

CBN Health Center, INC.

November 2023

Newletter

Nilch'its'osi

Happy Thanksgiving Day!

Issue
Seven

2023

Nilch'ots'osi

November Clinic Events

- 11/1- Lunch & learn (Mr. Nick Moore)
- 11/3 – Strategic Planning Clinic Closed
- 11/15- Lunch & learn (Joseph Sandoval)
- 11/10 Veteran's Day (HOLIDAY) Clinic Closed
- 11-23/24- THANKSGIVING (HOLIDAY) Clinic Closed
- 11/30- Naabikiyati – Clinic Conference Room



Purchased Referred Care (PRC) Department

- ✓ If a referral was submitted by a provider, and you have been scheduled for an appointment, **PLEASE** inform PRC department of that scheduled appointment.
- ✓ If you are receiving bills due to a referral that was submitted for you by CBNHC, **PLEASE** bring them to PRC Department.
- ✓ **If you were denied for Medicaid**, PRC and Patient Benefits will need a copy of the denial letter from Income Support Division (ISD).



News from Diabetes Dept.

- ♥ SDPI Diabetes Program is hosting - Lunch & Learn Presentation with BHS on 11/1 with special speaker Mr. Nick Moore
“Readjusting Life after COVID 19”
(Healthy Eating & Physical Exercise) Readapting after COVID 19 open to community and staff.
- ♥ SDPI Diabetes Program will be hosting **“Diabetes Prevention Fun Run/Walk”** - November 7th @ 11am to 1:00pm and the 14th @11am to 1:00pm. If weather permits.



- ♥ SDPI Diabetes Program will be setting up an education table in waiting area on “Soda Facts”
- ♥ SDPI Diabetes Program will set up a **“Blood Sugar Screening”** in waiting area November 21st and 28th from 9:00am to 11:am





Albuquerque Area Dental Support Center

3RD ANNUAL OUT RUNNIN' DIABETES FUN RUN & WALK

**NOV.
4
2023**

10 AM

**Cutler
Park
(Pennsylvania &
Cutler)**

*Join us as we fight Diabetes
Run or Walk with us & enjoy the
Resource Fair.*

*on site registration or use the QR
Codes*

FREE EVENT

1 MILE OR 5K



FOR MORE INFO PLEASE CONTACT ALICE PECOS - apecos@nappr.org



Behavioral Health Department News Flash!

Alcoholics Anonymous (AA) Meeting:



If you, a family member or a friend needs help with alcohol, Behavioral Health Dept. is offering AA meetings every other Thursday from 4:00pm-6:00pm.

Any questions, please contact Behavioral Health @ 505-908-2307.

Its that time of the year !!!

Flu and Covid-19 Vaccine Shot Clinic:

Flu Shot: Ages 6 months and older.

Covid-19 Vaccine: Moderna: 12 yrs and older

Pfizer: 5 yrs and older

NO APPOINTMENT NEEDED

But must be registered with CBNHC Center.

(New patient are being accepted)

**GET
YOUR**

**FLU
SHOT**



HALLOWEEN CANDY EXCHANGE

**CALLING ALL COMMUNITY
MEMBERS, BRING IN YOUR
HALLOWEEN CANDY FOR A PRIZE &
RAFFLE TICKET FOR DRAWING.**

**Where: Canoncito Dental
Clinic**

November 1st - November 10th



**Your donated candy will be sent to
U.S. Troops stationed around the
world.**



MEDICARE Open Enrollment is starting
OCTOBER 15 - DECEMBER 7

Please be careful with scam calls! If you want/need to make changes to your Medicare, please contact your local Patient Benefit Rep and/or talk with your Primary Care Provider (PCP).

CBNHC Patient Benefit Advocate (505) 908-2307 ex.134



Medicare Enrollment Periods



Annual Enrollment Period

Anyone with Medicare can make a change



Open Enrollment Period

Anyone with Medicare Advantage can make a change



Initial Enrollment Period

For those aging in, IEP begins three months before your 65th birthday and ends three months after. Those not 65 will have a separate IEP



General Enrollment Period

Anyone who missed their IEP can enroll. Must wait until April 1 - June 30 for Medicare Advantage or Drug plan



Special Enrollment Period

Timing depends on eligibility

PRESCRIPTION REFILLS! PRESCRIPTION REFILLS!

PLEASE NOTE: ALL PRESCRIPTION REFILL REQUESTS REQUIRE AT LEAST A 24-HOUR NOTICE

- You can refill your meds as early as 5 days
- Please do not wait until you are out.
- Please be aware of any holidays, closure or early dismissal

*Unforeseen circumstance can also cause clinic hour changes.



Upcoming holidays- We do have early dismissal the day before the holiday.

Veterans Day- November 10, 2023

Thanksgiving- November 23-24, 2023

Christmas- December 25, 2023

