- ✓ Complete Your Renewal Application
yes.state.nm.us or 1-800-283-4465

PLEASE WELCOME OUR NEW CBNHC STAFF!

HR Director – Christine Chavez

Medial Assistant – Jernette Begay

Nurse – Brennia Thomas

Peer Support Specialist – Alisha Thomas



Need to make a Optometry Appointment?

Call Jerrilyn Nelson @ 505-238-1857
or 505-908-2307 ex. 180

Colorectal Health Initiative

Please return your FIT KITS to clinic, and get a bag of flour while supplies last.

Thank you very much!