



Yas Nilt' ees / January



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



Ya'ta'eeh On December 20, 2019, President Trump signed two spending packages totaling \$1.4 trillion on Friday night, preventing another year-end government shutdown with an hour and a half to spare. The spending package also includes a short-term extension of the Special Diabetes Program for Indians (SDPI) for a period of 5 months, through May 22, 2020. NIHB is heavily advocating for a long

-term 5 year reauthorization of SDPI before the program expired on December 20; however, with negotiations ongoing regarding the legislative vehicle for long-term reauthorization of SDPI, another short-term extension was necessary to avoid program expiration. NIHB continues to stress to lawmakers the undue challenges and problems with short-term extensions, and will continue to strongly advocate for long-term reauthorization of SDPI.

FY 2019 enacted level, to \$6.047 billion. It includes line item increases for the majority of IHS accounts. All Tribal organizations were funded at FY 2019 levels and received 100% of the funds. We normally receive a quarterly apportionment. We received \$4,979,245 based on FY 2019 amounts.

Overall, the deal increases IHS funding by 4% above the

Ahe'hee'
Maria K. Clark
CBNHC, Inc.

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

Ya'ta' eeh, At one of the last chapter meetings, CBNHC Health Board President Ms. Jackie Plat-ero mentioned that the Canoncito Band of Navajos Health Center's goal is to be "One Stop Shopping" and I love that way of describing CBNHC. Since the CBNHC became tribally run in 2016 our goal has been to develop a 'Patient Centered Medical Home' (PCMH) that provides holistic, high quality, accessible and comprehensive care to the community of To'Hajiilee.

A PCMH is an approach to your health that brings together an expert team focused on you. "Patient Centered" means you and your health are the focus of your health care team. Who is on the "team"? Number one on that list is **YOU!**
*Primary Care Provider
*Pharmacist
*Nursing Staff
*Behavioral Health Provider
*Diabetes Educator
*Community Health Representative

Cont'd page 2

Patient Centered Medical Home



Cont'd CMO Report

- *Dentist
- *Nutritionist
- *Referral Specialist
- *Patient Benefits Coordinator
- *Social Worker
- *Optometrist

The health care team should listen to what your goals are for your health, what your concerns are, coordinate all your health care needs including prescriptions, lab work and specialty care and respect your decisions.

A patient centered medical home provides comprehensive primary care. This means addressing prevention, managing chronic diseases and urgent care needs. PCMH provides accessible healthcare which means if you need to get seen you can call the health center and schedule an appointment or come in as a walkin for urgent care needs. Lastly, we want to provide high quality care and con-

stantly strive to improve our quality measures such as improving the number of community members screened for preventable cancer through mammograms, paps and colorectal cancer screening. We also strive to provide quality comprehensive care for common chronic diseases such as diabetes and high blood pressure.

In our most recent patient satisfaction surveys, 90% of

our patients knew who their primary care provider/nurse is. If you don't know who your provider team is please call us and we will let you know! If you don't have a primary care provider let's get you scheduled to establish care with CBNHC.

A'he'hee!

Sheryl O'Shea, MD, CAPT, CMO

Pharmacy Report

The CBNHC Pharmacy department continued its strong work through the end of the calendar year. Notably, LCDR Alexander Varga presented on alcohol abuse and some treatment options provided at CBNHC at the Wellness Summit on December 10th at the Tohajiilee Senior Center (photo below). The presentation was met with great interest and provided a springboard for a lively question and answer session that followed the presentation.

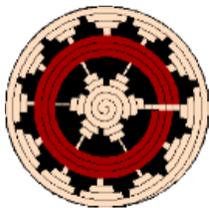
As we approach the holiday, I'd like to pass on a

friendly reminder to keep taking your medications! Compliance is critical- the medications only work if you take them as prescribed on a daily basis. As we celebrate, travel, and visit with friends and families, it is very easy to become complacent and forget to take your medications. The catch is that as we celebrate, we tend to overindulge in food and drink and are less

active. Thus, taking your medications over the holidays is of even *more* importance during this time.

The CBNHC Pharmacy department wishes you all a happy holiday season and a happy New Year!

Alex Varga, PharmD, LCDR



Diabetes Program Report

Welcome to the New Year and a fresh start of new activities with the Diabetes Program here in To-hajilee. We finally have three full time staff members now to help share in a united effort to increase outreach activities, diabetes and nutrition education. We look forward to our tried and true regular participants and hope to meet new people who want information

about diabetes for their own benefit or who want knowledge that would support and help another family member or friend. We invite anyone to come and visit our diabetes office, meet the staff and find out how we can help you or others in the community. Our office includes exercise equipment that is free to use once you sign in and accept some basic information on diabetic health issues and/or nutrition to improve your

health or those of family members. Please call or come by the diabetes office and get to know the staff. Our January Nutrition sessions are every Wednesday from 1-3 p.m. starting Jan. 8th, with one Monday, Jan. 27th at 10 a.m. Our office number is: 505-908-2772.

Sincerely

Diabetes Program Staff



Dental Report

It's the start of a new 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! **In February 2020 CBNHC is participating in a nationwide annual Give Kids A Smile Week! We are planning to be at the school providing dental cleanings to prevent gingivitis and gum disease as well as goodies for the participating students!** 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. Per-



sonalize. Help your child pick a themed toothbrush in his or her favorite color. If your mouth has that post-holiday *too much cake, pie, sweets, feeling* please call the dental clinic and schedule an appointment for a cleaning. A cleaning every 6 months is vital to have healthy gums and keep your teeth. If you have diabetes, every 3 month is even better! Is it time to schedule your yearly exam with Dr. Begay? Please call and schedule an appointment. We would love to see you! We are here for you!

CBNHC Dental Staff

Healthy Eats...

Why Do We Overeat?

Many people struggle from overeating from time to time, which can cause bad feelings about themselves. Learning the reasons why we tend to eat too much may help stop the habit of overindulging before it happens again.

Food Content – Most of the snack foods in our stores include some combination of sugar, fat and salt. These characteristics make food tasty, but also calorie “dense”. The sugar, fat and salt also make us crave more of these snack foods because most are low in fiber. Fiber helps us feel full after meals and snacks; we call this satisfied feeling - “satiety”.

Emotions – Certain emotions cause us to want to eat. These may be stress, frustration, and feeling lonely or sad. Many times we are not even hungry but just trying to block the emotion.

Social Acceptance – Many times we eat because it

is expected in a social situation. You may attend an event that serves food and you feel obligated to eat because you don't want to waste food. Also some activities encourage snacking with the activity. The most common example of this is watching TV or going to see a movie---that popcorn smells so good!”

Boredom- If you have nothing to do, you may reach for food. This happens because just the act of eating gives you something to do and removes your feeling of boredom.

Lack of Sleep – If you do not get enough sleep it will make you feel weak and fatigued. Many people assume this feeling is from lack of food and that eating will stimulate energy. Ask your health care provider how many hours of sleep you need.

Time – We are creatures of habit. We are used to eating breakfast, lunch and dinner spaced out throughout the day. When that time of the day

comes, we feel we need to eat, even if we don't feel hungry.

Senses- Seeing food, smelling food, hearing food cooking are all “triggers” that come in through our senses and cause us to feel hungry.

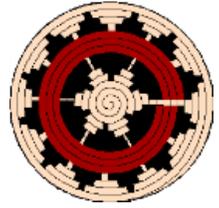
Happy New Year-2020!

You can meet with the nutritionist at the Canoncito Health Clinic to discuss your nutrition concerns.

Developed by Global Nutrition Services, LLC. Source: David A. Kessler, former commissioner of the USFDA.

Cathy McDivitt, Registered Dietitian Nutritionist

Public Health Nursing Corner

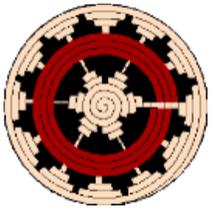


Flu Shots!

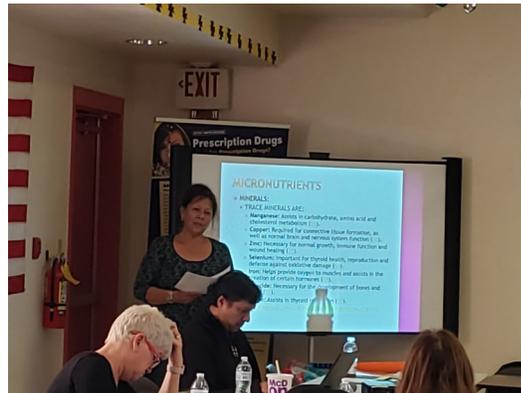
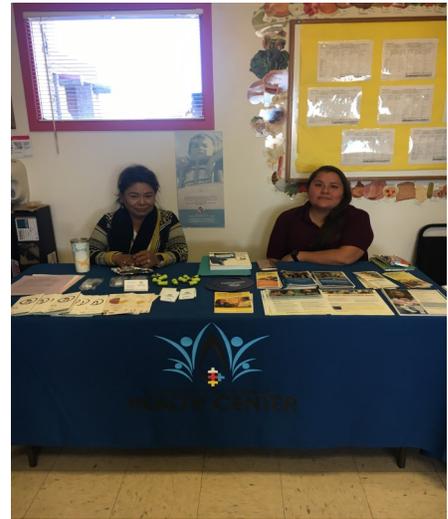
Flu shots are now available! Influenza or “the flu” can be dangerous for children, elderly and pregnant women. We recommend anyone over the age of 6 months to get their flu shot. Flu season begins in September and ends in May; December is when many flu cases are seen. Sign in to see a nurse or medical assistant to receive your vaccine and any questions you may have during regular clinic hours, we are also open late on Thursday evenings until 6:30 P.M. It is important to receive your flu vaccine this season.

Remember to always wash your hands and cover your mouth and nose when sneezing!

Keith Secatero, RN



To'Hajiilee Community at a glance...



To'Hajiilee Winter Wellness Summit

Employee Spotlight

Phyllis Antonio, is our newest Medical Assistant in the Clinic. She is Dine'. Born for the Big Water Clan and born into the Two Who Meet At The Water Clan. Originally from Pueblo Pintado, she lives in To'hajiilee with her husband, children and grandchildren for 15 years. Ms. Antonio earned a diploma from SIPI in Business Administration; and is pursuing a degree in Nursing. She has 6 years of experience as a Medical Assistant with UNMH and Lovelace; and 3 years of experience

as a Nursing Assistant with Gallup Indian Hospital in the ER Dept. Phyllis is trained as a Navajo Language Interpreter. She is a great addition to the health care delivery team! Phyllis is happy to be working here and serving our patient and the To'hajiilee community.

LaRue Medina has joined the CBN Health Center as the Diabetes Coordinator.

She brings (17) years demonstrated experience in planning,

administration and project management in the field of Health Education to the daily operations of the Special Diabetes Program for Indians (SPDI) to support diabetes treatment and prevention services. LaRue's professional career has included Health and Nutrition Coordinator for the Presbyterian Medical Services and Kewa WIC program; Principal Nutritionist for the Navajo Nation WIC program; (9) years as the WIC Program Director for ACL Tribal WIC Program; and (5) years as the WIC Program Manager for the

State of NM Urban Indian WIC Program. She earned a Bachelor of Science in Nutrition/Dietetics from the University of New Mexico. Ms. Medina is a member of the Navajo Nation.

LaRue is happy to be working here and serving the community of To'hajiilee.

Lisa Begay, DMD, has joined the Canoncito Band of Navajos Health Center as the Supervisory Dentist. She earned a Doctor of Dental Medicine degree from A.T. Still University of Health Sciences, Arizona School of Dentistry and Oral Health; and a Bachelor of Science in Dental Hygiene from UNM. Dr. Begay's professional oral health career began as a Dental Hygienist with the Indian Health Service as a U.S. Public Health Service, Commissioned Corps Officer. She has five (5) years of professional experience as a Dentist with the Albuquerque Indian Dental Clinic. A key member of the Dental Clinic team, Dr. Begay

provides preventive, educational, and corrective dental services. In addition to patient care, she supervises the dental staff, clinic workflow, and performs administrative duties under the direction of the Chief Medical Officer. Lisa Begay is an enrolled member of the Navajo Nation.

Eugene Begay has joined the CBN Health Center in a new position of Accountant. With more than 20 years demonstrated experience in accounting, Mr. Begay began his ca-

reer as a Contract Specialist/Purchasing Agent for the Phoenix Area Indian Health Service. He did this for (10) years and then returned to the Navajo Nation to work with a variety of entities in the Navajo Nation government including work with SDP, Aging Services, Behavioral Health, Community Development and Navajo Parks and Recreation. He has experience in the public, private and not-for-profit sectors. Mr. Begay earned a Bachelor of Science degree from Grand Canyon University. Eugene

is a key member of the Finance team performing professional accounting duties related to the preparation and maintenance of financial records, the audit of financial transactions and the production of supporting documentation for all entries. Mr. Begay speaks fluent Navajo.

Eugene is happy to be working here and serving the community of To'hajiilee.

Deborah Rubolino, LMSW, PLCSW, has joined the CBN Health Center in a new position of Medical Social Worker. A member of the National Association of Social Workers, her professional social worker career has included providing psychological services, on an inpatient, outpatient or consultative basis with the Rio Rancho Schools, Desert Hills group home, and the Pueblo of Acoma Behavioral Health Services. Ms. Rubolino earned a Master of Social Work degree from New Mexico Highlands University majoring in

Clinical Social Work Practice; and a Bachelor of Social Work from NM Highlands University. Prior to this career, she worked in the insurance industry. Originally from New York, Deb has called New Mexico home for 26 years. A Provisional Licensed Clinical Social Worker, Deb is a key member of the interdisciplinary health care team providing care and case management, or interventions designed to promote health, prevent disease, and address barriers to ac-

cess healthcare. She provides high-quality psychotherapy services, counseling, and supportive services to patients; and helps patients and their families cope with mental health disorders and addiction, chronic, acute, or terminal illnesses, by providing client-centered advocacy, consultation, and evaluation.

Current Events and upcoming...

Free Nutrition Classes and Food Demonstrations

by Cathy McDivitt, Dietitian-Nutritionist & the Diabetes Program Staff

Wednesdays 1:00 p.m. to 3:30 p.m. held at Diabetes Office

January..... 8, 15, 22, 29,

February..... 5, 12, 19, 26

March..... 4, 11, 18, 25

Also at 10:00 a.m. on Mondays, Jan. 27 and Feb. 24 please come to

ICAN Classes held by Mrs. Tina Louise at the Diabetes office

TBHS Prevention and Outreach:

Parenting Class: Sarah Bitsui @ TCS F.A.C.E. Program 12:30PM

CBNHC, Inc.

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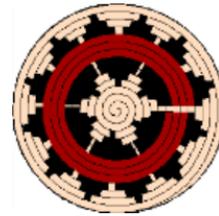
Mrs. Tina Louise at her ICAN class

Behavioral Health Report

Ya'at'eeh! Greetings and a belated Merry Christmas and Happy New Year! Entering the year 2020 brings many high hopes and plans many of us start on like spending more family time, get that job we are trying to get with better benefits or even lose some weight. These are all good and ultimately lead us to a positive change in our lives. During the winter months, be aware of staying home too much, not wanting to see others, feeling agitated, feelings of hopelessness, feeling down, not eating or over eating and not sleeping enough or sleeping too much. Some family members may start with some of these behaviors and not know the extent of how it could impact them. Some times during winter months, these types of behaviors may be due to what is called Seasonal Affect Disorder (S.A.D.). Our biggest concern is trying to reach out to family members when they are dealing with S.A.D. and they are not aware that they can get help for this condition. At TBHS, we address several types of conditions that affect mood and our job is to support To'Hajiilee in the most respectful manner allowing community members to feel they are being heard and taken seriously about what they are dealing with in their lives. Please keep in touch with your family and should you have questions about S.A.D. or any other condition that may affect your loved one's mood contact TBHS for a consult at 505-908-2571.

Ahe'hee'

Roberto Montes, PsyD, LP



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