



Central Valley Indian Health, Inc.



*1st Quarter
Newsletter
January 2026*



Medication Refill Process

Below you will find some helpful tips when requesting a refill from one of our clinics.

As always, if you have any questions please contact our office. We are here to help!

- When requesting a refill please contact your pharmacy first 5-7 days before running out of medication to allow for timely refills. Plan ahead for weekends and holidays to avoid further delays.
- If out of refills, proceed by contacting our office to request your refill.
- You may need a follow-up appointment before medications can be sent.
- Please allow 2-3 business days for requests to be reviewed by your provider and re filled.
- The number of refills sent is at the discretion of the provider.

Methods for requesting a refill:

Medication Line:

Contact our medication refill line (559) 299-2608 and press “6” or speak to our staff directly to make a request. Provide your name, date of birth, which medications need to be refilled, and verify pharmacy preference.

Using our Patient Portal:

Log in to your Healow patient portal.

Select the medication you need to get refilled.

Submit your request with any required details we may need.



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IMPORTANT DATES THIS QUARTER

FEB 14 VALENTINE’S DAY



FEB 16 PRESIDENT’S DAY - ALL CLINICS WILL BE CLOSED

MAR 8 DAYLIGHT SAVINGS -- SPRING FORWARD

MAR 17 SAINT PATRICK’S DAY



MAR 20 FIRST DAY OF SPRING

APR 5 EASTER SUNDAY



APR 6 EASTER MONDAY—ALL CLINICS WILL BE CLOSED

Welcome **OUR NEW TEAM MEMBERS**



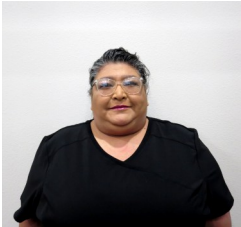
Andranik Avakian
Psychiatric Mental
Health Nurse



Bianca Jimenez
RDA #84149
Dental



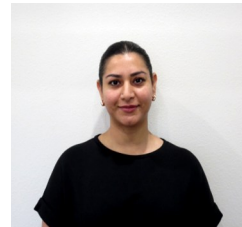
Cecil Paredes
Family Nurse
Practitioner



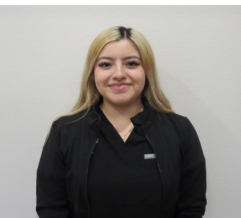
Cynthia Grijalva
Medical
Receptionist
Temperance



Deura Avila
Family Nurse
Practitioner
Clovis



**Dr. Gursharanjit
Kaur**
Physician



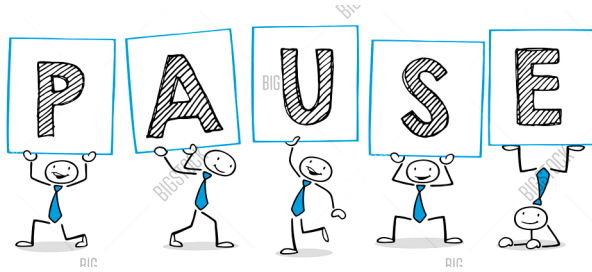
**Jacqueline Ramirez
Bello**
Referral Clerk



Manbir Gill
Dentist
Lic#64310
Tachi/Prather



Xia Xiong
Transporter
Outreach
Clovis/Fresno



The Power of a Small Pause Submitted by Dr. Samuel Montano

Most of us move through our days at a steady pace, responding to emails, juggling responsibilities, and taking care of the people around us. In the middle of all that motion, it is easy to forget that our minds and bodies are working just as hard as our calendars.

Mental health is not only about addressing stress when it becomes overwhelming. Often, it is shaped by the small moments we give ourselves permission to slow down.

Pausing, even briefly, can help support the nervous system, clear mental clutter, and bring us back into the present moment. These pauses do not need to be dramatic or time consuming. In fact, they tend to be most effective when they are simple and realistic.

A quiet breath taken before a meeting. A moment of noticing your feet on the floor. A gentle reminder to yourself that you are safe right now.

Our bodies are constantly scanning the environment for cues of safety or threat, often outside of conscious awareness. When we intentionally slow our breathing, soften our posture, or connect with something steady and familiar, we send a subtle message to the body that it can begin to settle. Over time, these small signals support greater resilience, focus, and emotional balance.

Mental health is not built all at once. It develops through ordinary, human moments of awareness and care, many of which are available throughout the day.

A Gentle Somatic Pause:

The following is a brief practice that can be used almost anywhere and takes one to two minutes.

Begin by sitting comfortably and placing your feet on the ground. Take a moment to notice the support beneath you. Feel the chair holding your body and the floor supporting your feet. Next, take a slow breath in through your nose. As you breathe out through your mouth, allow your shoulders to soften slightly. There is no need to force relaxation. Simply allow a small release.

Then, gently look around and notice three things you can see that feel neutral or pleasant. This helps orient the body to the present moment and signals safety to the nervous system.

(Continued on page 5)

To finish, place a hand on your chest or abdomen and take one final slow breath. You may silently offer yourself the reminder, “In this moment, I am okay.” Even brief pauses like this can help the body feel more grounded and supported, especially when practiced regularly.

Behavioral Health Services Reminder:

Please arrive on time for your scheduled appointment.
A 10 minute grace period is allowed from your appointment time.
Patients arriving more than 10 minutes late may not be seen,
and the appointment may be marked as a no-show and
rescheduled for another date and time.
Thank you for helping us provide timely care for all patients.



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.

MEDICAL OR DENTAL

- PHOTOGRAPHS AND VIDEOS, FROM CELL PHONES OR ANY OTHER PHOTOGRAPIC 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.



Rosemary Balsamic Roasted Vegetables

Source: <https://recipes.heart.org/en/>

- 1/2 pound Brussels sprouts, brown ends trimmed off and cut in half
- 1/2 medium cauliflower (cut into florets)
- 4 medium carrots (sliced)
- 1/2 pound turnips (peeled, cut into 1/2-inch cubes)
- 1/2 pound beets (peeled, cut into 1/2-inch cubes)
- 1/3 pound sweet potatoes (peeled, cut into 3/4-inch cubes, optional)
- 3 tablespoons balsamic vinegar
- 3 teaspoons extra-virgin olive oil
- 2 teaspoons no-calorie sweetener (granulated)
- 2-3 tablespoons fresh, chopped rosemary OR 2-3 teaspoons dried rosemary
- 2 medium garlic cloves, minced
- 1 teaspoon onion powder
- 1/2 teaspoon pepper
- 1/4 teaspoon salt



1. Preheat the oven to 375° F.
2. Lightly spray 13 x 9 x 2-inch baking dish with cooking spray.
3. Place all the vegetables in a large bowl.
4. In a small bowl, whisk together the vinegar, oil, no-calorie sweetener, rosemary, garlic, onion powder, pepper and salt. Pour over the vegetable mixture, tossing to coat.
5. Pour the vegetable mixture into the baking dish. Bake for 30 to 35 minutes, stirring once, or until all the vegetables are tender when easily pierced with a fork.

Food Safety

Safe steps in food handling, cooking, and storage can prevent foodborne illness.

There are four basic steps to food safety:

- Clean** – wash your hands and surfaces often. Germs that cause food poisoning can survive in many places and spread around your kitchen. Wash hands for at least 20 seconds with soap and water before, during, and after preparing food and before eating. Wash your utensils, cutting boards, and countertops with hot, soapy water. Rinse fresh fruits and vegetables under running water.
- Separate** – raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods. Use separate cutting boards and plates for raw meat, poultry, and seafood. When grocery shopping, keep raw meat, poultry, seafood, and their juices away from other foods. Keep raw meat, poultry, seafood, and eggs separate from all other foods in the fridge.
- Cook** – food needs to get and stay hot, heat kills germs. Food is safely cooked when its internal temperature gets high enough to kill germs that can make you sick. Use a food thermometer to ensure foods are cooked to a safe internal temperature.
- 145°F for whole cuts of beef, pork, veal, and lamb
 - 160°F for ground meats
 - 165°F for all poultry
 - 145°F for fresh ham
 - 145°F for fin fish or cook until flesh is opaque



- Chill** – put fresh food in the fridge right away. Keep your refrigerator below 40°F. Refrigerate perishable food within 2 hours. If outdoor temperature is above 90°F refrigerate food within 1 hour. Thaw frozen food safely in the fridge, in cold water, or in the microwave. Never thaw foods on the counter, because bacteria multiply quickly in the parts of the food that reach room temperature.

Foodborne illness is preventable. Follow these guidelines so that your family can enjoy your food without getting sick.

Sarah Goulart, RN, BSN, PHN

Seasonal Affective Disorder or SAD

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!

Submitted by: Moriah Bonilla, Chief Public Health Nursing Officer

Patient Submissions & Communication

We are committed to processing your PRC submission as efficiently as possible. To help us do so, we want to share important information about our communication process and your role in completing your submission.

Completing Your Submission

Occasionally, additional information or documentation is required to process a submission. When this happens, a member of the PRC team will contact you by email and/or phone with specific instructions.



Please Check Your Email and Voicemails

It is the patient's responsibility to:

- Monitor their email (including spam or junk folders)
- Check voicemails regularly
- Respond promptly to messages from the PRC team

Please note that PRC is unable to process submissions until all requested information is received. Submissions requiring additional information may be returned to you by mail until the required information is provided.

How Long Submissions Are Held

If we do not receive the requested information, your submission will remain on hold for up to **30 days**. After this period, the submission may be closed and would need to be resubmitted.



Our Follow-Up Process

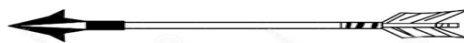
To ensure nothing is missed, PRC will make multiple attempts to contact you regarding missing information. These attempts are documented for accuracy and compliance.



We appreciate your cooperation and timely responses, which help us serve you better and avoid unnecessary delays. Please ensure that all pages are included with your submission, including both the front and back of documents and the itemized bill. Register receipts alone may not contain all required details; itemized statements are often necessary to process your request.

Contact Us

The PRC Team can be reached at 559-299-2634 or by email at prc@cvih.org.



CVIH Policy on Abusive Behavior

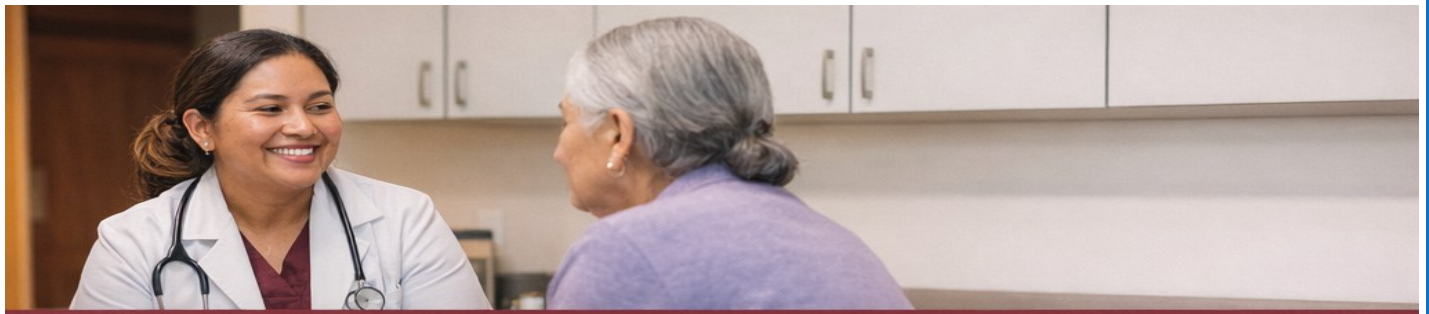
CVIH Clinics are to remain a safe place where patients can get the care they need. All patients, visitors and staff must act appropriately.

ZERO tolerance for:

- Intimidation or threats
- Physical abuse
- Profanity or foul language
- Spitting or yelling
- Throwing things
- Racial slurs or Comments

Anyone who violates this policy will be prosecuted to the fullest extent of the law.





Supporting Better Patient Visits Through Innovation At Central Valley Indian Health, Inc.

What's New in Our Exam Rooms?



Central Valley Indian Health, Inc. is thoughtfully introducing **Sunoh.ai**, a secure technology designed to support our providers during patient visits – so they can spend less time on computers and more time focused on you.

What This Means for Patients



- ✓ More personal, attentive visits
- ✓ Improved documentation accuracy
- ✓ Less time typing, more time talking



This technology supports your provider—it does not replace them.

Your Privacy Is Our Priority



Secure & Confidential



Patient-Centered Care



Provider Oversight

All medical decisions are made by your healthcare provider.

Looking Forward



Innovation at Central Valley Indian Health is guided by one principle:

Does this improve care for our community?

CENTRAL VALLEY INDIAN HEALTH, INC.



What to Consider in Selecting The Best Eyeglasses For Your Face

By Morris Hicks, RDO



For most people, the most important part of selecting eyeglass frames is how they look on our face.

To save time and avoid having to try on every frame in the shop, you simply need to determine your face shape and coloring, to understand which eyeglass frame styles and colors look best on you.

In addition to the guidelines below, keep these tips in mind:

1. If you need bifocals or progressives, make sure the eyeglass frame you choose is large enough.
2. No matter what frame shape or color you choose, make sure it is comfortable and fits properly.

Color Analysis



The main factors that determine the best color palette are the colors of the skin, eyes and hair.

Skin. Skin tone is the prime element in determining coloring.

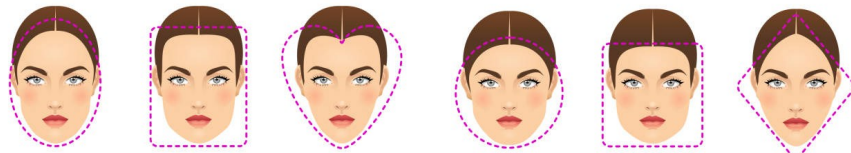
Eyes. [Eye colors](#) usually are a secondary element in determining coloring because of the many variations of eye color. For example, [blue eyes](#) can range from a cool almost-violet to a pale blue-gray, which is warm. [Brown eyes](#) can vary from a light cider shade (warm) through a medium-brown to a cool almost-black.

Hair. Hair colors also are considered warm or cool. Strawberry blond, platinum, blue-black, white, auburn, salt-and-pepper and ash brown are cool. Warm hair colors include golden blond, brownish black, brown-gold, "carrot" and "dirty" gray.

Matching Eyeglass Frames To Face Shapes

While most faces are a combination of shapes and angles, there are six basic face shapes: oblong, oval, square, base-down triangle, diamond, base-up triangle,

Which face shape is yours?



Source includes excerpts from allaboutvision.com editor Liz Segre

Why Dental Treatment May Be Delayed After a Heart Attack or Major Surgery



After a heart attack or major surgery, it is common for dental treatment to be delayed. We understand this can be frustrating, but these delays are important for your safety. Our goal is to provide care at the right time, when your body is strong enough to heal properly and avoid complications.

After a serious medical event, your body goes through a critical recovery period. During this time, routine dental treatment is often postponed so your dentist can carefully review your medical condition, medications, and overall healing. This process may require communication with your physician and takes time, but it helps ensure your dental care is safe.

Important reasons for delaying dental treatment include:

- **Heart recovery:** After a heart attack, the heart is more sensitive to stress. Dental procedures can increase stress on the body, which may raise the risk of irregular heart rhythms, reduced oxygen to the heart, or another cardiac event. Some local anesthetics may also increase strain on the heart.
- **Blood thinners:** Many patients are prescribed blood-thinning medications after a cardiac event. These medications increase the risk of excessive bleeding during dental procedures.
- **Risk of infection after surgery:** After major surgery, the immune system may be weakened. Preventing infection at the surgical site is a top priority. Dental procedures can allow bacteria to enter the bloodstream, which may increase the risk of complications.

Emergency dental care can still be provided during this time, with proper medical consultation and additional safety precautions.

Your health and safety are always our top priority. We appreciate your patience and understanding as we work together with your medical team to provide you with the safest care possible.

Angela Tung, DDS.



California Indian Nations College Sees Record Enrollment and Expands Its Cultural & Academic Impact By California Indian Nations College

November 03, 2025

Palm Desert, California — California Indian Nations College (CINC), the only accredited tribal college in California in decades, is experiencing remarkable growth while making a profound impact on Indigenous education. Since its founding, CINC has served 506 students, providing culturally responsive higher education that empowers Native communities and fosters leadership, academic success, and cultural preservation.

Enrollment continues to climb, reaching 141 students in Fall 2024 and 151 students in Spring 2025, with 82.3% of Spring 2025 students identifying as American Indian or Alaska Native. This “record-breaking enrollment” underscores the demand for a college that centers Indigenous identity while offering rigorous academic programs tailored to first-generation and non-traditional learners.

A Diverse and Inclusive Student Body

CINC serves as an educational home for Indigenous students and allies, offering a unique environment where culture, identity, and academic rigor intersect. In Spring 2025, the student population is predominantly American Indian/Alaska Native (82.3%), with smaller representations from Hispanic or Latino (~10%), two or more races (~5%), and White (~1%).

The college is a beacon for first-generation students: 76.4% of CINC students are the first in their family to attend college. With an average age of 34, CINC accommodates working adults, parents, and other non-traditional learners, demonstrating flexibility and a commitment to serving students with diverse life circumstances.

Supporting access and equity, 100% of undergraduates receive financial aid, ensuring that underserved communities have the opportunity to pursue higher education. Gender equity is also central to the college’s mission: 83% of degrees awarded last year went to women, highlighting CINC’s role in fostering Indigenous female leadership.

Academic Success and Cultural Programming

CINC students achieve meaningful academic outcomes. The college maintains a course success rate of 72.8%, reflecting effective teaching, strong student support, and culturally relevant curricula. Beyond academics, the college is deeply committed to cultural programming. Through the Path Breakers Program, students engage with Indigenous languages such as Cahuilla, Luiseño, and Kumeyaay, fostering both linguistic and cultural preservation.

CINC also hosts initiatives like the Indigenous Education Summit, which connects students with tribal leaders, scholars, and educators to address access, equity, and the evolving role of tribal colleges. These programs cultivate leadership, cultural identity, and community engagement, ensuring that students gain both academic knowledge and cultural grounding.

(Continued on Page 15)

Accreditation and Institutional Growth

CINC recently achieved “Eligibility to Apply for Candidacy” status in its accreditation journey, a significant milestone that signals national recognition and opens doors to federal funding, academic partnerships, and enhanced student opportunities. This step cements CINC’s position as a leader in Indigenous higher education and underscores its commitment to academic excellence.

With a recent \$10 million state grant, CINC is poised to expand faculty, develop technology programs, enhance student services, and offer more robust curricula rooted in Indigenous worldviews. This investment not only supports student growth but also strengthens the college’s long-term sustainability, enabling it to serve future generations of Native students.

For more information, contact California Indian Nations College at 85-385 Airport Boulevard, Palm Desert, CA 92211, by phone at (760) 778-2800, or by email at info@cinccollege.org. Additional information is available on the college’s website at www.cinccollege.org.



Information from Native News on line.



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



Central Valley Indian Health, Inc.



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:

Patricia Forster & Lynnell Shaffer

Area 2:

Feather Johnson & Lynette McCombs

Area 3:

Dixie Jackson & Pearl Hutchins

Area 4:

Misty Ortega & Blossom Garcia

Area 5:

Shelby Charley & Brenda Sorondo

Area 6:

Carmen Scaturro & Donna Cisco

Central Valley Indian Health, Inc. Clinic System

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

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**

29323 Auberry Road, Prather, CA. 93651-9784

Open: Monday - Friday

8:00- 12:00 & 12:30- 4:30

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: Tuesday-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

