



Canoncito Band of Navajos Health Center, Inc.



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

Ya' at' eeh It is with great pleasure to provide input to the first CBNHC newsletter. We hope this newsletter will be a great resource for the Chapter and the To'Hajiilee Community. We are always exploring ways to engage the person, family & community in the clinic setting and in the community. Since July 1, 2016, we are transitioning from a long run IHS clinic to a tribally-operated clinic. Across the country, you see many tribes & tribal organizations taking their IHS funds & managing their own health care organizations successfully and ironically, many of

these tribal health organizations are providing care to non-Indians in rural areas. This, in essence, is a large solution to providing quality care to Native Americans that is not otherwise provided by IHS. It's a big step but the right step in self-determination. Tribal health organizations are a great health resource for our rural communities but are also creating some fierce competition with Private and State-run hospitals and CBNHC, Inc. is one of them. The past two years alone, we have grown in many ways that has greatly increased access to care. Access to care is im-

portant to all of us albeit in your home, the clinic or in a community setting. Transitioning from an IHS operated facility to a new tribally-operated facility is very much like a new start up which means we have growing pains. A lot of pieces go into establishing a health care delivery system. We still have quite a bit to do organizationally but confident that we will continue to meet our mission, objectives and goals because we have wonderful and dedicated persons working for CBNHC.

*Maria K. Clark, CEO
CBNHC, Inc.*



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

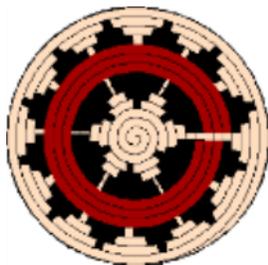
Ya'at'eeh

Welcome to CBNHC's first newsletter! It has been almost two years since we became tribally run, and we have seen tremendous growth and progress across all disciplines here at the clinic. We have gone from six employees to over forty and we're still looking to expand our services even further in the months and years to come. I have thoroughly enjoyed this wonderful time of growth, challenges and the building of connections and bonds with both members of the community that we serve as

well as my fellow employees. Our goal is to offer the absolute best comprehensive primary care services for all age groups in the To'Hajiilee community here at the clinic and additionally to reach out and be present in the community whenever possible. We provide newborn, pediatric, prenatal, and women's health care as well as manage chronic ailments such as diabetes, hypertension, and arthritis, just to name a few.

What does "comprehensive" mean? Comprehensive primary care means that we have a team of providers that seeks to provide coordinated and holistic care: not only for a patient's physical health, but also for to their mental health needs, including prevention and well care, acute care and chronic care. We offer walk in clinic services every day for all ages. Our specialty services include Podiatry (foot care), Optometry (Eye exams), Audiology (hearing tests and hearing aids), Behavioral Health, Dental care, Nutritional counseling and Ultrasonography services. In an effort to serve the community better, we have also added late clinic hours every Thursday from 4:30-6:30 pm for appointments and pharmacy services. Our vision is to be the best tribal health center that takes great care of you, your family and the community. We want to continue to grow and respond to your needs as well as the needs of the community. *Ahe'hee'*

Sheryl O'Shea, MD, CDR, CMO



Dental Clinic Report

Ya' at' eeh

The CBNHC Dental Clinic is doing lots of exciting things. We are a full service dental clinic doing examinations, cleanings, fillings, root canals, extractions, crowns, bridges, partial dentures and full dentures. We also screen for orthodontics. Any procedure we do not do in our clinic we try to

refer through PRC. We are excited to see all our patients from the community. When you make an appointment please try to keep it or let us know you are not coming so we can schedule another patient in your place. We even take Packer and Cowboy fans. Please call our office and make an appointment 908-2307 extension #2.

Alan Tatz, DDS



Pharmacy Report

April 2018 was a busy month for us here in the pharmacy. We hosted a wonderful pharmacy student from the University of New Mexico School of Pharmacy. She had the opportunity to present some preventative health material at both the To'Hajilee school and the court house. She 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. Additionally, the pharmacy hosted a "Drug Take Back" week, in which we asked our patients to check their medicine cabinets at home and bring us any expired or unused medications for proper disposal. This campaign was a success. Lastly,

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, making it easier for more community members to receive their medications.

Alex Varga, PharmD, Lcdr

Diabetes Program Report

CHILDHOOD OBESITY

Obesity in children is increasing quickly in the United State. The number of children that are overweight has doubled in the last two to three decades; currently one child in five is overweight. The increased rate is in both children, adolescents, in all ages, races and gender groups. Childhood obesity has multiple causes, including high caloric intake, with a lack of

physical exercise and activity to burn it. 1) Help prevent overweight and obese children by teaching and modeling good nutrition at an early age. 2) Children who develop healthy eating habits can better manage their weight. 3) Eating a balanced meal includes fresh fruits, vegetables, and small portion of lean cuts of meat. 4) Children who are physically active on a daily basis are less likely to become obese or overweight. 5)

Regular exercise is just one component in fighting childhood obesity. 6) Parents can be role models for their children by developing their own healthy eating habits and beginning a regular exercise program. 7) Limit screen time (TV, computer, video games) to 1-2 hours a day of quality programming. 8) Obesity develops over time and cannot be solved overnight. 9) Children who spend too much time watching television are at risk of becoming obese.

Kimberlee Moss, BAFA



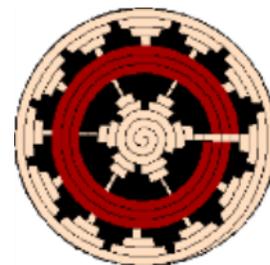
Behavioral Health Report

Ya' at' eeh! I would like to welcome all community members to the To' Hajiilee Behavioral Health System! Services include ongoing individual, couples, family, child and adolescent counseling along with substance use counseling with alcohol education class, prevention relapse class, parenting class and Alcohol Anonymous group. The To'Hajiilee Behavioral Health System staff remains ready to assist communi-

ty members in seeking information in the area of good healthy habits with presentations by our Prevention and Outreach staff member conducted at the To' Hajiilee Community School and the Senior Center. During the month of May, keep in mind to care for yourself and your loved ones and should you need our support, we are a phone call away. It's TBHS's goal to provide needed mental

health services to the To'Hajiilee community promoting a long healthy and prosperous life.

Roberto Montes, PsyD, LP



May is
Mental Health
Awareness
Month

Employee Spotlight

Raymond Yazzie, MA

Hello. My name is Raymond Yazzie, I have been in the Health Care field for over 5 years. Three of those years were at Lovelace Medical Center Downtown in the Emergency Room and the remaining two were at the Isleta Health Center in Isleta, NM. I moved back from Kansas City, Missouri where I worked at the -

Dr. Ursula Roblero, MD

I am originally from California and have been living in New Mexico for 15 years. I have been working at First Nations Community Health Source in Albuquerque for the past 9 years. I worked in Canoncito several years ago and enjoyed the patients and community very much. I am looking forward to working in a smaller community again where I can establish relationships with patients, providers, staff and other community members.

Corporate Offices for Hilton Hotels. I am originally from Gallup, NM and a graduate from the University of New Mexico. I hope to become an asset here at the Canoncito Health Center and help out where I can.

Dr. Gerald Maese, DDS

My name is Gerald Maese. I was born and raised in Albuquerque, New Mexico. I received my dental degree at the University of Missouri Kansas City and practiced 37 years in private practice in Albuquerque. My hobbies are golf, golf and golf and I am thrilled to be working at the dental clinic. I would like to meet many of the community members as possible so please stop by and say hello.

Kimberlee Moss, BAFA

Kimberlee Moss is the new Diabetes Coordinator. Ms. Moss is Kinyaa'aanii, born for Ts'ahyisk'idnii, Naaneest'ezhi are her maternal grandfathers and Todich'ii'nii are her paternal grandfathers. Ms. Moss earned a double Associates of Fine Arts from the Institute of American Indian Arts in 1995 and a Bachelor's of Art in Fine Arts in 2000 from the -

Belva Mace, DA

My name is Belva Mace. I was born in Cuba NM and raised in Torreon, NM. I'm a member of the Dine Nation (Red House and Mud People). I've been married to Chinh Nguyen for 19 years and we have 6 children, 4 boys and 2 girls. We reside in Albuquerque and I have been in the dental field since 2004. When I'm not -

University of New Mexico. Ms. Moss has been active in community service pursuits and attends local community boards dedicated to education and service to the Native American population and underserved communities in New Mexico.

working I enjoy exercising and being with my kids. I'm excited to be a part of this community.



Employee Spotlight cont'd

Quintina Morgan, BSN, RN

Ya'at'eeh! Shi ei Quintina yinishiye. Toahani nishli, Tsinaajinii bashichen. Kin-yaanii dashichei, To-baahniazhi dashinali. Tachee, AZ deenasha. Hello, my name is Quintina. I am very happy to join the CHC team. I'm a second generation nurse and have worked in healthcare serving Native American communities, especially our

elders and children, as I am knowledgeable of the tradition, sensitive to the culture, and will be their staunchest advocate. As a Native nurse, I am committed to treating each patient with dignity, kindness, empathy, and respect. I believe that by inter-connecting the culture and traditions with modern medicine, we can sustain livelihoods that bring about positive outcomes.

Health FOCUS

AAH-CHOO!!!

Bless you! Bless you! Bless you! Pollen counts are high in spring time. Are you suffering from allergies? Or is it a cold? Sometimes it is difficult to know the difference.

Cold symptoms: Sneezing, cough, runny nose, sore throat, fatigue, fevers, chills, headache, and decreased appetite. Symptoms typically worsen gradually and then resolve within a few days to a week. Changes in environment or taking a shower will not improve symptoms.

Allergy symptoms: sneezing, cough, stuffy nose, runny nose, itchy/red eyes, sore throat, itching throat/ears, and trouble sleeping. Symptoms are typically most severe after being outdoors and in the morning when

pollen counts are highest. If you are allergic to pets you might notice a rash or sneezing when in contact with animals.

What can you do to improve your allergy symptoms? Stay inside when pollen counts are high. Keep car and house windows closed. Take a shower and change clothes before going to bed to rinse off pollen. Wear a dust mask when outside. If you are suffering from allergies either make an appointment with your doctor or come in as a walk-in at CBNHC for an evaluation for treatment options.

Romilly Tsinhnahjinnie,
PA-C

Current Events and upcoming...

To'Hajiilee Diabetes Program Upcoming Activities

Nutrition Classes

Every Wednesday from 1:00pm – 3:30pm with Nutritionist Ashley Dunworth. Hands on learning and healthy cooking demonstrations for each class. Next class will be on **May 23, 2018** and will discuss Sanitizing/Cross contamination. **No class on May 30, 2018.** June topics to be put out at a later date.

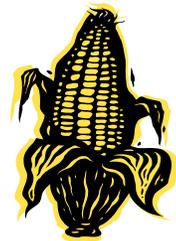
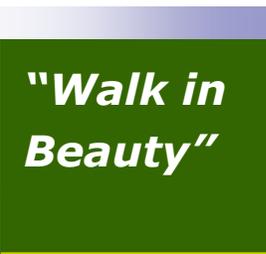
ICAN Nutrition Class: held every 3rd Monday of the month

Next class is on **May 21, 2018** at 10:00am – 11:30am with Tina Louise Carpenito. The class will be a hands-on adult gardening activity with new herb garden kits to encourage windowsill gardening and the use of herbs in place of salt

23rd Annual Just Move It (T'aa hwo' aji t'eego): May 31, 2018

Registration Time: 7:00am

Start Time: 8:00am



Community Phone contacts:

To'Hajiilee 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' 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

