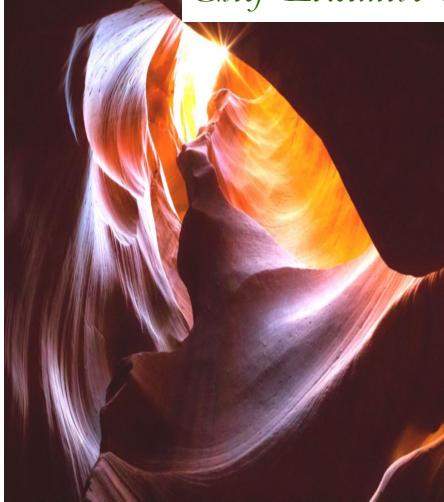




Canoncito Band of Navajos Health Center, Inc.



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



Ya'at'eeh! from the CEO. We are at the close of our fiscal year which ends September 30th and October 1st starts a new fiscal year for us in terms of budget and operations. We've had a very busy and successful "YEAR TWO" of being a full Title I 638 corporation. It was a very busy year for the CBNHC Health Board members in approving budgets, major building repairs, vehicle purchases, several contracts, amending and approving personnel and finance policies and procedures, attend-

ing national health conferences, etc. We have increased our CBNHC staff levels from 16 beginning July 2016 to 44 employees in September 2018. Our efforts have been focused on increased community outreach and awareness of our services that include increased home visits, outreach and education, and traditional services, to give you a few examples. We hope to begin construction on the clinic expansion in March 2019 once we secure the necessary funding for the expansion project. Our revenues from health insurances increased from \$1

million to \$2.4 million this year. This revenue is crucial in maintaining current operations as well as gives us the ability to expand services. Our problem right now is lack of space to put additional staff which is why the clinic expansion is so important. For the upcoming year, our goals will be to continue to increase access to quality health care services here at CBNHC, Inc.

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

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

Ya'at'eeh! Fall is in the air... the kids are back in school, days are getting shorter, mornings cooler, and the smell of green chile is in the air. My favorite season! The fall is a great time to focus on your health and the health of your family. Now that the weather is getting cooler, we have less of an excuse not to be more active. Join the To'Hajiilee Diabetes Prevention Program for their fun walk/runs scheduled for the last Thursday of each month.

The fall is also a great time to focus on eating a balanced, healthy diet. A simple start can be to cut

out sugar sweetened drinks such as soda and sweet tea. The To'Hajiilee Diabetes Program continues to offer Wednesday afternoon nutrition and cooking classes. Our nutritionist, Ashley Dunworth, RD has hearty (and heart healthy!) fall stews and soups on the menu for October! Eating healthy and exercising helps lower stress and keep our immune systems strong, thus making it easier for us to fight off those pesky cold and flu viruses that occur with colder temperatures.

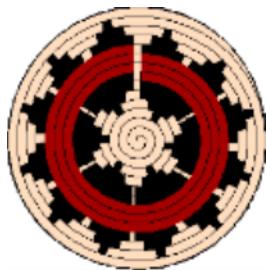
Maintaining good health also includes keeping up with prevention such as getting our mammograms. October is national breast cancer awareness month. The October 25th fun walk/run will be a breast cancer awareness event with great incentives offered. On November 15th we have the mammogram van coming out so if you are due for your mammogram, please call Leandra Chavez or talk to your doctor about scheduling an appointment.

And finally...flu shots are in! As of the middle of September, there have already been reported cases of the flu in New Mexico. So come by the clinic anytime for a flu shot through the nurse clinic. Also remember we have Thursday evening clinics available to get your flu shot if that is more convenient.

Let's all stay healthy this fall season!

Ahe'hee'

Sheryl O'Shea, MD, CAPT, CMO



Dental Clinic Report

Greetings from the Dental Clinic at CBNHC! Things are going well this summer at the dental clinic. We are busy with regular checkups, fillings, extractions (when no other option is available) crowns, root canals, bridges, partial and full dentures. We are open for walk-ins every day at 8am and 1pm with the exception of Thursdays. The CBNHC is closed on Thursday mornings for training so our only walk-in time for Thursdays is 1pm. We are currently asking our patient's participation in filling out surveys to let us know how we can improve our services to you/our community. You are the reason we are here! In Septem-

ber we will be providing the Pre-school and the FACE Programs with exams and fluoride treatments. Also, we will be providing prophylaxis and fluoride treatments to all students that have charts and consent forms signed by the parents and/or guardians at To'hajilee Community School. If you are not yet registered here at the CBNHC, please come in and register (bring your CIB, social security card, ID, insurance cards). In October we will be providing dental check-ups, x-rays to check for cavities, fluoride treatments, and goodie-

bags to all of the students whose parents have signed the school consent and registered here at the clinic.

Come in and see us for regular preventive care as well as emergencies and remember to brush and floss daily!

Interesting dental fact: 60% of people don't know that a sore jaw, when combined with chest pain, can signal a heart attack - especially in women

*From your dental care team,
Belva, Kendra, Michelle,
Dr. Gerald Maese, and
Dr. Alan Tatz*

Pharmacy Report

Summer 2018 proved to be a busy season for the CBNHC pharmacy. Almost 10,000 prescriptions were filled between May and September, and that volume kept us on our toes. CBNHC pharmacy had the opportunity to host a naloxone training for our staff in early August; the guest speaker spoke at length about the dangers of opioid misuse and abuse and how to effectively administer naloxone, the opioid reversal agent. Hopefully these skills will become part of all our clin-

cians' toolboxes so that we can make the community a safer place and be prepared if we ever encounter opioid misuse issues. In late September, the pharmacy will be hosting a pharmacy student from the University of New Mexico for four weeks- please make him feel welcomed to our community if you bump into him. Lastly, flu season is already

upon us. Please be on the lookout for flu clinics that we will be hosting and make sure to get your flu shot!

Alex Varga, PharmD, LCDR

Diabetes Program Report

HEALTHY HALLOWEEN NON-CANDY TRICKS & TREATS

When it comes to Halloween, we can't resist candy corn or caramel apple. We All have serious weaknesses when it comes to sweets in month of October! We tend to spoil our families with lots sweets but we all know that overloading on sugar obviously isn't healthy. Eating too much sugar can be harmful to your health. Here are some of the effects that excessive sugar intake has on your health: It overloads and damages your

liver, it tricks your body into gaining weight and affects your insulin and leptin signaling, it causes metabolic dysfunction, and it increases your uric acid levels. The temptation to indulge in sugary foods will always be there. So instead try for a more healthier treat this Halloween. It can be a struggle to get our kids to enjoy healthy snacks but most times we found that the trick to getting our kids to

eat healthier options is to just make it FUN! Here are a few clever ways of preparing and putting healthy snacks together. Remember to have FUN and be creative!!

**Monster Fruit Cups:**

Ingredients • Plastic cup • Red or white grapes, washed • 1 black Sharpie for drawing googly eyes and a smile

**Pumpkin Cuties:**

Ingredients * Peeled Oranges * cut 1 ½ inch celery sticks into thirds * Stick celery sticks into oranges to make stem

Boobanana:

Ingredients *Chilled peeled bananas cut in half/unsweetened dark chocolate chip (eyes)

Behavioral Health Report

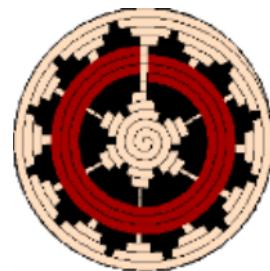
Staying Connected keeps Youth Healthy & Strong

Back to school can be a time to reconnect to old friends, get involved in after school activities, and reenergize the mind. Unfortunately, for some it may be a time of apprehension, comparing oneself to others and even being the target of bullying. The World Health Organization (WHO) and Centers for Disease Control (CDC) have identified that the more we stay connected to one another

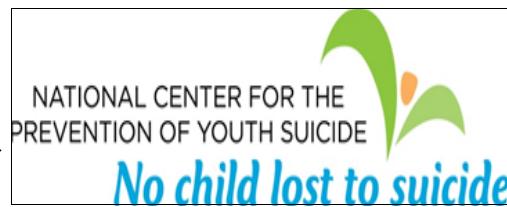
our health increases, risk of disease is reduced, and we can actually live longer. In schools, connectedness studies have shown that grades improve, absenteeism is reduced and behavior problems lessen. During times of change it is important for caregivers to set aside time to check-in by unplugging and hosting a family game night, walking, and/or sharing a meal together. Many times when I ask, "How are you doing?" youth respond, "I'm good" despite existing problems. When a youth is acting out or

isolating themselves, it may be a call for help. Spending as little as 5-minutes connecting fosters communication leading to a stronger and healthier community. For more information contact Behavioral Health: 505-908-2571. NM-Crisis/ Warm-line is available 24-hours a day: 1-855-662-7474.

Christine Abassary, PhD, LPCC



September Youth Suicide Awareness



Employee Spotlight

Ophelia Mace, CNMA, CHR, has joined the Canoncito Band of Navajos Health Center as the Medical Assistant (Health Educator) for the Diabetes Management program. She is Dine. Born for the Red House Clan and born into the Mud People

Clan. She speaks and understands the Dine language. Originally from Ojo Encino/Torreón, NM, she lives in Albuquerque with her husband and children. Ophelia is nationally certified and has worked for UNMH in various

Virginia Manion, SPHR, TPHR, has joined the Canoncito Band of Navajos Health Center as the Human Resources Manager. She completed her Bachelor's degree in Economics from Duquesne University. Virginia brings more than 30 years of experience in business and operations management, including Human Resources

Management, in the public and private sectors. She is highly skilled in strategic planning, organization development, compensation and benefits, employee relations, and compliance for effective asset management.

Originally from Pittsburgh, she is a dyed-in-the-wool Steelers

fan. "I am honored to be working here and serving the community of To'Hajiilee. I am excited by the possibilities in creating the Human Resources Department and contributing to the direction and growth of the Canoncito Band of Navajos Health Center, and maximizing the potential of its human resources."

CBNHC, Inc.

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To'Hajiilee, NM 87026
Phone: 505-908-2307
Fax: 505-908-2310



Health FOCUS

The month of October brings the full swing of fall and with that, warm hearty meals! Mmm

The nutrition topic for this month is:

Soups, stews and Festive treats!

Topics covered will include:

- **nutrient profile of fall harvest vegetables**
- **how to add nutrient-dense foods to classic dishes**
- **using new herbs and spices**

and substituting low-calorie/low-carbohydrate foods (diabetic friendly) for sweet Halloween treats.

By Ashley Dunsworth, RDN, LD

Health FOCUS

 October is Breast Cancer Awareness Month

Breast cancer is a disease which begins in the breast tissue. It is the second most common type of cancer and mainly affects women (breast cancer is rare in men).

-Left undetected and untreated, breast cancer can spread to other areas of the body.

-Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. (https://www.cdc.gov/cancer/breast/young_women/bringyourbrave/breast_cancer_your_women/) About 10% of all new cases of breast cancer in the United States are found in women

younger than 45 years of age.

-More than 249,000 people in the United States are diagnosed with invasive breast cancer every year, and nearly 41,000 die from the disease.

-It is recommended to start getting yearly mammograms at the age of 40. If somebody in your family has had breast and/or ovarian cancer speak to your health care provider about when you can start getting mammograms.

Romilly Tsinhnahjinnie,

PA-C



Current Events and upcoming...

Nutrition Classes by Mrs. Dunsworth

Classes will be as follows:

October 3rd: Butternut squash soup

October 10th: Green chile ground turkey stew

October 17th: Pumpkin!

October 24th: Creamy chicken and wild rice stew

October 24th: Sausage white bean and kale soup

October 31st: Roasted red pepper soup

October 25th Breast Cancer Awareness Walk 5:00PM

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



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

Ahé' hee'

"Walk in Beauty"

Editor: Roberto Montes, PsyD, LP