



*Ya'iihjááshchilí / June*

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

Ya'at'eeh! from the CEO/COO. Strategic facility planning facilitates attaining and maintaining competitive advantages.

It can result in creating a long-lasting patient-centered medical home model for CBNHC that will aid in its desire to create and maintain an "ideal" patient visit. This will include evaluating all services, recommendations on potential new location options, and strategies on how to manage the health of the population in an optimal way.

Strategic facility planning links the realities of the current delivery model and location to

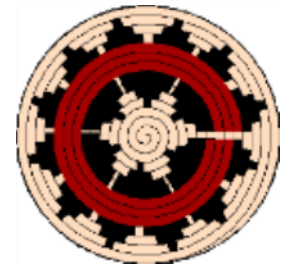
the best practice model and what needs to be accomplished, when, and what resources to direct toward the patient-centered medical home model.

Various scenarios will be developed regarding the potential for another clinic site, specialty care services, impact of other market providers, hospital relationships, and the overall coordination of care. Attaining and maintaining competitive advantages may result in higher revenue generation, consequently, more services being delivered for the community. It is exciting to embark on the opportunity to explore the

various possibilities regarding care delivery.

Ahe'hee'

*Columbus Nettles,  
PharmD, MBA, MSHRM,  
BCACP, CDR, COO*



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

Summer fun time is here! Let's keep our summer fun, healthy, and safe! As the summer warms up it is important to stay cool. If you are planning on spending a lot of time outdoors, avoid the hottest time of the day between 10 am and 3 pm. If you have to be outside during the heat of the day seek shade, wear a hat, light colored, light-weight clothing and wear sunscreen. Plan your outdoor exercise for the early mornings when it is the coolest. Stay well hydrated with water and avoid

caffeine. The CBNHC Diabetes Program will be sponsoring two early morning fun walk/runs – the June 20<sup>th</sup> Father's Day fun walk/run at 8 am and the July Celebration fun walk/run on July 25<sup>th</sup> at 8 am. The Diabetes program is also sponsoring a 30 Day No Sugary Drink Challenge for the month of June to encourage us all to drink more water and avoid unhealthy sugary drinks.

The Nutrition cooking classes held at the Diabetes trailer will be promoting healthy grilling

classes for the month of June every Wednesday at 1 pm (except for June 12<sup>th</sup>). Come and learn some great ideas on healthy and safe grilling. Injuries we frequently see are accidental burns from grills during the summer time. Keep children a good distance from the grill, and, if a burn occurs, immediately run under cool water. Seek medical attention if the burn blisters or appears white, waxy or black. In preparation for the end of the summer, CBNHC is planning a sports/school PE clinic for Saturday July 27<sup>th</sup>. Call

the clinic to schedule an appointment for that day any other day during the week. The mammogram van will be here the same day in our parking lot!

Let's all have a safe, healthy and fun summer!

*Sheryl O'Shea, MD, CPT,  
CMO*

**WARNING:**  
Drinking beverages  
with added sugar(s)  
contributes to obesity,  
diabetes, and tooth decay.



## Dental Clinic Report



Summer is a great time to get ready for school by having a dental cleaning. Dental cleanings help to prevent cavities and gingivitis. We typically schedule dental exams with the school in October, but we have been unable to do cleanings on the school's schedule. Please call the dental clinic and ask for a cleaning appointment with the Dental Hygienist.

On Thursday, May 9<sup>th</sup>, Kendra, Marian and the Dental Hygienist gave a presentation to the

7<sup>th</sup> and 8<sup>th</sup> graders at TCS. We took our phase contrast microscope with us and showed the students what oral microbes look like (squiggly and alive)!

We discussed oral microbes and their role in gingivitis and tooth decay, the effects of sugary drinks on teeth and overall health, and the importance of health promotion and disease prevention. The students learned that the healthiest thing to drink is water and the worst to drink are sports drinks, energy drinks, and soda. We also talked a little about advertising and the agenda behind the companies selling those products. Kendra (Dental Assis-

tant) and Michelle (Dental Hygienist) presented with the help of Marian (Diabetes educator).

The 7<sup>th</sup> and 8<sup>th</sup> graders took a pretest and a posttest to help us see what they learned from the presentation. Thank you, TCS 7<sup>th</sup> and 8<sup>th</sup> graders for your participation and cooperation! We really enjoyed our visit and hope to be back after the summer. On Saturday, July 27<sup>th</sup>, during the sports physicals, the dental department will be making custom fit, colored (if desired) sports mouth guards for any students desiring them. Protect those choppers!!

*Michelle Seebinger, RDH*

## Pharmacy Report



Spring of 2019 was a busy time for us here at the CBNHC pharmacy. We will be hosting a pharmacy student from the University of New Mexico School of Pharmacy during the month of June; please help in making him feel welcome to our community. With summer-

time fast approaching, I want everyone to think about the vacations and trips you may have planned and how to ensure that you have your medications during these trips. Pharmacy staff will work with you to make sure that you have enough medications for your holiday travel. 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. Enjoy the summer!

*Alex Varga, PharmD, LCDR*

## Diabetes Program Report



Moving forward into a great summer with positive, highly motivated team. Diabetes has been in partnership with Ashley Dunworth RD, promoting how to prepare healthy meals and strengthening cooking skills. Classes held Wednesdays starting at 1:00pm at Diabetes building; there will be no class June 12 2019.

Healthy eating education include nutrition classes to address specific health conditions, nutritional mentor-

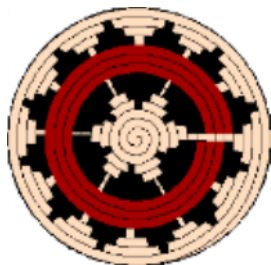
ships, and distribution of recipe pamphlets weekly. A variety of nutrition education handouts given to all participants with the knowledge and skills to make healthy food choices as a central part of their lives. Upcoming event for the summer is grilling, happiness is figuring out how to work your grill. A kickoff grilling is the first grilling June 5, 2019, recipes include grilled fish, grilled vegetable dishes and grilled fruits. Wednesday June 19 will be

our "Salute to Dad's Day".

Join the Diabetes Program and celebrate our Fathers, our Family and our Community in the "Father's Day Fun Walk/Run on June 13, 2019 at 8am.

Anyone suffering from obesity, depression, stress, heart problems, or joint pain, should try walking because it is beneficial and the solution to all your health issues.

*Marian Nez, CCHW*



## Behavioral Health Report

Ya'at'eeh'! May 6 was *National Children's Mental Health Awareness Day* bringing needed attention to mental health in childhood. Families in our community should take a moment and spend time with their children listening and speaking without interruptions. The goal is having your child be able to have a strong connection through communication for encouraging positive social and emotional development. The child in your home that has

the natural ability to go to their parents with problems is the hope for parents to experience in order to guide the child with good recommendations and ideas for problem solving. The To'Hajiilee community is not immune from the health disparities that other communities face, like childhood bullying. A collective effort of reaching children and encouraging them to speak out and seek help is the goal for our

children so they are not forced to endure maltreatment or forms of abuse that can be prevented. Sit down with your child today and have that 'talk' so they can hear your support they need to move forward in life.

*Roberto Montes, PsyD, LP*



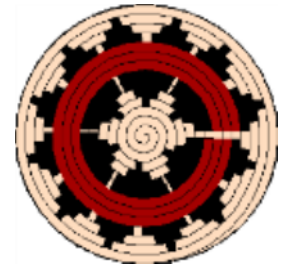
May is  
Mental Health  
Awareness  
Month

## Employee Spotlight

**Ophelia Mace**, CNMA, has been promoted to a Health Educator for the Diabetes Management program. She is Dine. Born for the Red House Clan and born into the Mud People Clan. She is an experienced Medical Assistant, nationally certified and licensed, and has served the CBN Health Center and the SPDI clients since August, 2018.

She immediately went to work earning her CHR certification through IHS and has successfully built a team with the Dental Clinic staff to grow outreach activities with the community. She has continued to grow her skills in health education and disease prevention. The SPDI team, Ophelia Mace and Marian Nez, is a great asset to the health care delivery team, providing direct and indirect health care services with the

Special Diabetes Program for Indians (SPDI) to support diabetes treatment and prevention services; non-emergency medical services, health promotion and disease prevention services and general outpatient healthcare. Ms. Mace believes healing and wholeness are matters of body, mind, and spirit and brings this holistic approach to patients.



**Jerrilyn Manning**, CCMA, has been promoted to Community Health Representative (CHR) for the Community Health program. She is an experienced Medical Assistant, nationally certified and licensed, and has served the CBN Health Center since November, 2016. Mrs. Manning trained as an Emergency Medical Technician and worked as an EMT Intern for the Navajo Nation for 1.5 years. She has continued to grow her skills in health education and disease prevention. Jerrilyn is a great asset to the health care delivery team, and

will expand her role and responsibilities by providing direct and indirect health care services to To'hajiilee community members; non-emergency medical services, health promotion and disease prevention services and general outpatient healthcare. Mrs. Manning is a member of the Navajo Nation, born and raised in To'Hajiilee, and makes her home here. She speaks fluent Navajo. She enjoys working for her community to provide comprehensive, culturally sensitive and community-oriented healthcare.

**Santiago Montoya** has been promoted to Community Health Representative (CHR) for the Community Health program. He has served as the Motor Vehicle Operator for the Clinic's Transportation program doing non-emergency medical transports since October, 2018. Mr. Montoya worked as a certified Basic EMT for (4) years for the Navajo Nation EMS in Torreon. Santiago has contributed to the success of the Transportation program and will be a great asset in providing direct and indirect health

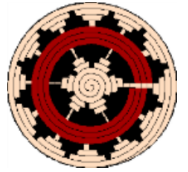
care to To'hajiilee community members; non-emergency medical services, health promotion and disease prevention services and general outpatient healthcare. Mr. Montoya is a member of the Navajo Nation. To'Hajiilee has been his home with his family for five (5) years. He speaks fluent Navajo. He is happy to be helping his community members take care of their health and well-being.



# CBNHC, Inc.

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## "Walk in Beauty"



### Current Events and upcoming...

#### To'Hajiiilee Diabetes Program Upcoming Activities

June Activities:

Nutrition Class Grilling Month  
with Topics at DM building:

5th Love Your Liver

12th NO Class

19th Invest in Your Vision

26th Satisfy Your Skin

July Nutrition Class is pending.

ICAN Nutrition Class at DM  
Building:

June 3rd @ 10am

June 17th @ 10am

July No Class, resume in August

Garden Box Meeting: every 3rd  
weeks of the month at DM Build-  
ing:

June 20th @ 1:00pm

Walk/Run at 8:00am @ DM Build-  
ing:

June 20th Father's Day Fun Walk/  
Run

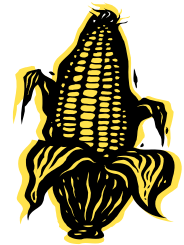
July 25th July Celebration Fun  
Walk/Run

Challenge: for the month of June  
start 6/1/19 – 6/30/19:

30-day No Sugary Drink Challenge

CBNHC is planning a sports/  
school PE clinic for Saturday  
July 27<sup>th</sup>

The mammogram van will be here  
July 27<sup>th</sup>



### Health FOCUS

#### ARE SUGARY DRINKS BAD? YES!!!

Sugary drinks are the choice for millions and are a major contributor to the obesity epidemic. Sugary drinks refer to soda, pop, cola, coke, fruit punch, lemonade, sweetened powdered drinks, energy drinks and sports drinks. They may contain high fructose corn syrup, sucrose, juice concentrate or cane sugar. A typical soda contains 150 calories with no other nutrients. Most people who drink sugary drinks do not feel as full as if they had eaten the same calories in solid food. Studies show that people do not eat less food to compensate for the calories they drink. In other words, they end up eating more calories and gaining more weight. Energy drinks have as many calories as soda, enough caffeine to raise your blood pres-

sure, and additives that might harm your long-term health. Drinking sugary drinks increases your risk of tooth decay, type 2 diabetes, heart disease and other chronic diseases.

So, what should you drink?

Water of course! Other alternatives are sparkling water and unsweetened tea. You can perk up these drinks by adding orange slices, mint or cucumbers.

Ursula Roblero, MD

#### DON'T DRINK YOUR CALORIES.



### Community Phone contacts:

To'Hajiiilee Chapter House.....	505-908-2732
Crownpoint 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' Hajiiilee Behavioral Health System...	505-908-2571
To'Hajiiilee Court House.....	505-908-2817
Community School.....	505-908-2426
To'Hajiiilee Senior Center.....	505-908-2697
Social Services.....	505-908-2549

Ahé' hee'

Editor: Roberto Montes, PsyD, LP