



Central Valley Indian Health, Inc.

*4th Quarter
Newsletter
October 2023*



FLU SHOT CLINICS

Outreach will be holding our flu shot clinics starting in October. These are all walk in events so no appointment is needed.

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

10/24/23: 10-12

11/14/23: 10-12

12/12/23: 10-12

North Fork: CVIH North Fork Clinic

10/16/23: 10-12

11/6/23: 10-12

12/4/23: 10-12

Big Sandy: Big Sandy Gym

10/19/23: 11-1

11/9/23: 11-1

12/7/23: 10-12

Tachi: Tachi Elder Center

10/26/23: 10-12

11/16/23: 10-12

12/24/23: 10-12





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IMPORTANT DATES THIS QUARTER



OCT 9 — INDIGENOUS DAY HOLIDAY—**ALL CLINICS CLOSED**

OCT 31 — HALLOWEEN

NOV. 5— TIME CHANGE—FALL BACK AN HOUR

NOV. 10 — VETERAN'S DAY HOLIDAY— **ALL CLINICS CLOSED**

NOV. 23 & 24 — THANKSGIVING HOLIDAY—**ALL CLINICS CLOSED**



DEC. 21 — FIRST DAY OF WINTER

DEC. 25 & 26 — CHRISTMAS HOLIDAYS — **ALL CLINICS CLOSED**

NEW PRATHER CLINIC

After many delays, CVIH is finally starting to near the end of the new Prather Clinic building project. If all continues to move along well, we hope to be able to open in early 2024.



CATASTROPHIC HEALTH EMERGENCY FUND (CHEF)

Catastrophic Health Emergency Fund (CHEF) was established to support and supplement Purchased/Referred Care (PRC) programs that experience extraordinary medical costs associated with the treatment of disasters and/or catastrophic illnesses that are within the responsibility of Indian Health Service (IHS) and Tribes. This might be hospital bills, cancer or other disease treatments that are not fully covered by your insurance or other medical coverage.

The fund was created by Congress to reimburse medical expenses incurred for catastrophic illnesses and events falling within the PRC payment responsibility of IHS after a threshold cost has been met. Currently the cost threshold requirement is \$25,000 and must first be met before reimbursements can be expected from the CHEF.

PRC means any health service that is delivered at the expense of, an Indian health program; and provided by a public or private medical provider or hospital that is not a provider or hospital of the Indian health program. CHEF reimbursement cannot be made until all alternate resources the patient may be eligible for have been exhausted. Alternate Resources are any Federal, i.e., Medicare/Medicaid, State, local, or private source of reimbursement for which the patient is eligible.

If you or someone you know, is a CVIH patients and eligible for PRC services, and has bills not covered by your health insurance, Medi-Cal, Medicare, etc. please reach out to the CVIH PRC staff to find out if they may be covered by PRC or CHEF. PRC phone: 559.299.2634 or email to: prc@cvih.org

Excerpt taken from www.IHS.gov



Fall Back!

Daylight Savings Time Ends Sunday, November 5, 2023

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

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

A Communication Skill: Narrating Experience

By Lynette Bassman, Ph.D.

Sometimes we expect other people to read our minds. We might have the best of intentions, like trusting the other person to know us well enough to know what we want or need, and then assuming they would meet that need if they could. We might get mad if they don't try to give us what we need, and assume that they are purposely withholding it from us, maybe because they don't really care about us, or are angry at us for some reason. It is easy to see how that kind of thing can

get out of hand pretty quickly and lead to an argument. Here's an example: Mary is feeling tired one day and doesn't want to cook for her husband, Joe, and their children, even though that is usually one of her jobs in the family. She tells him that she is tired, and hopes that he will either cook, or offer to take the family out for dinner. But he doesn't. He sits down and watches TV. Mary gets mad at Joe, and thinks to herself that he is selfish, and treats her like a servant. She goes in the kitchen and starts to cook, but stays angry, so when he makes a comment later on about something unimportant, she yells at him, with all of the hurt feelings from earlier, and he, then, feels attacked.

In situations like this, we can use a communication skill called “narrating your experience”. This is when you tell the other person what you are feeling and what you want or need. So Mary might have said, “I’m so tired today that I don’t want to cook. I would like it if we could go out to eat”. Then Joe would be free to meet that need by agreeing to go out, offering to cook as a compromise solution, or narrating his own experience to explain why he is saying no. Maybe he’d say, “I’m really tired, too, and worried about money, so let’s not eat out, but give me a few minutes to rest and then let’s whip up a really quick meal together. I think we still have some of that soup you could warm up and I’ll set the table”. Mary might not get what she wanted, but she would probably still feel good about Joe, and Joe would be able to avoid feeling attacked later on.

So here's how to practice narrating your own experience: Get clear in your own mind about what you are feeling, and what you would like from the other person (which might include just knowing that they heard you, or could include doing some specific thing). Then calmly say those things to the other person. If they know this skill, then they could narrate their experience back to you, and the two of you can come to agreement about what happens next.

This skill works in romantic relationships, but also between parents and children, co-workers, friends, etc. It tends to minimize misunderstandings and maximize warm feelings between people. You might need to practice a few times before it starts to seem natural, but it's worth the effort to keep good feelings happening between you and people you care about.



HOW DO I CARE FOR MY CHILD'S TEETH?



Good oral care begins before a baby's first tooth.

Babies are born with all their teeth. You can't see them because they are hidden in the gums. Baby teeth start to break through the gums around 6 months. But it is important to start good oral care even before the first tooth comes in. From healthy gums come healthy teeth.

Kids have all their baby teeth by age 3. These are called **primary** teeth. Baby teeth start falling out around age 6; that's when the **permanent**, or adult, teeth start coming in. Gaps between baby teeth are normal. They

make room for the permanent teeth. Most permanent teeth come in by age 13.

Bottle Tooth Decay is a serious problem.

Bottle Tooth Decay can happen if babies drink milk, formula, or juice out of bottles over long periods of time.

To avoid it:

- Take the bottle away after your baby is done drinking.
- Don't put your baby to bed with a bottle.

Here are some tips to keep kids' teeth healthy and strong:

0–2 years

- Wipe gums with a washcloth after feeding. This will help get rid of the sticky coating called plaque that can cause tooth decay.
- Brush teeth twice a day with water and a soft-bristle toothbrush.
- Schedule first dental appointment before first birthday.

3-5 Years

- Start using fluoride toothpaste at age 3
- Use only a pea-sized amount. Make sure your child spits it out after brushing.
- Try to break thumb-sucking and pacifier habits by age 4.
- Start visiting your dental team every 6 months.

6–9 years

- Begin flossing as soon as teeth touch.
- Let your child know that it's normal for baby teeth to fall out. That's how "grown-up" teeth come in.
- Until children are able to practice proper oral health habits alone, parents should help their child brush and floss twice a day.
- Always pay special attention to the back teeth, which may have more plaque.

Cont on page 7

10–12 years

Cont from page 6

- Require children who play sports to wear a mouthguard to protect their smile.

13+ years

- Parents can make the most of their teen's interest in how they look by reminding them that a healthy smile and fresh breath will help them look and feel their best.

Here are some tips

- Encourage teens who wear braces to brush and floss thoroughly.
- How teeth look when braces come off depends on how they're treated while the braces are on.
- Suggest that teens carry a toothbrush, toothpaste, and floss in their purse or gym bag for use during the day.

Quick tips for better oral health for kids

- Start practicing good oral care even before the first tooth comes in. From healthy gums come healthy teeth.
- Parents should schedule their child's first dental appointment before the first birthday and every 6 months starting at age 3.
- It is important that children brush twice a day with a fluoride toothpaste and begin flossing as soon as two teeth touch.
- Children should limit sugary and sticky foods and drinks to protect against tooth decay.

Central Valley Indian Health Inc

Optical Department



The Optical Department now officially carries the following frames and sunglasses brands:

Swarovsky

Our regular stock includes

Maui Jim

Native Vision and Native pride

Prada

Versace Sun for Children

Gucci

Coach

Under Armor for Children

SL

MK

Burberry

Rayban

Dolce and Gabbana

Oakley

Versace

Nike

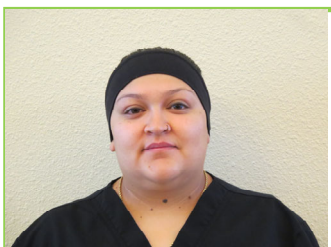
Ferragamo

Hugo Boss

Marc Jacobs

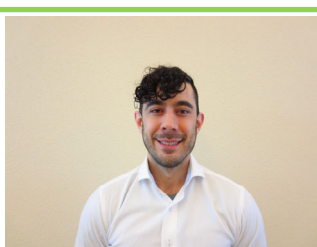
Tori Burch

As a reminder we are selling what we have in stock and not currently special ordering frames.

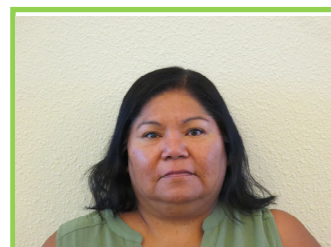


Tammilee Ponce
Referral Clerk

Clovis



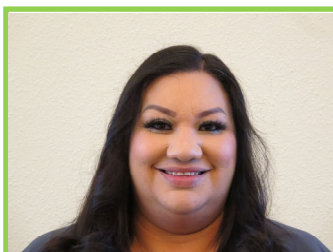
Dr. David Malekooti
Primary Care
Physician
Clovis



Norelva Alarcon
Transporter

Clovis

Welcome OUR NEW TEAM MEMBERS



Marysol Habar
Medical Assistant

Bullard



Jessica Martinez
Medical Receptionist

Bullard



OPEN ENROLLMENT PERIOD 2023

- 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.

If you have any questions regarding Medicare please contact

Kim Bianco at 559-299-3262 ext. 1811 or

Marilyn Torres at 559-299-3262 ext. 1810

Information from www.healthline.com/health/medicare/open-enrollment



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.



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.

\$\$ CHECK WITH US BEFORE YOU PAY \$\$

HAS IT BEEN PAID?

Have you turned the bill in to CVIH at some point? If so, please contact us to confirm the payment status **BEFORE YOU PAY IT**. If a provider sends you a bill or asks you to pay something online you might want to check with CVIH before you pay anything. If CVIH has already processed the payment for the claim, we will not be able to reimburse you for your payment. You will need to obtain reimbursement from the provider you paid for services.

You can reach us by the following ways:

Call: Carla or Erica at 559.299.2634 or Drop it off at any CVIH Clinic

EMAIL: PRC@CVIH.ORG or FAX: 559.299.17

REFERRALS ARE REQUIRED FOR SERVICES RECEIVED OUTSIDE OF CVIH

If you are PRC (Contract Care) eligible and no referral is found on file you will need to contact your CVIH Primary Care Physicians and they will let you know what you need to do to get the referral in place so CVIH can continue to pay your bills for you.

If you are PRC (Contract Care) eligible and do have a referral on file but it is over a year old you will need to contact the CVIH referral department of the clinic that you normally go to and they will let you know what you need to do to get your referral updated so CVIH can continue to pay your bills for you.

QUEST BILLS

Are you PRC (Contract Care Eligible) and get a bill from Quest?

 **TURN THEM IN NOW!!!** 

Quest gets paid monthly and once they receive a check from CVIH it takes them another month to get all of the payments posted to all of the accounts.

If you have any questions about your Quest bills, please contact Erica at 559.299.2634

CAN I BE REIMBURSED FOR MEDICATION?



Medication copays from non-contracted pharmacies can be reimbursed without review by our administrative office.

All full cash payment receipts for medication from any pharmacy, contracted or not, must be reviewed by our administrative office at the end of each month to determine whether or not these items can be reimbursed.



Avoid a Medicare Penalty Sign Up at Age 65

Even if you don't plan to receive monthly benefits, be sure to sign up for Medicare *three months before* turning age 65.

If you don't sign up for Medicare Part B (medical insurance) when you're first eligible, your coverage may not start right away and you may have to pay a late enrollment penalty for as long as you have it.

You can apply online. Visit www.socialsecurity.gov/medicareonly for information and to apply.

If you have any questions regarding Medicare please contact

Kim Bianco at 559-299-3262 ext. 1811 or

Marilyn Torres at 559-299-3262 ext. 1810



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 Jack-o'-Lantern Stuffed Peppers



Ingredients:

1 tablespoon canola or other vegetable oil
1 medium onion, chopped
1 large clove garlic, minced
1 lb. lean ground turkey (or pinto beans)
1 teaspoon salt (optional, may use Mrs. DASH)
¼ teaspoon ground pepper
2 cups cooked brown rice
2Tbs chopped fresh parsley
8 oz. can of no-salt tomato sauce
4-6 large orange and/or red bell peppers

Directions:

Heat oil in a large skillet over a medium heat. Add onion and garlic. Cook, stirring occasionally, until soft, about 3 minutes. Add ground turkey (or pinto beans), salt (or Mrs. DASH) and pepper; continue to cook, stirring with a wooden spoon, until the ground turkey or beans are cooked thoroughly. Remove from heat. Stir in rice, ¾ cup tomato sauce (set ¼ cup of tomato sauce aside) and parsley.

Cut out stem ends of the bell peppers and set aside; scoop out the seeds. With a sharp paring knife, cut out a jack-o'-lantern face on the sides of each pepper. Place peppers and tops, cut-side down, in a microwave-safe pan. Add ¼ cup water. Microwave on High until tender but firm, 4 to 6 minutes. Empty the water from the dish and turn the peppers cut-side up.

Stuff peppers with the turkey (or bean) and rice mixture. Spoon the remaining ¼ cup tomato sauce over the peppers. In a pre-heated oven, bake peppers at 350 °F until the mixture is heated thoroughly, 20 to 25 minutes. Place the steamed tops back on top of the peppers.

*Recipe from Eating Well magazine: issue August 2018

Central Valley Indian Health, Inc.

2740 HERNDON AVE.
CLOVIS, CA. 93611



*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:

Lynnell Shaffer & Lorena Killian

Area 2:

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. Clinic System

Central Valley Indian Health, Inc.,

2740 Herndon Ave, Clovis, CA 93611

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

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

Open: Monday - Friday

8:00-12:00 & 1:00-5:00

Phone: 559-877-4676 Fax: 559-877-7788

Tachi Medical Center

16835 Alkali Drive, Suite M, P.O. Box 8, Lemoore, CA. 93245

Medical Open: Monday-Friday Dental Open: Monday -Thursday

8:00-12:00 & 1:00-5:00

8:00 -12:00 & 1:00-5:00

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 W. Bullard Ave., Suite 101, Clovis, CA. 93612

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

Open: Monday-Friday

8:30-12:30 & 1:30-5:30

Phone: 559-325-5715 Fax: 559-325-5735