



WINTER 2019

IN THIS ISSUE:

- 2** FTHC Staffing News: Retirement; New Position, Faces and Providers
- 5** 2020 Census Snapshot
- 7** Children's Dental Health & Appt. Initiative
- 8** Breast Cancer Prevention; New Medicare Cards
- 9** Mammovan Coming in March
- 10** Carbon Monoxide Poisoning Prevention
- 12** Patient Registration Forms; Referred Care Reminder Slips
- 13** No Matter Where We Live, Our Community Counts
- 14** Tribal Healthy Aging Seminar 2020
- 15** IHS Scholarship Program
- 16** Upcoming Closures; Health Recipes; News & Announcements



AMAZING THINGS ARE HAPPENING! NEW PATIENT CONTACT METHODS AVAILABLE

We will be implementing a new appointment reminder system, in addition to the reminders sent via phone or letter, which will include a 'no reply' text or email messaging option. This new feature will be available in the upcoming months.

To ensure privacy requirements are adhered to, an updated 'preferred method of contact' will be needed during the patient registration process. As a note, please be sure to monitor your junk email if email is your 'preferred method of contact' (**see copy of new form below**).

On **Page 2** is a copy of the email and text message you will receive if you elect to receive these types of communication.

We value your health and well-being, therefore, would like to accommodate the different methods available in today's era of technological progress. As always, your feedback is extremely important to us.

For more information on these contact methods or any issues with patient registration please contact Tamika FastHorse, Patient Registration Supervisor. Thank you.



Fallon Tribal Health Center

1001 Rio Vista Drive – Fallon, NV 89406
(775) 423-3634

PATIENT DEMOGRAPHICS

Patient Registration	Please fill out the form as accurately as possible. Thank you!
Patient Name: _____	Date of Birth: _____
Social Security #: _____ - _____ - _____	Gender: F <input type="checkbox"/> M <input type="checkbox"/> Marital Status: S <input type="checkbox"/> M <input type="checkbox"/> D <input type="checkbox"/> W <input type="checkbox"/>
Mailing Address: _____	
City: _____	State: _____ Zip Code: _____
Phone #: _____	Work Phone #: _____ Cell #: _____
Do you agree to receive Appointment Reminders and FTHC Newsletter by Email/Text Message? Y <input type="checkbox"/> N <input type="checkbox"/>	
Email Address: _____	
Appointment Reminder Notification: Text <input type="checkbox"/> Email <input type="checkbox"/> Phone <input type="checkbox"/>	

PATIENT SURVEY ON OPERATING HOURS

We are conducting a survey starting in February 2020 to get patient input into the operating hours of the Health Center.

We are in the process of reviewing our opening and closing hours and would like to get your input into what you would like to see. This includes earlier or later times for patient appointments or consideration of Saturdays.

Your input is critical as we determine the best times to provide patient care at the Health Center.

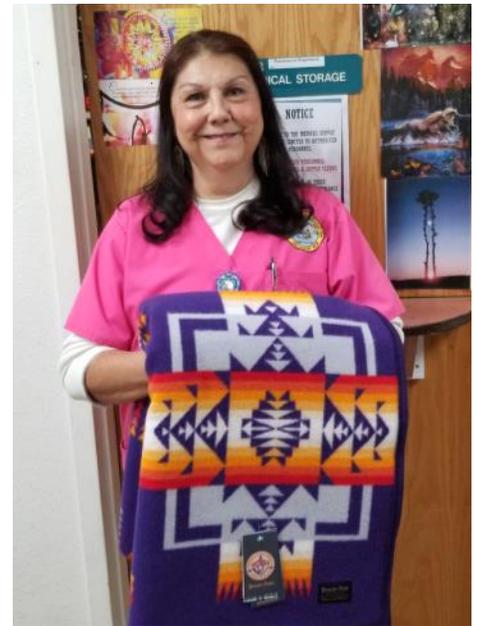


RETIREMENT OF DEANA FILLMORE

Deana Fillmore, long time employee of the Health Center and the Tribe has decided to retire and spend more time at home with family and dedicate time to projects she's been meaning to do for some time. Deana has held a few positions at the Health Center, including the Health Center director when the center first opened. Deana most recently held the position as Procurement & Property Services clerk where she was responsible for purchasing supplies, including but not limited to medical, dental, optical, office and facility supplies,

inventory & property management, facilities maintenance. The position was also responsible for quote acquisitions, vendor and contract management based on procurement policies and procedures in accordance to grantors and federal, state, local, and tribal regulations.

To celebrate Deana's retirement, the Health Center provided her with a beautiful Pendleton Chief Joseph blanket in her favorite color of purple. We wish Deana well in all her future endeavors. The Health Center and Tribe would like to thank her for the years of service.



NEW PATIENT REGISTRATION SUPERVISOR - TAMIKA FASTHORSE

The Health Center would like to introduce and congratulate Tamika FastHorse as the new Patient Registration Supervisor at the Health Center as of November 4, 2019.

This is a new position at the Health Center and is dedicated to enhancing patient registration and outreach in our communities. In this

position, she will be overseeing and conducting patient registrations, employee guidance, orientation of new employees, ongoing staff training, and introducing new initiatives to improve and update our registration methods. As the supervisor she will all oversee and supervise the patient registration

clerks, benefits coordinator, and front desk receptionist.

We encourage all patients to welcome and congratulate Tamika on this new opportunity and to provide her with any suggestions or comments you have.

PATIENT REGISTRATION NEW CONTACT METHODS (continued from cover page)

Email Message Appointment Reminder Sample

Fallon Tribal Health Center
1001 Rio Vista Drive
Fallon, NV 89406
775-423-3634

Dear **Patient Name**,

You have an appointment scheduled at FTHC.
Please review the details of your appointment below.

Appointment Details	
<u>Date:</u>	<u>Time:</u>
01/02/2020	10:30 am
<u>Department:</u>	Dental – Dr. Joseph Hansen, DDS
<u>Patient Name:</u>	Jane Doe

If you are unable to keep this appointment or would like more information regarding your appointment, it is important that you contact FTHC directly at [775-423-3634](tel:775-423-3634) so we can make other arrangements.

We look forward to seeing you at your upcoming appointment.

Text Message Appointment Reminder Sample

< Messages FTHC Details

Hello [Patient Name]. This is a reminder that we have a scheduled visit on [1/2/2020 @ 10:30am] with Dr. Joseph Hansen, DDS [Dental Dept.] - [1001 Rio Vista Drive]. If you cannot attend please phone [(775) 423-3634 ext. 1016]. – Your Healthcare Team

MEET THE NEWEST EMPLOYEES AT THE HEALTH CENTER



We are excited to welcome the addition of a number of new staff members that have started here in the last three (3) months. Each of them look forward to working with you to address your health needs.

CLINICAL SERVICES



Christina Baldwin is our Diabetes Prevention Coordinator and she comes to us from Arizona where she worked at Gila River Health Care for 10 years in

the laboratory and also caring for patients with diabetes. Christina has a Medical Laboratory Technology Degree from Brookline College in Phoenix, Arizona. She recently moved back to Fallon and is a member of the Fallon Tribe. She is located at the Toi Ticutta Wellness Center and is ready to meet your healthy body needs.



Dr. Christopher Chai is our new Physician - Family Practice. He is a family man, a nerd, and a realistic optimist. He is blessed with a

beautiful, intelligent wife, Hyuni Lee (who is a dentist practicing in Reno), as well as a "cutie-patootie", curious, and precocious daughter, Chloe. They most recently moved from Chicago in July 2016 to Reno, and consider themselves to be successfully transplanted

Nevadans. In their free time, the Chai family enjoys walks or hikes whereby they can enjoy both nature and each other's company. Their favorite trail is the Thomas Creek Trail off of the Mount Rose Highway in Galena. Also, a few times per year, the Chai family will journey away from Reno on vacations, with one of their favorite and recurring destinations (every year!) being a family camp in the hills and beauty of Placer County, California.

With regards to his nerdiness, Dr. Chai loved picking up random facts as a kid which translated to a lifelong joy of reading and learning. He particularly enjoys reading science fiction or books that broaden his knowledge of various fields of study (he's currently finishing a book on Economics at the same time as reading an Isaac Asimov book), as well as books on Christian Theology. The commute to and from Reno allows for some of this consumption of written material to be done by audio books. Of course, this is in addition to the reading he likes to do to keep up with his skills as a Family Medicine Physician. Also, apart from books, Dr. Chai loves learning things from people; he may very well ask you to teach him something about your profession or your hobbies!

Lastly, as a realistic optimist, Dr. Chai always hopes for the best, understands the current status of a situation or a thing, and plans for somewhere in the middle (but closer to the optimistic side). He deeply cares for each and every patient's health and, more so than just

focusing on numbers or using medications, Dr. Chai acts as a medical advisor to help people set and reach health goals. This includes first getting people to a stabilized picture of health, then to help them get to the appropriately minimal medications and specialists they need! He prefers using as many healthy lifestyle changes as possible (primarily nutrition and exercise, but also sleep habits and stress management), while viewing health conditions as a marathon-like life journey! Some issues may be short-term, others long-term. Some runners blaze away like a Kenyan, and others run for fun. But all runners want to achieve the thrill of finishing the marathon and to run better today than they did yesterday. Dr. Chai also likes to exercise (practicing what he preaches), go shooting (handguns or shotgun, currently), play badminton or pickle ball, doing DIY projects around his house, and spend time literally wandering around big box stores (Costco, Walmart, Target, Home Depot; his wife has to give him a time limit if he has "honey-do" lists to complete).



Maria Williams is a Certified Dental Assistant who graduated from the Milan Institute in 2012, with perfect attendance. Maria is certified in x-rays, sealants, and coronal polishing.

(Continued on page 4)

NEW FACES AT THE FTHC

(Continued from page 3)

Prior to joining our team she worked at Western Dental in Sparks for 3 years as the Floor Supervisor and Dental Assistant. Maria is a member of the Te-Moak Tribe of Western Shoshone and a mother of 3 beautiful daughters and one handsome son. Her children are all members of the Fallon Tribe. In her spare time she loves being with her family at sporting events, Pow Wows and other cultural activities. She is an enthusiast of photography and enjoys the outdoors. Maria is very thankful to be a dental assistant and loves working with our Native American community.

BUSINESS SERVICES

Kaley Hill is the new Healthcare Administration Clerk. Her job duties include covering the front desk, helping the billing department, medical reception and helping

wherever else needed. She is excited for the opportunity to work in a clinical setting and is currently going to WNC for her associate's degree.

Maria Martin is the new Procurement clerk. She is responsible for the purchasing and disbursement of supplies for Fallon Tribal Health Center.

Maria's role is ensure the center is fully stocked with materials for both the client and staff. She is a military wife and mother of four daughters, two are in college on the east coast attending Georgia State University for Film and Media and the other attends Embry Riddle Aeronautical University. Maria has felt welcomed with open arms and looks forward to the opportunity of providing a much needed service and expanding her knowledge in supply has well.



Business Services (left to right): Kaley Hill, Ayanna Rooks, Maria Martin

Ayanna Rooks serves as a new CHR Transporter. In hopes to gain more experience in Healthcare, Ayanna is excited to see what new opportunities this position will bring. She is a motivated and compassionate mother of one and was recently accepted into nursing school. After completing nursing school Ayanna plans to continue serving the city of Fallon as a Registered Nurse.

CHANGES TO CHIROPRACTIC CARE SERVICES AT HEALTH CENTER

The Health Center would like to announce that our chiropractic services will be experiencing some changes. This service is provided by Emm Chiropractic Services, PLLC. Dr. Emm, though, is expanding his practice and is adding an associate that will be providing services at the Health Center. We will be continuing to offer chiropractic services on the same days but Dr. Emm will cover some days and Dr. Clint Low will now cover other days.

Dr. Low earned his Doctor of Chiropractic from Life Chiropractic College West. The techniques he uses include Diversified, Thompson, S.O.T., and Activator. His love for

Chiropractic and genuine concern for others drive his pursuit of excellence in his work.

Introduced to Chiropractic at an early age, Dr. Low knows the benefits of Chiropractic care first hand. His experience in Rodeo and ranch work exposed him to pain and injury. Dr. Low's total health approach comes from being a lifetime chiropractic patient himself. Dr. Low welcomes anybody who wants to achieve complete health and wellness including patients with chronic neck and back pain,



headaches, sports injuries, pregnant women, children and the elderly. Dr. Low works closely with each of his patients to achieve their maximum potential.



2020 Census Snapshot — American Indian/Alaska Native

What is the census?

Every 10 years, the United States counts everyone living in the country on April 1. Our tribes do not share enrollment numbers with the government, so it is important for all American Indians and Alaska Natives to participate in the 2020 Census.

What's in it for me?

The 2020 Census is an opportunity to provide a better future for our communities and future generations. By participating in the 2020 Census, you help provide an accurate count of American Indians and Alaska Natives. Your responses to the 2020 Census can help shape how billions of dollars in federal funds are distributed each year for programs and grants in our communities.

The 2020 Census is our count. Our responses matter. Regardless of age, nationality, ethnicity, or where we live, we all need to be counted.

Responding to the 2020 Census is:

> Easy

In early 2020, every household in the United States will receive a notice to complete the census online, by phone, or by mail.

> Safe

Your responses to the 2020 Census are confidential and protected by law. Personal information is never shared with any other government agencies or law enforcement, including federal, local, and tribal authorities.

> Important

The federal government and local American Indian and Alaska Native leaders and decision-makers will use 2020 Census data in a variety of ways that can benefit Native people and our communities.

2020CENSUS.GOV

D-OP-AI-EN-055

**Shape
our future
START HERE >**



Frequently Asked Questions

- > Q. Who should complete the census questionnaire?**

A. One person in the home should complete the questionnaire and include every person living there, including relatives, nonrelatives, babies, and children.
- > Q. How can I answer the race question?**

A. An individual's response is based upon self-identification. You may mark one or more of the race categories and/or enter multiple tribes or multiple detailed groups. Each write-in area will record up to 200 characters and up to six detailed groups.
- > Q. What kind of assistance is available to help people complete the questionnaire?**

A. Assistance responding to the 2020 Census will be available on 2020census.gov and via our toll-free phone number. Language guides, language glossaries, and language identification cards will be available in 59 non-English languages. Large-print guides to the questionnaire will also be available upon request, as well as telephone devices for hearing impaired. On 2020census.gov, video tutorials and how-to resources can help you complete your census form. Many communities, partners, and local organizations will also provide assistance.
- > Q. How does the Census Bureau count people without a permanent residence?**

A. Census Bureau employees work extensively to take in-person counts of people living in group housing, like college dormitories and shelters, as well as those experiencing homelessness or who have been displaced by natural disasters.

2020 Census Key Dates

- 

January-April 2020
First census enumeration takes place in Toksook Bay, Alaska.
- 

March 2020
Census notices are mailed or delivered to households.
- 

March-May 2020
Census takers visit each household to update address lists and collect information on the questionnaire.
- 

April 1, 2020
Census Day
- 

May-July 2020
Census takers visit households that have not completed the questionnaire.
- 

December 31, 2020
By law, the Census Bureau delivers population counts to the President for apportionment of congressional seats.
- 

March 2021
By law, the Census Bureau completes delivery of redistricting data to states.

For more information, visit:
2020CENSUS.GOV

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FEBRUARY IS CHILDREN'S DENTAL HEALTH MONTH

The FTHC Dental Office is hosting its first annual, American Dental Association, Give Kids A Smile, outreach.

We will be providing dental screenings with fluoride treatments for children ages 0-9 for The Fallon Paiute Shoshone Tribe, The Lovelock Paiute Tribe and The Yomba Shoshone Tribe. The goals of this event are to provide tips for healthy teeth and cavity prevention. Give Kids a Smile focuses on the epidemic of untreated oral disease among disadvantaged children and delivers the message that dentists alone can't solve this problem without a real commitment from government and society.

The yearly Give Kids A Smile Event is hosted by the American

GIVE KIDS A SMILE

February 5th - Lovelock

February 6th - Yomba

February 7th - Fallon



Dental Association to provide dental care to areas where dental care is limited. This event was started in 2003 by Dr. Jeff Dalin and Dr. B. Ray Storm in a run-down soon-to-be-demolished dental clinic in St. Louis. At that time, 15 patient chairs were scraped together to deliver free dental care to nearly 400 children. This event has since grown over the years and has spread nationwide. The program has helped over 5 million children. Give Kids a Smile kicks off Children's Dental Health month every February.

The FTHC Dental Office has

volunteered to participate in this exciting event. We will be doing a 3-day event beginning February 5th at Lovelock, February 6th in Yomba, and February 7th here in Fallon. Aside from the dental screenings, we will be providing free literature and dental recommendations along with the option to make future appointments.

We hope to see your smile in February. For more information on this outreach or to schedule your dental appointment please give us a call at 775-423-3634, extension 1016.

NEW DENTAL APPOINTMENT INITIATIVE

Starting January 2, 2020, the FTHC Dental Office has started a new initiative for our patients. We will begin a quarterly drawing for patients who attend their regular scheduled appointments. We have created this drawing to promote dental awareness and better hygiene habits in the hopes of preventing problems from developing. Keeping your mouth healthy is an essential part of your overall health.

The drawing will be held at the end of each quarter. The current

drawing will cover January 1st - March 31st with winners notified in early April. There are no limits on entries as long as the appointments are eligible for the drawing. Walk-in's and emergency appointments do not qualify patients for the drawing.

All regular scheduled appointments will be entered in the drawing. Just show up for your appointment and you are entered. **This should not discourage anyone from visiting the dentist especially if you're having pain or any concerns, do not hesitate to call.**

The winners of each drawing will have the chance to win:

1st place - \$50 gift card

2nd place - \$30 gift card

3rd place - \$20 gift card

If you have any questions please call the Dental Office at 775-423-3634 if you have any question. Please note, we are encouraging everyone to keep their appointments. If you cannot make an appointment, please call and we will find an appointment that fits your schedule.

BREAST CANCER PREVENTION - LET'S GET SERIOUS ABOUT THE FACTS!

Breast Cancer is the most common cancer found in women and the second leading cause of cancer death for American Indian and Alaska Native women. Native women have a 10% higher death rate compared to non-Hispanic white women. Let's face it, these are some startling facts about our beloved mothers, sisters and daughters. So, let's do something about it. Encourage the women in your life to go get a mammogram. It's that easy!

Being proactive through early detection is key in the treatment of breast cancer and there are steps you can take to detect cancer early when it is most treatable. The most important screening test for breast

cancer is the mammogram. A mammogram is an X-ray of the breast. It can detect breast cancer up to two years before the tumor can be felt by you or your doctor. Finding breast cancer early reduces your risk of dying from the disease by 25-30% or more. Women should begin having mammograms yearly at age 40, or earlier if they're at high risk.

We will be hosting the Mammovan to make early detection easier for you in our parking lot on March 30th and 31st. Please call 877-581-6266 to make an appointment.



Please be proactive for yourself or encourage a loved one. It saves lives! For more info go to:

www.americanindiancancer.org/aicaf-project/breast-cancer-awareness/

NEW MEDICARE CARDS ISSUED TO INDIVIDUALS

In order to protect your privacy and combat insurance fraud, the U.S. Congress passed a law requiring Medicare to stop using Social Security numbers on your Medicare card. All Medicare patients should

have received new cards not later than April 2019.

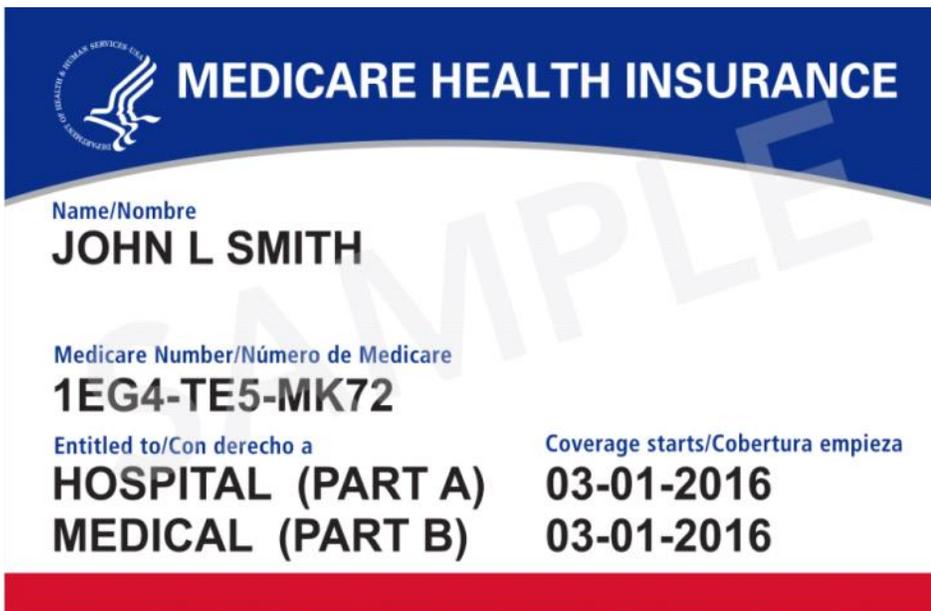
The Health Center is required to collect these new cards so we can bill Medicare on your behalf for services provided. We are not allowed to use

your old number. If you have lost your card, there are two ways to get a replacement:

1. Call Medicare at (800) 633-4227 and request that a replacement card be mailed to you; or
2. Create an online account at MyMedicare.gov and print off a card copy

Please note that if the Health Center cannot bill Medicare, then you may have difficulty meeting your yearly deductible for non-tribal medical visits.

We would like to thank you for your cooperation in helping the tribal clinic protect your privacy with the new cards and receive the money we are owed for your healthcare visits. Included with this article is a sample of what the new cards look like. If you have any questions please call the Billing & Coding Office.



The Nevada Health Centers Mammovan is Coming to Your Community!

Early Detection is the Best Protection!

The Mammovan will be in your community on:

DATE: Monday, March 30, 2020 & Tuesday, March 31, 2020

HOURS: 9:00am to 3:40pm; 8:00am to 2:40pm(closed for lunch from 12 to 1:10pm)

LOCATION: Fallon Tribal Health Center
1001 Rio Vista Drive, Fallon, NV 89406

For mammogram appointments, check in directly with the Mammovan!

For an appointment, please call:

Nevada Health Centers Mammovan
877.581.6266

Go to nvhealthcenters.org/services/mammography for the current calendar of Mammovan events



GET YOUR MAMMOGRAM TODAY!

- **As technology improves, so do we.* 3-D technology offers greater accuracy in mammography screening.
- Women 40 and over require NO referral. Women 39 and under, or men, MUST present a physician (PCP) referral.
- Must be at least 366 days since last screening.
- NO minors can be left unattended and they may NOT accompany you into the exam room.
- Results are mailed directly to you and your PCP / Specialist.

Please be sure you have all of the following with you upon arrival to ensure a smooth check in experience:

- Current and valid government-issued photo ID
- Current insurance card (if applicable)
- Mammography Patient Registration forms — **please complete before your appointment** (forms are available online at nvhealthcenters.org/services/mammography)
- Name and phone number of your Primary Care Physician (PCP)

Acceptable Methods of Payment:

- ** Call your insurance company to find out if 3-D is covered. If it is not covered, you have the option of purchasing this enhanced test at a cost of \$50.*
- **Medicare • Medicaid • Sliding Fee Scale**
- **Women's Health Connection (WHC)**
- **Most major insurances** – Yearly Preventive Screenings are covered under most insurances, however, verify your coverage prior to your appointment to assure the Mammovan is an accepted provider.
- Individuals **NOT COVERED** by health insurance may qualify for a "no charge" screening.



CARBON MONOXIDE POISONING PREVENTION

Carbon Monoxide (CO) poisoning is entirely preventable. Protect yourself and your family by learning the symptoms of CO poisoning and how to prevent it.

When winter temperatures plummet and home heating systems run for hours the risk of carbon monoxide (CO) poisoning increases.

Every year, at least 430 people die in the U.S. from accidental CO poisoning. Approximately 50,000 people in the U.S. visit the

emergency department each year due to accidental CO poisoning. There are steps you can take to help protect yourself and your household from CO poisoning.

CO is found in fumes produced by furnaces, kerosene heaters, vehicles “warmed up” in garages, stoves, lanterns, and gas ranges, portable generators, or by burning charcoal and wood. CO from these sources can build up in enclosed or partially enclosed spaces. People and animals in these spaces can be poisoned and can die from breathing CO.

How to Recognize CO Poisoning

The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. People who are sleeping or who have been drinking alcohol can die from CO poisoning before ever having symptoms.

CO poisoning is entirely preventable. Protect yourself and your family by learning the symptoms of CO poisoning and how to prevent it.

CO Poisoning Prevention Safety Tips

- Change the batteries in your CO

detector every six months. If you don’t have a battery-powered or battery back-up CO detector, buy one soon.

- Have your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.
- Keep vents and flues free of debris. Debris can block ventilation lines.
- Never leave the motor running in a vehicle parked in an enclosed or partially enclosed space, such as a garage.
- Never run a motor vehicle, generator, pressure washer, or any gasoline-powered engine less than 20 feet from an open window, door, or vent where exhaust can vent into an enclosed area.
- Never use a charcoal grill, hibachi, lantern, or portable camping stove inside a home, tent, or camper.
- Never run a generator, pressure washer, or any gasoline-powered engine inside a basement, garage, or other enclosed structure, even if the doors or windows are open.
- If you suspect CO poisoning, call 911 or a health care professional right away.

CO poisoning is entirely preventable. You can protect yourself and your family by learning the symptoms of CO poisoning and how to prevent it. For more information, please visit the Carbon Monoxide Poisoning website at <https://www.cdc.gov/co/>

DANGER!

CARBON MONOXIDE (CO) POISONING



CAN'T BE SEEN



CAN'T BE SMELLED



CAN'T BE HEARD



CAN BE STOPPED

Carbon monoxide (CO) is an odorless, colorless gas that kills without warning. It claims the lives of hundreds of people every year and makes thousands more ill. Many household items including gas- and oil-burning furnaces, portable generators, and charcoal grills produce this poison gas. Following these important steps can keep your family safe.

CO DETECTORS

- Install battery-operated or battery back-up CO detectors near every sleeping area in your home.
- Check CO detectors regularly to be sure they are functioning properly.

OIL & GAS FURNACES

- Have your furnace inspected every year.

PORTABLE GENERATORS

- Never use a generator inside your home or garage, even if doors and windows are open.
- Only use generators outside, more than 20 feet away from your home, doors, and windows.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

PROTECT YOUR FAMILY



WELCOME TO THE BEHAVIORAL HEALTH PROGRAM FOR MENTAL HEALTH & SUBSTANCE ABUSE SERVICES

MENTAL HEALTH PROGRAM

Assessments, Therapy & Psychiatric Services

Dr. Sonny Ruckstuhl, Psychologist, available Mondays and Tuesdays. For appointments please call Medical at 775-423-3634.

Dr. Steven Rubin, Psychiatrist, available Wednesdays. For appointments please call Medical at 775-423-3634



Sue Stark Wohle, MSW, LCSW, is a licensed clinical social worker and her duties are to provide individual, group and family therapy services. For an appointment with Sue contact Brenda at 423-3634, ext. 1040.

SUBSTANCE ABUSE PROGRAM (SAP)

Assessment & Outpatient Treatment Services



Martina Moss, Substance Abuse Counselor. She is Nevada certified and will be available to provide outpatient services Monday through Thursday.



Cynthia Wachsmuth, Recovery Support Coach & Coordinator and a Certified Alcohol and Drug Counselor Intern. She is available on a part time basis.



Debra Erickson, Family Support Coordinator and is also a Certified Alcohol and Drug Counselor Intern. She is available to provide counseling services on a part time basis.



Brenda Hooper, Behavioral Health Assistant. For an appointment with any our provider please contact her at 423-3634, ext. 1040.

WEEKLY GROUP SCHEDULE

Mondays
Medicine Wheel & the 12 Steps
12 noon to 1:00 pm

Tuesdays
Grief & Loss, 12 noon to 1:00 p.m.

Wednesdays
Talking Circle, 6-8pm

TRIBAL ADVISORY COMMITTEE MEETING

FRIDAY, February 14, 2019, 12:00 noon to 2 p.m.
COC Building, 999 Rio Vista, Fallon, NV

Community members are welcome to attend, listen and have a voice in making improvements in mental health and substance abuse treatment. We need to hear from you. Lunch will be served along with incentives for community participants.



For questions on the program contact Leslie Steve, MA, LADC, Behavioral Health Director at 423-3634, ext. 1032. Leslie is a Nevada Licensed Drug and Alcohol Counselor and is certified as a supervisor for counselor interns.

CIRCLES OF CARE PROJECT

This project is in it's 3rd and final year. The goals have been to promote and facilitate youth, families, tribal leaders, and community members to be involved, participate and have a voice in the planning and development of a system of care model to address mental health issues among youth and adolescents and their families. We are requesting an additional year to the grant to continue activities to increase community readiness for a System of Care approach to address our mental health needs.

The Project Manager position has been vacant since October so the position will remain open until filled (hopefully within next couple months)



Hannah Arthur, Community Coordinator and she encourages & facilitates youth/community members to participate and have a voice in the project's events and evaluation activities. She promotes community involvement on substance abuse and mental health services.

NEW UPDATED PATIENT REGISTRATION FORMS & INFORMATION

The Health Center is working to enhance the Patient Registration process, therefore, we will be asking patients to sign new and/or updated patient forms as approved by the Fallon Business Council. These updated patient forms include:

- Patient Information Demographics Sheet (PIDS)
- General Consent Form
- Lifetime Signature on File (SOF)
- Notice of Privacy Practices (HIPAA) and Rights and

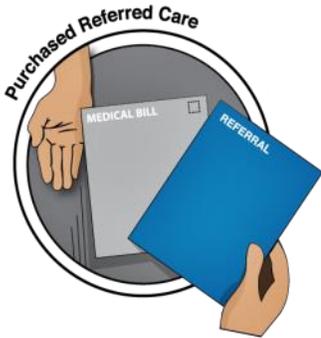
Responsibilities’.

The Health Center will be working with all patients to their information is up-to-date. This includes emergency/next-of-kin information, current mailing and physical address, phone numbers (home, cell), and your email address.

This will ensure we are able to contact you should there be any problems or changes with your appointments or if we need to contact you in an emergency.

We appreciate your patience while we are updating our Patient Registration process. We strive to ensure an efficient and accurate check-in process. This will also improve the improve turn-around times if are referred for outside services through our Purchased Referred Care Office.

Your patient experience matters. Please help us have an effective Patient Registration Process.



PATIENT REMINDER SLIPS FOR REFERRED SERVICES

When seeing a medical provider at the Health Center and you are being referred outside the facility, you will be handed a **GREEN** reminder slip from the staff in the Medical Suite.

Please be sure to stop by Purchased/ Referred Care Office with your slip before

leaving the Health Center so we can start and complete the referral process.

This will assure that Purchased/ Referred Office receives the referral and can go through the referral process with you and get IHS approval. Thank you!

FALLON TRIBAL HEALTH CENTER (775) 423-3634

CHART NUMBER _____

Return to clinic in: *(Circle)*

1 | 2 | 3

Day | Week | Month

(Check)

Christopher Chai, MD

Luis Taveras, MD

Dana Kim, FNP

Other _____

Appointment Date and Time _____

Lab Appointment Date and Time _____

(circle one) Fasting | Non Fasting

A referral was sent for _____

Please stop by to see Juanita before leaving the Health Center today



No matter where we live, our community counts.

Shape our future. Start here.

2020 Census

Every 10 years, the federal government counts everyone who lives in the United States.

Why is the 2020 Census important to us?

A complete and accurate count of American Indians and Alaska Natives throughout the United States contributes to better planning and decision-making for Indian Country, and it helps determine how billions of dollars in federal funding is distributed to communities and tribes for programs and grants. Your participation in the census builds on our communities' progress and helps shape our future for generations to come.

How will we be counted?

Beginning in early 2020, every household will receive a notice in the mail to complete the 2020 Census online, by phone, or by mail.

Will our information be kept confidential?

Yes. Your responses to the 2020 Census are confidential and protected by law. Personal information is never shared with any government agencies or law enforcement.

For more information, visit:

2020CENSUS.GOV

D-OP-AI-EN-318

**Shape
our future
START HERE >**





TRIBAL HEALTHY AGING SEMINAR 2020

Join the Fallon Tribal Health Center for a day of inspiration and learning to understand the relationship between medication, the heart, and diabetes and how these all work together for a healthier brain as we grow older, as well as, informing elders and care providers with resources that are available to them!

WHEN

Wednesday, April 15, 2020
9:00 a.m. - 2:30 p.m.
(check in 9-9:30 a.m.)

WHERE

**Fallon Tribe Community
Learning Center**
8955 Mission Road
Fallon, Nevada

TRANSPORTATION

The CHR Program and FPST Transit Program are available for people needing rides

PRESENTERS

- Christopher Chai, MD, Fallon Tribal Health Center
- Steve Rubin, MD

FOCUS AREAS

- Health & Community Support
- Health Awareness
- Transportation
- Respite and Caregiver Support

FEATURES

- Local Resources
- Exhibits & Booths
- FREE Lunch for Participants



Sponsored & Hosted by the:
FALLON PAIUTE-SHOSHONE TRIBE
FALLON TRIBAL HEALTH CENTER

For more information, registration, or to be an exhibitor please call Vickie Mendoza, Patient Advocate Specialist, at (775) 423-3634

IHS SCHOLARSHIP PROGRAM NOW OPEN

The **Indian Health Service (IHS) Scholarship Program** offers three scholarships for American Indian and Alaska Native students in order to educate and train health professionals to staff Indian health programs. We strive to develop our next generation of leaders, as well as help make the pursuit of a meaningful career in Indian health attainable for American Indian and Alaska Native students.

The current application cycle opened December 30, 2019 and the deadline is February 28, 2020, 7:00

pm (Eastern Time).

The following is a list of ELIGIBLE DEGREE PROGRAMS FOR 2020-2021 (not all health fields are considered for funding): pre-nursing, pre-medicine, pre-dentistry, nursing BS, nurse anesthetist MS, nurse midwife MS, physician assistant MS, clinical social work MS, nurse practitioner MS, DNP, clinical psychology, counseling psychology, dentistry, optometry, pharmacy, physician (allopathy/osteopathy), physical therapy, and podiatry.

The application cycle for the



2020-2021 academic year is open until February 28. For more information and/or to apply for a scholarship go to:

www.ihs.gov/scholarship/apply

2020-2021 IHS SCHOLARSHIP COMPARISON CHART (subject to change)

Scholarship Programs	Degree Programs	American Indian/Alaska Native *	Service Commitment	Years of Funding
Preparatory	Pre Nursing -Sophomore level -leading to a bachelor degree of science	Descendants and members of federally or state-recognized Tribes are eligible.	None	Up to two
Pre Graduate	Pre Medicine -Junior/Senior level -leading to a bachelor degree of science Pre Dentistry -Junior/Senior level -leading to a bachelor degree of science	Descendants and members of federally or state-recognized Tribes are eligible.	None	Up to four
Scholarship Programs	Degree Programs	American Indian/Alaska Native*	Service Commitment	Years of Funding
Health Professions Bachelor, Master, and Doctoral Programs	Must be enrolled in the program by August 1, 2020. Bachelor Degree Program -Nursing Master Degree Programs -Nurse Anesthetist -Nurse Midwife -Nurse Practitioner Doctoral Degree Programs -Clinical Psychology -Counseling Psychology -Dentistry -Nurse Practitioner (DNP) -Optometry -Physician Assistant -Social Work (clinical) -Pharmacy -Physician, Allopathy -Physician, Osteopathy -Physical Therapy -Podiatry	Members of federally recognized Tribes are eligible. * Upon request, you must submit American Indian/Alaska Native documentation.	Minimum two years of service commitment at an approved site. One year of service per year of support for scholarship received, thereafter.	Up to four



IHS scholarship opportunities are highly competitive and there are no guarantees that you will receive an award.

Applicants must be American Indian or Alaska Native to meet IHS Scholarship Program eligibility requirements. The policy of IHS is to provide preference to qualified Indian applicants and employees who are suitable for federal employment in filling vacancies.

Upcoming Closures: January - April 2020

EVENT NAME	DATE
President's Day - all FTHC and FPST Offices Closed	Monday, February 17, 2020
Easter Monday - all FTHC and FPST Offices Closed	Monday, April 13, 2020

DELICIOUS SUGAR-FREE OATMEAL COOKIES

2/3 Cup Splenda (White)
2/3 Cup Splenda (Brown)
1 Tsp. Baking Soda
1 Tsp. ground cinnamon
½ Tsp. baking powder
½ Tsp. salt
½ Cup Shortening
1 Tsp. vanilla
2 Eggs
3 Cups Quick Cook Oats
1 Cup Flour
1 Cup Nuts or Raisins

Mix all ingredients together except oats, flour and nuts or raisins. Mix until well blended the and add the oats, flour and desired nuts or raisins.

On an ungreased cookie sheet, place a well-rounded tablespoon of batter 2 inches apart. Bake at 375 degree for 9 to 11 minutes



News & Announcements

FACEBOOK Page. We now have a Facebook Page (look for "Fallon Tribal Health Center" and will be using this site to post information about events, activities, as well as our newsletter. This site will also be used to inform individuals about closures and activities at the Toi Ticutta Wellness Center.



FTHC NEWSLETTER GOING TO DIGITAL/ONLINE FORMAT. We have transitioned our quarterly newsletter to a digital format which will be available on our Facebook page (look for "Fallon Tribal Health Center") and on the Fallon Tribe's website (www.fpst.org) with copies available at the Health Center as well.

- **ATTN: Patients/Clients.** If you would like to continue to receive a printed copy of our newsletter, please contact Shelby Harrison, Receptionist, at (775) 423-3634 or email at clinicfrontdesk3@fpst.org and ask her to put your name and mailing address on our newsletter mailing list.