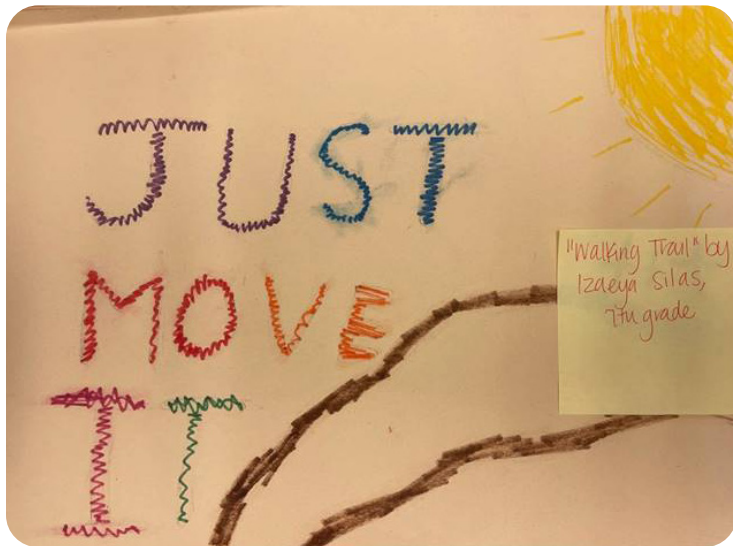


# Ya'at'eeh Newsletter

Spring 2022 — Daan



Izaeya Silas' "Walking Trail" - JMI artwork contest winner



JMI Logo Contest Winner, Tyree H.

## 2022 Just Move It Logo Contest Winner

The Hozhoogo Iina Wellness Program hosted an art contest for the new 2022 Just Move It (JMI) 5K Run/Walk. The art contest was open to 7th-12th grade students who are enrolled within one of our WIHCC service area schools. Students given options to use markers, colored pencils, paint, crayons, etc. Student had to incorporate their own idea of "T'áá Hwó' Aji T'éego" to design the logo. "T'aa Hwo' Aji T'ee go" translation is "SELF Reliant & SELF Care", "YOU can do something about YOUR health.", "It's up to YOU." The winner for the art contest was Izaeya Silas' "Walking Trail". Their artwork was chosen by our JMI planning team and fitted the vision for "T'áá Hwó' Aji T'éego". The contest was then brought to

WIHCC. Our staff had a chance to submit their own rendition of Izaeya's "Walking Trail". The instructions were to incorporate Izaeya's artwork as much as possible into the new design. The winner for this contest would have their artwork as the logo for the 2022 JMI series and be printed on the JMI participatory t-shirts. The winner was WIHCC's Communication Specialist, Tyree Honani. Tyree's artwork shows a woman walking with her sheep on a pathway with airpods in. It incorporated the font, walking trail, and sun of Izaeya's artwork. The JMI planning team would like to thank all participants who submitted artwork. You all did a great job and we hope to see you at one of our JMI events coming up soon!



*Hózhóoji dóó k'é*

500 N. Indiana Ave  
Winslow, AZ 86047  
928-289-4646

Follow us on Facebook & Twitter  
for the most recent updates!



@WIHCC



@wihcc\_

### Table of Contents by Pages

- 2- Physical Fitness and Sports Month
- 3- Covid-19 Information
- 4- Juneteenth
- 5- Osteoporosis Awareness Month
- 6- National Arthritis Awareness Month
- 7- Intertribal Agriculture Council
- 8- Seeds to Sovereignty
- 9- Child Abuse Prevention & Sexual Assault Awareness Month
- 10 & 11- WIHCC Nurses Week 2022
- 12- WIHCC & Dilkon Medical Center Job Vacancies

## “Our Bodies Were Made to Move” by Terri Little, Fitness Tech-ACSM GEI

April is National Physical Fitness and Sports Month.

Are you finding it a bit difficult to return to your usual fitness and sport activities? No doubt the COVID pandemic has created a place for us to become more sedentary – including us fitness professionals! The word sedentary comes from the Latin word sedere, “to sit”. Recent studies noted that adults spend more than 8 hours of their waking day sitting. In another surprising study, those who meet the minimum daily physical fitness recommendations, but have prolonged periods of sitting, may still experience negative health effects. Finally, two major causes of the obesity epidemic stem from too much sitting and lack of physical activity.

As we’ve experienced changes to our world and more advancements to technology it seems more sedentary behaviors are being promoted. We spend more time on our sofas watching TV, working at our desks, playing video games, ordering take-out and delivery, playing video games, and shopping on line. We also spend a great deal of our day in our vehicles commuting. Our bodies were created to move, and remaining inactive is hazardous to our overall health.

It’s often said the hardest part is STARTING! We encourage you to start where you are, use what you have, and do what you can. If 30 mins or 60 mins of physical activity at one time is difficult to place in your schedule, begin splitting the time up to short bursts of energy (10 to 15 min increments). At the end of the day, it all adds up!

### Weekly Physical Activity Recommendations for Kids

Activity	Time	Frequency (days per week)
Moderate aerobic	Some or most of 60 or more minutes	3-4
Vigorous aerobic	Some or most of 60 or more minutes	3-4
Strength training	Part of 60 or more minutes	3
Bone building	Part of 60 or more minutes	3

Department of Health and Human Services 2008 Physical Activity Guidelines <http://www.health.gov/paguidelines/guidelines/default.aspx>

### Weekly Physical Activity Recommendations for Adults

Activity	Amount	Special considerations
Moderate aerobic	150 minutes	At least 10 minutes per session
Vigorous aerobic	75 minutes	At least 10 minutes per session
Strength training	2 or more times per week	Use of all the major muscle groups
Balance training	As needed, depending on physical condition	Particularly for older adults
Activity plan	As needed, depending on physical condition	Particularly for adults with chronic conditions

Department of Health and Human Services 2008 Physical Activity Guidelines <http://www.health.gov/paguidelines/guidelines/default.aspx>

## Break Time with WIHCC employees!



Fitness Tech, Terri L. teaching a break time session with a few WIHCC employees



The Hózhóógo Iiná Wellness Center is slowly starting to get back into the “normal” activities here at Winslow Indian Health Care Center with Break Time! Break time with the HIWC is a short 10 minute mild to moderate movement, exercise, and stretching session provided for WIHCC employees by the Fitness Team. They provide a variety of sessions such as Tai Ji Quan with Marla, Interval training and Step with Terri, TRX Stretches and Anti-chair Movements with Cody. It is difficult to say when our beloved Wellness Center will open for our patients to exercise due to the pandemic, “hopefully this is our first step for the wellness center to opening back up, we miss our fitness classes and having fun with all the participants” says Cody the Health & Fitness Manager.

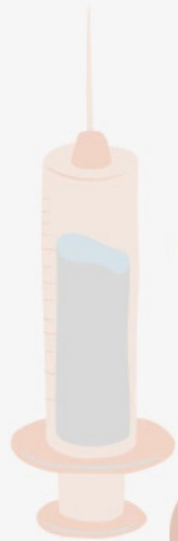
# 2ND COVID-19 BOOSTER DOSE: AGES 50 & OLDER

## COVID-19 VACCINE CLINIC



### VACCINES ARE FOR KIDS

Children ages 5 years and older can get a COVID Vaccine



WHY NOT GIVE IT A SHOT? GET YOUR CHILD VACCINATED

- TO PROTECT YOUR CHILD AND OTHERS,
- TO PREVENT YOUR CHILD FROM EXPERIENCING SEVERE ILLNESS.
- WHEN YOUR CHILD IS VACCINATED, IT HELPS STOP THE SPREAD OF COVID.



**DIKOS NTSAAÍGÍI-19**  
CORONAVIRUS

NAVAJO HEALTH COMMAND OPERATIONS CENTER  
(P) 928.871.7014  
(E) [coronavirus.info@navajo-nan.gov](mailto:coronavirus.info@navajo-nan.gov)  
[www.ndoh.navajo-nan.gov/COVID-19](http://www.ndoh.navajo-nan.gov/COVID-19)



# MAY YOUR ANTIBODIES BE WITH YOU

WIHCC COVID-19 Vaccine Clinic  
Monday - Friday 8:30AM - 4:00PM  
(CLOSED 12:00 PM - 12:45 PM)

JOHNS HOPKINS CENTER FOR AMERICAN INDIAN HEALTH

### 3 Reasons You Should Still Get Tested For COVID:

1. Protect loved ones.
2. Get treated.
3. Peace of mind.

JOHNS HOPKINS CENTER FOR AMERICAN INDIAN HEALTH

# WHAT IS THIS NEW JUNETEENTH HOLIDAY: IT IS MORE THAN JUST ANOTHER DAY OFF

By Dr. Datcha Dorvil DO, MPH, WIHCC

On January 1 1863, President Abraham Lincoln issued the Emancipation Proclamation stating “all persons held as slaves.. are, and henceforth, shall be free.” Unfortunately this proclamation did not instantly free all enslaved people especially in some of the Southern States where slave holders ignored the Federal proclamation and withheld this information from their slaves. In December 1865, the 13th Amendment was ratified into the Constitution to ban slavery. However, the enslavement of African-Americans still continued.

**JUNE 19, 1865** marks the day when a group of African-American slaves in Galveston, Texas **LEARNED** that they were **FREE** from the institution of slavery **TWO-AND-A-HALF YEARS** after the Emancipation Proclamation. This Juneteenth Independence Day(Also known as Jubilee Day, Emancipation Day, Freedom Day, and Black Independence Day). This was celebrated with singing, dance, community feasts, readings from spirituals as it commemorated and celebrated newly liberated African American people. As much as Juneteenth represents **FREEDOM**, it also represents how emancipation was tragically delayed for **MANY** African-American people living in the South.

Juneteenth celebrations have been going on since 1866 not only across many States (Texas being the first State) but also across the world adopting **JUNE 19** as a day to recognize **EMANCIPATION** of all people. Juneteenth Day is the oldest known holiday that celebrates the end of slavery in America.

Celebratory Juneteenth traditions often include public readings of the Emancipation Proclamation, singing traditional African American Spiritual songs such as “Sing Low Sweet Chariot” and the readings from African/American poets or from book selections. Other events may include street fairs, park parties, historical reenactments and Miss Juneteenth contests.



“JUNETEENTH HAS NEVER BEEN A CELEBRATION OF VICTORY OR AN ACCEPTANCE OF THE WAY THINGS ARE. IT’S A CELEBRATION OF PROGRESS. IT’S AN AFFIRMATION THAT DESPITE THE MOST PAINFUL PARTS OF OUR HISTORY, CHANGE IS POSSIBLE- AND THERE IS STILL SO MUCH WORK TO DO.”

— BARACK OBAMA

“INJUSTICE ANYWHERE IS A THREAT TO JUSTICE EVERYWHERE. WE ARE CAUGHT IN AN INESCAPABLE NETWORK OF MUTUALITY, TIED IN A SINGLE GARMENT OF DESTINY. WHATEVER AFFECTS ONE DIRECTLY, AFFECTS ALL INDIRECTLY.” — MARTIN LUTHER KING

On June 17, 2021, the Federal government made June 19th a Federal national holiday. This is the first **NEW** federal holiday since Martin Luther King Jr Day was **ADOPTED** in 1983.



## USING FOOD ART TO CONNECT

by Nora Bia, Diabetes Nutrition Tech.

The whole month of March was deemed National Nutrition Month, it’s a nutrition education and information campaign created by the Academy of Nutrition and Dietetics. This year’s theme was Celebrate World of Flavors and here at Winslow Indian Health Care Center the Nutrition Program initiated varieties of activities for the employed staff and for patients throughout the month of March.

We asked the Victory Clinic participants to join us in observance of National Nutrition Month, a multidisciplinary clinic created in July 2021 under the Youth Wellness Program to aid patients and families with lifestyle modifications by coaching them on healthful eating and physical activity. The goal is to prevent Type 2 diabetes and further complications associated with prediabetes and type 2 diabetes in the youth. Food demonstrations are conducted twice a month one of which the WIHCC nutrition staff hosts to help our youth by making a healthy connection to the nourishing foods they consume; also to introduce them to foods their families would not otherwise purchase due to a limited food budget or limited exposure in hopes that it expands their palate; and to get them in the kitchen to take an active part in the food preparation process.

The Nutrition Program hosted a “food art” session in March, food is what connects all people universally and we have seemed to have lost that connection within the family units. We have busy lives and we live in a world that is consumed by the urge to indulge and instant gratification as we look to convenient foods that require little to no exerted effort to prepare. We wanted to remedy this “disconnect” and the program provides our participants with food demo items each time. The end result was that the patients had loads of fun tapping into their individuality and creative abilities by “playing with their food!” Below are some photos submitted by the nutrition staff and patients.



# Bone Strong for May

by Brittany Draper, Women's Health Support Assistant

May is recognized as National Osteoporosis Awareness Month. Osteoporosis is a very common disease “one in two women and up to one in four men over the age of 50 will break a bone due to osteoporosis”. Although common, it is not a normal part of aging and can cause serious life-altering issues such as broken bones, pain, suffering, and loss of mobility – it is treatable and more importantly preventable. During the month of May we encourage you to be Bone Strong! By educating you on what this disease is, how it can be prevented, and how it is diagnosed and treated we hope to equip you with the knowledge of a healthy and bone strong lifestyle.

Osteoporosis in its literal translation means ‘porous bones.’ It is a result of bone loss causing you to have weak and brittle bones. A healthy bone structure is like a tightly woven honeycomb structure, with osteoporosis this structure becomes ‘loose’ and the holes and space in this structure become larger and weakened- it’ll become more like the honeycomb structure on stomach tripe. When this happens the structure is compromised and a simple fall from standing up to landing on your bottom is enough force to break your hip or even a leg!

So how do you prevent this from happening? When you think of osteoporosis you probably envision the ‘Got Milk’ ad campaign from the 90’s right? Well, calcium does play an important role in maintaining strong and healthy bones along with vitamin D and living an active lifestyle where you engage in weight-bearing exercise. This doesn’t mean you have to be an athlete, weight-bearing means walking, dancing, hiking, jogging – t’áá hwó ají t’éego – get up and move around! In doing so your bones are able to maintenance themselves by removing old bone cells and building up new stronger bone cells. By including calcium rich foods into your diet you are providing resources for your bones to build up these healthy cells, and by pairing calcium with vitamin D you are giving

calcium a better chance at being absorbed into your bones.

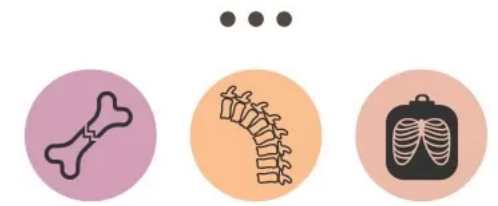
Milk isn’t the only source of calcium, and interestingly enough Native American’s are known to be lactose intolerant – meaning we cannot properly digest dairy products. This is because traditionally our indigenous diet did not contain many dairy products, one tip to include enough calcium into your diet is juniper ash. In a NAU study it was found that “one gram of juniper ash contains as much calcium as a glass of milk, which is roughly 280-300 milligrams of calcium.” Other sources of calcium include calcium-fortified orange juice, winter squash, soybeans, almonds, canned sardines, and green leafy vegetables.

The Women’s Health Office in partnership with Assured Imaging offers bone density screening (DEXA) services here at Winslow Indian Health Care Center. A DEXA scan is a no-stress and simple process. You lie flat on an x-ray table and the technician takes a scan of your hips and spine. The x-ray images are then able to measure the density in your bones to determine the strength of your bones and whether you have normal, osteopenia bones (at risk for osteoporosis), or if you will be diagnosed with osteoporosis.

To schedule a bone density screening (DEXA scan) with assured imaging talk with your provider today about receiving a referral. Screening age for osteoporosis starts at 60 -65; younger if you have a health concern or are taking certain medications that increase your risk. If you have been diagnosed with osteoporosis talk with a healthcare professional about starting a healthcare routine, calcium and vitamin D supplements, or a nutritionist about foods to incorporate into your diet and food to avoid.

Women’s Health would like to announce the release of our newest documentary for Osteoporosis Awareness Month, Building Bones featuring James June and Ernest “Ernie” Tsosie. The Women’s Health Office, in collaboration

with the Hózhóógo Iiná Wellness Center, invite you to watch Building Bones to learn about this disease in a fun-comedic and light-hearted video. It can be viewed on our website [www.wihcc.com/womens-health.html](http://www.wihcc.com/womens-health.html), through our Facebook page <https://www.facebook.com/wihcc/>, and featured throughout the month in our lobby.



## Osteoporosis Awareness and Prevention Month

• May •

May is Osteoporosis Awareness Month

**Take action NOW  
to protect your bones!**

You are never too young or too old  
to improve the health of your bones.

Eat fruits and  
vegetables



Avoid  
smoking



Eat a well-balanced  
diet, including foods  
good for bone health

Get enough calcium  
and vitamin D



Limit alcohol  
intake

Engage in  
regular exercise



Call 800.922.0000 today to schedule an osteoporosis screening.  
Visit [NebraskaMed.com](http://NebraskaMed.com).



By Clarissa Nez, RN,  
Ambulatory Senior  
Clinical Nurse

Rheumatoid Arthritis (RA)- is a chronic inflammatory disorder that causes pain, swelling and deformity to your joints. It is an autoimmune disorder in which your immune system mistakenly attacks your own body's tissues. The inflammation associated with RA is what can damage other parts of the body and can cause physical disabilities. In most cases, symptoms occur in the same joints on both sides of your body. As the disease progresses, it can spread to other areas of your body, such as to your: wrist, neck, elbows, shoulders, hips, feet, knees, and jaw.

#### Sign and Symptoms of RA:

- **Pain**- Inflammation inside the joint makes it hurt whether you're moving it or not. Over time, it causes damage and pain.
- **Stiffness**- The joint is harder to use and doesn't move as well. It is most common in the morning and after inactivity. It takes people with RA more than an hour before their joints feel loose.
- **Swelling and Tenderness**- Fluid in the joint makes it puffy and tender.
- **Redness and warmth**- The joints may be warmer and show color changes related to the inflammation.
- **Fever**- The inflammation of the joints and the increase in metabolic rate can cause fever.
- **Weight Loss**- Can be a side effect of inflammation and it impacts metabolism and contribute to the breakdown of muscle.

#### Treatments of RA:

There is no cure for rheumatoid arthritis. But clinical studies indicate that remission of symptoms is more likely when treatment begins early with medications known as disease-modifying antirheumatic drugs (DMARDs). The types of medications recommended by your doctor will depend on the severity of your symptoms and how long you've had rheumatoid arthritis.

#### Therapy:

Physical or occupational therapist can teach you exercises to help keep your joints flexible. The therapist may also suggest new ways to do daily tasks that will be easier on your joints. If medications fail to prevent or slow joint damage, surgery may help restore your ability to use your joint. It can also reduce pain and improve function.

#### Complications of Rheumatoid Arthritis:

About 40% of the people who have RA also experience signs and symptoms that



don't involve the joints. RA can affect other structures including:

- **Skin**-can get rheumatoid nodules.
- **Eyes**-cataracts, dry eye syndrome.
- **Lungs**-pleurisy, pericarditis, myocarditis, SOB.
- **Heart**-raise your odds of heart failure, a-fib, and stroke.
- **Kidneys/Liver**-it is rare but the drugs that treat RA such as NSAIDs are bad for both.
- **Nerve Tissue**-numbness and tingling to paralysis and sudden death. It can result from joint damage, the disease process or the medications.
- **Mucous Membranes**-can get Sjogren's syndrome that dries out moist places in your body like your eyes, mouth, and inside your nose.
- **Bone Marrow**-the chemicals that cause inflammation takes a toll on your bones and it can affect your hips and spine. Sometimes, it is all the years of treating RA with steroids.
- **Blood Vessels**-it shows up as spots on the skin that looks like ulcers.

#### References:

- <https://www.cdc.gov/arthritis/basics/rheumatoid-arthritis>
- <https://www.mayoclinic.org/diseases-conditions>
- <https://www.arthritis.org/diseases/rheumatoid-arthritis>



The Intertribal Agriculture Council (IAC) was founded in 1987 to pursue and promote the conservation, development, and use of Tribal agricultural resources for the betterment of American Indian and Alaska Native communities. The IAC offers various programs such as the Technical Assistance Network, American Indian Foods Program, Natural Resources Program, Youth & Professional Development, and Policy & Government Relations. These programs assist with food, agriculture, and natural resources project support by providing:

- USDA Technical Assistance and Resource Identification
- Marketing and Business Assistance
- Land Stewardship, Regenerative Agriculture, and Soil Health Education.

- Policy Advocacy and Native Representation on State and National Agriculture Issues
- Youth Internships and Scholarships

IAC has Technical Assistance Specialists in each BIA region. IAC TA's serve Tribal communities across the nation to help them reach their goals. Examples of assistance include:

- Helping agriculture producers identify FSA programs for natural disaster and drought assistance
- Offering learning and professional development experiences to youth interested in a career in natural resources, ag, or food systems
- Offering guidance to Tribes or Tribal organizations interested in developing their local food system by identifying funding opportunities, and much more!

If you have any questions or would like assistance, reach out to Padgley Gonzales, IAC Technical Assistance Specialist (Western Region) at [padgley@indianag.org](mailto:padgley@indianag.org) or (520)-610-0807! Follow us on Facebook and visit our website:

[WWW.INDIANAG.ORG](http://WWW.INDIANAG.ORG)

## Seeds are our Ancestors... ... Seeds are our Children

- Indigenous Seed Keepers

A few of the varieties available now:



Navajo Mix Melon    Navajo Copper Popcorn    Dineh be Danescone



Navajo Pumpkin    Nambe Supreme    Apache Giant Squash



A *special thanks* to our partners in collaboration to promoting Hozhoogoo Iina:

- **Mr. Sterling Hancock**, Community Outreach Specialist 3 - SNAP-Ed from Apache/Navajo County U of A Cooperation Extension/ AZ Health Zone at St. Johns.
- **Padgley Gonzales** (Akimel O'Otham & Pii Paash), Intertribal Agriculture Council Technical Assistance Specialist.
- **Ray Younghans**, Native Seeds/SEARCH Conservation & Outreach Facilitator

We find these support resources beneficial in advocating for food sovereignty, encouraging healthy eating & physical activity, and respect for Mother Earth. We hope you will plant seeds of health and wellness within your family and community for healthy resilient generations to come. Please Walk In Beauty Shí kis dóó shí k'éeí.

## WIHCC's New Public Information Officer



Alfred Yazzie Pete is a member of Dine (Navajo), he is Kinyaa'aanii (Towering House Clan), born for Hashk'aa hadzohi (Yucca Fruit Streak Clan), his maternal grandfather is Tachii'nii (Red Streak into Water Clan); his paternal grandfather is Naakaii dine'e (Mexican Clan). Al was born and raised in Low Mountain, Arizona by his parents with 9 siblings, being the second youngest. He attended Bureau of Indian Affairs-Boarding Schools. Dine is his first language and English his second. He is a very fluent and eloquent speaker in his native language. He learned the Dine cultural teachings and oral stories from his father. He retired from the Navajo Nation Government after 33 years of service and worked as Youth Program Director, Child Protective Service Worker, and Program Director for the Navajo Nation Child Care and Development Fund (CCDF) Program with a workforce of 200 plus employees. He continued work after retirement as an Independent Research Consultant for ASU, University of Arizona, NAU and Black Hills Center for American Indian Health as a health advocate for 10 years. As a member of Team Navajo Health Coalition, he helped the "Air is Life Act of 2021" sign into law, which prohibits commercial tobacco use in public places on the Navajo Nation. His collective skills are in management, supervision, governmental program over site, and public speaking.

His hobbies include his taking care of livestock such as raising churro sheep, being a horse enthusiast and being an avid member of the American Quarter Horse Association. His love of Rodeo led him to serve as President of the All Indian Rodeo Cowboys Association, the largest Indian Rodeo organization in America in the late 1980's and early 1990s. These interests originated from his father's traditional teaching and values for Dine. Widowed after 36 years of marriage in 2014, he has 6 children and 11 grandchildren. He is enthusiastically looking forward to serving his people again under WIHCC.

## WIHCC Employee Child Abuse Prevention & Sexual Assault Awareness Walk

April is National Child Abuse Prevention Month and Sexual Assault Awareness Month. We would like to acknowledge the two causes by recognizing:

1. The importance of families and communities working together to strengthen families and to remind others to create a safe environment for children. These are two ways to prevent child abuse and neglect.
2. To build safe online spaces together, because sexual harassment, assault, and abuse can happen anywhere, including online. As we connect online, we can learn how to practice digital consent, intervene when we see harmful content or behaviors, and ensure that online spaces — whether they be workspaces, classrooms, social media platforms, or otherwise — are respectful and safe.



WIHCC employees walking at least 2 laps around the WIHCC trail. Most are wearing blue or teal in support of National Child Abuse Prevention Month and Sexual Assault Awareness Month.



Child abuse and neglect are serious public health problems that can have long-term impact on health, opportunity, and wellbeing.

### What is the definition of child abuse and neglect?

It is any act or series of acts of commission or omission by a parent, caregiver, or another person in custodial role (such as a religious leader, a coach, a teacher) that results in harm, potential or harm, or threat to harm to a child.

What are child abuse and neglect?

Child abuse and neglect are serious public health problems and adverse childhood experiences (ACEs). There are four common types of abuse and neglect:

- Physical abuse is the intentional use of physical force that can result in physical injury. Examples include hitting, kicking, shaking, burning, or other shows of force against a child.
- Sexual abuse involves pressuring or forcing a child to engage in sexual acts. It includes behaviors such as fondling, penetration, and exposing a child to other sexual activities.
- Emotional abuse refers to behaviors that harm a child's self-worth or emotional well-being. Examples include name-calling, shaming, rejecting, withholding love, and threatening.
- Neglect is the failure to meet a child's basic physical and emotional needs. These needs include housing, food, clothing, education, access to medical care, and having feelings validated and appropriately responded to.

### How big is the problem?

Child abuse and neglect are common. At least 1 in 7 children have experienced child abuse or neglect in the past year in the United States. This is likely an underestimate because many cases are unreported. In 2020, 1,750 children died of abuse and neglect in the United States.



Children living in poverty experience more abuse and neglect. Experiencing poverty can place a lot of stress on families, which may increase the risk for child abuse and neglect. Rates of child abuse and neglect are 5 times higher for children in families with low socioeconomic status.

Child maltreatment is costly. In the United States, the total lifetime economic burden associated with child abuse and neglect was about \$592 billion in 2018. This economic burden rivals the cost of other high-profile public health problems, such as heart disease and diabetes.

### What are the consequences?

Children who are abused and neglected may suffer immediate physical injuries such as cuts, bruises, or broken bones. They may also have emotional and psychological problems, such as anxiety or posttraumatic stress.

Over the long term, children who are abused or neglected are also at increased risk for experiencing future violence victimization and perpetration, substance abuse, sexually transmitted infections, delayed brain development, lower educational attainment, and limited employment opportunities.

Chronic abuse may result in toxic stress, which can change brain development and increase the risk for problems like posttraumatic stress disorder and learning, attention, and memory difficulties.

### How can we prevent child abuse and neglect?

Child abuse and neglect are preventable. Certain factors may increase or decrease the risk of perpetrating or experiencing child abuse and neglect. To prevent child abuse and neglect violence, we must understand and address the factors that put people at risk for or protect them from violence. Everyone benefits when children have safe, stable, nurturing relationships and environments.

Different types of violence are connected and often share root causes. Child abuse and neglect are linked to other forms of violence through shared risk and protective factors. Addressing and preventing one form of violence may have an impact on preventing other forms of violence.

This article is collected information from the CDC website:  
<https://www.cdc.gov/violenceprevention/childabuseandneglect/index.html>



## Signs of Child Abuse

The following are a few of the physical and behavioral signs of child abuse and neglect. Please note that the listed signs of child abuse in each category may pertain to more than one type of abuse or neglect.

Physical Signs of Child Abuse	Emotional Signs of Child Abuse
1. Unexplained burns, cuts, bruises or welts in the shape of an object.	1. Apathy
2. Bite marks.	2. Depression
3. Anti-social behavior.	3. Hostility or stress
4. Problems in school.	4. Lack of concentration
5. Fear of adults.	5. Eating disorders

Sexual Signs of Child Abuse	Signs of Neglect
1. Inappropriate interest or knowledge of sexual acts.	1. Unsuitable clothing for weather.
2. Nightmares and bed wetting.	2. Dirty or unbathed.
3. Drastic changes in appetite.	3. Extreme hunger.
4. Overcompliance or excessive aggression.	4. Apparent lack of supervision.
5. Fear of a particular person or family member.	

For a more extensive list of the signs of child abuse, call the  
**Childhelp National Child Abuse Hotline:**  
**1-800-4-A-CHILD (1-800-422-4453)**



WIHCC Employee Child Abuse Prevention & Sexual Assault Awareness Walk Organizers handing out incentives to WIHCC employee participants. (Left to right: Louanna, Marla, and Adrienne.)

# NURSES WEEK AT WIHCC!

AHE'HEE! THANK YOU! 

NATIONAL  NURSES WEEK  
MAY 9-13 2022

caring  
educated  
supportive  
trust  
healer  
proficient



Nurses Week Hike at Kachina Trail near Snowbowl in Flagstaff, Arizona





Andrea Vangpraseuth, RN



Ashley DeMaria, RN



The DAISY Award®

FOR EXTRAORDINARY NURSING FACULTY

HONORING NURSES INTERNATIONALLY  
IN MEMORY OF J. PATRICK BARNES

# BUMBLE BEE AWARD HONOREE



THE BUMBLE BEE AWARD

Jaklyn Begay, NA

FOR OUTSTANDING NURSING ASSISTANT/ANCILLARY/MEDICAL RECEPTIONIST

WIHCC



The Daisy Award and Bumble Bee Awards banquet held at WIHCC. Inspiring speeches made by the Mayor of Winslow Roberta Cano and WIHCC CEO Sally Pete. Congrats awardees!



Nurses week doesn't stop on nurses week! PHX Grind Coffee visited WIHCC and provided drinks to all WIHCC staff! Nurse Lisa H. was happy to grab her iced coffee to cool her off this warm day!



PHX Grind Coffee handing out drinks to WIHCC staff. Over 360 drinks made!

*Thank you Nurses Week Planning Team for making Nurses Week fun and memorable!*

# JOIN OUR TEAM



DMC IS LOOKING FOR HIGHLY MOTIVATED NURSES!

SEEK NEW ENDEAVORS AND CHALLENGES AT OUR  
**NEW STATE OF THE ART MEDICAL CENTER** ON THE  
BEAUTIFUL NAVAJO NATION!

## AVAILABLE OPPORTUNITIES @ DMC:

- Ambulatory Care Nurse Manager
- Cardiology Clinical Nurse
- Clinical Nurse Positions - 9 positions
- Psychiatric Mental Health Nurse Practitioner
- Employee Health Clinical Nurse
- Family Nurse Practitioner - Basic
- Clinical Pharmacist - 6 positions
- And many more!

UPDATED 5/12/2022



SEEK NEW EXPERIENCES HERE AT WINSLOW INDIAN HEALTH CARE CENTER!  
FIND YOUR NEW CAREER PATH. WE ARE OFFERING **DIFFERENT DEPARTMENT POSITIONS!**

WIHCC OFFERS EXCEPTIONAL NURSING RECRUITMENT FOR NEW GRADUATE NURSES!  
WE SUPPORT THE PURSUIT OF PROFESSIONAL GROWTH AND EXCELLENCE!

**APPLY ONLINE | [WWW.WIHCC.COM](http://WWW.WIHCC.COM)**  
500 N INDIANA AVENUE | WINSLOW, ARIZONA 86047 | 928-289-4646