

KEWA HEALTH

Healthy People, Healthy Community, Healthy Lifestyles

NEWSLETTER

AUGUST 2025

**Back
-TO-
School**

GOT SHOTS?

JOIN THE VACCI-NATION

**A CHANCE FOR CHILDREN
TO STAY UP TO DATE
WITH THEIR VACCINES**

**MAKE YOUR APPOINTMENT TODAY!
CALL 505-465-3060**

**KPHC
PEDS TEAM**

 **Santo Domingo Health Center**
85 West Highway 22 • Santo Domingo, NM 87052
505-465-3060 | www.kp-hc.org

Talking With Dr. Benally...

1. What are some key aspects of Children's Eye Health and safety?

There are many ways to support Children's Eye Health, and for most it starts with a comprehensive eye exam. At KPHC, we utilize the latest technology and practice standards to assure timely identification and diagnosis of vision disorders and eye conditions. We also address important eye health aspects pertinent to you and your children, including the importance of wearing prescribed glasses, healthy digital screen time viewing, eye protection, and healthy eating habits.

2. Why is Children's Eye Health important?

Children's Eye Health is an important component in healthy childhood development. Young children rely on their visual system (eyes and brain) to interpret and develop their view of their environment and their world. Vision disorders or eye conditions can negatively impact a child's ability to read or learn, which can make it difficult for them to achieve their full potential.

3. Are vision screenings enough?

Vision screenings can be an efficient and quick tool for identification of some vision disorders, especially within a community setting, such as school, workplace, or community event. However, vision screenings are NOT a substitute for a comprehensive eye exam. Limitations to vision screenings include detection of learning-related vision problems and most eye diseases. Any child that fails a vision screening should follow up with their eye doctor for a comprehensive eye exam.

5. How can we participate in Children's Eye Health Awareness Month?

You can participate in Children's Eye Health Awareness Month by keeping your children up to date with their eye examinations and being an advocate to family members and friends. Remember, a lot of times children are not able to communicate vision or eye issues, so it's important to listen, but also act, when you feel there is a problem.



Dr. Benally -



Eye Health and Your Children

It is important that we take care of our children's eyes.

Eye injuries in children are common. The most common type of injury is getting hit with an object such as a ball, an elbow, or other objects. If that happens, apply a cold compress to the eye for 15 minutes. You can use a bag of ice or a gel ice pack wrapped in a towel. This will reduce swelling and pain.

If your child gets sand or dust in their eye, it can hurt and make your child want to rub their eye. Remind your child not to do so. The best thing you can do at home is to wash the eye out with water for at least 10 minutes to flush out the sand. You would treat a chemical splash in the eye the same way.

The recommendations from the American Optometric Association for children's eye exams are:

1. Around 6 months of age
2. About 3 years old
3. 5-6 years old
4. Every 2 years after if no glasses are prescribed or eye problems noted. If the child has been prescribed glasses, then your child should have an exam every year or as instructed by the eye doctor.

It is also important to bring your child in for an exam if you notice any of the following as they can indicate a problem with his/her eyes:

1. Squinting or covering one eye
2. One or both eyes turning in or out
3. Holding materials consistently close to the face
4. Repeatedly rubbing eyes
5. Continued redness or tearing
6. Family history of vision problems
7. Tilting their head
8. Difficulty keeping their place while reading or skipping lines
9. Frequent headaches, watery or dry eyes
10. Sitting in the front of the classroom or close to the TV to be able to see better
11. Behavior problems in the classroom

Another recommendation is to limit the time your child spends on an electronic device. The light and the closeness to the face may cause issues with the eyes in the future. While we don't know all of the consequences of the long term use of these devices (smartphones, tablets, etc), we want to be proactive. Limit your child to 20 minutes for a session on these devices.

Remind your child to tell an adult if these injuries or problems happen or are happening so that they may get the appropriate care as needed.

SANTO DOMINGO HEALTH CENTER UPCOMING EVENTS

04 CLOSURE

SANTO DOMINGO HEALTH CENTER 8AM - 5PM

19 FOOD DISTRIBUTION

SANTO DOMINGO COMMUNITY CENTER 12PM WELL SUPPLIES LAST

21 CAR SEAT CLINIC

SANTO DOMINGO COMMUNITY CENTER 3PM - 6PM

21 RESOURCE FAIR

SANTO DOMINGO VENDOR AREA 10AM - 2PM

22 3D MAMMOGRAMS

SANTO DOMINGO HEALTH CENTER 8AM - 4PM



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IT'S THAT TIME AGAIN



DON'T WAIT!
**SCHEDULE YOUR CHILD'S
SCHOOL & SPORTS PHYSICAL
TODAY!**

**If your child is not going
to play sports, it is still
encouraged to get their
Teen check-up and
vaccinations**

Pediatric Providers available

Dr. Strickland: Tuesday - Friday

Johannah Yazzie, PNP: Monday-Thursday

To make an appointment

please call : 505 465 3060



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Healthy People, Healthy Community, Healthy Lifestyles

KPHC Diabetes Classes Fall 2025

9:00 - 10:00AM

All sessions offered in WIC Kitchen

2
SEPTEMBER

INTRODUCTION:

Self-assessment
What is Diabetes?
Ways to take care of Diabetes.
Feelings about having Diabetes.
Setting self-management goals

9
SEPTEMBER

HEALTHY EATING PART 1:

How foods change blood sugar:
Reading food labels
Meal planning

16
SEPTEMBER

TAKING MEDICATION:

Different types of diabetes medications
How diabetes medications affect blood sugar

23
SEPTEMBER

BEING ACTIVE:

How physical activity affects blood sugars
Planning activities for exercise
Barriers to exercise and how to overcome them

30
SEPTEMBER

MONITORING/PROBLEM SOLVING

Monitoring blood sugars
Managing high and low blood sugar:
Sick day management

7
OCTOBER

REDUCING RISKS/HEALTHY COPING

Staying healthy with diabetes:
Foot care
Coping with stress
Community resources

14
OCTOBER

HEALTHY EATING PART 2

Healthy cooking
Food safety



**In need of transportation?
Call Giselle at 505-470-9222**

Help Your Child's School Prevent the Spread of Infections

You can play an important role in helping your child have a healthy place to learn. The Centers for Disease Control and Prevention (CDC) developed [guidance](#) for schools to help students, families, and school staff keep kids healthy and learning. Here are some ways you can help your child's school stop the spread of germs:



1. Encourage your child to practice healthy habits, like [washing their hands](#) often and covering their mouth and nose when [coughing and sneezing](#).

2. Make sure your child goes for their [yearly check-ups](#) and [gets the recommended routine vaccines they need](#). This helps keep your child healthy and in school by reducing the spread of germs in school and making sickness shorter and milder.

3. Know when your child is well enough to go to school and when they should stay home because of their symptoms. Some reasons to have your child stay home include fever, vomiting, diarrhea, and respiratory symptoms that are getting worse or not improving. [Guidance on staying home when sick](#) can also help you decide whether your child needs to stay home. Ask your child's school if they have specific policies for returning after being sick.



4. Help make decisions about how your child's school is preventing illness, by taking steps for cleaner air, for example. You can join a school or district committee such as a school health advisory committee (SHAC), wellness committee, or parent teacher association (PTA). These committees help set the policies for health and wellness, work to include language about infections in school policies and practices and inform emergency operations and recovery plans.

5. Volunteer for school or community activities that support a healthy education environment. You can also attend, or support meetings and training events offered by your child's school or district to learn more about how schools can help prevent the spread of infections.



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WELCOME OUR NEW STAFF MEMBERS

Robert Montoya, Director of QA/QI

EMPLOYEES OF THE MONTH JULY 2025

Soren Uhl

Registered Nurse
Clinical Team

Jazmin Arquero

PRC Account Specialist
Administrative

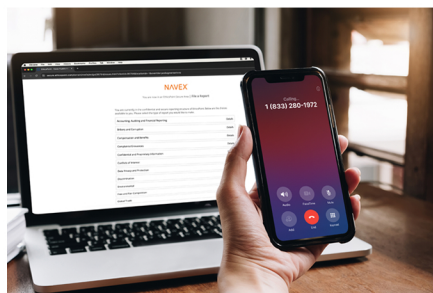


FONEMED

After-Hours Nurse Triage Line

Santo Domingo Health Center has contracted with FoneMed. An Nurse Triage Service to provide our patients with medical advice when the clinic is closed. After-Hours, you will get a recording message, option 1 will be if you want to schedule an appointment but our clinic is closed. You can leave a message and we will call you back once we open again.

Option 9 will transfer the calls to our After-Hours Triage Nurse Line to speak with a live nurse.



NAVEX™

Santo Domingo Health Clinic

Ethics Reporting Hotline Is Now Available!

We are listening! If for some reason there is an issue when you come to our facility and our staff is not able to resolve your matter to your satisfaction, please let us know. EthicsPoint is a comprehensive and confidential reporting tool created by NAVEX.

CAREERS

Join our team

Current Openings:

Compliance Specialist
ECL Center - Nurse
General Dentist
Medical Records Technician
Patient Benefits Coordinator
Patient Registration
Pharmacy Technician I/II
PRN - Dentist
Registered Nurse I/II/III
Safety Manager
Telephone Operator



SCAN TO APPLY



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Hours of Operation:

Monday, Tuesday,
Thursday, Friday
8:00 AM - 5:00 PM
Wednesday
1:00 PM - 5:00 PM

Ensuring health and wellness through excellence in health care with respect for culture