A message from our Executive Director...

I would like to draw your attention to our Mission Statement as it has been updated since our last newsletter. Our Board of Directors made a decision at the Strategic Planning Meeting earlier this year to update the statement. The goal of the Board was to have the Mission Statement be a true reflection of what Northern Valley Indian Health stands for, which is providing excellent healthcare services to Native Americans and all community members.

It is remarkable to see how Northern Valley Indian Health has grown since being founded in 1971. NVIH began as a small clinic serving American Indians. Today, 43 years later, we are 5 clinics and a Mobile Dental Clinic strong and offer medical, dental, behavioral health, preventive services, health education, community health and outreach services across our service area of 5 counties. We are working continually to grow and meet the needs of our communities.

The staff at Northern Valley Indian Health recognizes that our patients are individual people with unique health needs and concerns. Our staff is committed to forming a partnership with patients in order to earn trust and confidence as they work towards changing their lives for the better. We are focusing on providing patient centered care in which our patients work with our providers to help guide their healthcare needs appropriately. With the challenging landscape of healthcare that exists across the nation, demands for quality care are higher than ever. It is important for you to know our staff is committed to maximizing the patient and provider relationship in order to help our patients meet their health goals.

I, along with our staff am proud to be part of an organization that is dedicated to quality service and patient satisfaction. We know that individuals have a choice in deciding where they receive healthcare and Northern Valley Indian Health takes pride in being the healthcare of choice for our patients.

Until our next newsletter, I wish you all a safe and healthy summer.

Inder Wadhwa
Welcome our new Providers

Congratulations to Dr. Brian Dudar pictured to the left. Dr. Dudar has been on staff for sometime and recently accepted the position of Dental Director for NIVH!

Goodbye to two of our providers!

Goodbye Dr. Jenkins and Dr. Patel. You will be missed! Dr. Jenkins has been a Pediatric provider at our Children’s clinic. However, Dr. Jenkins’ last day with NIVIH is June 15th. He will be moving out of the area to be with family. Dr. Patel has been one of our Dental providers in our Willows clinic and she too will be relocating out of the area. Dr. Patel’s last day is July 3rd.

Please note that all of the patients that have been seen by Dr. Jenkins and Dr. Patel will continue to be seen by one of our other providers at the Children’s Center and Willows.

Richard Nichols, DDS
Kathy Hosseini, DDS
Andrew Wise, DDS
Laura Stenbeck, Clinical Psychologist
Alicia Martinez, MD
Eric Saxman, MD

UPCOMING EVENTS AT OUR WOODLAND CLINIC:

June 18th at 10:30a.m. - Arthritis Education and Gentle Exercise Class (open to all NVIH patients)
June 25th from 11 a.m. to 5 p.m. - Native Women’s Wellness/Mammogram Day
Please RSVP by calling Community Health at 530-934-5431

MEDICATION REFILLS

It is the policy of NVIH to evaluate medication refill requests within 48 hours of receipt. Exceptions to this are: requests received after 1 p.m. on Fridays or inadequate patient or prescription information.

- Patients are to notify their pharmacy of the need for a refill.
- The pharmacy faxes or calls NVIH for a refill if no refill remains for the prescription.
- NVIH Health Records fax the pharmacy with refill approval once the provider signs the refill request.

If the refill request is received by NVIH after 1 p.m. on a Friday afternoon, the prescription refill will be available on the next working day, following the weekend or holiday.

Remember: It is wise to keep track of when you are getting near the end of your prescription. Requesting your pharmacy to refill your prescription at least 7 days before you are out of your medication will help prevent you from having days without your prescription medications. In the event that you need immediate assistance during our office hours, please feel free to phone us so we can be of assistance to you.
Hello to all from the NVIH Diabetes Program!

The chill is gone and the HEAT is on! The hot summer weather can create some special problems for you if you have diabetes. As with so many aspects of having diabetes, it's often less about whether or not you have diabetes, and more about how on top of controlling it you are. Here are some examples of what risks you take on when it's hot out and especially when you don't have healthy control of your diabetes.

DEHYDRATION: Water makes up about 45-75% of body weight depending on your age, gender, body weight and body fat content for starts. If you frequently have high blood sugars of over 180 you tend to dehydration quicker than someone with healthy range blood sugars. If your blood sugar is 300 or more, dehydration occurs even quicker, especially in our hot, low-humidity climate. The water loss from high blood sugar is lost through your kidneys, and hot temperatures increase water loss through breathing and sweating as well. Unfortunately, modern air conditioning can take moisture out of the air while it provides cooling for you indoors. If you have the Type 1 diabetes you have a higher risk for “diabetic ketoacidosis” when it’s hot out, just because of the accelerated dehydration. Also, when your overheated, your metabolic rate goes up, and puts you at a higher risk for low blood sugar when you are on diabetes medications that lower blood sugar.

LIGHTHEADEDNESS/FAINTNESS: With dehydration comes lower blood volume. If you’re on a “diuretic” the medicine works to lower blood pressure by lowering the amount of fluid in your blood vessels. You can imagine what happens when you’re on a water pill, have high blood sugars and it’s hot—you can easily have low blood pressure from too much water loss. If the blood pressure is too low you will become faint, like you’re going to pass out. If you notice you’re getting lightheaded take action to increase your fluid intake and let your medical care team know as it’s possible you may need a medication adjustment. Since faintness is not necessarily caused by the situation we just described, always check with you medical care team before stopping a medication-call for advice.

FOOT INJURY: If you have had out of control diabetes for an extended time, especially also when you smoke tobacco or drink alcohol, you likely have some level of nerve injury in your feet making it more difficult to sense hot temperature, small skin punctures etc. on the soles of your feet.

STORING INSULIN: Here are 2 situations to consider. If you have unopened, new insulin vials or pens, keep them in the refrigerator, NOT near the freezer compartment. The fridge should be maintaining a temperature between 36F and 40F for insulin or food storage. Once you’ve put the vial or pen into use generally it’s fine to keep the insulin out of the fridge—some insulin is good for 28 days once opened for use and not refrigerated. If your home is very warm, or you take insulin out with you in very hot summer weather you’ll be wise to keep it in a cool transport pack, and never leave it in a car where temperatures can climb drastically in a short time. Generally if the insulin is exposed to temps over 99F or so it’s best to discard them as their potency becomes unreliable. On the other side, never freeze insulin! Oral medications can be damaged by high temperature as well, so take care there.

So...keep yourself well hydrated by drinking ample water during the hot days of summer. As long as your kidneys are working well it’s hard to drink too much water in the hot summer.

Until next time, take care!

Noel Phares, RN, CDE

KNOW YOUR DIABETES ABC’S

A for the A1C test: A1C goal for many people is below 7, high blood glucose levels can harm your heart, blood vessels, kidneys, feet and eyes.

B for Blood Pressure: your goal should be below 140/80 unless your doctor helps you set a different goal

C for Cholesterol: Ask your healthcare team what your cholesterol numbers should be. View resources on: ndep.nih.gov
Visit us on the web:  
www.nvih.org

Our Providers are here to help you take care of your health!

Medical Providers

Andy Miller, MD (Medical Director)
Chester Austin, Assistant Medical Director, MD (Chico)
Jean Howell, MD (Lead Provider-Woodland)
Alicia Martinez, MD (Willows)
Anika May, MD (Woodland)
Eric Saxman, MD (Chico)
Lourdes Valdez, MD (Children’s Health Center)
James Wood, MD (Children’s Health Center)
Jill Berry, PNP (Children's Health Center)
Dottie Chinnock, PNP (Children's Health Center)
Mike Ferris, FNP (Children’s Health Center)
Imelda Hau, FNP (Woodland)
Shari Lewis, FNP (Chico)
Deanna McConnell, FNP (Chico)
Bill Sprotte, FNP (Children’s Health Center)
Maura Moreno, PA (coming soon to Chico)
Vanessa Patrick, PA (Willows)
Linda Pendleton, PA (Children’s Health Center)

Dental Providers

Brian Dudar, DDS (Dental Director)
Richard Nichols, DDS (Red Bluff)
Jessica Carrillo, DDS (Willows)
Cynthia Carter, DDS (Mobile Dental Clinic)
Donald French, DDS (Willows)
Brenda Herrera, DDS (Woodland)
Jeffrey Holland, DDS (Chico)
Kathy Hosseini, DDS (Willows)
Brian Kim, DDS (Woodland)
Jessica Lee, DDS (Willows, Red Bluff & Chico)
Tom Lewis, DDS (Red Bluff)
Maria Libao, DDS (Red Bluff)
Loyal Miner, DDS (Mobile Dental Clinic)
Bela Patel, DDS (Willows)
David Spector, DDS (Chico)
Leah Stroing, DDS (Red Bluff)
Randy Taylor, DDS (Red Bluff)
Megan White, DDS (Red Bluff)
Rocio Wilson, DDS (Chico)
Andrew Wise, DDS (Red Bluff)

Behavioral Health Providers

Michael Clarke, Ph.D. Psychologist (Behavior Health Director)
Molly Amick, Psychiatrist NP (Chico)
Laura Stenbeck, Clinical Psychologist (Chico)
Billy Mitchell-Substance Abuse Program Manager-(Willows)
Joyce Gonzales, CSVC-1, CSAC II, DVPI Coordinator Substance Abuse Counselor (Chico)
Christina Harrison, RRW, Substance Abuse Counselor-(Chico)
Roxanna Hageman, LCSW (Chico)
Gessford Hopper-Tribal Youth Mentor (Chico)
Mary Perez-LMFT (Chico/Willows/Woodland)
Allen Wilson-Tribal Youth Mentor (Chico)
Cliff Mota-Tribal Youth Mentor (Willows)
Kyle McHenry-Tribal Youth Mentor (Chico)
Daedalys Wilson, LMFT (Chico & Willows)

Community Health/Outreach

Sherron Prosser RN, BSN, PHN -Outreach Director (Chico)
Vicki Shively RN, PHN, MPA -Community Health Director (Willows)

Diabetic Educators

Stacy Cullen, Registered Dietitian
Noel Phares, RN CDE

Clinic Phone Numbers:
Chico: (530) 896-9400  Willows: (530) 934-4461
Red Bluff: (530) 529-2567  Woodland: (530) 661-4400
Children’s Center (530) 781-1440

NVIH BOARD MEMBERS

Kenny Swearinger – Chairperson
Paulita Hopper – Vice Chairperson
Sandra Knight - Treasure
Julia Fred – Secretary
Deea Swearinger – Board Member
Donna Rose – Board Member
Regina Dock – Board Member
Dennis Ramirez – Board Member
Charlie Wright - Board Member

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