



Central Valley Indian Health, Inc.



*1st Quarter
Newsletter
January 2024*

WE HAVE SOME EXCITING NEWS!

We are excited to share some important news regarding our commitment to providing you with the best possible healthcare experience. As part of our ongoing efforts to improve communication and accessibility, we have officially transitioned all our locations to the advanced Cisco Webex Phone System.

This upgrade is designed to ensure that you have a more seamless and efficient experience when reaching out to our healthcare professionals, whether it's for appointment scheduling, inquiries about medical records, or general information.

Upon placing a call, you will encounter an automated greeting that states:

“Thank you for calling Central Valley Indian Health. If this is a medical emergency, please hang up and dial 911 or go to the nearest Emergency Room. Your call may be recorded for quality assurance purposes. If you know the extension of the person you’d like to reach, dial it now.”

Following this announcement, you will encounter a menu of options. Simply dial 1 for [Option1], dial 2 for [Option2], and so forth. Please listen carefully as the menu options may be different at the desired location.

As a note for our North Fork and Prather communities: You can still reach **CVIH North Fork at (559) 877-4676** and **CVIH Prather at (559) 855-5390** for your healthcare needs.

If you receive a call from CVIH North Fork or CVIH Prather, the numbers that will appear on your phone are as follows:

North Fork Calls: (559) 862-2770

Prather Calls: (559) 862-2760

We kindly ask that you do not block these numbers, as doing so may affect our ability to communicate with you effectively. If you miss a call from these numbers, please call back to the main line numbers provided.

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IMPORTANT DATES THIS QUARTER

JAN. 1 - NEW YEARS DAY OBSERVED - ALL CLINICS CLOSED

JAN. 15 - MARTIN LUTHER KING JR. BIRTHDAY—ALL CLINCS CLOSED

FEB. 14 - VALENTINE'S DAY



FEB. 19 - PRESIDENT'S DAY - ALL CLINICS WILL BE CLOSED

MAR 10 - TIME CHANGES - SPRING FORWARD

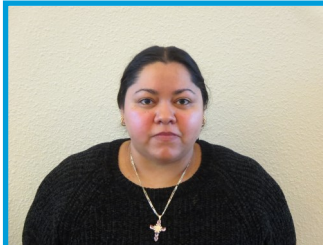
MAR. 19 - FIRST DAY OF SPRING





Xander Hammond
Security Guard

North Fork



Graciela Becerra
Medical Assistant

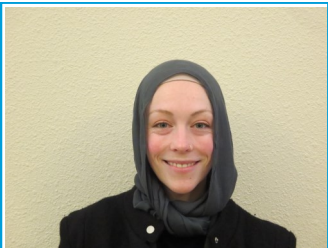
Bullard



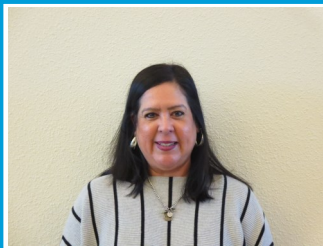
Mika Fisher
Registered Dietitian

Clovis

Welcome OUR NEW TEAM MEMBERS

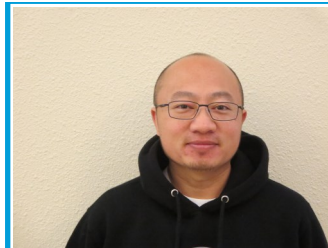


Dr. Cambria
Cunningham
Dentist
Prather



Dawn De La Cruz
Referral Clerk

Clovis



Pe Lee
Dental Hygienist

Prather



TIME CHANGE

SET YOUR CLOCKS AHEAD ONE HOUR
BEFORE YOU GO TO BED ON MARCH 10, 2024





**Please remember for all healthcare needs,
please call your local CVIH Clinic.**

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

Medical Phone: 559-299-2608

Dental Phone: 559-299-2570

► ***Tachi Medical Center***

Medical Phone: 559-924-1541

Dental Phone: 559-924-0460

► ***Central Valley Indian Health Clinic Prather***

Phone: 559-855-5390

► ***Central Valley Indian Health, Bullard***

Phone: 559-325-5715

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

Phone: 559-877-4676

► ***Central Valley Indian Health, Behavioral Health***

Phone: 559-299-2435

See the back page for all addresses and times of operations.




RSV Vaccine

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


Respiratory syncytial virus, commonly referred to as RSV, is a virus that can cause cold-like symptoms and lung infections. The most common symptoms of RSV are wheezing, fever, coughing, reduced appetite, runny nose, and sneezing. RSV is seasonal much like influenza, the season is from September to January. RSV can be mild and resolve in one to two weeks. RSV can also be more serious, especially for very young children and older adults. RSV is responsible for approximately 100-300 deaths in children younger than 5 years old and 6,000-10,000 deaths in adults 65 years and older per year.

There is a vaccine for RSV that is available to those who meet the criteria.

- Those who are 32-36 weeks pregnant to protect their babies from RSV. It is only given seasonally from September to January.
- Infants who are under 8 months old born during or entering their first RSV season, if the mother did not receive the vaccine, vaccine status is unknown, or who was born less than 14 days after the vaccine was given.
- Older adults who are over 60 years of age after consulting with their physician about if vaccination is appropriate for them at this time.

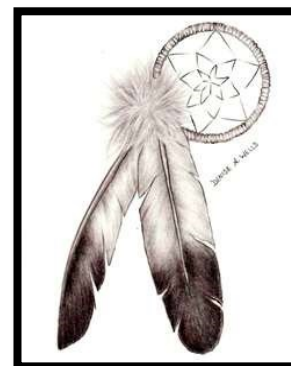
New Immunizations to Protect Against Severe RSV			
Who Does It Protect?	Type of Product	Is It for Everyone in Group?	
 Adults 60 and over	RSV vaccine	Talk to your doctor first	
 Babies	RSV antibody given to baby	All infants entering or born during RSV season. Small group of older babies for second season.	
	OR		
 Babies	RSV vaccine given during pregnancy	Can get if you are 32–36 weeks pregnant during September–January	

www.cdc.gov/rsv



If you are interested in getting more information about RSV and the vaccination please contact your clinic to set up an appointment.

**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.**



Am I Drinking Enough Water?

Mika Fisher MPH, RDN

Drinking plenty of water is always important, even during the cooler months. Although you may not be sweating as much you did during the summer, your body is still losing water through various other functions like urination, digestion, and breathing. On average, women should drink 8, 8-ounce glasses and men 12, 8-ounce glasses daily. This will vary based on how active you are, the weather, your climate, and medical status. Food is also responsible for about 20% of your fluid intake in addition to beverages so eating fruits and vegetables is encouraged to help keep you hydrated.



Tips to drink more water:

- Drink a glass first thing in the morning and before each meal.
- Check the color of your urine - Dark yellow or orange urine is a sign to drink more.
- Use a fun refillable water bottle.
- Try different water combinations – Add fruit, cucumber, and herbs to flavor water. Use seltzer or sparkling water in place of sugary carbonated drinks.
- If you feel thirsty and your lips are visibly dry, drink more water.
- Limit drinks with alcohol and caffeine.

If you have a medical condition for which you have to monitor fluid intake, talk with your doctor or dietitian about how to stay hydrated.



Orange, Lemon & Mint Infused Water

Ingredients

- 1 orange, peeled and sliced
- 1 lemon sliced
- 1 handful mint leaves, torn
- 1 pitcher of water

Preparation

Combine all ingredients and stir.
Refrigerate overnight before serving.

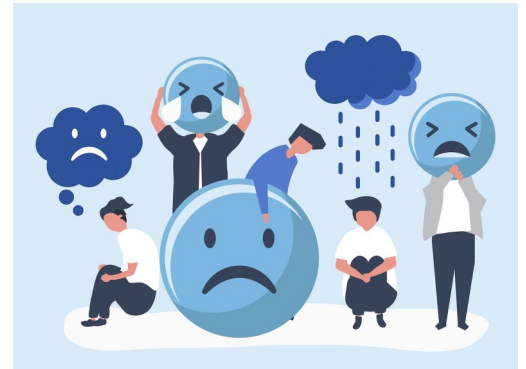
Seasonal Affective Disorder or SAD

Moriah Bonilla Outreach Director

Are you feeling SAD this time of year? Well there may be a reason why! SAD or Seasonal Affective Disorder affects a lot of people this time of the year. SAD is a type of depression that occurs at the same time every year. Most people who experience this usually start to feel depressed during the late fall and continue to feel depressed until the spring. If you are feeling depressed don't assume that it is a case of the "Winter Blues", get check out!

Symptoms of Winter SAD can include: Depression, hopelessness, anxiety, loss of energy, social withdrawal, oversleeping, not enjoying activities you once did, appetite changes especially a craving for carbohydrates, weight gain, and difficulty concentrating and processing information.

It is very normal for people to have days where you're feeling sad but this should not be happening everyday! If you are noticing any of these symptoms and find yourself thinking about suicide or turning to alcohol or other drugs for comfort you need to speak with your Doctor. The causes for SAD are mainly things that we are unable to control. The decreased sunlight during this time of the year is primarily to blame as it affects some hormones in our bodies. These hormone changes contribute to SAD! Risk factors for this disorder are being female, living away from the equator, and a family history of SAD. SAD is diagnosed in higher numbers in females than males. Living far from the equator helps determine the amount of sunlight you are getting during the year. For us it is more sunlight in the summer and less during the winter. Family history is key because if you have a family member who has had any type of depression then you are at a higher risk of having depression because it could be in your genes.



There are no tests that can diagnose SAD but if your condition is worsening your Doctor may order tests to rule out other illnesses. Your Doctor may ask you some very detailed questions and do a physical exam as well. To be diagnosed with SAD you must have had depression during the same time of the year for two consecutive years. Your periods of depression are followed by periods without depression. And there are no other conditions that explain your depression.

Treatments for SAD include medication, light therapy, and psychotherapy. Things that you can do at home to help are by getting regular exercise, going outside, and making your living space more sunny and bright. Other things that you can do to make yourself feel better are to take any and all medications as directed by your Doctor, take care of yourself by sleeping and eating regularly, learn how to manage your stress in positive ways, go see your friends or family on a regular basis, and take a trip!



MEDICAL OR DENTAL



- PHOTOGRAPHS AND VIDEOS, FROM CELL PHONES OR ANY OTHER PHOTOGRAPHIC EQUIPMENT, ARE PROHIBITED FROM BEING TAKEN IN PATIENT CARE AREAS OR ANYWHERE NEAR CVIH COMPUTER SYSTEMS.
- DURING YOUR APPOINTMENT WE KINDLY REQUEST THAT YOU REFRAIN FROM CELL PHONE USE.

Improving Oral Health

Dr. Manuel Sanchez, DDS

Oral health is more than a smile. Poor oral health can impact the quality of life as a whole. These are tips to help improve your oral health.

- Floss every day. This is the most important factor to prevent gum disease. Floss at least once a day. The more often you floss, the tougher your gums will be.
- Brush your teeth at least twice a day. Brushing should be done for at least 2-3 minutes.
- Replace your toothbrush every 3-4 months or if bristles become frayed. Old toothbrushes become ineffective and may harbor harmful bacteria that can cause gum disease.
- Refrain from drinking too much sugary beverages and sodas. These are number one culprit for getting cavities. They erode the enamel making the tooth weak and very susceptible to caries attack.
- Chew sugarless gum that contains xylitol. This will help cleanse your mouth against harmful bacteria that causes tooth decay.



One last reminder. Always follow-up with your dentist at least once a year for adults and every six months for kids. Remember, a healthy smile always goes a long way.

\$\$\$ REQUESTING A REIMBURSEMENT \$\$\$

Please include the following information

- Where the check should be sent to: Current or preferred mailing address
- Your phone number: For any questions regarding the reimbursement
- Who the reimbursement is for: Name and date of birth
- What the reimbursement is for: Glasses, contacts, medication, office visit, etc...
- Who the reimbursement check should go to: Parents name if for a child

You can bring your receipts to any CVIH clinic or use one of the following methods:

EMAIL: PRC@cvih.org

FAX: 559.299.0717

MAIL: CVIH, 2740 Herndon Avenue, Clovis CA 93611



It takes approximately 3 – 4 weeks to fully process the request and mail the check

If you have any questions, please contact the PRC staff at (559) 299-2634

“I’M GETTING BILLS! WHAT DO I DO WITH THEM?”

If you are getting bills from specialty providers turn them in right away. This means CVIH is not getting them.

Digital online bills do not work for CVIH payment purposes. Please request a detailed paper statement from any provider that you see outside of CVIH.



Drop them off at the clinic, email to PRC@cvih.org or Fax to: 559.299.0717



PARKING LOT SAFETY

**Please reduce speed when
Entering and Exiting the
Parking Lot!
Faster speeds may result in a**





Has Your Information Been Recently Updated?

As we embark on the new year, we want to ensure that we have the latest details in our records. To update or modify your addresses, phone numbers, and emergency contact information, please reach out to Ana Vargas in our eligibility department at (559) 299-3262, Ext 1812. You can also send an email to eligibility@cvih.org to update your information, including submitting your identification card, driver's license, and updated insurance details. Keeping CVIH informed with your current information is crucial for all your CHIV appointments. We appreciate your cooperation in maintaining up-to-date records with CVIH!



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 update 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.

CENTRAL VALLEY INDIAN HEALTH

WE ARE HIRING



CURRENT OPENINGS:

Referral Clerk– Bullard
Receptionist– Clovis
Public Health Nurse– Case Manager– Clovis
IT Help Desk– Tier III– Clovis
EHR Coordinator/ Data Analyst– Clovis
Psychologist– BHS
Primary Care Physician– Clovis
Purchased/Referred Care Clerk– Clovis
Licensed Vocational Nurse– Prather

HOW TO APPLY:

Visit www.cvih.org/careers.
Click "Apply Today", select the position of interest,
& click "Apply for Job".

QUESTIONS?

Call 559.299.2578 or
email hr@cvih.org

Tips For Selecting Kids' Eyewear

Morris L. Hicks III RDO, CVIH Optical Department

If you're in search of the correct pair of [eyeglasses](#) for your child, you probably know that walking into an optical store can be confusing. The problem is how do you determine which ones your child will be willing to wear and will last longer.

To begin with, most children who need eyeglasses are either [nearsighted](#) or [farsighted](#). Depending on the amount of visual correction necessary, your child may be instructed to take their eyeglasses off for schoolwork or wear them all the time.

Sometimes the eye doctor will make specific recommendations about suitable eyeglass frames but more often that decision is left up to you, your child and the optical dispenser who fits the glasses.

Here are a few things to consider to make your trip to the optical shop an enjoyable experience and to ensure that you get children's glasses that will endure.



- **Lens Thickness**

The [eyeglass prescription](#) is always the primary consideration in choosing glasses. Before you start looking for the frames, consult with the [optician](#) about lens considerations. If the prescription calls for strong lenses that are likely to be thick, it is important to keep the frames as small as possible to reduce the final lens thickness.

- **Fashion Forward**

Whether they are full- or part-time eyeglass wearers, most kids get at least a little teasing about their specs, especially the first time they wear them. So it's very important that they avoid frames that make them look "uncool." You also should steer your child away from frames that clearly are too expensive or inappropriate for the prescription.

- **Proper Fit**

One of the toughest parts about choosing suitable frames for young children is that their noses are not fully developed, so they don't have a bridge to prevent plastic frames from sliding down. Metal frames, however, usually are made with adjustable nose pads, so they fit everyone's bridge. Most manufacturers recognize this difficulty with plastic frames and make their bridges to fit small noses. It's important that the glasses stay in place; otherwise kids tend to look over the top of the lenses instead of pushing their glasses back up where they belong. An optician usually is the best judge of whether a frame fits properly.

- **The Correct Temple Length (ear pieces)**

Sometimes a growing child will need shorter temples that are on larger frames. A longer temple can be adjusted to wrap all the way around the back of the ear help keep glasses from sliding down or dropping off a child's face completely.

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- **Spring Hinges**

A nice feature to look for is temples with spring hinges. These special hinges allow the temples to flex outward, away from the frames, without causing any damage. Kids are not always careful when they put on and take off glasses, and spring hinges can help prevent the need for frequent adjustments and costly repairs. They also come in handy if the child falls asleep with the glasses on or just has a rough day at play.

- **Lens Material**

Children's lenses should be made of [polycarbonate](#) or [Trivex](#). These materials are significantly more impact-resistant than other lens materials for added safety. Polycarbonate and Trivex lenses also are significantly lighter than regular plastic lenses, Polycarbonate and Trivex have built-in protection against potentially damaging [ultraviolet](#) (UV) rays, and the lenses are scratch-resistant coated by the manufacturer or fabrication lab.

- **Backup Pair**

Because children can be tough on their eyewear, it's always a good idea to purchase a second, or backup, pair of eyeglasses for them. This especially is true if your child has a strong prescription and cannot function without his or her glasses.

Sources: www.allaboutvision.com; [Liz DeFranco](#), [ABOC](#), [NCLC](#), with review and updates by master optician [Mark Mattison-Shupnick](#)



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

Give Gifts to Your Future Self

By Lynette Bassman

Have you ever wished that you had handled something differently in the past in order to avoid a problem you are having right now? Like wishing you had saved your money so that you would have the money you need now for a car repair? Or stopping at three slices of pizza so you wouldn't have heartburn now?



Well, right now you can start a new way of handling these situations, so that you won't have those regrets as often. You can stop and think, before taking action, what your future self would want you to do right now, and then do that thing. It's like giving a gift from your self today to your future self and you might find that it feels as good to give those gifts as it does to receive them. You can fill your days with gift giving and receiving. Here are some examples:

When deciding whether to speak when you are angry, take a moment to pause and think about what you will wish in the future that you had said or done, and say or do that. Or when deciding what to eat, think about your future self getting bad news from the doctor about your labs a year from now, and eat the meal that will make it more likely that you'll be getting good news. When getting into a car, imagine arriving safely, and decide to give yourself that gift by buckling your seatbelt.

When you regularly give your future self these gifts of peace of mind, safety, good health, and healthy relationships, you will start to go through your days with gratitude for these gifts and their results in your life.

Stressed? Worried? Feeling down?

CVIH's Behavioral Health would love to help!

We offer individual therapy for all ages, family therapy, and couples therapy.

Give us a call at **(559) 299-2435** to schedule an appointment.

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

Area 1:

Lynnell Shaffer & Lorena Killian

Area 2:

Feather Johnson & 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., 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: 559-862-2761

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

32938 Road 222, Suite 2, North Fork, CA. 93643-9562

Open: Monday-Friday

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

Phone: 559-877-4676

Fax: 559-862-2771

► **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

8:00-12:00 & 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., 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

