



Central Valley Indian Health, Inc.

4th Quarter
Newsletter
October 2022



Happy Autumn

Do All Cavities Need To Get Filled?

By: Dr. Manuel Sanchez Jr. - Dental Director

We're all familiar that a cavity is a hole in a tooth. This is a process that happens over time. You can actually interrupt and reverse this process to prevent a full blown cavity.

If a cavity is still in the enamel, the process can still be reversed as long as you keep up with your oral hygiene practices. Remember to brush at least twice a day and floss at least once a day.

Consuming less processed food and drinks that are high in sugar will also help a lot. Lastly don't forget your regular visit to the dentist.

So remember these oral health tips that could save you a filling appointment with your dentist.

We'll see you soon!



Tooth Snack Guide

Won't Cause Cavities*



(Low Carb foods)

- Raw, Crunchy Vegetables
- Raw, Leafy Vegetables
- Cheese
- Nuts
- 100% Nut butters
- All Meats
- All Fats
- Water

If you are thirsty, drink water!

Remember to give your child age appropriate food. Nuts, hot dogs, grapes, and sausages are common choking hazards, especially in children three years old and under.

(Usually) Won't Cause Cavities



Whole Milk

Fresh Fruit

Whole grain bread

Popcorn

Smoothies

Dark Chocolate

(>70% Cacao)

Yogurt

Ice Cream

Dips & Sauces

Oatmeal

Crunchy is best

Don't get carried away but it rinses away better than other desserts.

This list, including milk and fruit, has the potential to cause cavities quickly if you don't organize meal and snack times. The sugars won't stay in contact with teeth for long with organized eating habits.

Causes Cavities Easily



Candies

Soda

Juice

Chocolate milk

Cookies

Dried fruit

Fruit snacks/strips

Dried flour cereals

Pretzels

Crackers

Oranges & Bananas

Sports Drinks

Please still eat them, just not all day long

Even some healthy foods can cause cavities quickly. Being processed and/or dried is not good for teeth. Fresh bread is better than dried flour for teeth.



This is a guide made specifically for teeth, and not overall nutrition.

Talk with your doctor or registered dietitian before making any major dietary changes

Important Prevention Tips

- Always try to have a sip of water after every meal or snack!
- Give your child 5 to 6 organized "mini-meals" a day with only water in between.
- Disorganized eating or drinking will cause cavities even with healthy foods!
- Help your child brush their teeth daily until they are six or seven years old.
- Only have water after the night time brushing.
- Floss teeth if they are touching for additional protection.
- Schedule an infant screening exam with your dentist at age one.
- Fluoride application at your dentist every six months can also help reduce cavities by 20 to 30%.
- Never leave a bottle in bed with baby!

Provided by your dentist:

Dentists who print this out for patients can put name and office contact info here

*There are always exceptions, especially dry mouth, acid reflux, genetic anomalies, hypoplasia, and unforeseen circumstances.



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IMPORTANT DATES THIS QUARTER

OCT 10 — INDIGENOUS DAY HOLIDAY—**ALL CLINICS CLOSED**

OCT 31 — HALLOWEEN

NOV. 6— TIME CHANGE—FALL BACK AN HOUR

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

NOV. 24 & 25 — THANKSGIVING HOLIDAY—**ALL CLINICS CLOSED**

DEC. 21 — FIRST DAY OF WINTER

DEC. 23 & 26 — CHRISTMAS HOLIDAYS — **ALL CLINICS CLOSED**



The Weight of the World

Lynette Bassman, Ph.D.

Today I'm going to try to tackle a very big, difficult problem: when we have worries or pain about what is going on in the world, whether it's war, inequality, divisions between groups of people who don't see eye to eye, the climate, government, or something else. Often these problems bother us in addition to our more personal worries, so it can be a heavy load. I don't have any solutions to these big broken-world problems, but my hope is that you'll get some ideas on how to cope with those feelings when they come.

One thing we can do is strike a balance between being informed and getting a break from the worries. We can decide how much news to read or to watch, and how much to engage in discussions about these issues. Sometimes more information is not helpful.

Another kind of balance we can aim for is noticing what is going well and feels okay with the stuff that is going badly and feels terrible. Make a point of noticing the good things in everyday life and in the world in general, like how pretty a tree is, or that people do help each other out in all kinds of ways. There are news services that focus on good things, like Good News Network, Daily Good, or Optimist Daily, and you can sign up for them and get a daily dose of something positive. You also might enjoy following social media posts that focus on things like cute animals, new recipes, nature photos or whatever you enjoy.

If you have a friend you can talk to about your concerns, share your feelings with them periodically and invite them to do the same. During hard times, we can hold each other's hands and walk through it together.

Sometimes, if it feels right, you can have a conversation with somebody who you know sees things differently than you do and see if you can find common ground or at least understand them better.

Call upon your higher power, in whatever ways feel right to you.

Do something physical, like dancing, walking, mindful breathing, cooking, crafts, or whatever you enjoy that brings you into your body and out of your mind. Getting outside in nature can help.

Tune in to your thoughts about the worries. Sometimes we make a bad situation worse with the things we say to ourselves about it. For instance, about the wildfires, if you say "I know the next one is going to destroy my home" when you don't actually know that to be true, you'll feel worse than you would if you simply say, "Yes, the fires are frequent, but I'll wait and see how it goes this year". I'm not saying that you have to be unrealistically positive, pretending that everything is fine when it isn't, but try not to exaggerate the bad stuff.

Another thing you can consider is signing a petition or contacting an elected official who might be in a position to do something about one of the issues you are concerned about. If enough of us do that, it can make a difference.

You can also call for an appointment at Behavioral Health Services. A therapist might be able to help you through these difficulties. Our number is 559-299-2435





Justine Muscat
LVN
Clovis



Alisha Toon
Medical
Receptionist
Prather

Welcome **OUR NEW TEAM MEMBERS**



Jacklyn Villegas
Medical
Receptionist
Prather



Marilyn Aranda
Medical
Assistant
Clovis



Fall Back!

Daylight Savings Time Ends Sunday, November 6, 2022

Don't forget to turn your clocks back ONE HOUR!

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



Maintaining your Contract Care Eligibility

There are certain criteria that must be met every year.

- Must keep your health insurance active, and CVIH must be the Primary Care Provider.
- Or have Medi-Cal over income letter, updated every year.
- All native/non-native patients must provide a valid photo identification such as driver's license or identification card for anyone 18 years and older. This includes patients who were registered as minors, but have turned 18 years of age.

In order for CVIH to keep you compliant and continue to receive health care, we are **required to up-date your chart annually**. These requirements are CVIH policy which are set forth by IHS, Indian Health Services.

If you don't present these required key document, your eligibility could be jeopardized and you may not be eligible for services at our clinics.

Our Eligibility Department will send out a notice advising you of missing information. However, failing to comply may result in change of eligibility or denial of services.

To up-date this information you can call 559-299-3262 and dial extension 1810, Anna Vargas, 1811, Kim Bianco, and 1812, Crystal Castillo, who can assist you.



Original Medicare vs. Medicare Advantage

Original Medicare is the form most often associated with Medicare. That's partly because it's the oldest and still most popular — though Medicare Advantage is gaining ground. Original Medicare is made up of:

- **Medicare Part A:** Sometimes called “hospital coverage,” Part A helps cover inpatient care at hospitals and other medical facilities. That can include hospice and some skilled nursing facility stays.
- **Medicare Part B:** Part B provides the “medical coverage” portion of Original Medicare. Doctor's visits, therapies, lab work and durable medical equipment are all partially covered by Part B. It even covers 100% of preventive services.

The list of services not covered by Medicare is just as important to know; if you need dental, vision or hearing coverage, you'll need to sign up for separate plans as Original Medicare doesn't provide these benefits. You'll also need to enroll in Medicare Prescription Drug Plan (Part D) if you need medications. All of these separate plans also have their own costs.

Medicare Advantage, or Part C, is sold by private insurance companies. Medicare Advantage replaces Original Medicare (Part A and B) but offers the same Part A and B coverage as Original Medicare. Along with receiving Part A and B benefits, Medicare Part C often bundles additional services like dental, hearing, vision and prescription drug coverage (more on that a little later).

Knowing key details like these can help as you weigh the pros and cons of Medicare Advantage plans vs Original Medicare. Of course, there are plenty of other things to take into account.

Is There a Difference Between Medicare Advantage and Original Medicare Coverage?

Yes, and the difference often adds up to more benefits for Medicare Advantage beneficiaries. But there may be trade-offs to consider. Not knowing how the coverages work can affect the doctors you see and the benefits you receive. Here are some details to know when comparing Original Medicare vs Medicare Advantage plan coverage options.

Original Medicare coverage - There are some key characteristics that help define Original Medicare coverage. First, you can use it at any doctor's office or hospital that accepts Medicare — you're not limited to certain doctors or areas. Another is that you'll probably need to add other policies to get everything you need. Original Medicare doesn't cover hearing, dental or vision, and you'll need to enroll in Medicare Part D for your medications.

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Medicare Advantage coverage - Medicare Advantage (Part C) must provide at least the same benefits as Original Medicare's Parts A and B. That includes medical, hospital and preventive services. Many of the private insurers that provide these plans sweeten the pot with additional benefits like dental, vision and hearing coverage. Some of these benefits may not be as much as you'd get from a separate plan, but can significantly improve your out-of-pocket costs over what you'd pay without coverage.

Unlike Original Medicare, **Medicare Advantage** plans typically don't let you see any doctor in the nation that accepts Medicare. Instead, many Part C plans use provider networks. These are groups of doctors and providers that have agreed to treat an insurance company's customers. How that happens depends on the type of Medicare Advantage plan you have.

Here are several common types of Medicare Advantage plans:

- **Health Maintenance Organization (HMO):** [HMO plans](#) manage your care through a primary care physician, who is also responsible for referring other in-network doctors when you need to see a specialist.
- **Preferred Provider Organization (PPO):** With a [PPO plan](#), you'll have a primary care physician but may be able to see in-network specialists without a referral.
- **Private Fee-for-Service (PFFS):** [Many PFFS plans](#) don't require you to see a primary care physician, but you'll likely have to stick to a provider network. Going out-of-network may be possible, but it'll probably be more costly.

If you have any question regarding **Medicare vs. Medicare Advantage**, please contact Kim Bianco, Patient Representative, 559-299-3262 ext. 1811.

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

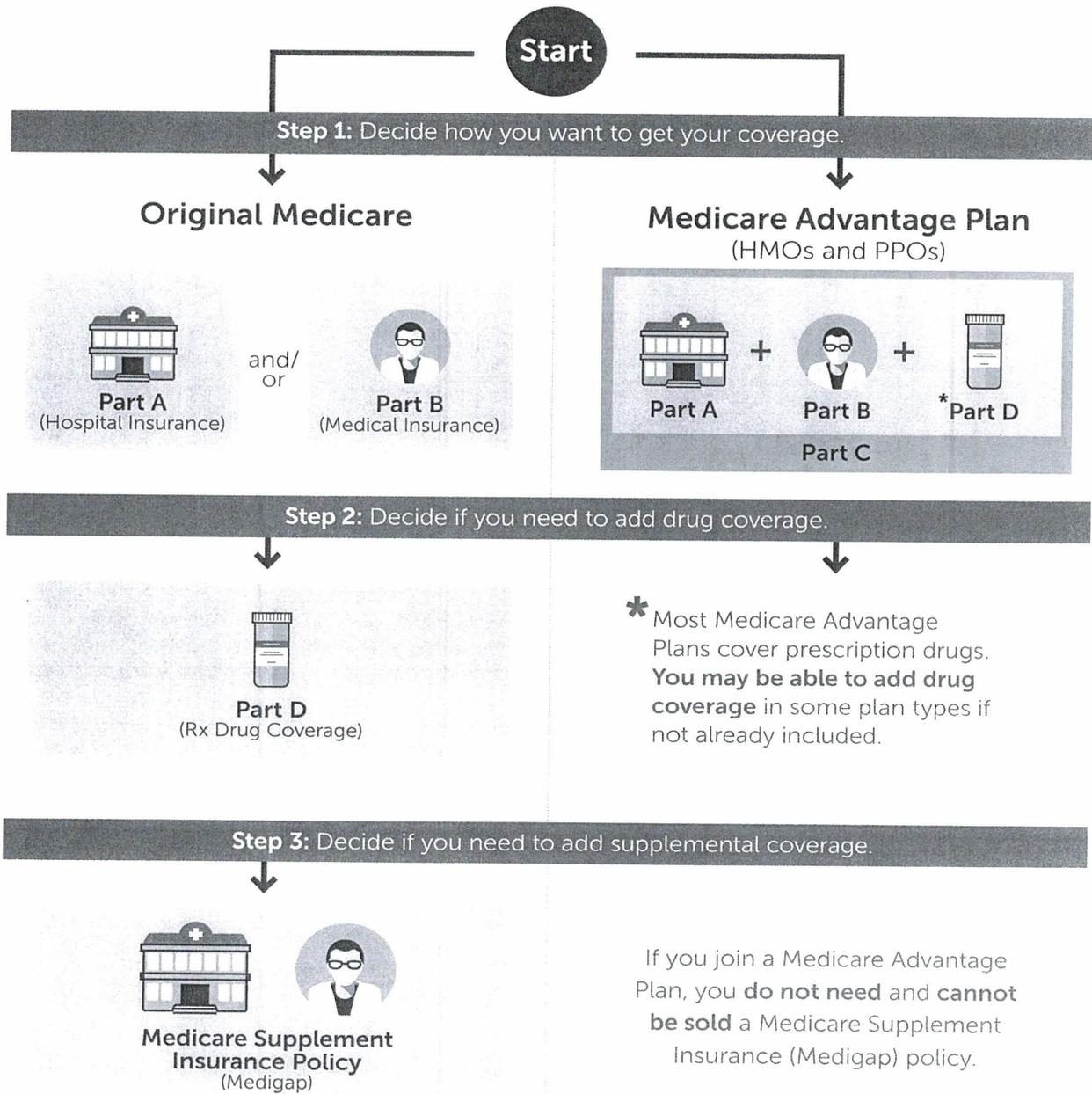
- Disability & SSI Information, Forms, & Assistance with Online Applications
- Drug Treatment Program Information – Sierra Tribal Consortium Inc. (Turtle Lodge)
- Fishing Licenses; Food Banks & Shelter Locations; Fresno American Indian Health Project information; Insurance Eligibility;
- Legal Services 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.

Medicare Basics

Your Medicare Coverage Choices at a Glance

There are two ways to get your Medicare coverage: **Original Medicare** or a **Medicare Advantage Plan**. Use these steps to help you decide which way to get your coverage.



Purchased/Referred Care (PRC)

Medical/dental care provided at an Indian Health Service (IHS) or tribal health care facility is called Direct Care. The Purchased/Referred Care (PRC) Program at IHS is for medical/dental care provided away from an IHS or tribal health care facility. PRC is not an entitlement program and an IHS medical referral does not imply the care will be paid. If IHS is requested to pay, then a patient must meet the American Indian/Alaska Native tribal affiliation, residency requirements, notification requirements, medical priority, and use of alternate resources (including IHS facility).

All American Indians and Alaska Natives should be aware of the following requirements each time he/she is referred or requests IHS to pay for medical care away from an IHS or tribal health care facility:

- Patient responsibility to comply with ALL PRC requirements
- PRC is not an entitlement program
- PRC Eligibility Requirements
- PRC Notification Requirements

[PRC Patient Process for Authorization for Payment Diagram](#) [PDF - 251KB]

- Medical/Dental Priority of Care
- Use of Alternate Resource (Medicare, Medicaid, VA, Private Insurance, charity, etc.)
- Appeal Process for Denial of PRC care
- Patient Rights & Responsibilities

Directory for an IHS or tribal health care facility near your location

Learn more about the [IHS Purchased/Referred Care \(PRC\) program](#)

Homeless Veteran Services **1-877-4AID-VET** (1-877-424-3838)



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.





IHS PATIENT INFORMATION

Q: Where is my closest IHS Health Care Facility?

A: Depending on where you live there may be an IHS facility close or far. Use the [IHS Find Health Care website](#) to locate your closest facility.

Q: I am eligible for health care from the Indian Health Service, but the local Service Unit will not pay for the [surgery, health care, medicine] that I need? Why?

A: The Indian Health Service is funded each year through appropriations by the U.S. Congress. The Indian Health Service is not an entitlement program, such as Medicare or Medicaid. The Indian Health Service is not an insurance program. The Indian Health Service is not an established benefits package.

Q: How do I Trace my American Indian/Alaska Native ancestry?

A: The Indian Health Service does not carry out genealogical research. However, we do provide general information about tracing American Indian/Alaska Native ancestry to a federally recognized tribe. A good place to start is by downloading the [Guide to Tracing Your American Indian Ancestry](#) _ which gives valuable information on the process.



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

CVIH JOB OPENINGS:

EXTERNSHIP—CLOVIS

**MAINTENANCE/SECURITY/SCREENER—
LEMOORE & NORTH FORK**

MEDICAL RECEPTIONIST - NORTH FORK

PRIMARY CARE PHYSICIAN— CLOVIS

PSYCHOLOGIST— CLOVIS

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

Monkeypox (MPX)

Aaron C Kissel, M.D
Medical Director

What Is Monkeyox (MPX)?

Monkeypox is a rare disease caused by a virus not commonly seen in the United States. The virus is in the same family as the virus that used to cause smallpox. Recently, Monkeypox cases have been found in the United States. As of September 14, 2022, there have been over 22,000 confirmed cases of monkey pox in the United States. There have been 4,300 cases in California.

Monkeypox often presents with symptoms of a flu-like illness, which includes fever, chills, headache, muscle aches, swollen lymph nodes and a very characteristic rash. The rash goes through different stages before healing completely. It usually consists of pimples, blisters, and sores that are located on the face, inside the mouth, and on other parts of the body like the chest, hands, feet, genitals, and anus. The illness usually lasts about 2-4 weeks. Sometimes people may experience only a rash without any symptoms of sickness.

During this recent outbreak, there have been cases of Monkeypox that presented without fever or any other systemic symptoms and only with a rash located in the genital or perianal area. Monkeypox is rarely fatal. During this current outbreak, more than 99% of people have survived. It can be severe in certain people who have weakened immune systems. Other high-risk individuals include children under the age of 8, pregnant women, and people who have eczema.

How Does Monkeypox (MPX) Spread?

Monkeypox is not as contagious as COVID-19. A person is contagious while they are sick and while they have a rash. Monkeypox spreads through direct close personal contact with a person infected with Monkeypox. This includes:

- Direct contact with the Monkeypox rash, sores, or scabs
- Contact with objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with Monkeypox
- Contact with respiratory secretions, through kissing and other face-to-face contact
- Contact during intimate physical contact such as hugging, kissing, cuddling, and sex

How Do I Protect Myself From Monkeypox (MPX)?

The best way to protect yourself is avoid direct skin to skin contact with anyone who has a rash that looks like Monkeypox. If you know someone who has been diagnosed with Monkeypox:

- Try to avoid direct contact with them
- Do not share cups or silverware
- Do not share clothing, bedding, or towels

If you are sexually active, talk with your partner about any recent illnesses. Be aware of any new unexplained rashes on your partner's body or your body. If your partner is sick, or has a new rash, or has been diagnosed with Monkeypox, avoid an close contact.

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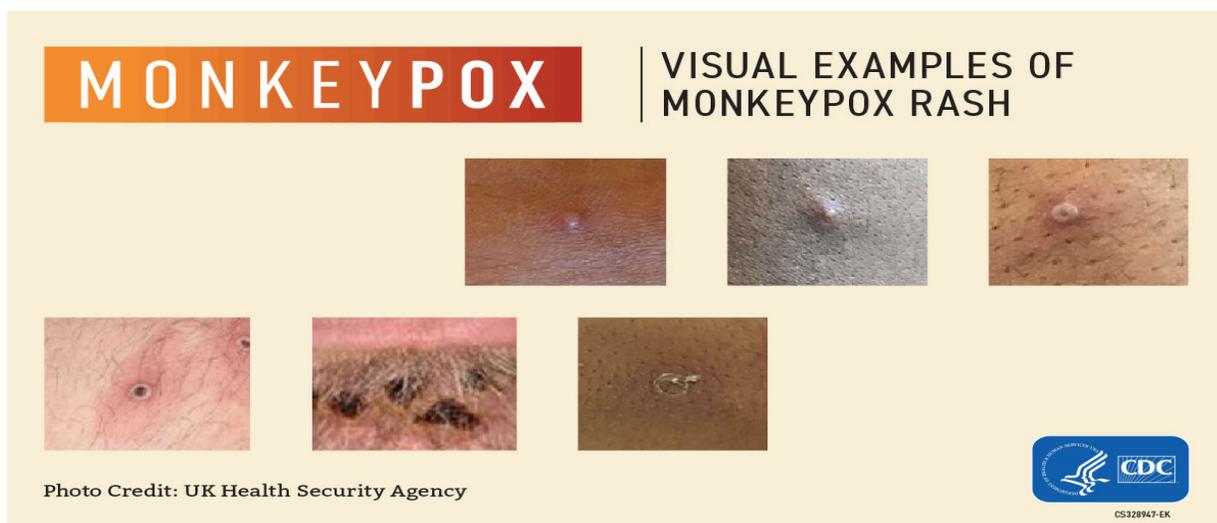
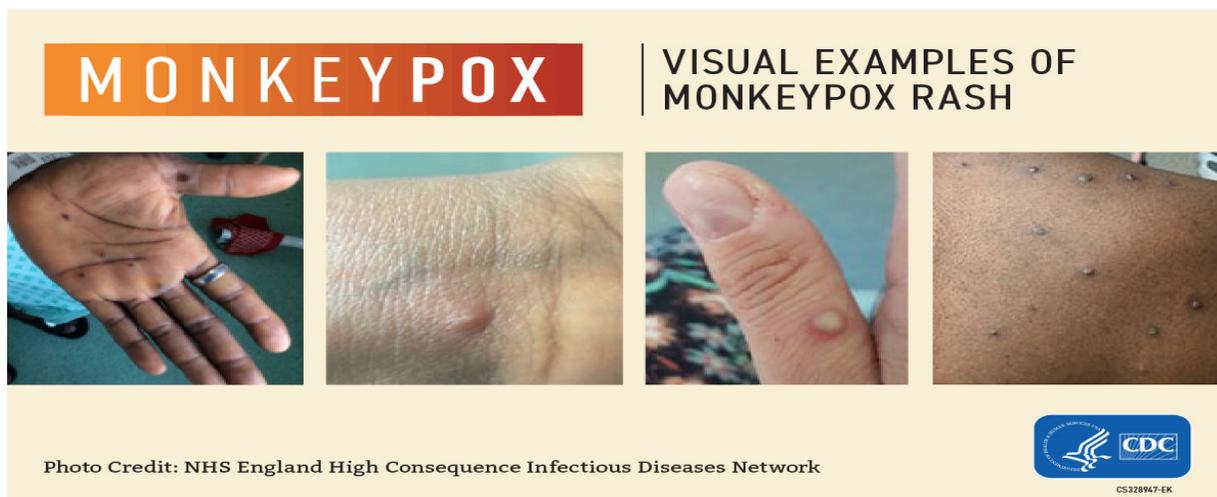
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What Should I Do If I Think I Have Been Exposed Or Have Monkeypox?

Since Monkeypox is similar to smallpox, we do have medications and immunizations that work against Monkeypox. Currently testing, treatment and immunization is provided by the public health department. Immunization is only recommended for people who have been exposed.

If you have any new rash or have any symptoms of possible Monkeypox, see a healthcare provider or go to the Public Health Department to get tested. If you test positive, follow all of your healthcare recommendations. Wash your hands often and avoid touching your eyes. Stay in a space away from others until your rash has healed, all of the scabs have fallen off, and there is a new layer of intact skin. Avoid contact with other people, especially people who might get very sick such as children, women who are pregnant, and people who have weakened immune systems.

Attached are photos of a typical Monkeypox rash:





Is Your Information Updated?

As we begin to approach the end of the year, we want to make sure we have all of your most current information in our system. You can contact Crystal Castillo in our eligibility department at (559) 299-3262, Ext 1812, to update or change addresses, phone numbers, along with your emergency contact. You can also email CVIH at eligibility@cvih.org, to update your information, along with sending identification card, driver's license, and up-dated insurance information/card. It is highly important to keep CVIH up-date with your most current information for both your Medical and Dental, which in turn assist all our other departments from any delay in treatment. Thank you for your cooperation in keeping CVIH updated!



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.



Diabetic Foot Care

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



If you have diabetes, especially uncontrolled diabetes, the high blood sugar levels can cause damage to the nerves throughout your body. The nerves that are most often damaged are those in the legs and feet. This damage can cause numbness and a reduced feeling in your feet. As a result you may not feel when an injury has occurred and your feet may not heal as well. Even seemingly small sores or blisters can become big problems if an infection occurs or if it doesn't heal.

You can prevent serious foot problems by following a good foot care routine:

- Check your feet every day. Inspecting the tops, sides, soles, heels, and between your toes. If you are unable to see the bottom of your feet you can use a mirror or ask someone to check them for you. You need to contact your provider immediately for an appointment if you notice any changes in your feet such as dry, cracked skin, blisters, sores, bruises, cuts, redness, warmth, tenderness, firm or hard spots.
- Wash your feet every day in warm water with mild soap. Strong soaps can damage the skin. Check the temperature of the water with your fingers or your elbow. You may not be able to sense water temperature as well with your feet.
- Gently dry your feet, especially between your toes.
- Rub a thin coat of lotion over the tops and bottoms of your feet but never between your toes.
- If you are able to see and reach your toenails you can trim them as needed. Trim your nails after washing them, when your toenails are soft. Cut them straight across to prevent ingrown nails. Use a nail file to smooth out the rough edges of the nail. Do not cut toenails too close to the skin as you could accidentally cut the skin and cause a sore on the toe. Make sure the edge of each nail doesn't press into the skin of the next toe.
- If you are unable to see or reach your toenails or they are thick and yellowed have your toenails cut by a podiatrist. If you don't have a podiatrist make an appointment with your provider to get a referral.
- You should wear socks and shoes at all times. Never walk barefoot as you could step on something causing an injury and not know it. Always check the inside of your shoes before you put them on to make sure that there are no tears or bumps inside of them.
- Wear shoes that are comfortable and fit well when you buy them. Never buy shoes that are too small and think you can stretch them out. Try on shoes in the store towards the end of the day when your feet are more swollen so that they don't become too tight as the day goes on.
- Make sure you keep all of your appointments with your provider and that they examine your feet at each diabetic follow up.

Tips To Maintain Eyeglasses

By: M. Hicks ABOC—Staff Optician

Here are some great tips on how to take proper care of your eyeglasses that will help make them last:

Rinse or Spray Carefully

Always rinse your glasses off with water before wiping or cleaning them. Even tiny particles of dust or dirt can settle on your lens, and if you wipe those around on a dry lens, it can be abrasive.

If you're going to use a chemical, **use sprays or cleansers that are specifically made to clean eyeglass lenses.** Never use household cleaners like Windex, because these chemicals contain ammonia, which will actually tear off the any coating that is on the lens.

Use the Right Cloth

NEVER use paper towels, tissue, or napkins to dry your lenses. All of these materials, regardless of how soft they are on your skin, have a textured surface and can easily scratch your lenses.

Also, refrain from using the tail of your shirt. The fibers in the fabric will scratch the lens of your eyeglasses over time. The clothing can also have dirt on it, which means the residue ends up transferred to your lenses.

Store Properly

Store your glasses in a case when you're not wearing them. This isn't just a great way to keep dust and dirt away from your eyeglasses, but it also protects your specs from getting scratched, bent or broken. If you don't want a big, bulky case, sleeker ones are available.

Don't lay your glasses "lens down." This is just asking for scratched lenses.

Repairs and Adjustments

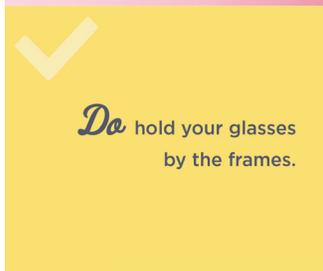
If your glasses become bent, broken or loose, leave them in the hands of a professional. Avoid using any types of glue.

Following these great tips will help make your glasses

EYEWEAR CARE



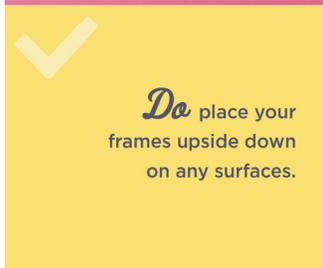
Don't place your glasses face down. Your lenses may get scratched.



Do hold your glasses by the frames.



Don't put your glasses near heat sources. Such as stove tops, ovens, or camp fires.



Do place your frames upside down on any surfaces.



Don't leave in areas where they may get sprayed by harsh chemicals like hairspray or oven cleaner.



Do clean the lenses on your glasses or sunglasses, daily.



get your
Flu



Shot

Outreach will be holding our flu shot clinics in all areas starting in September. 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 (Tentative)

10/11/22: 9-11:30

11/18/22: 9-11:30

12/14/22: 9-11:30

North Fork: CVIH North Fork Community Center (Tentative)

10/17/22: 9-11:30

11/7/22: 9-11:30

12/5/22: 9-11:30

Big Sandy: Oak View Terrace (Tentative)

10/4/22: 9-11:30

11/2/22: 9-11:30

12/6/22: 9-11:30

Tachi: Coyote Corner in front of the school

10/26/22: 9-11:30

11/16/22: 9-11:30

12/20/22: 12/21/21

Picayune: Coarsegold Community Center

10/19/22: 9-11:30

11/15/22: 9-11:30

12/13/22: 9-11:30

Squaw Valley: Bear Mountain Library

10/25/22: 9-11:30

11/29/21: 9-11:30

12/19/21: 9-11:30

Air Fryer recipes for the Holiday Season

By: Ranjani Sri MS RD CDCES

Easy healthful Air Fryer recipes are great options for this holiday season with less oil, less cook time, and less hassle.

Air Fryer Spinach Artichoke Dip (Serves 4)

This all-star appetizer is lightened with a few healthful swaps and served with fresh veggies to help keep the calories in check. For this dip, a round or square nonstick pan is recommended, but use any oven-safe pan that fits into your air fryer.

Ingredients

- 1 (14-oz) can artichoke hearts (packed in water), drained and chopped
- 1 (10-oz) package frozen chopped spinach, thawed and drained
- 1 tsp minced garlic
- 2 T low fat mayonnaise
- 1/4 cup nonfat plain Greek yogurt
- 1/4 cup shredded part-skim mozzarella
- 1/4 cup grated Parmesan cheese
- 1/4 tsp black pepper
- Carrot and celery sticks, for serving

Directions

1. Heat air fryer to 360° F.
2. Wrap artichoke hearts and spinach in a clean dish towel and squeeze out any excess liquid, then transfer to a large bowl. Add garlic, mayonnaise, yogurt, and cheeses, and mix well to combine.
3. Spray an air fryer baking pan with nonstick cooking spray. Transfer dip mixture to pan, place in air fryer basket, and cook for 10 minutes.
4. Remove pan from air fryer, and set aside to cool for 10 minutes before serving.



Nutrient Analysis per serving (3/4 cup)

Calories: 138; Total fat: 8 g; Sat fat: 2 g; Cholesterol: 12 mg; Sodium: 270 mg; Total carbohydrate: 6 g; Dietary fiber: 5 g; Protein: 8 g

Air Fryer recipes for the Holiday Season

By: Ranjani Sri MS RD CDCES

Ginger Caramelized Peaches With Pistachios (Serves 2)

This is the great recipe for achieving the luscious flavor of a peach cobbler without the extra fat and calories. Simply air fry the peaches with a light sweet-and-spiced coating of cinnamon, ginger, and a touch of brown sugar, and top with pistachios and yogurt for crunch and richness.

Ingredients

2 peaches
3/4 tsp ground cinnamon
1/2 tsp ground ginger
1 T brown sugar
2 T chopped pistachios
Plain Greek yogurt, or almond or coconut whipped cream, optional

Directions

1. Heat air fryer to 400° F.
2. Slice peaches in half around pit, twisting to separate halves. Use a sharp spoon to remove pits.
3. Sprinkle each peach half evenly with cinnamon, ginger, and brown sugar. Transfer halves, cut-side-up, to air fryer basket. Cook until tender, 5 to 7 minutes.
4. Top each with pistachios and a dollop of yogurt or whipped cream, as desired.



Note: *Nectarines or peaches can be used interchangeably in this recipe. For firmer fruit and less cleanup, line bottom of air fryer basket with parchment paper before placing peach halves on top. This will slow air flow and caramelize tops of peaches without fully baking bottoms.*

Nutrient Analysis per serving (1 peach + topping)

Calories: 102; Total fat: 3.5 g; Sat fat: 0.4 g; Cholesterol: 0 mg; Sodium: 35 mg; Total carbohydrate: 17.6 g; Dietary fiber: 2 g; Protein: 2.4 g

Central Valley Indian Health, Inc.

2740 HERNDON AVE.
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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.



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