



Central Valley Indian Health, Inc.

*4th Quarter
Newsletter
October 2021*



CVIH Community Flu Vaccination Clinics

Outreach will be holding our flu shot clinics in all areas starting in November.

In years past we had started offering these Flu Shot Clinics in October but unfortunately due to shipping delays we are unable to offer the clinics due to a lack of vaccine. These events will be in conjunction with our Community COVID Testing Events. These will be drive through events just like we had last year.

Vaccines are on an appointment or walk in basis and will be free so bring the whole family! Because the flu or Influenza is a serious respiratory disease it is very important that everyone receive the flu shot especially small children and Elders. Common belief is that the flu shot makes people sick. The flu shot is a dead virus that in no way can cause you to become ill. It takes your body 2 weeks to produce immunity to the flu virus before it is effective. So if you become ill during that time it's because your body was not protected and NOT because you received the flu shot.

Did you know that the flu virus is contagious for 24 hours before you show any symptoms of becoming ill? That's 24 hours of spreading it to your friends and family before you even begin to get sick! It's also crucial that if you have a baby in your home under the age of 6 months that family who are in constant contact with your infant be vaccinated.

We hope to see you out at one of our clinics this flu season.

Cold Springs: Cold Springs Community Center
11/10/21: 9-11:30
12/14/21: 9-11:30

North Fork: CVIH North Fork Community Center
11/9/21: 9-11:30
12/13/21: 9-11:30

Big Sandy:
11/2/21: 9-11:30
12/7/21: 9-11:30

Tachi: Coyote Corner in front of the school
11/16/21: 9-11:30
12/21/21: 12/21/21

Picayune: Coarsegold Community Center
11/17/21: 9-11:30
12/29/21: 9-11:30

Squaw Valley: Bear Mountain Library
11/23/21: 9-11:30
12/28/21: 9-11:30

Submitted by: Moriah Bonilla Outreach Director



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IMPORTANT DATES THIS QUARTER

OCT 11 — INDIGENOUS DAY HOLIDAY—**ALL CLINICS CLOSED**

OCT 31 — HALLOWEEN



NOV. 7— TIME CHANGE—FALL BACK AN HOUR

NOV. 11 — VETERAN’S DAY HOLIDAY— **ALL CLINICS CLOSED**

NOV. 25 & 26 — THANKSGIVING HOLIDAY—**ALL CLINICS CLOSED**

DEC. 21 — FIRST DAY OF WINTER

DEC. 23 & 24 — CHRISTMAS HOLIDAYS — **ALL CLINICS CLOSED**

DEC. 31—NEW YEAR’S HOLIDAY OBSERVED—**ALL CLINICS CLOSED**



Self-Esteem

By Lynette Bassman, Ph.D.

A lot of people are nicer to nearly everybody else in the world than they are to themselves. I have heard people say the meanest things to themselves about themselves. Why is this? I suspect that many of those people were given negative messages about themselves when they were growing up, like “you’ll never amount to anything” or “you’re so lazy”, or maybe mixed messages like “I love you so much. If only you would be more like your sister”. When we are little, we take in the messages we get from important people in our lives, especially the people who raise us, but also sometimes teachers and others. We figure that the messages are right because they come from grownups and we’re “just a kid”. So we learn to ignore what we know about ourselves, like “I’m a good person”, or “I’m smart”, and we replace our own inner knowing with external messages. At the time, we might even take note of how wrong the adults’ messages are, but we take them in anyway, sometimes as a way of getting along with those adults, and sometimes to resolve painful feelings of conflict inside ourselves between what they tell us and what we know.

When we think poorly of ourselves, we might make decisions in life that lead to bad outcomes. For example, if you feel that you aren’t worthwhile, you might stay with a partner who treats you poorly. If you think you are ugly, you might not take care with your appearance and your health, further reinforcing the idea that you are not worthwhile. If you don’t think you are smart, you might not get a good education or might not apply for good jobs.

Also, if you feel bad about yourself, you might resort to substance abuse or other addictions to manage the pain of feeling that way and the memories of things that were said and done to you when you were young. Or you might walk around feeling depressed and anxious a lot of the time.



But you can turn these patterns around. Here are some methods to try:

- Learn to notice what you say to yourself and ask yourself where it came from and whether the source of that message was correct about you. If not, you can choose to say different things to yourself that are true, kind, and helpful. Practice the new thoughts as many times as the old, wrong messages were said to you or you repeated them to yourself. Be sure that you never talk to yourself less kindly than you would talk to a cherished friend.
- Make a point of noticing the good things about you. You might have to start small, like your curly eye-lashes, and work up to big things like your kindness, intuitive gift, or good things you have done in your life. When you start to notice your strengths, you’ll start to feel better about yourself.
- If you find yourself comparing yourself to others, and it makes you feel worse about yourself, either stop making those comparisons or make different ones where you come out okay. You might need to change your social media habits to accomplish this, since most people emphasize the amazing things about themselves and you get an unbalanced view of how things are for others. Counseling can help you improve your self-esteem, too.

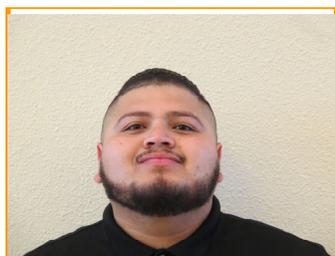


Dr. Brandon Shumway
Primary Care
Physician
Bullard



Dr. Inderpreet Feudale
Primary Care
Physician
Clovis

Welcome **OUR NEW TEAM MEMBERS**



Eric Molinero
Security Guard
Clovis



Bianca Batzin
HRIS Specialist
Clovis



Kalene Alcorta
LVN
Bullard



Fall Back!

***Daylight Savings Time Ends Sunday, November 7, 2021
Don't forget to turn your clocks back ONE HOUR!***

***Change you clocks and change your batteries in your
smoke detectors!***

The COVID-19 Vaccine & Diabetes

Ranjani Sri MS RD CDCES

Importance of Vaccines for People with Diabetes

While there's no evidence that people with diabetes are at greater risk of contracting COVID-19, there's research to show that people with either type 1 or type 2 diabetes who are infected with the virus are three to four times more likely to develop severe illness or complications, and experience hospitalization, compared with people without diabetes. The most common side effects of any of the COVID-19 vaccines are similar to those of other vaccines and include pain, redness, and swelling at the injection site, as well as tiredness, headache, muscle pain, chills, fever, and nausea. The side effects of the vaccine mimic flulike symptoms. Side effects typically last a day or two and can be unpleasant, but usually they're mild. Some people report only slight fatigue or no side effects at all.

While it may seem counterintuitive, effective glycemic management (as indicated by glycated hemoglobin A1C) before hospital admission for COVID-19 hasn't been found to be associated with improved outcomes. That makes primary prevention by vaccination the only proven route for reducing the risk of severe illness, hospitalization, and death among people with diabetes. A recent European study found that 1 in 5 hospitalized COVID-19 patients with diabetes dies within 28 days of admission. The researchers also found that patients who regularly took insulin—possibly indicating more advanced diabetes—had a 44% higher risk of death than those who didn't take insulin. Long-term blood sugar management wasn't associated with patient outcomes, but higher blood sugar at hospital admission was a strong predictor of death and of a lower chance of discharge. Overweight and obesity also have been associated with poor early prognosis in patients with diabetes younger than age 75 who have been hospitalized for COVID-19. Amy Kimberlain, RDN, LDN, CDCES, a certified diabetes care and education specialist at Baptist Health South Florida in Miami and a spokesperson for the Academy of Nutrition and Dietetics, says, "People with diabetes are not able to process glucose as well during illness. Their overall immune response is weaker, and their circulation is impaired.

Other conditions that put people with diabetes at even greater risk of severe illness from COVID-19 include CVD, kidney disease, and respiratory conditions

Vaccine Hesitancy

It's likely that people with diabetes will ask about adverse effects following vaccination for COVID-19. It's imperative that patients with diabetes monitor their blood sugar more closely than usual following vaccination, as it stimulates the immune system and thus can affect blood glucose levels. According to Lucille Hughes, DNP, MSN/Ed, CDCES, BC-ADM, FADCES, director of diabetes education at Mt. Sinai South Nassau in New York, people with diabetes should be aware that as the immune system is affected after vaccination, blood sugar may increase, so they may need to adjust their medication or insulin dose temporarily if it is necessary.

Safety is likely to be especially high on the list of questions for those with diabetes, so it's best to be prepared with the most up-to-date information possible to help those with type 1 or type 2 diabetes, who may be vaccine hesitant or who want to be well informed before they get the jab.

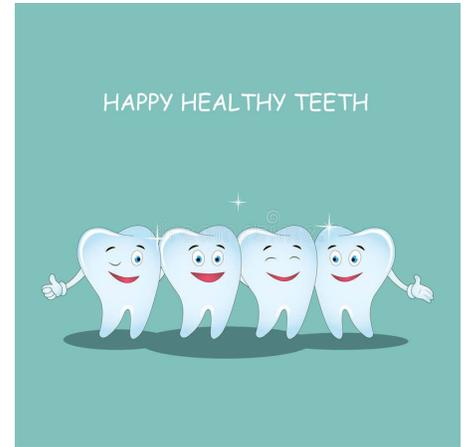
Source: Today's Dietitian Aug/Sep 2021



Facts about Fluoride

What is fluoride?

Fluoride is a naturally occurring mineral compound found in water and soil. It is also present in foods and beverages at varying concentrations. Fluoride helps prevent tooth decay by making the entire tooth surface more resistant to acid attacks from the bacteria that live in the plaque on your teeth. Fluoride also promotes remineralization (adding minerals such as calcium back in to your teeth), which aids in repairing early decay before a cavity (hole) forms in the tooth. There are two ways to increase fluoride protection: topical and systemic applications.



What is topical fluoride?

Topical fluoride is applied directly to and absorbed by the surface of the teeth. It is found in personal oral hygiene products such as toothpastes and mouth rinses, which contain a safe and effective concentration of fluoride to fight tooth decay. These products are rinsed from the mouth without swallowing.

Professionally administered topical fluorides such as foams, gels or varnishes are applied by a dentist and left on for a few minutes, usually during a cleaning treatment. For patients with a high risk of cavities, the dentist may prescribe a special gel or toothpaste for daily home use.

What is systemic fluoride?

Systemic fluoride is taken into the body through consuming fluoridated water, fluoride supplements or foods and beverages. Once systemic fluoride is absorbed via the gastrointestinal tract, the blood distributes it throughout the entire body. Fluoride is then deposited into unerupted, developing teeth. Systemic fluoride is also found in saliva and it continually bathes the teeth, providing a topical application to protect teeth.

What if I drink mostly bottled water?

If most of your water comes in the form of bottled water, you are missing out on the valuable fluoride found in tap water, which helps to protect teeth from cavities. In most cases, the fluoride concentrations in bottled water (even in some that are fluoridated) fall below the U.S. government's recommended range of 0.7-1.2 parts per million (ppm) of fluoride, the ideal range to prevent cavities. If you drink mostly bottled water, you should talk to your dentist about fluoride supplements (tablets or drops), fluoride mouth rinses and topical fluoride gels.



SPEED UP YOUR TIME AT CHECK-IN

To speed up your check-in time for your medical appointment, please make sure that your Medi-Cal or private insurance has CVIH (or one of our physicians) listed as your primary care provider (PCP). CVIH policy requires that patients with health insurance designate a primary care provider in order to receive full Purchased/Referred Care (Contract Care) services.

If you chose not to have CVIH as your PCP, your Purchased/Referred Care services may be limited. If it is discovered that CVIH is not your PCP on the day of your appointment, our front office staff may assist you to get this changed. However, this can cause a delay and you may be turned away if your PCP cannot be changed.

It is crucial that your Medi-Cal is from one of our service areas: Fresno, Madera, or Kings County. There are exceptions due to foster care and adoption in which the county cannot be change.

So review your insurance cards prior to your appointment! If you are unsure, call the customer service number on the back of your card and verify that CVIH is your primary care provider.

If you have any question, please contact Patient Services Representatives Kim Bianco at 559-299-3262 ext. 1811 or Anna Vargas 559-299-3262 ext.1810.

SAVE TIME AND GET CHECKED-IN!



PARKING LOT SAFETY

Please reduce speed when
 Entering and Exiting the Parking Lot!
 Faster speeds may result in a
 Injury to a pedestrian.

Posted Speed Limit is 5mph.



CARE INSTRUCTIONS AND HANDLING OF YOUR GLASSES



There is a two week adjustment period for any new prescription glasses. Do not switch back and forth between old and new glasses - this will make the adjustment time longer.

If you are a first time Progressive or bifocal wearer, it will take time to adjust and it will limit your depth perception. Be careful going up and down the stairs and places with height differences.

If you experience any itchiness or rash on areas where the frame touches the skin, please stop wearing the glasses and consult with your doctor or dermatologist. Please remove your glasses when you shower or swim.

Please do not leave your glasses out in direct sunlight. This may cause damage to the lens and frame. The lens and frame will change shape or peel if you leave it out on the windshield of your car in extreme heat.

Please do not adjust the frame yourself. Flex metal and Elastic frames are durable and do not break easily but please do not bend or twist it intentionally. It may cause frame distortion. If your glasses get dirty, please clean it with water and use a soft cloth to dry it.

Please take your glasses off with two hands holding the temples to avoid the frames getting loose. Put your glasses in the case if you are not wearing them.



PLEASE HELP KEEP OUR
ENVIRONMENT CLEAN.
PLEASE PLACE ALL TRASH
IN TRASH RECEPTACLES.
THANK YOU!

CVIH JOB OPENINGS:

MEDICAL ASSISTANT– CLOVIS

REFERRAL CLERK– CLOVIS

PRIOR AUTHORIZATION COORD.– CLOVIS

NURSE PRACTITIONER– CLOVIS

DRIVER/MAINTENANCE– CLOVIS

REGISTERED NURSE– BULLARD

HOW TO APPLY:

Go online at www.cvih.org, click on “Employment” then “Career Opportunities”. Select a position, complete the application, and submit.

QUESTIONS?

Email: hr@cvih.org Phone: 559.299.2578 Fax: 559.299.0245



*ARE YOU SENDING YOUR PAYMENT REQUESTS TO
CENTRAL VALLEY INDIAN HEALTH FOR REVIEW AND POSSIBLE
PAYMENT IN A TIMELY MANNER?*

DON'T WAIT FOR A COLLECTION NOTICE!!!

TURN YOUR BILLS IN AS SOON AS YOU GET THEM!!!

**THE PAYMENT PROCESS TAKES ABOUT A MONTH FROM THE TIME
YOU TURN IN A PAYMENT REQUEST**

PLEASE INCLUDE YOUR DATE OF BIRTH, WHAT THE BILL IS FOR AND WHO SENT YOU FOR THE SERVICES.

WHERE TO SEND YOUR BILLS: EMAIL: PRC@cvih.org;

FAX: 559.299.0717; MAIL: 2740 HERNDON AVE., CLOVIS CA 93611

QUESTIONS: Call Carla E., Purchased Referred Care @ 559.299.2634 XT 101



OPEN ENROLLMENT PERIOD 2021

- Medicare open enrollment is October 15 through December 7 every year.
- Medicare open enrollment allows you to make changes to your Medicare coverage.
- You can join a Medicare Advantage plan or Medicare Part D plan during open enrollment.
- You can switch to a different Medicare Advantage or Medicare Part D plan during open enrollment.
- Open enrollment is not for Medigap plans.

Your initial Medicare enrollment window happens when you turn 65 years old or become eligible for Medicare through a disability. However, that's not your only chance to choose your coverage. You can use the Medicare open enrollment window to make changes to your Medicare plan. Each year during open enrollment, you can change your coverage. This includes:

- enrolling in Medicare Advantage
- enrolling in a Medicare Part D plan
- switching back to original Medicare from Medicare Advantage

Open enrollment is a great time to evaluate your Medicare coverage and make sure it's still the best choice for your needs.

When is open enrollment?

The changes you make during open enrollment will begin on January 1 of the following year. So, if you used open enrollment to select a new Medicare Advantage plan on November 12, 2020, your new coverage would begin January 1, 2021.

What can you do during open enrollment?

During the open enrollment period, you can:

- change from original Medicare (Part A and Part B) to a Medicare Advantage (Part C) plan
- change from a Medicare Advantage plan back to original Medicare
- switch from one Medicare Advantage plan to another
- switch from a Medicare Advantage plan that includes prescription drug coverage to one that does not
- switch from a Medicare Advantage plan that doesn't include prescription drug coverage to one that does join, switch, or drop a Part D prescription drug plan

What can't you do during open enrollment?

However, not all plan changes can be made at this time. The main thing you may not be able to do is buy a Medigap plan. There are only certain times when you can add a Medigap policy to your plan. The Medigap enrollment periods are:

- **Initial enrollment period.** You are eligible to apply for a Medicare plan, and add a Medigap policy during the 3 months before, 3 months after, and month of your 65th birthday.
- **Open enrollment period.** If you miss initial enrollment, you can apply for a policy during the Medigap open enrollment period. If you've already turned age 65, this period begins when you enroll in Part B. If you're turning age 65, this period runs until 6 months after your turn 65 years old and have enrolled in Part B. During this enrollment period, you're guaranteed to be accepted by a Medigap plan and to get a good rate.

You may be able to buy Medigap plans outside of these windows. However, you won't have the same guarantees. Insurance companies aren't required to see you a Medigap policy, especially if you're under age 65. And after your enrollment window, Medigap plans can deny Medicare eligibility

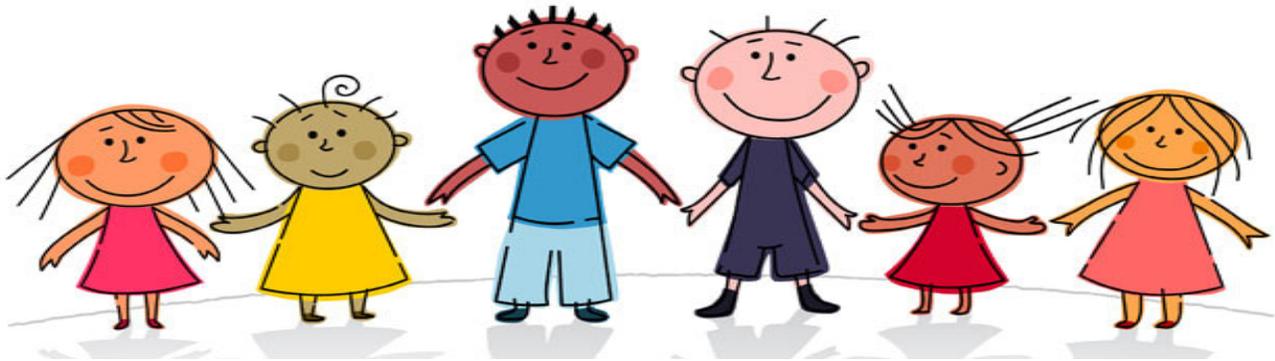
Medicare Eligibility

Here is an at-a-glance overview of when you'll be eligible for each part of Medicare:

- **Part A.** You're eligible to enroll for Medicare Part A during the initial enrollment period. You'll automatically be enrolled at age 65 for Medicare Part A if you're currently receiving Social Security disability benefits or railroad retirement board disability benefits.
- **Part B.** As with Medicare Part A, you're eligible to enroll for Medicare Part B during initial enrollment, and you'll be automatically enrolled if you receive disability or retirement benefits.
- **Part C (Medicare Advantage).** To enroll in Medicare Part C, you must first have parts A and B. You sign up for Medicare Part C during initial enrollment or other enrollment periods.
- **Part D.** You can enroll in a Medicare Part D prescription drug plan when you first get Medicare during initial enrollment. If you don't sign up for Medicare Part D within 63 days of your IEP, you may incur a late enrollment penalty.
- **Medigap.** The initial enrollment period for Medigap is triggered by the start of the month when you turn 65 years old and sign up for Part B. Initial enrollment for Medigap lasts for 6 months from that date.

If you have any questions regarding Medicare please contact

Kim Bianco at 559-299-3262 ext. 1811



CVIH Service Fresno, Kings and Madera Counties

Direct Care Services

Direct Care services include visits to any central Valley Indian Health clinic, including medical dental, nutrition, mental health counseling and social services at no charge. You will be asked to pay for any laboratory (medical and dental), X-ray, prescriptions and visits to physicians' outsider CVIH, including optometry.

Purchased Referred Care Service

Purchased Referred Care (Formerly Contract Care) services cover all services inside the clinic (medical and dental) and some specialty referral to outside the clinics such as specialty physician, labs, X-ray imagine, optical and prescriptions. CVIH *does not* cover any emergencies, hospitalizations or any other in-patient health care including surgeries, no show or late cancellation appointment fees. As a payer of last resort, we do bill Medi-Cal. Medicare and other third-party payers prior to utilizing Contract Health Service funds.

Please feel free to contact our eligibility department at 559-299-3262, for any additional information or concerns you may have.



Name Change, Marriage, Divorce, Adoption????

Have you changed your name recently? If so, please make sure to stop by the eligibility office with your new social security card so we can up-date your personal information. This will only take a few minutes to update in our system. Please note, we are not able to make any name changes without retaining your new social security card. Please be sure that your health insurance cards also match name we have on file. Different names can create billing issues.

If you are not able to make into one of our clinics, please make a copy of your new social security card and mail it in. If you have any questions or need assistance, please feel free to call Crystal in eligibility at 559.299.3262.

Healthy Skin

Sarah Goulart, RN, BSN, PHN
CVIH Public Health Nurse

Fragile or thin skin that tears easily is a common problem in older adults. As we get older, our skin undergoes a number of changes. How your skin ages will depend on several factors: diet, genetics, sun exposure, and certain medications. Other factors that contribute to the look of your skin is the loss of fatty tissue between your skin and the muscle, stress, gravity, and obesity. Thin skin isn't necessarily a sign of a serious medical condition; however you might want to make an appointment with your provider to have your skin evaluated.

Here are some things you can do to protect your skin:

- Wear long-sleeved shirts, long pants and wide-brimmed hats. Consider wearing two layers over your forearms and elbows, while doing yardwork or gardening as these are the most common areas for minor injuries.
- Avoid prolonged sun exposure to your skin. Sun exposure is the main cause of skin damage. Skin damage from the sun is due to the sun's ultraviolet (UV) light. The UV light breaks down the elastic tissue of the skin, causing the skin to appear wrinkly, occasionally causing pre-cancerous growths and even skin cancer.
- If you are going to be outside in the sun, use a broad-spectrum sunscreen with an SPF of at least 30. Apply sunscreen generously, and reapply every two hours. If you're swimming or sweating a lot you will need to reapply sunscreen more often.
- Keep your skin well-moisturized and protected by using a good skin lotion daily. As we age our skin loses our oil glands (which help to keep the skin soft) and is the main cause of dry skin. Check your skin regularly for "changing moles" and new growths.

5 TIPS FOR HEALTHY SKIN

PROTECT YOURSELF FROM SUN A lifetime of sun exposure can cause wrinkles, age spots and other skin problems

- Use Sunscreen** (Illustration: Woman applying sunscreen)
- Seek shade** (Illustration: Woman wearing sunglasses)
- Wear protective clothing** (Illustration: Woman in a long-sleeved shirt and hat)

DON'T SMOKE Smoking makes your skin look older and contributes to wrinkles.

Smoking narrows the tiny blood vessels in the outermost layers of skin, which decreases blood flow. It also damages collagen and elastin – the fibers that give your skin its strength and elasticity. In addition, the repetitive facial expressions you make when smoking – such as pursing your lips when inhaling and squinting your eyes to keep out smoke – can contribute to wrinkles.

TREAT YOUR SKIN GENTLY Daily cleansing and shaving can take a toll on your skin

- Limit bath time** (Illustration: Woman in a bathtub)
- Avoid strong soap** (Illustration: Man with a bar of soap)
- Shave carefully** (Illustration: Woman shaving her arm)
- Pat dry** (Illustration: Woman patting her face dry)
- Moisture dry skin** (Illustration: Woman applying lotion)

EAT HEALTHY DIET A healthy diet can help you look and feel your best.

Eat plenty of fruits, vegetables, whole grains and lean proteins. The association between diet and acne isn't clear – but some research suggests that a diet rich in vitamin C and low in unhealthy fats and processed or refined carbohydrates might promote younger looking skin.

MANAGE STRESS Uncontrolled stress can make your skin more sensitive and trigger acne breakouts and other skin problems.

To encourage healthy skin – and a healthy state of mind – take steps to manage your stress. Set reasonable limits, scale back your to-do list and make time to do the things you enjoy. The results might be more dramatic than you expect.

Sources:
<http://www.manukanatural.com/manuka-natural/>
<http://healthyliving.man.com/health-wellness/skin-care-5-tips-for-healthy-skin-1>

manukanatural
www.manukanatural.com

Central Valley Indian Health, Inc.

Central Valley Indian Health, Inc. Clinic System

2740 HERNDON AVE.
CLOVIS, CA. 93611

Phone: 559-299-2578
Fax: 559-299-0245
E-mail: cvih@cvih.org



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

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 & Shane Ratchford
- Area 5: Shelby Charley & Brenda Sorondo
- Area 6: James Lewis & Donna Lewis

► **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: Tuesday and Thursday
8:00-12:00 & 1:00-5:00 8:00 -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 Services**

255 W. 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

