



Yas Nilt' ees / January

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



Ya'at'eeh! from the CEO. As of January 24, 2019, we find ourselves amid the third government shutdown as well as the longest shutdown in U.S. History. Indian Health Service (IHS) funding comes out of the Department of Interior appropriations which is one of the U.S. Departments that does not have an approved spending bill for FY 2019. You may wonder how this is impacting the CBN Health Center, Inc. IHS staff deployed to CBNHC continue to receive their pay because 90% of IHS employees are deemed "essential" and

"exempt" from being furloughed (i.e. a fancy word for "layoff"). As for CBNHC employed personnel, we are able to continue to pay our employees. However, the lack of funding from the IHS over time will begin to impact our ability to continue normal operations. This means that direct care services will be impacted which will reduce our revenue streams. On a happier note, the Chapter approved our request to pursue a \$2 million USDA loan in order to fully fund the construction of the clinic expansion. The new expansion will tie into the existing clinic building and the exam rooms will be reconfigured to face onto the new Patient Centered Medical Home Suite. Existing Prep Rooms will be converted

into Counseling/Education Conference Rooms, and the existing Nurse Station is to be configured into a computer work station with multiple computers. The new addition is located on the west-side of the existing building. It includes an Administration Area, and expanded Clinic spaces. We hope to begin construction in April 2019 but many strategic plans are on hold until the government re-opens. It is my hope that the next newsletter will find us with a full budget and the federal government in full operation.

Ahe'hee'
Maria K. Clark

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

Ya'at'eeh!

Happy 2019! The New Year is a great time to reflect and develop goals for healthier, more balanced living. February is Healthy Heart Month and a good time to focus on living heart healthy lives. Heart disease is the leading cause of death in the United States. Controlling and preventing risk factors for heart disease is the most important way of decreasing your risk and your family's risk of developing heart disease.

Important risk factors for heart disease that you can do something about are:

- High blood pressure

- High blood cholesterol
- Diabetes and prediabetes
- Smoking
- Being overweight or obese
- Being physically inactive
- Unhealthy diet

Talk to your CBNHC care team about prevention and what your risk factors may be. Heart disease can be prevented by making simple lifestyle changes such as:

- Cutting out salt
- Exercising regularly such as walking
- Eating more fruits, vegetables, lean proteins (such as chick-

en, beans) and healthy grains

- Avoiding processed foods, fast foods and sugary drinks.
- Checking in with your doctor and health care team to make sure your blood pressure, blood sugar and cholesterol are controlled.

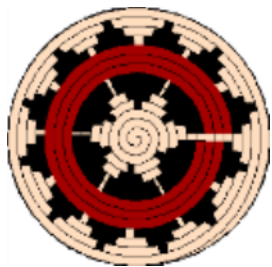
Finally, don't forget to not only take care of your physical heart but your spiritual heart by spending time with your friends and family, exercising, and reducing your stress level. Taking care of your heart will improve your overall health and will allow you to enjoy quality time with your loved ones. Make a commitment

to yourself and share it with a loved one for support.

Ahe'hee'

Sheryl O'Shea, MD, CAPT, CMO





Dental Clinic Report

FEBRUARY IS NATIONAL

CHILDREN'S DENTAL HEALTH MONTH

Tooth decay is the most common childhood disease.

3 out of every 5 children are affected by tooth decay.

5X more common than asthma.

51 MILLION SCHOOL HOURS MISSED DUE TO ORAL DISEASE.

Tooth decay is almost entirely preventable.

17% of America's kids don't get the dental health care they need.

Alan Tatz, DDS



Pharmacy Report

Winter of 2018 was a busy time for us here at the CBNHC Pharmacy. We hosted a wonderful pharmacy student from the University of New Mexico School of Pharmacy. He had the opportunity to present some preventative health material at the To'Hajiilee Community School pertaining to the hazards of e-cigarettes and vaping. He was a great asset here helping patients at the clinic too, and we are looking forward to getting our next pharmacy student in a few months. The holiday



time provided all of us here to spend some time with family and reflect on what a great year we had as well as thinking about the direction of our clinic and pharmacy for the upcoming year. We continue to host late clinic hours every Thursday evening, and I have seen an increased rate of use of the pharmacy during those times. Hopefully, making the pharmacy hours more accessible is making it easier for more

community members to receive their medications.

Alex Varga, PharmD, LCDR

Diabetes Program Report

Practicing Self-Care

Self-care activities can help you cope with stress and improve overall well-being. Practicing self-care is especially important if you have many responsibilities, like going to school, working at a stressful job, or taking care of a loved one.

Manage stress. Make attempts to manage and reduce stress in your life.

Surround yourself with supportive people. Spend time with friends, family, and others who make you feel good about yourself.

Make time for fun. It's important to make time for fun and leisure, especially when you're stressed.

Consider counseling.

Know when you're feeling overwhelmed and don't be afraid to seek professional help. Needing to talk to somebody doesn't make you broken, it makes you human.

Give yourself affirmations. Encourage and validate yourself by saying something affirming to yourself.

Exercise regularly. Exercise for at least 30 minutes a day, even if it's just in 10-minute

intervals.

Eat healthy foods. Eating healthy foods and staying hydrated will help keep you energized and your body healthy.

Get adequate sleep. Make sure you're getting enough sleep each night. Most people need about 7-9 hours to feel at their best the next day.

Kimberlee Moss, BAFA



Spicy Avocado Egg Salad

Servings: 2

1 avocado mashed

2 hardboiled eggs diced

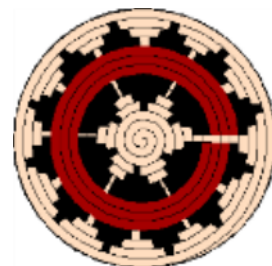
1 tsp mustard

½ tsp black pepper

1 tsp hot sauce (Tobasco, Siracha, etc.)

Directions:

Boil eggs for 10-12 minutes until cooked through. Cool and remove shell and chop. Add to mashed avocado and seasonings. Spread on whole grain toast, eat with a salad or dip with veggies.



Behavioral Health Report

Ya'at'eeh! I wish good health to the entire To'Hajiilee community in 2019. Many goals are planned for To'Hajiilee Behavioral Health System (TBHS) this year and with a plan in place it is easier to turn goals into reality. Goals such as assisting the community with recognizing health disparities and reducing the frequency of them with prevention and treatment. Some disparities that community members of all

ages suffer from are depression, anxiety, substance use and suicide. Nearby states such as Colorado have efforts to address growing mental health concerns as they move forward in addressing a devastating problem teens face today with depression, anxiety, and suicide. This problem they have been dealing with demands their attention with a plan. Denver, Colorado metro middle and high schools have hundreds of students that selected *January 21-*

February 10 to bring awareness of the teen suicide problem affecting the area, and moreover, the nation as a whole. The campaign is called "*The Hopeful Drive*" which will coordinate with collecting donations for the Robbie's Hope Foundation.

I ask for the To'Hajiilee community to join me in supporting this effort of recognizing a friend, a family member or yourself in need of help and direct them or come in

for help here at TBHS. The To'Hajiilee community deserves as much support for its members struggling with issues of depression, anxiety, substance use and suicide. The help and support is here and the time is now. Ahe'hee'

Roberto Montes, PsyD, LP



Employee Spotlight

Ophelia A. Joe, DA, has joined the Canoncito Band of Navajos Health Center as a Dental Assistant for the Dental Clinic. She is Dine. Born for the Tsi'naajinii Clan and born into the Áshiihíí Clan. Ms. Joe is nationally certified and holds additional certifications in Radiology, OSHA and CPR. Assisting for 16 years, she has successfully developed her knowledge, skills and abilities in private practice dental offices in a variety of positions including Oral Surgery Assistant, Lead Dental Assistant, and

Dental Hygiene Assistant and Sterilization Technician. Ophelia Joe is a citizen of To'Hajiilee and makes her home here along with her husband and her spunky 4 year old son. She enjoys spending time with family and enjoys being a mother. Ophelia has wanted to work for her community since she did her Dental Assistant externship here and is very grateful for the opportunity to assist the dental team to function more efficiently and to better serve the patients of her community and surrounding areas.

Santiago Montoya has joined the Canoncito Band of Navajos Health Center as a Motor Vehicle Operator for the Clinic's Transportation program doing non-emergency medical transports. He is Dine. He is Hashtl'ishnii (Mud Clan). Born for the Ta'neezahnii (Tangle Clan). His paternal grandparents are Kintichiinii (Red House Clan). And his maternal grandparents are Ta'chii'nii (Red Running Into Water People Clan).

Mr. Montoya speaks the Dine language fluently. Originally from Na'neelzhiin (Torreon) he lives in To'Hajiilee with his wife and children. Santiago worked as a certified Basic EMT for (4) years for the Navajo Nation EMS in Torreon, transporting patients to hospitals. Santiago is happy to be helping the To'Hajiilee community members get from one place to another so they can take care of their health and well-being.

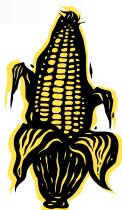
Charlotte Toya has joined the Canoncito Band of Navajos Health Center as an Accounting Technician. Charlotte has more than 30 years of experience as a member of Finance teams, successfully providing a variety of routine to difficult fiscal, financial and accounting office support including accounts receivable invoicing and collections, accounts payable processing and property management. Ms. Toya brings a breadth of knowledge having worked as an Accounting Technician for the BIA for 12 years; a Revenue Auditor for Isleta Casino

for 5 years; an Accounts Payable Clerk for La Montanita Food Cooperative for 10 years; and most recently, a Property Technician for the Pueblo of Jemez for 3 years. Charlotte is an enrolled citizen of the Pueblo of Jemez and a Veteran of the U.S. Army. Charlotte lives in To'hajiilee. Charlotte is happy (she would do cartwheels if she could) to be working here and serving the community of To'hajiilee by gathering, researching and recording fi-

nancial information to communicate the financial health of CBN Health Center.

Geraldine Werito has joined the Canoncito Band of Navajos Health Center as a Motor Vehicle Operator for the Clinic's Transportation program. She is Salt Clan. She speaks the Dine language fluently. Originally from Teesto, Arizona,

Ms. Werito has lived in To'Hajiilee for more than 40 years caring for her family with her late husband. Most recently, Geraldine served the To'Hajiilee community as a non-emergency Medical Transport Driver for Native Care Transport for 6 ½ years. Geraldine loves meeting new people and helping them.



Healthy Eats...

After the holiday fun you may be thinking “time to start dieting.” I challenge you this New Year, to **DITCH** the diet mentality. True lasting weight loss is possible with lifestyle change. Here are some tips: Practice portion control by switching to a small plate and avoid second helpings. Drink a full glass of water before and after a meal. This will help you feel full and aid in digestion. Don’t subtract, add! Instead of thinking of all the foods you *can’t* have, start thinking about the healthy foods you do want. Fruits and vegetables are low in calories and boost fiber, vitamins, minerals and anti-oxidants. Get moving! Incorporate more movement in your day by being “less-efficient.” Example; Instead of carrying all groceries from your car in 1 trip, take 1 item at a time for increased steps. Enjoy creating a healthy lifestyle and have fun trying new foods. Wishing you all health and happiness this new year!

Ashley Dunworth, RDN, LD

Current Events and upcoming...

Nutrition Classes by Mrs. Dunsworth

Classes will be as follows:

Wednesday January 30th: Shopping smart at the store/Gratitude and our mental health

Quick and easy dinner ideas

Cooking Creations: To'Hajiilee Diabetes Center 7071 Sunset Lane

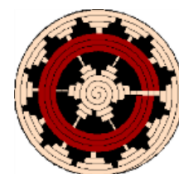
Tuesdays Feb. 5, 12, 19, 26 1:00-3:30PM

ICAN Nutrition Class: held every 3rd Monday of the month

Next class is on **March 18, 2019** at 10:00am – 11:30am with Tina Louise Carpenito. The class will be focus on Making Changes with Salt. **No Class in February.**

Monthly Run/Walk

Our next run/walk event will be held on **January 24, 2019** at 10:00am at the Diabetes Office; weather permitting.



Health FOCUS

Traditional Services

Community members needing the services of a Traditional Practitioner/Healer can be supported by referral to one of the identified and recognized with CBNHC, Inc. CBNHC/TBHS has vetted individuals through Navajo Nation Department of Behavioral and Mental Health Services out of Crown Point, NM and with individuals from To'Hajiilee with the Native American Church of To'Hajiilee. These providers are able to provide services for community members by visiting the TBHS office for the initial intake interview. Once completed, the community member and the provider will complete needed services off site. Should you have any questions, please don't hesitate to call to have all your questions answered.

TBHS (505) 908-2571

Transportation Services

Community members needing transportation to the CBNHC or the TBHS can call for a scheduled pick up at their home and have a return to their home after their appointment. We ask that requests for transportation be at least 72 hours before the scheduled appointment. Should a last minute appointment be made a request can be made short notice if an urgent medical concern. When you call please ask for Transportation

CBNHC (505) 908-2307

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'