



Central Valley Indian Health, Inc.

3rd Quarter  
Newsletter  
July 2021



## Heat Exhaustion & Heat Stroke

By: Moriah Bonilla RN, BSN, PHN

Now that summer is officially here temperatures are expected to rise. Many of us like to spend time outside but when we do on warm days our risk for Heat Stroke and Heat Exhaustion rises. Heat Exhaustion if not treated can lead to Heat Stroke. Heat Stroke can be very dangerous if not treated right away. So what are the warning signs to be on the lookout for?

### Heat Exhaustion

- Fainting or dizziness
- Excessive Sweating
- Cool, Pale, Clammy Skin
- Rapid and Weak Pulse
- Muscle Cramps
- Fever of no more than 104

### Heat Stroke

1. Throbbing Headache
2. No Sweating
3. Red, Hot and Dry Skin
4. Nausea and Vomiting
5. Rapid Strong Pulse
6. Possible loss of consciousness
7. Shortness of breath
8. Decreased urination.

### HEAT EXHAUSTION

- Faint Or Dizzy
- Excessive Sweating
- Cool, Pale, Clammy Palms
- Nausea or Vomiting
- Rapid, Weak Pulse
- Muscle Cramps

**TREATMENT OPTIONS**

- Get to a cooler, air conditioned area
- Drink water if fully conscious
- take a cool shower
- use a cool Compress

### HEAT STROKE

- Throbbing Headache
- Sweating Stops
- Temperature Over 103 deg.
- Nausea or Vomiting
- Rapid, Strong Pulse
- Loss of Consciousness

**CALL 9-1-1 Immediately**

- Reduce Temperature Until Emergency Services Arrive

**STAY SAFE**

**DRINK WATER**

**TAKE A BREAK**

**AVOID PEAK TEMPS**

**WORK IN TEAMS**

**WEAR SUNSCREEN**

It's very important that during the summer months that you drink a lot of water to stay hydrated as well. Should you begin to experience any signs or symptoms of Heat Exhaustion you need to drink water and find an air conditioned place to relax. Should the symptoms persist and you start developing any of the symptoms of a Heat Stroke you need to seek treatment immediately at an emergency room as it is a life-threatening condition. Heat stroke can also strike children so if you have a child that is playing outside on a particularly hot day make sure they stay hydrated with water or Gatorade. Should they start to have any symptoms of Heat Exhaustion take them inside to relax and cool off.

Using these guidelines you and your family can make this hot summer enjoyable and safe.



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**IMPORTANT DATES THIS QUARTER**

- JUL. 4 - INDEPENDENCE DAY
- JUL. 5 - **IN OBSERVANCE OF INDEPENDENCE DAY - ALL CLINICS CLOSED**
- SEPT. 6 - **LABOR DAY - ALL CLINICS CLOSED**
- SEPT. 12 - GRANDPARENTS DAY
- SEPT. 22 - FIRST DAY OF AUTUMN
- SEPT 24 - **CALIFORNIA AMERICAN INDIAN DAY— ALL CLINICS CLOSED**



# Gratitude

By: Lynette Bassman, Ph.D.



Did you know that being grateful has the power to change your mood and lower anxiety? It even changes your brain, and what you tend to focus on and think about. Glenn Fox, Ph.D., a neuroscientist and expert on gratitude, has even found that gratitude improves sleep, lowers stress, and deepens relationships. He found links between gratitude and parts of the brain related to social bonding, reward and stress relief. Some research is showing that your health, including pain levels, can be improved by gratitude, and it's even possible that people will live longer lives if they are grateful.

It's best to cultivate gratitude often so it becomes a habit, and here are some ways to do it:

Start a gratitude journal that you write in every day at around the same time, like before bed. Try to include at least one new thing every day. If you can't think of anything you are grateful for, you can start by thinking about things you might have in your life and take for granted, like being able to see, hear, walk, talk, hug, a roof over your head, food to eat, etc. The act of thinking about things to put on your gratitude list can change how you filter information, and instead of focusing on the negative, it will give you a reason to focus on the positive. You can also develop a routine of sharing gratitudes with a friend or family member out loud or in writing. Hearing what they are grateful for might help you realize some additional things you are grateful for.

Make a point of saying thank you to others. This includes friends, family, and strangers. If you live with anybody, thanking them, even for things that you think they should be doing anyway, will give you and them a lift and improve your relationship with them. It will also make them more likely to keep doing the things that you want them to do and can make you feel more satisfied with your relationships. Thanking strangers for doing their job well, or for their good deeds brings positive feelings into your day and theirs.

Send thank you notes, and be on the lookout for things people do that you want to thank them for. This can include friends, teachers, somebody who was helpful at a store or other business, elected officials, etc. as well as friends and family.

If it fits with your belief system, thanking God or Creator for their blessings also helps in many ways. Expressing thanks for your food before eating it likely calms you down and lets you get better nutrition from the food. Cultivate a feeling of gratefulness for the food you eat and think of everybody and everything that allowed that food to arrive on your plate. You can thank God or Creator for each day that you wake up and are still breathing.

Thank you for taking the time to read this!!



Myra Fierro  
Medical Receptionist  
Bullard



Sheng Thao  
Purchasing Clerk/  
Bookkeeper  
Clovis



Denice Vasquez  
Referral Clerk  
Bullard



Kristiauna Hill  
Billing Clerk  
Armstrong

# Welcome **OUR NEW TEAM MEMBERS**



Memory Macias  
Medical Screener  
Tachi



Jermaine Andres  
Phlebotomist  
Clovis



Ana Vargas  
Patient Service Rep.  
Clovis



Jaydene Bird  
Medical Receptionist  
Prather



Cinthia Estrada  
Medical Receptionist  
Clovis



Selena Rodriguez  
Medical Assistant  
Bullard



Sandra Martinez  
Medical Receptionist  
Bullard



Ruby Martin  
LVN  
Clovis Covid Team



Kristin Avery  
Medical Receptionist  
North Fork



Tessa Virgil  
CHR  
Clovis



Rajni Sharma  
LVN  
Clovis Covid Team



Shelbi McKay  
Medical Assistant  
Clovis Covid Team



Maria Torres  
Medical Assistant  
Clovis Covid Team



Ashley Tason  
Medical Assistant  
Clovis Covid Team

## Diabetes and Oral Health

Dr. Lin, DDS

Studies show that diabetics – an estimated 12 to 14 million people in the United States – are more susceptible to the development of oral infections and periodontal disease.

Oral infections tend to be more severe in diabetic patients than non-diabetic patients. Diabetics may experience diminished salivary flow and a sensation of a burning mouth or tongue, which leads to a higher incidence of tooth decay. Furthermore, diabetics who do not control their blood sugar levels tend to have increased oral health problems, particularly gum recession (shrinkage).

### Tips for dental health care

Diabetics who receive proper dental care and control their insulin stand a better chance of avoiding gum disease.

They should maintain good dental health care to prevent mouth infections. Mouth infections require immediate treatment; dentists may prescribe antibiotics, medicated mouth rinses and more frequent cleanings to avoid complications related to bacterial infections. To keep teeth and gums strong, diabetic patients should be aware of their blood sugar levels and have their triglyceride and cholesterol levels checked regularly. These may have a direct correlation on chances of developing periodontal disease.

### Diabetes & Your Oral Health



When is the best time to receive dental care?

If blood sugar is not under control, diabetic patients should talk with both their dentist and physician about receiving proper dental care. Dental procedures should be as short and as stress-free as possible. It's a good idea to make morning appointments because blood glucose levels tend to be under better control at this time of day.

# How to Choose Glasses for Your Face Shape

By: Morris Hicks

When shopping for a new pair of glasses you want to find a frame that compliments your features. I hope this article helps you when shopping for your next pair of glasses. But don't forget - You look best in what makes you feel best. Don't be afraid to go bold and break these rules. Trend-setters have done that for hundreds of years and you could be the next!

## What is Your Face Shape?

### ▪ **Oval Face Shape:**

People with oval faces are in luck - pretty much any frame style will suit them. With a jawline that's slightly narrower than the forehead, complemented by high, angled cheekbones. This face shape is proportional and versatile when it comes to picking glasses, but we do recommend rectangular or cat-eye frames to truly shine.

### ▪ **Square Face Shape:**

With a square face that usually has a broad forehead and strong jawline, you want to choose frames that soften the features and elongate the face shape. The best way to do that? You won't go wrong with round or oval frames, while you should try and avoid angular and rectangular styles.

### ▪ **Heart-Shaped Face:**

The heart-shaped face usually means a broad forehead and wide cheekbones that narrow down to a small chin. A lot of styles, especially oval & cat-eye with a wide nose bridge work well here; rimless glasses and heart-shaped faces are a match made in heaven. Try to avoid aviators and dominant brow lines.

### ▪ **Round Face Shape:**

Round faces are relatively short, have (surprise surprise) a rounded chin, full cheeks and a wide forehead. Sharper angles are needed to compliment this face shape. We recommend rectangular and square frames, the narrower the better, to help elongate the face and add a complimenting contrast. Stay away from rounder or oversized styles.

### ▪ **Oblong Face Shape:**

Oblong faces are longer than they are wide, and have long, straight and relatively thin cheek lines. As with other face shapes, the way to compliment an oblong face is by contrasting its features. Wide aviators or square frames will do just that. Look to avoid narrow, rectangular frames that make your face seem even longer.

### ▪ **Diamond-Shaped Face:**

The diamond face shape is narrow at the jaw and eye line, complemented by high & broad cheekbones. The best styles to offset these features have prominent browlines. Semi-rimless frames and curvy cat-eyes are recommended. Try avoiding narrow frames that draw too much attention to the narrow eye-line.

## Carpal Tunnel

By: Sarah Goulart, RN, BSN, PHN

CVIH Public Health Nurse

As we spend more time on our devices we have seen an increase in carpal tunnel cases; but did you know that any repetitive action can cause carpal tunnel? You don't have to spend your whole day typing on a computer to get it. Any repetitive action that puts pressure on the hands or wrists can cause swelling in the wrist causing the median nerve that passes through the channel or tunnel to be squeezed and cause symptoms. The most common symptoms of carpal tunnel are numbness, tingling, or weakness in the hand/s. There is no surefire way to prevent carpal tunnel however there are a few things that you can do to help reduce the strain and possibly keep it from getting worse.



**Step away-** take a 5-10 minute break to give your hand/wrists a rest.

**Stretch-** during your break try one of these exercises & repeat 10 times:

- Hold your arm straight out in front of you, wrist and hand straight, palm of your hand facing down.
- Bend your wrist down so your fingers point toward the floor.
- Use your other hand to increase the stretch, gently pulling the fingers toward your body.

- Hold for 15-30 seconds.
- Return to a straight, neutral wrist with palm facing down.
- Bend your wrist up so your fingertips point toward the ceiling.
- Use your other hand to gently pull your fingers back toward you.

Or you can do the following & repeat 5-10 times:

- Make a fist.
- Fan your fingers out -- stretch them as far as you can.

**Watch your posture-** naturally most people tend to focus on the positions of the hands and wrists when dealing with carpal tunnel but the way you sit or stand can have an effect on carpal tunnel too. Poor posture, such as rolling the shoulders forward, can create a chain reaction that can cause more stress and strain on the wrists.

**Stay warm-** although it sounds simplistic when you are cold it can make pain and stiffness worse.

Keep these in mind when you are on your favorite device, crafting, or even while using tools around the house. If you are experiencing any of the symptoms of carpal tunnel contact your provider for an appointment.

**>> KNOW  
BEFORE  
YOU GO >>**

Dear Purchased Referred Care (Formerly Contract Care) Patient:

- Annual Checks-ups and new or different procedures require an updated referral.
- When scheduling appointments with a specialist, please be sure you have a current referral on file with CVIH.
- Please be sure to present all information regarding any other coverage you may have.

CVIH is a payer of last resort and can only make payments after all other available resources, including but not limited to, private insurance, Medi-Care, Medi-Cal, etc. are utilized.

### **CVIH DOES NOT COVER IN-PATIENT OR EMERGENCY SERVICES.**

**Details about Hearing Aids:** The number of hearing aids that a patient may receive under the CVIH policy will be determined by the referring physician. Batteries and repairs are covered annually, as needed.

**Details about Eyeglasses or Contacts:** Purchased/Referred Care patients may obtain one pair of eye glasses or contacts annually. If eyeglasses or contacts obtained outside of CIVH, you can be reimbursed up to \$100.00.

- Still have questions??? Please call Carla, PRC office, at 559.299.2634 EXT 101 or fax 559.299.0717.

#### **\*\*\*SOME OF THE MANY RESOURCES AVAILABLE THROUGH CVIH\*\*\***

- Disability & SSI Information, Forms, & Assistance with Online Applications
- Drug Treatment Program Information – Sierra Tribal Consortium Inc. (Turtle Lodge)
- Fishing Licenses; Food Banks & Shelter Locations; Fresno American Indian Health Project information; Insurance Eligibility;
- Legal Services Information - California Indian Legal Services & Central CA Legal Services;
- Medi-Cal and Covered California Information
- Assistance with Online Applications; Medicare Information & Assistance with Online Applications
- Native American Employment Assistance information;
- Notary Services
- Other Clinic Locations in CA
- Outside Financial Assistance Information
- Prescription Drug Discount Cards
- Services for the Elderly
- Transportation and Utilities Assistance Information

PLEASE CONTACT KIM,  
PATIENT SERVICE  
REPRESENTATIVE,  
AT 559.299.3262 XT 1811  
FOR ASSISTANCE.

# Free virtual health education classes

Anthem health educators can help you improve your health.

July					
Monday	Tuesday	Wed	Thursday	Friday	Sat
			1	2	3
5	6	<a href="#">Summer Safety/ Salud de Verano</a> 3:00PM	8	9	10
12	13	14	15	16	17
19	20	21	22	23	24

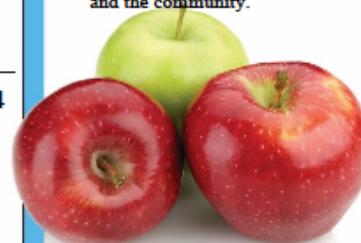


### How to register:

1. Click registration links in the calendar.
2. Scan the QR code below with your phone's camera and follow the link that appears:



Contact (559)331-4360 for any questions or for help with registration. Classes are open to Anthem members and the community.



### How to sign up:

1. Go to CVIH.org,
2. Click on Patient
3. Click on Resources and scroll to the bottom of the page
4. Click on Virtual Health Ed Classes



Anthem Blue Cross Medi-Cal Resources

- Virtual Health Ed Classes July Calendar
- Virtual Health Ed Classes August Calendar
- Virtual Health Ed Classes September Calendar

# Free virtual health education classes

Anthem health educators can help you improve your health.

August						
Monday	Tuesday	Wed	Thursday	Friday	Sat	
2	3	4	5	6	7	
9	10	11 <a href="#">Back to School Health /Salud para la escuela</a> 3:00PM	12	13	14	
16	17	18	19	20	21	
23	24	25	26	27	28	

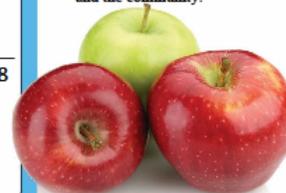


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# Free virtual health education classes

Anthem health educators can help you improve your health.

September						
Monday	Tuesday	Wed	Thursday	Friday	Sat	
		1	2	3	4	
6	7	8 <a href="#">Living with Diabetes #1/Viviendo con Diabetes #1</a> 3:00PM	9	10	11	
13	14	15 <a href="#">Living with Diabetes #2/Viviendo con Diabetes #2</a> 3:00PM	16	17	18	
20	21	22 <a href="#">Living with Diabetes #3/Viviendo con Diabetes #3</a> 3:00PM	23	24	25	

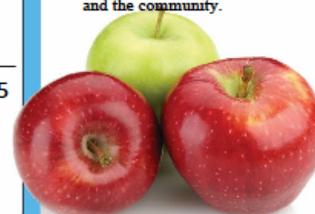


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## Healthy Alternatives to Soft Drinks

Ranjani Sri MS RD CDE

### 1. Coffee

Drinking coffee in moderation (1-2 cups/day) can be a great healthy alternative to soft drinks as long as you don't dump in loads of sugar and creamer. "Drinking coffee is linked to lower rates of certain cancers and a lower risk of depression," says registered dietitian Torey Armul, MS, RDN, LD, a spokesperson for the Academy of Nutrition and Dietetics. It can also protect against oxidative stress and DNA damage. In addition, it can help increase alertness and concentration because it acts as a mild stimulant to the nervous system. Individuals with Hypertension and Gerd can go for a decaf coffee in moderation.

### 2. Fruit-infused water

Water is the best way to stay hydrated, but not everyone likes the taste of plain water. One of the easiest ways to make your own refreshing beverage is to grab some fruit from your fridge. Plus, it's a great way to hydrate during summer and you use all the fruits before it goes bad. You can add flavor with infused fruits like lemons, limes, berries, oranges, kiwi, berries, some cucumber slices, and a sprig of mint or basil.



### 3. Flavored water

Instead of drinking a soft drink, a healthier option is simply adding a packet or squirt of water flavoring products into your water. There are many flavors out in the market. Most have very small amounts of artificial sweeteners that are safe, and you'll reap the benefits of staying hydrated throughout the day.

### 4. Iced tea

Unsweetened iced tea is a super-refreshing healthy alternative to soft drinks. Don't turn your iced tea into sweet tea with tons of added sugar, though. If unsweetened iced tea isn't sweet enough for you, try a small amount of stevia or another artificial sweetener.

Continued on Page 11

## 5. Hot tea

Not a fan of iced tea? Go for the hot kind. There are numerous different types to choose from, including green tea, peppermint, chamomile, and chai. Hot tea has similar health benefits to coffee and can be very calming. It can also support good digestion and a healthy immune system.

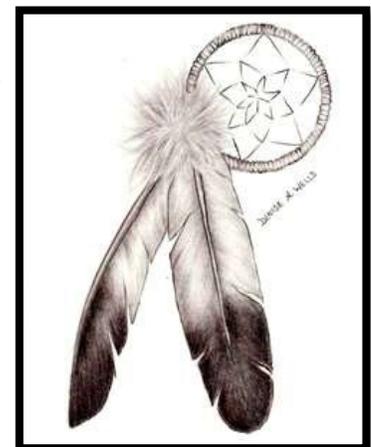


## 6. Kombucha

The fermented tea has long been a fave for health-minded folks because it's packed with gut-friendly probiotics, and soft-drink fans will love its familiar bubbles. Kombucha can improve digestion, and boost your immune system. Just be sure to read the label to ensure you're not replacing your sugary soda with a Kombucha packed with extra sugar.

**Source: Academy of Nutrition and Dietetics**

***THANK YOU FOR CHOOSING CENTRAL VALLEY  
INDIAN HEALTH, INC. AS YOUR PRIMARY  
HEALTH CARE PROVIDER.  
WE LOOK FORWARD TO SERVING YOU  
IN THE MOST THOROUGH AND  
PROFESSIONAL MANNER POSSIBLE.***



# Central Valley Indian Health, Inc.

2740 HERNDON AVE.  
CLOVIS, CA. 93611

Phone: 555-555-5555  
Fax: 555-555-5555  
Email: someone@example.com



*Serving the American Indian people of the Central Valley since 1971*

*The CVIH Mission: To Improve the quality and quantity of health care services to the Indian people of the Fresno, Madera & Kings counties.*

## BOARD OF DIRECTORS

- Area 1: Shawn Hatfield & Lynnell Shaffer
- Area 2: Irene Roan & Hillary Battles
- Area 3: Dixie Jackson & Pearl Hutchins
- Area 4: Misty Ortega & Jenifer Philley
- Area 5: Shelby Charley & Brenda Sorondo
- Area 6: James Lewis & Donna Lewis

### Central Valley Indian Health, Inc. Clinic System

► **Central Valley Indian Health, Inc., Clovis**

*Open: Monday-Friday*  
8:00-12:00 & 1:00-5:00  
*Medical Phone: 559-299-2608      Fax: 559-299-1341*  
*Dental Phone: 559-299-2570      Fax: 559-299-2391*

► **Central Valley Indian Health Clinic Prather**

**29369 Auberry Road, Suite 102, Prather, CA. 93651-9784**  
*Open: Monday - Friday*  
8:00- 12:00 & 1:00- 5:00  
*Phone: 559-855-5390      Fax: 559-855-5395*

► **North Fork Indian & Community Health Center**

**32938 Road 222, Suite 2, North Fork, CA. 93643-9562**  
*Open: Monday, Tuesday, Thursday & Friday*  
8:00-12:00 & 1:00-5:00      **Closed: Wednesday**  
*Phone: 559-877-4676      Fax: 559-877-7788*

► **Tachi Medical Center**

**16835 Alkali Drive, Suite M, P.O. Box 8, Lemoore, CA. 93245-9643**  
*Medical Open: Monday-Friday      Dental Open: Monday—Thursday*  
8:00-12:00 & 1:00-5:00      8:30 –12:00 & 1:00-4:00  
*Medical Phone: 559-924-1541      Dental Phone: 559-924-0460*  
*Medical Fax: 559-924-2197      Dental Fax: 559-924-0790*

► **Central Valley Indian Health Behavioral Health**

**255 Bullard Ave., Suite 101, Clovis, CA. 93612-0861**  
*Open: Monday-Friday*  
8:00-12:00 & 1:00-5:00  
*Phone: 559-299-2435      Fax: 559-299-2464*

► **Central Valley Indian Health, Bullard**

**255 W. Bullard Ave., Suite 109, Clovis, CA. 93612-0861**  
*Open: Monday-Friday*  
8:30 - 12:30 & 1:30 - 5:30  
*Phone: 559-325-5715      Fax: 559-325-5735*

