

CBN HEALTH CENTER, INC.

JUNE NEWSLETTER

Volume 1 / Issue 2

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

JUNE EVENTS

- ♥ June 1 – Covid Booster @ Clinic
4:30pm – 6:30pm
- ♥ June 7 – Lunch/Learn “HIV Awareness/Treatment” @ Clinic - 12pm
- ♥ June 10 – Covid Booster, Drive-Thru
10am-2pm @ Clinic
- ♥ June 14 – Lunch/Learn “Men’s Health” @ Clinic – 12pm
- ♥ June 13 – Sandia Pueblo Feast
- ♥ June 17 – CBN Special Election 2023 @ Desidero Chapter – 10 am.
- ♥ June 20 – Diabetes Health/Wellness Walk at 11:30 to 1:00 pm @ To’Hajiilee Trail
- ♥ June 21 – Lunch/Learn “Working with “LGBTQIA+ Population” @ Clinic – 12pm
- ♥ June 24 – Ohkay Owingeh Feast

*Food will be provided at Lunch/Learn events

Pharmacy Notice

Clinic will have a temporary Pharmacist Dr. Se'mana Seukteoma on board for the next 7 weeks. We are happy to have her fill in while Susan, our Pharmacist, is out. She will be a big support in serving our patients and community.

Please welcome her to our community ☺

HÓZHÓ NÁHÁSDLÍÍ'
Walk in Beauty

WHAT IS FENTANYL?

Fentanyl is a synthetic opioid that is 50-100 times stronger than morphine. Pharmaceutical fentanyl was developed for pain management treatment for people recovering from surgery or those with chronic conditions such as cancer. Because of its powerful heroin-like effects, fentanyl is also abused and sold on the street. Many users believe they are purchasing heroin or other drugs but are actually purchasing deadly fentanyl. Just two milligrams of fentanyl, which is equal to 10-15 grains of table salt and is considered a lethal dose.

Fentanyl is illegally manufactured

Fentanyl is often made into pills that have mostly been blue, imitating oxycodone. Fentanyl pills can be found in variety a of colors and look like candy, ex. Skittles. These colors can make the drug appear less dangerous to some users, but fentanyl is the deadliest drug circulating. A child can mistake pills for candy and not know how dangerous fentanyl can be and often results in death. Fentanyl can also be found in a powdery form like chalk and is often mixed into other drugs.

Q: Is Fentanyl dangerous

A: Fentanyl is the deadliest drug in the United States. More than 70,000 people die from fentanyl overdose.

“The first time could be your last time.

One pill can kill.”



Q: Where is Fentanyl being found?

Fake Pills:

-Percocet
-OxyContin
-Vicodin
-Norco
-Xana
-Valium

Other Drugs:

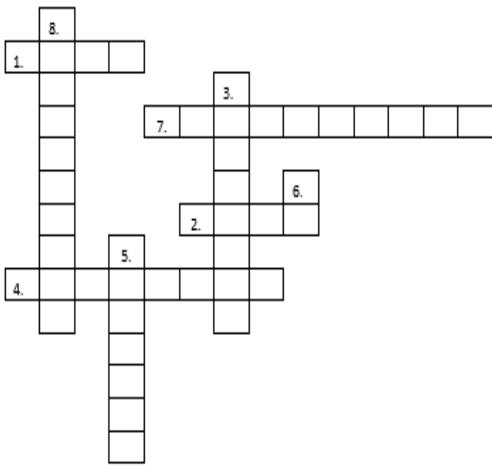
-Heroin
-Cocaine
-Molly and Ecstasy
-Methamphetamine

Drugs to Watch:

-Adderall (w/methamphetamine)
-Marijuana
-Vape Pens

Narcan is available at Pharmacy –
Brief mandatory training will be done at time of visit

Fun Word puzzle



Across

- 1) Cat in Navajo
- 2) Navajo in Navajo
- 4) Chapter Building Name
- 7) Bitsoi (maternal) in English

Down

- 3) TCS Mascot
- 5) Beautiful in Navajo
- 6) Kinship in Navajo
- 8) Canoncito is now known as



Kids Summer Bucket List

- o Sheer Sheep
- o Bike Ride
- o Have a BBQ
- o Go to Zoo
- o Feed the Animals
- o Go on a Family Walk
- o Collect Rocks
- o Go Fishing
- o Butcher
- o Learn to make Tortillas
- o Bead Jewelry
- o Have a Water Fight
- o Make Blue Corn mush
- o Watch Sunset
- o Make a Hogan
- o Have Ice Cream
- o Family Night
- o Read w/ an elderly
- o Learn about Navajo Herbs
- o Learn to introduce yourself in Navajo

Attention Parents or Guardians



If you are sending your child or children for a Walk-In or an Appointment with a family member, you **must** send a written consent letter with the person bringing the child or children. The consent letter must be dated the day of the visit or you can fill out a Parent Authorization Form with Patient Registration. The form is valid for one year and must be signed in front of Patient Registration. Lastly, a valid state issued ID must be presented at time of signing.



Parents:



Don't delay your child's immunizations...

School will be starting back up before you know it.

You may also want to get a head start on Sports Physicals before appointments start to fill-up.

Please contact the Clinic to make an appointment - (505) 908-2307 Options 1

Diabetes Challenge

"Low Sodium and Veggie Challenge"

When: July 10, 2023 to August 4, 2023

You will need to track the number of minutes you exercise and how much veggie and low sodium was consumed daily and submit tracking form weekly.

The benefits of participating in the activity: **reduces blood pressure, increases physical activity, decreases blood sugar and weight, improves your nutrition, mental and wellbeing.**

Want to participate?

Contact Marian Nez at 505 908-2307 ex.223

CBNHC Medication Return Bin

Return your Prescription or Over-the Counter medication that is no longer needed. Liquid medication must be less than 4oz in a zip lock bag or in the original packaging, if possible. Ask our Pharmacy to unlock.

Items not Accepted:

- *Illegal Drugs
- *Needles or Sharps
- *Medical Device
- *Batteries
- *Aerosol Cans/Inhaler
- *Chemotherapy Drugs
- *Chemicals & Radiopharmaceuticals



Need to make an Optometry Appointment?

Call Jerrilyn Nelson @ 505-239-1857 or 505-908-2307 ex. 180

Need to make an Audiology Appointment?

Call Janice Platero (505) 908-2307 ex. 109

Purchased Referred Care (PRC)

- 1) The following documents are required for PRC - **CIB, Social Security Card, Current State Issued ID, Birth Certificate, Marriage Certificate, Proof of Residency or Voters' Registration.** Please verify with Patient Registration that all required documents are on file to avoid delays in PRC referrals.
- 2) Please make sure your **phone number, address and insurance** are current and correct with Patient Registration, this will help PRC process referrals accordingly.
- 3) Please notify PRC Department of any ER or Urgent Care services within **72 hours**, for Elderly must notify PRC within 30 days.
- 4) If you are receiving any bills based on PRC approved referrals, please bring to PRC.

Contact Info:

Wendi Abeita or Andrena Martin (505) 908 - 2307 ex. 108 or 110