

Yá'át'ééh



WIHCC's Health Promotion & Disease Prevention newsletter publication is dedicated to strengthening positive attitude, action and knowledge of health awareness.



FREE PUBLICATION

FALL 2019



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WIHCC Dental: Here to Help You Smile!

By: Kim Meyers, DMD

Since opening in April 2018, the new Winslow Indian Health Care Center Dental Clinic is fully operational. Ahéhee', Thank You, to all patients who have visited and made this new start a success! Our dentist, dental assistants, hygienists, and staff have been hard at work providing high-quality personalized dental care. The expansion has allowed the Winslow Dental clinic to grow from 5 to 15 chairs. The new building has created a more comfortable treatment environment for patients of all ages and abilities. Three private rooms are available to accommodate nervous youngsters. New for our wheelchair users, is a lift that allows for treatment from personal chairs—no seat change required. Every treatment space is fully equipped and designed with patient in mind. Each automated chair has a camera for inside-the-mouth photos and two computer monitors; one for the dentist and one for the patient to be shown what's going on in the mouth.

Dental specialists? Who are they? Our team of specialists include: a periodontist, an orthodontist, an oral surgeon, and a CEREC specialist. These highly trained individuals rotate through dental on a monthly or bi-monthly basis. Our specialists travel anywhere from 45min-4hrs to join us in patient care and allow us to offer expensive procedures often only available in private practice.

When can I get my wisdom teeth extracted? Now! As of August 2019! We once again have an oral surgeon and are thankful to return this service to our patients.

What is SDF? Silver Diamine Fluoride is a medication we began offering in the Spring 2019. When painted onto cavities the tooth eating bacteria inside are stopped. By preventing the cavity from getting bigger, toothaches and infections can be avoided without needing to get teeth numb (no shot, no needle.)



SDF is a great option for children! Sounds too good to be true, what's the catch? Bacteria in the tooth are permanently stained black. Most times this black staining is not noticeably different from the brown/yellow discoloration already caused by the cavity. SDF requires multiple applications.

I dislike the dentist. Do I really have to go to the dental clinic? YES! Keep your dental treatment plan easy by keeping up to date on recommended yearly exams and cleanings. A child's first dental visit should be by age 1 or 6 months after the first tooth comes in.

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Health and Hygiene

By: Martin Taxera, Senior PHN

Maintaining good personal hygiene is important for each and every one of us for a variety of reasons – we're less likely to spread disease, we have less body odor, we have better breath, etc. It is also important that we teach children how to maintain good hygiene and that we encourage our friends, family and loved ones to do the same. Maintaining good personal hygiene has many benefits such as: Professional acceptance, attractiveness, pleasant smiles, self-esteem boosts, social acceptance, etc. – it also is important for either preventing or controlling adverse health conditions or diseases.

There are many diseases that can be controlled by maintaining good hygiene. For instance, frequent hand washing helps prevent the spread of bacteria or viruses to other people (or objects such as door knobs). If not washed away, these bacteria or viruses could lead to spreading the flu, common cold, stomach problems (diarrhea, vomiting, and nausea), etc. Other diseases that can be spread if hygiene is not well maintained include: Athlete's foot, lice, diarrhea, scabies, pinworms, ringworm – the list goes on and on.

Regularly washing all parts of the body and hair (especially our "private" parts such as the groin area, buttocks, and arm pits) with soap and water is the primary way to maintain good hygiene. Keep in mind that good hygiene is not only about washing our body and our hair, but it is also important to maintain good dental hygiene. Brushing our teeth (and flossing!) each morning and after meals helps keep our teeth clean. Keeping our teeth, gums and mouth clean helps to prevent tooth decay and also is beneficial in terms of having good breath.

It's also important to keep our faces clean by washing regularly with soap and clean water. Removing bacteria from our face helps to maintain a good complexion but also reduces bacteria or other viruses (for instance, if we have a cold or are sick) that may come from our mouth and/or nose.

So, do your best each day to maintain good hygiene. Keep your body and hair clean. Brush your teeth. Wear clean clothes and wash them when they get dirty. And, wash your hands frequently, especially during flu and cold season – which is right around the corner!



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Moments for Hand Hygiene

1. Before, during, and after preparing food
2. Before eating food
3. Before and after caring for someone who is sick
4. Before and after treating a cut or wound
5. After using the toilet
6. After changing diapers or cleaning up a child who has used the toilet
7. After blowing your nose, coughing, or sneezing
8. After touching an animal, animal feed, or animal waste
9. After handling pet food or pet treats
10. After touching garbage

Hand Washing Techniques:





Kids and Screen Time

By: Clarissa Nez, RN and Ted Chatter, MS, RN



What is screen time? It is the amount of time spent using an electronic device such as smartphones, computers, televisions, or video games. This reality has been around since technology has been accessible to the general public. The introduction of television and its advancements by Americans has escalated more rapidly than any other information and communication technology.

- On average adolescents spend an average of 1.5 to 2.5 hours per day watching television
- American Academy of Pediatrics recommends no screen time for <2 years of age.
- Less than 2 hours for older children

Increased screen time has globally impacted our children. Parents along with kids are glued at home focusing on television, videogames, internet surfing and social media updating.

Research

Parents' screen time is becoming a barrier to interactions with their children. Caregivers are highly absorbed. Children often entertain themselves or display acting out behaviors to get attention. Furthermore, children whose parents are highly absorbed have lower language levels and more difficulty understanding social cues. Lack of eye contact and turn taking is a big part of communication.

- Fact- Language is the single best predictor of school achievement
- Fact- Parents with authoritative or authoritarian parenting styles had lower percentages of children's screen time compared to families with permissive or neglectful parenting styles

Negative effects of too much Screen Time

Blue light glare from electronic devices causes eye strain. Blue light can definitely cause permanent damage to your eyes including: Dry eyes, blurry vision, double vision, delayed focusing, premature near sightedness and headaches. Blue light has been clinically proven to cause sleep disruption and for this reason you'll want to eliminate digital device use 1-2 hours before bedtime, use "night mode" on the device or wear blue light filtering glasses.

- Obesity (Increased morbidity and mortality)
- Metabolic Syndrome (Risk factor for Diabetes Mellitus II)
- Hypertension (Increased blood pressure)
- Decreased Muscle Strength
- Decreased Endurance

Research: International Kenya study

High screen time >3 hours per day adolescents had higher systolic and diastolic blood pressures, increased body mass indexes, increased waist to hip ratios, decreased muscle strength and decreased muscle endurance.

Increased Snacking and Screen Time

Excess screen time is associated with high caloric food intake including fats, sugars and sodium. Children are exposed to unhealthy food advertisements.

Wired and Tired ≠ Mental Disorder

Chronically irritable children are often in a state of high arousal leading to decreased memory. Children struggle academically and socially. A child may be given a mental health diagnosis including major depression, bipolar disorder or ADHD. Treatments may require therapy and medication but often does not work very well with continued spiraling.

Beware of Childhood Predators

Interventions

- Screen Time Fasting for several weeks and let nervous system recharge. This allows for deeper sleep and improved mood including stress tolerance. Melt downs diminish in frequency and severity
- Increase outdoor physical activity. Change sedentary behavior
 - WIHCC Wellness center offers free physical fitness training
- Limit snacking with screen time. Encourage five servings of fruits and vegetable per day.
 - WIHCC offers free nutrition education

Blue Corn Mush with Juniper Ash

By Nora Bia, DNT

Ya'at'eeh, Nora Bia is my name. My clans are Totsohnii (Big Water), born for Tabaaha (Edge Water), my maternal grandfathers are Tachii'nii (Red streak into the water), and paternal grandfathers are Todich'ii'nii (Bitter Water). I am originally from Beshbitoh, Arizona but grew up in a place called Sage Brush Dip.

As a child I experienced and witnessed why our grandmas and aunties revered and held in high regards dishes made from corn, it is a long process to harvest corn and it is very hard work. They would pray with their stirring sticks as they prepared these delicacies for their families. They'd pray for good health for their family, give thanks for the abundance during harvest time, or pray for moisture (rain and snow).

Blue corn is used in Navajo cooking to make many different dishes. Blue corn mush (Taa'niil) is one dish that is prepared during ceremonies or for a family gathering. It can be eaten alone or be paired up with mutton stew, I've seen people dip a spoonful of blue corn mush into a bowl of mutton stew then eat it.

Do you ever give much thought to what is in that bowl of blue corn mush you purchased this morning at the Hozhoogo Iina Concession? I know I never do. Preparing blue corn meal is a fun process.

Preparation: Juniper Ash



Preparation: Blue Corn



Anyone can make blue corn mush; listed is the preparation and the three simple ingredients.

Preparation:

1. Bring 5 cups of water to a boil in a 4qt pot with 2 tablespoons of juniper ash.
2. Mix 2 cup of cold water and 2 cups of cornmeal in a bowl. Stir well.
3. Slowly add the cornmeal mixture to the boiling water while stirring.
4. Keep stirring for 8-10 minutes or when you get the consistency you desire, and to avoid clumping.

Ingredients:

1. Blue Corn
2. Juniper Ash
3. Water



Blue Corn Mush is still a Navajo delicacy as it is still a deeply rooted tradition. The tablespoons of juniper ash helps maintain bone health and blue corn mush serves as a good source of antioxidants, calcium, iron and manganese.

Blue Corn Mush can be served as a comfort food as well as Medicinal Food.

FITNESSGRAM

by: Telesha Irving, BA

The 2019 – 2020 academic school year is underway with Pre and Post FitnessGram Assessment biannually in the Winslow Indian Health Care Center (WIHCC) Service Area in participating schools, the assessment is conducted by the WIHCC – Health Promotion Disease Prevention (HPDP) Department. HPDP collaborates with WIHCC Hozhoogo Iina Wellness Center, Community Health Representatives, and the Navajo Nation Health Education Program staff. FitnessGram assessment is important health-related fitness components; the activity assessments are included for step or minute challenges, physical activity behaviors, and overall activity levels to provide teachers with a variety of ways to promote physical activity to students. The main emphasis is to recognize the importance and choose to participate regularly in physical activities that maintain and enhance healthy lifestyles.

The FitnessGram Assessment consists of height, weight, sit-n-reach, trunk lift, curl-ups, push-ups, and a pacer test as the results will provide Body Mass Index (BMI). The student's height and weight will be entered into the FitnessGrams software to determine the BMI. The BMI provides an indication of the appropriateness of a child's weight relative to height.

Not only does FitnessGram give an idea on the fitness level of a student, it also allows us to see which students are in the 85% and 95% percentile obesity range.

FitnessGram assessment goals are to:

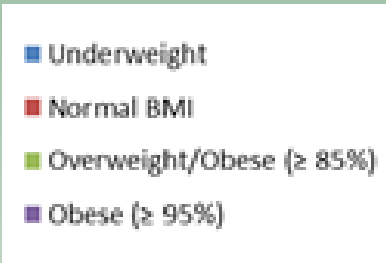
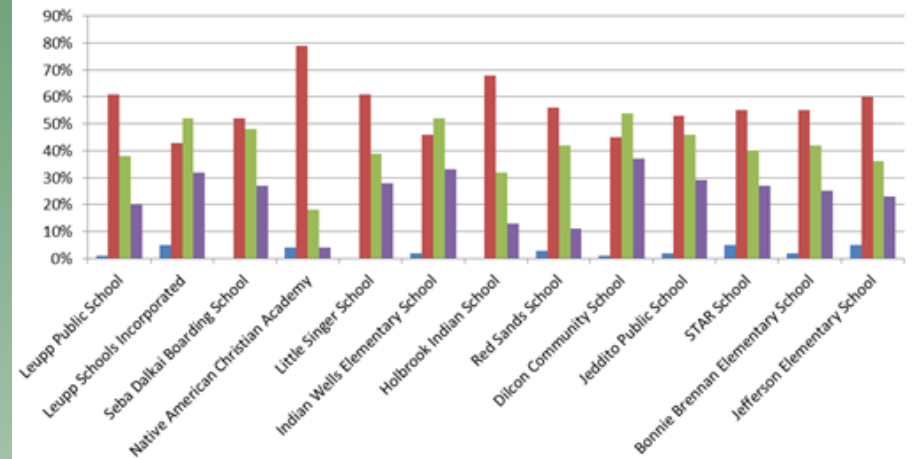
- Monitor student's fitness levels
- Inform students and parents about student's physical fitness status
- Recognize a student's fitness weaknesses and strengths
- Inform school district and the public about programs focusing on fitness and physical activity in our school and evaluate their success

Overall, the program teaches students through a hands-on approach, that being physically active has many positive health benefits. The FitnessGram has been widely accepted in schools as a great educational tool for parents, teachers, and coaches. The program builds a strong healthy foundation in children as young as elementary school.

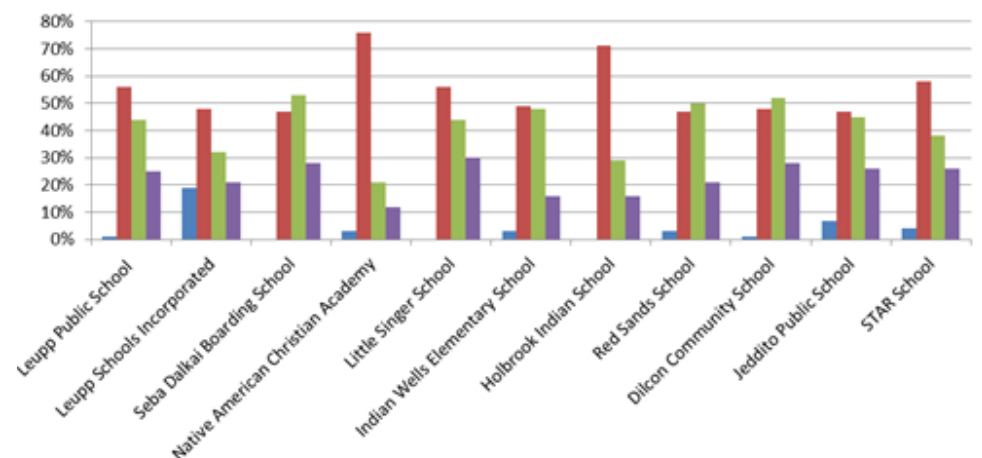
For more information regarding the FitnessGram in your school, please call HPDP Department at 928-289-6221



2018-2019 PRE FitnessGram Assessments Report



2018-2019 POST FitnessGram Assessments Report



“CDC recommends a yearly flu vaccine as the first and most important step in protecting against influenza and its potentially serious complications.”

Influenza

By: Angie Boloz, RN
infection Control/ Employee Health



Why Get Vaccinated?

- Influenza (flu) can be a serious disease that can lead to hospitalization and sometimes even death. Anyone can get very sick from flu, including people who are otherwise healthy.
- You can get flu from patients and coworkers who are sick with flu.
- If you get the flu, you can spread it to others even if you don't feel sick.
- By getting vaccinated, you help protect yourself, your family, and your patients.

Did You Know?

- CDC (Centers for Disease Control and Prevention), the Advisory Committee on Immunization Practices (ACIP), and the Healthcare Infection Control Practices Advisory Committee (HICPAC) recommend that all U.S. health care workers get vaccinated annually against influenza.

Flu Vaccine Facts

- The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. Trivalent vaccines are made to protect against three flu viruses; an influenza A (H1N1) virus, an influenza A (H3N2) virus, and an influenza B Virus. Quadrivalent vaccines protect against four viruses; the same viruses as the trivalent vaccine as well as an additional B virus.
- Flu vaccines CANNOT cause flu. Flu vaccines are made with either killed or weakened viruses.
- Flu vaccines are safe. Serious problems from a flu vaccine are very rare. The most common side effect that a person is likely to experience is soreness where the injection was given. This is generally mild and usually goes away after a day or two.
- Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.
- While there are many different flu viruses, flu vaccines protect against

the 3 or 4 viruses that research suggests will be most common. Three-component vaccines contain an H3N2, an H1N1 and a B virus. Four component vaccines have an additional B virus component.

- Also, there are data to suggest that even if someone gets sick after vaccination, their illness may be milder.
- Everyone 6 months of age and older should get a flu vaccine every year before flu activity begins in their community. CDC recommends getting vaccinated by the end of October.
- Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.

What is considered an egg allergy? What are the signs and symptoms of an egg allergic reaction?

- Egg allergy can be confirmed by a consistent medical history of adverse reactions to eggs and egg-containing foods, plus skin and/or blood testing for immunoglobulin E antibodies to egg proteins. Persons who are able to eat lightly cooked egg (e.g., scrambled egg) without reaction are unlikely to be allergic. Egg-allergic persons might tolerate egg in baked products (e.g., bread or cake). Therefore, tolerance to egg-containing foods does not exclude the possibility of egg allergy. Egg allergies can range in severity.

What vaccine should I get if I am egg allergic, but I can eat lightly cooked eggs?

- If you are able to eat lightly cooked egg (e.g., scrambled egg) without reaction, you are unlikely to be allergic and can get any licensed flu vaccine (i.e., any form of IIV, LAIV, or RIV) that is otherwise appropriate for your age and health status.

What flu vaccine should I get if I get hives after eating egg-containing foods?

- If you are someone with a history of egg allergy, who has experienced only hives after exposure to egg, you can get any licensed flu vaccine (i.e., any form of IIV, LAIV, or RIV) that is otherwise appropriate for your age and health.

Are there still people with egg allergies who should not get flu vaccine?

- People with egg allergy can receive flu vaccines according to the recommendations above. A person who has previously experienced a severe allergic reaction to flu vaccine, regardless of the component suspected of being responsible for the reaction should not get a flu vaccine again.



Suicide Prevention

By: MSPI Program



WIHCC'S MSPI Program provides training activities and events for communities within our service area. MSPI raises awareness of methamphetamine activities by providing education, intervention and training programs such as:

- Question Persuade Refer (QPR)
- safeTalk
- Grief Recovery
- Youth Peer Support Group
- Youth Sweat Lodge
- Awareness Walks/ Runs
- Culture Nights
- Art Therapy
- Community Health Fairs
- Post Vention

Suicide Prevention Week was September 8th-14th, 2019. During this week individuals and organizations around the country join their voices to broadcast the message that suicide can be prevented, and to reach as many people as possible with the tools and resources to support themselves and those around them. The theme of Suicide Prevention Week is Finding Purpose: Caring for Ourselves and Others. It truly takes whole communities joining together to make a difference – from individuals and families to workplaces, government agencies, and community organizations. Taking the time to care for ourselves allows us to help others as well.

"It truly takes whole communities joining together to make a difference."

Caring for Ourselves- Self-care improves our mood, strengthens our immunity, and increases positive thinking. It can decrease stress, depression, and anxiety while preventing burnout. Taking care of our spirits, dealing better with difficult times, and getting professional help if needed are tools we can all use to feel stronger and more hopeful. Visit the Mental Health America website for tools and tips at <https://www.mentalhealthamerica.net/ten-tools>.

Silence isn't strength!

Depression and suicide affects people of all ages and populations, but Native American and Alaskan Native populations can be at a higher risk.

Love the person you are – figure out what makes you happy and do more of it!

For emergencies call 911 in urban areas or 311 on the Reservation.

If you are struggling, call the Lifeline at any time. Together we can Combat Suicide!

For more information regarding Suicide Prevention, call 928-289-6130 or 928-289-9770.



Reference: Butler, L., Mercer, K. A., McClain-Meeder, K., Home, D. M., Dudley, M. (2019). Six domains of self-care: Attending to the whole person. *Journal of Human Behavior in the Social Environment*, 29:1, 107-124, DOI: 10.1080/10911359.2018.1482483

Beard, C. (2016). The blissful mind. What is self-care anyway? *Here's what you need to know*. Retrieved from <https://theblissfulmind.com/2016/06/22/dimensions-of-self-care/>

Ten Tools. (n.d.). *Mental Health America*. Retrieved from <https://www.mentalhealthamerica.net/ten-tools>

November is Diabetes Awareness Month

By: Mallory Smith, MPH, DNT

Type 2 diabetes has become one of the most common serious diseases among many Native American tribes. Native Americans are twice as likely as whites to have diabetes.

What is Type 2 Diabetes?

Our body needs sugar for energy to keep us alive and active. People are diagnosed with diabetes when the amount of sugar in their blood is too high. Over time, having too much glucose (sugar) in your blood can cause health problems. Although diabetes has no cure, we can take steps to manage your diabetes and stay healthy.

How can you live well with diabetes?

People with diabetes need to make healthy food choices, stay at a healthy weight, move more every day, and take their medicine even when they feel good. It's a lot to do. It's not easy, but it's worth it!

Take Action!

- Ask your health care team what type of diabetes you have.
- Learn where you can go for support.
- Learn how caring for your diabetes helps you feel good today and in the future.

Nutrition Tips

- Eat meals about the same time every day.
- Avoid skipping meals.
- Watch your portion size. Use a smaller plate, cup, bowl and portion out foods before eating.
- Choose water, unsweetened coffee or tea with meals.

Be Physically Active

- Being more active will help lower your blood sugar and burn extra calories
- Try for 30-60 minutes of light aerobic exercise such as walking 3 to 4 times a week.
- Walk, swim, dance, hike or ride a bike. Find an activity you enjoy and make it part of your regular routine.

Throughout the month of November, Americans are encouraged to spread the word about diabetes prevention, care and treatment, as well as assess our own risks and, if needed, get tested. Diabetes Awareness Month seeks to decrease diabetes by encouraging greater overall health and support for those people who are living with the diabetes.

The Hozhoogo Iina Wellness Program (HIWP) was formally called the "Diabetes Program." The Wellness Program parents the following sub-programs:

Diabetes Clinical Services

- Direct patient care through the "DM Clinic"
- Diabetes Self-Management Education (DSME)
- Shoe Clinic and Renal Clinic

Hozhoogo Iina Wellness Center

The Wellness Center is free & open to Native Americans, WIHCC patients, WIHCC employees, and/or families of patients & employees. The center offers:

- Group Fitness Classes
- One-on-One Training
- Body Composition Assessments and Tracking
- Community Fitness Activities (JMI, KOMI, etc.)

Nutrition

- Provides Nutrition Education (Group and Individual Sessions)
- Home Blood Glucose Monitor Education
- Healthy Living Bingo
- Food preparation demonstration
- Moms in Motion Fitness Classes
- Works with the Hozhoogo Iina Wellness Program to facilitate
- Kids Camps
- Hosts Fitness Fun in the Sun

Diabetes in Pregnancy

- GDM Education & Treatment
- Breastfeeding Education
- Insulin Calculations
- Basic Meal Planning & Carb Counting
- Breastfeeding Hotline: 928-386-0288



Youth Wellness

This new program aims to connect Winslow service area schools with health centers, introduce diabetic prevention services at schools, and assist with pediatric chronic disease prevention. Services include:

- Fit Kids
- Wellness Times
- Sponsoring CATCH trainings
- Home visits from RN
- One-on-one Family Education

Visit the Hozhoogo Iina Wellness Program for additional information on diabetes or call 928-289-6137 or 1800-530-1430.

HERE TO HELP YOU SMILE

from page 1

WIHCC dental clinic prides itself on the wide range of services it offers patients; fillings and tooth removal are not the only options for sick teeth here:

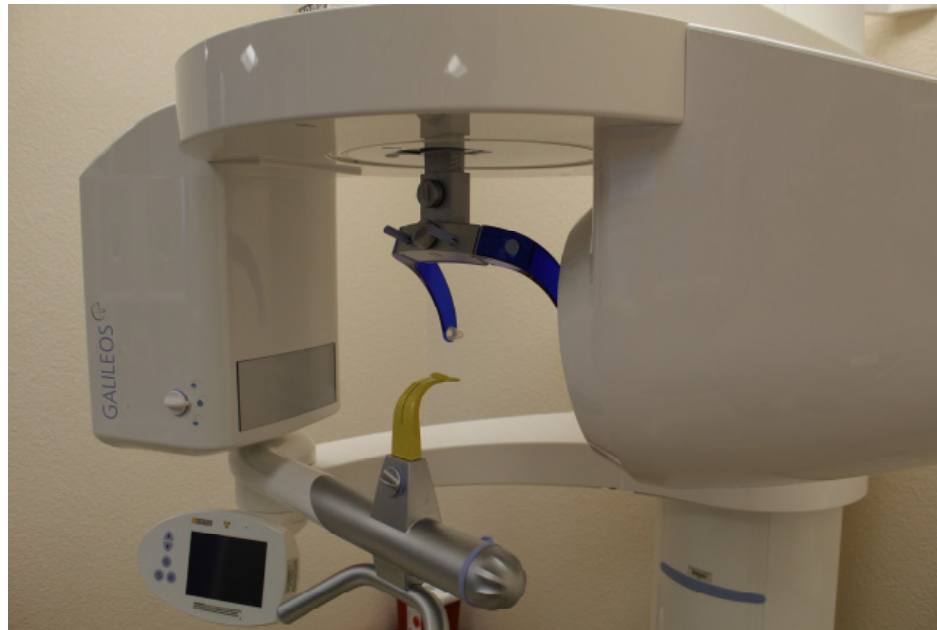
Services

- Medications to prevent cavities from forming (fluoride, sealants)
- Medication to stop cavities from getting bigger (NEW! SDF. Learn more below.)
- Crowns (caps) in one visit made using in-office lab and CEREC (same-day) technology
- Access to multiple dental specialists
- Wisdom tooth removal (NEW!)
- Tooth replacement (flippers*, dentures*, bridges*, partials*, implants**)
- Teeth straightening (braces)**
- Root canal treatment
- Exams + Cleanings
- 3D x-rays

(*available to those eligible with-in service area at no cost and to those outside service area with a fee for basic lab services. **available to those eligible and with-in service area.)

Oral Health Tips for Kids

- Tooth-Friendly Foods
- Brushing and Flossing
- Dentist Visits



Oral Health Tips for Adults

- Do not use any tobacco products
- Limit alcohol beverages
- Brush with fluoride toothpaste
- Brushing and Flossing
- Visit dentist on regular basis, especially if you have sudden changes in taste and smell

Afraid of dental care? Don't be! Our friendly staff is happy to work with you and around your anxiety. Talk to a dentist today for more information.

If you have not yet been in to see the new dental clinic, you are due for a yearly dental exam! Call us at 928-289-6116 to schedule an appointment!

October is National Dental Hygiene Month

2009- National Dental Hygiene Month was born. National Dental Hygiene Month came about thanks to the American Dental Hygienists' Association (known more commonly as ADHA) and Wrigley. They saw the need to focus on stellar oral health.

1948- The first bristle toothbrush. China led the way in bristle toothbrushes by bringing the first one to the scene.

1913- The first dental hygiene school opened. Fones School of Dental Hygiene opened its doors as the first dental hygiene school in the country.

The DAISY Award

For Extraordinary Nurses (The DAISY Award) was established by the Daisy Foundation in memory of J. Patrick Barnes who died at the age of 33 of Immune Thrombocytopenic purpura, an autoimmune disease. Patrick's family brainstormed and wanted to do something in his memory. The family recalled the skillful and compassionate care Patrick received from his nurses during his eight-week hospitalization and wanted to say "thank you" to Nurses everywhere by establishing a recognition program.

Nurses are nominated by anyone in the organization - patients, family members, other nurses, physicians, other clinicians and staff - anyone who experiences or observes extraordinary compassionate care being provided by a nurse. Nominees should be role models and meet the following criteria: excellent clinical nursing skills; excellent educator of patients and their families; excellent interpersonal skills and a continued commitment to excellence.

“Veronica is the bedrock of our team!”

Veronica was nominated by a colleague:

“Veronica is the bedrock of our team. She is ALWAYS calm, delightful and exudes positive energy to everyone she interacts with.”

“She has done an excellent job assisting me with the Ambulatory Blood Pressure Monitor service, where she is meticulously organized and does an amazing work getting patients in for their studies. We recently had 2 studies that the results nearly fell through the cracks, but were saved by her attention to detail. I enjoy coming to work every day because of her!” - By Dr. Sutton



Veronica Fuson, BSN, RN – Clinical Nurse, Station 1

Preventing Opioid Overdose Deaths with Naloxone

By: Jordan Ellstrom, PharmD, BCPS



Opioids are a class of medication used to relieve pain. These medications are all derived from the opium poppy plant, which has been used to treat pain and other ailments for centuries. Certain opioids including morphine, hydrocodone, and codeine may be used for legitimate medical purposes, such as treating cancer pain. The illicit opioid heroin leads to withdrawal symptoms. In addition, opioids carry a risk for overdose because these medications can slow or completely stop breathing. The increasing number of opioid overdose deaths in recent years has become an alarming trend. From 2010 to 2016, the number of opioid overdose deaths in the United States more than doubled from 21,089 to 42,249 deaths per year. This trend led the Surgeon General to issue an advisory on the importance of the overdose-reversing drug naloxone. Naloxone is a medication that can temporarily

“The appropriate use of naloxone can save a life.”

Naloxone is available at the WIHCC pharmacy in the form of a nasal spray. Individuals or family members/friends of those who meet any of the following criteria may benefit from obtaining naloxone:

1. Misuses prescription opioids or heroin
2. Uses high-dose opioids or a combination of opioids and benzodiazepines (also called “benzos”)
3. Recently discharged from emergency medical care following an opioid overdose
4. Recently released from incarceration with a history of opioid misuse



For questions regarding who should carry naloxone or how to obtain it, please contact the WIHCC pharmacy at 928-289-6215.



WIHCC's offers on-site mammography clinic's through Assured Imaging, a mobile provider, that provides state of the art digital Diagnostic Mammograms, Screening Mammograms and Breast Ultrasounds. Assured Imaging will be on site October 22nd & 23rd and November 13th & 14th. Get a mammogram; it's a picture that can save your life!

For more information please call WIHCC's Women's Health at 928-289-6249





**JOIN OUR
TEAM**

WINSLOW INDIAN HEALTH CARE CENTER

We are seeking highly motivated nurses

Exciting nursing opportunities and breathtaking allure of Navajoland await committed and highly motivated nurses.

Come join us in Winslow! We are located just seven miles from the southern edge of the Navajo Nation, 45 minutes east of Flagstaff and a few hours north of Phoenix. You can go from *Standing on the Corner of Winslow, Arizona* to hiking scenic and majestic landscapes.

AVAILABLE OPPORTUNITIES

- UCC Senior Clinical Nurse
- Clinical Nurse (7 positions)
- Clinical Nurse (part-time)
- Clinical Care Coordinator
- Clinical Care Coordinator VA
- Public Health Nurse (4 positions)
- RN Case Manager



APPLY ONLINE | www.wihcc.com

500 North Indiana Avenue | Winslow, Arizona 86047 | (928) 289-4646