

Ya'at'eeh Newsletter

Winter | Daan 2023

WIHCC
WINSLOW INDIAN HEALTH CARE CENTER

500 North Indiana Avenue
Winslow, Arizona 86047

Starting of 2023 Community Health Assessment

NOTICE

The Winslow Indian Health Care Center's (WIHCC) Division of Community Health Services is starting a Community Health Assessment on February 13th, 2023.

The purpose of the community health assessment is to identify the health needs of the community members living within the WIHCC service area. This assessment is not a patient satisfaction or a patient experience survey, which are used to assess the expectations and experience of the patients/customers.

The communities involved in this assessment include Leupp, Tolani Lake, Birdsprings, Teesto, Dilkon, Indian Wells, White Cone, and Jeddito as well the border town communities of Winslow, Joseph City, and Holbrook.

The WIHCC team will gather data using 3 methods:

1. A field observation – observation of the environment from inside the vehicle
2. A questionnaire
3. And focus group discussions

Your opinions and experiences related to your health and wellness as a community member of the WIHCC service area are valued. The findings from this assessment will inform and impact leadership decision-making at WIHCC and other healthcare partners. The analysis of the data will help shape community improvement goals and help seek funding resources. No personally identifiable information will be collected, and all responses will be kept confidential. Thank you for participating in this assessment and supporting your community.

WIHCC | WINSLOW INDIAN HEALTH CARE CENTER

2023 Community Health Assessment



Starting February 13th

Visit WIHCC.COM for more info



Follow us on our social medias for the most recent updates!

Awarded Accreditation by
AAAHC
ACCREDITATION ASSOCIATION
for AMBULATORY HEALTH CARE, INC.



Facebook
@WIHCC



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Website
WIHCC.COM

DRIVE-THRU FOOD DISTRIBUTION



WIHCC PATIENTS &
BENEFICIARIES
WELCOME!

FOOD PROVIDED BY:

Flagstaff
Family Food Center
Food Bank and Kitchen



STARTING: MARCH 2ND

FOLLOWING DATES: MARCH 16TH, APRIL 6TH,
APRIL 27TH, MAY 4TH, MAY 25TH

TIME: 1:30PM - 3:30PM

LOCATION: WINSLOW INDIAN HEALTH CARE CENTER
EAST END OF CAMPUS (BY OPTOMETRY BUILDING)

QUESTIONS? NUTRITION PROGRAM 928-289-6252/9069

WINSLOW INDIAN HEALTH CARE CENTER • 500 N INDIANA AVE WINSLOW, AZ 86047



TUES, FEB 28
4 PM - 6 PM
WIHCC WALKING TRAIL

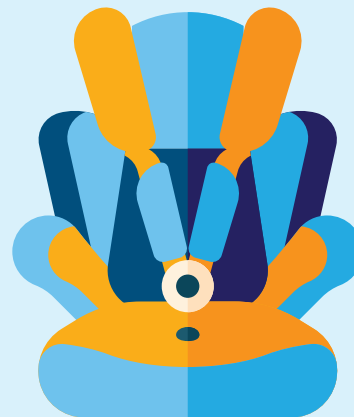
- 7-MILE WALK (4 LAPS)
 - BLOOD PRESSURE & A1C SCREENINGS FROM 3 PM - 5 PM
 - WARM CLOTHING ENCOURAGED
- SCREENING + WALK = LONG-SLEEVE SHIRT



FOR FURTHER INFORMATION, CONTACT
THE HÓZHÓÓGO INÁ WELLNESS PROGRAM
PHONE: 928-289-8065
EMAIL: HIWC@WIHCC.ORG

Child Passenger Safety Education & Distribution

Child and Vehicle **MUST** be present to receive car seat.
FIRST COME, FIRST SERVED (limited car seats).



Dilkon Bashas Parking Lot

March 1st, 2023
9AM-3PM

Questions ? Office of Environmental Health 928-289-8013/9775

WIHCC COVID-19 Vaccine Clinic

CLOSED

If you would like a COVID-19 Vaccine or Flu shot, they will be administered as part of **primary care visits** or **walk-in** inside the Medical Office Building (MOB/Main Clinic)
Thank you!

WIHCC Administration

WIHCC Chief Medical Officer:

After 43 years of combined dedicated service to Winslow Service Unit/Winslow Indian Health Care Corporation, Inc., Chief Medical Officer Dr. Francis B. Armao retired last week on Friday, 1/20/2023 from administrative responsibilities, however, he will continue to help where he is also desperately needed and that is with WIHCC's Behavioral Health Program. We will continue to see Dr. Armao around and we are very happy about that.

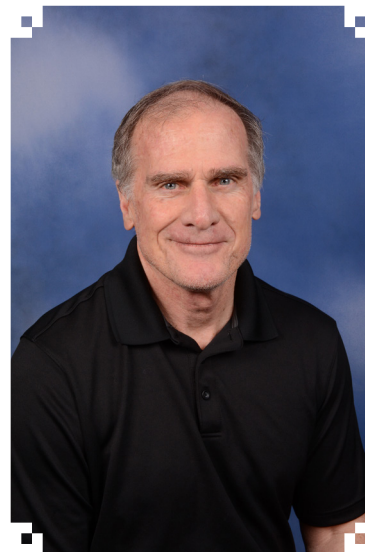
During his executive tenure, Dr. Armao had directed the growth of the WIHCC from being a former IHS facility to an accountable rural health system that includes increased primary and specialty care clinics. Recently, he was the Incident Command Team (ICT) Commander and managed WIHCC through the COVID-19 pandemic focusing on provider and non-provider communication, with a focus on the health and well-being of staff and high-quality healthcare services for the eight (8) WIHCC communities and border-towns of Winslow, Joseph City and Holbrook. He also supported and participated in a strong, experienced executive leadership team to carry forward WIHCC's strategic plan and shared vision, with one significant milestone---the new Dilkon Medical Center and staff quarters. He emphasized administration management, budgeting, and evaluation processes of WIHCC health care delivery system, based on many changes and improvements in the management and delivery of evidenced-based medical and clinical operations.

On behalf of the WIHCC's Board of Directors and Management Team, while Dr. Armao's retirement is bittersweet, his guidance and leadership have positioned WIHCC well for the future, and for that we are truly grateful. His tremendous achievement and dedicated career at WIHCC are unparalleled and not only at WIHCC but across the Navajo Nation area when he served as Navajo Area Indian Health Service Acting Chief Medical Officer at one time. We will greatly miss Dr. Armao's servant leadership and looking forward to his new ventures at WIHCC.

Dr. Sage White will serve as Acting Chief Medical Officer and we look forward to working and engaging with Dr. White as she continues to lead the Division of Clinical Services

Sally N. Pete
Office of CEO

Ahe'hee Dr. Armao!



WIHCC Board of Directors



Robert Salabye
Board President
White Cone Chapter



Charles Jimmie Store
Board Vice-President
Leupp Chapter



Alberto L. Peshlakai
Board Secretary
Indian Wells Chapter



Jerry Freddie
Board Member
Dilkon Chapter



John Nells
Board Member
Teesto Chapter



Leroy Willie
Board Member
Jeddito Chapter



Velma Husky
Board Member
Tolani Lake Chapter



Ray Curley
Board Member
Birdspring Chapter



2023

Just Move It (JMI) Logo Contest

WINNER



The Hozhoogo lina Wellness Program (HIWP) presented the opportunity for the community to demonstrate artistic skills in a logo contest. WIHCC invited all eligible artists of Winslow Indian Health Care Center service area to design a logo for WIHCC's 2023 Just Move It (JMI) Walk/Run Series. One selected winner will receive a \$100 check for their amazing work and have their logo printed on all JMI material, shirts, and tiered incentives. On that note...

The Just Move It (JMI) team is happy to announce Zoe Begay as the 2023 JMI Logo Contest Winner!

Ms. Begay's marker-drawn illustration will be reworked into a logo for the 2023 run and walk series. The reworked logo that will be used for incentives is currently being developed. Stay tuned for the JMI logo reveal in the Spring 2023 Edition of the Ya'ateeh Newsletter.

SOCIAL WORK BREAKS BARRIERS

by **Adrienne Chao, MSW, LMSW, Social Services Director**

Every year in March the nation recognizes its social workers and the dedicated work they provide to people at the micro, mezzo, and macro levels of society. This year the theme for Social Work Month is "Social Work Breaks Barriers". Social workers have been breaking barriers long before it became a profession in the late 19th century - from establishing Social Security, Medicare and Medicaid to advocating during the Civil Rights era and into current events. Social workers have been fighting for social justice for years - people like Jane Addams, Ellen Gates Star, Frances Perkins, and Ida B. Wells. Because of their efforts, social work is one of the fastest-growing professions in the United States. The Bureau of Labor Statistics recorded a total of 715,000 social workers in the nation in 2020 and is predicting this number to grow to 800,000 by the end of the decade. You can find social workers everywhere - hospitals, schools, mental health agencies, nursing facilities, child welfare agencies and hospice, to name a few.

Approximately 4 years ago, Winslow Indian Health Care Center added a vital position to the clinic - a medical social worker; a first for WIHCC. The Social Services Director developed the Social Services program from the ground up and into the department you see today. The population we serve is a group that has been marginalized for years so offering social work services is not only beneficial, but necessary. Essentially, our job as medical social workers is to help break down barriers that may be preventing our patients from receiving accessible, quality, cost-effective health care so they can live more fulfilling, enriched lives.

Notable Social Workers



Jane Addams

Ida B. Wells

Ellen Gates Star

Frances Perkins



MARCH IS
SOCIAL WORKERS
MONTH

Meet the WIHCC SOCIAL SERVICES STAFF



Adrienne Chao, MSW, LMSW
Social Services Director



Crystal Morris, MSP
Medical Social Worker

Marcella Nez, BS
Medical Social Worker
Intern

Patient Benefits Coordinators

AHCCCS Member Renewals to Begin April 1

PHOENIX – On Dec. 23, 2022, Congress passed legislation which will end the Medicaid continuous enrollment requirement related to the COVID-19 pandemic on April 1, 2023. At that time, AHCCCS will be required to reverify the eligibility status of all members enrolled in AHCCCS and KidsCare (Arizona's CHIP program).

Members will be notified of their eligibility renewal prior to their month of renewal. Per federal requirements, the ending of the continuous enrollment requirement will represent the first time in three years that Medicaid and CHIP members will go through the renewal process.

If AHCCCS cannot auto-renew a member's coverage using available and approved data sources, the member will receive a renewal packet by mail or a notification by email. Members who receive renewal packets can complete their renewal online by logging into Health-e-Arizona Plus (www.healtharizonaplus.gov), contacting a Community Assistor Organization, by mail, by phone, or in person at a Department of Economic Security office.

To prepare for the renewal process, AHCCCS has been asking all members to verify that their address is correct by logging into www.healtharizonaplus.gov or by calling Health-e-Arizona Plus at 1-855-432-7587, Monday through Friday 7:00 a.m. - 6:00 p.m. Or you can come see one of the WIHCC Patient Benefits Coordinators (PBC) in Winslow or Leupp; Monday through Friday, including Saturday and Sunday 8:00 am – 5:00 pm. If you have any questions you can call us at (928) 289-4646 or at (928) 289-8041.



Have you heard the news?

AHCCCS
Arizona Health Care Cost Containment System

will restart eligibility reviews.

**DON'T RISK A GAP IN YOUR MEDICAID OR CHIP COVERAGE.
GET READY TO RENEW NOW.**

Following these steps will help determine if you still qualify:



Make sure your contact information is up to date.



Check your mail for a letter.



Complete your renewal form (if you get one).

Have Questions?

Visit

www.healtharizonaplus.gov

or call

**1-855-HEA-PLUS
(1-855-432-7587)**

for help or to update your contact information today.

**If you have additional questions, please contact WIHCC PBC @ 928-289-8041
MOB South 928-289-8032 | MOB 928-289-6183**

The Concession is in Session!

by Natalie Reed, MS, RDN

"I am SO hungry. Listen! My stomach is growling" Pearl said, as she sat down in the WIHCC Medical lobby chair.

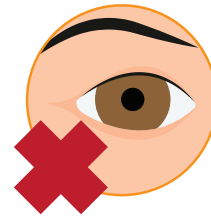
"I know, but if we did not leave when we did, we would have not made your appointment" Rosita responded, as she took a seat next to her.

"But we are going to be here ALL DAY. I have so many appointments. I am afraid of my blood sugar dropping too low." Pearl stated with a sigh.

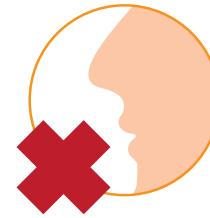
So many have faced the problem of hunger when stacked with a full day of doctors' appointments. If a quick break was taken and food bought, nearby fast food options seemed to be the only go to. THIS is why re-opening our Winslow Indian Health Care Center's concession stand was such a high priority for our wellness team. On January 20th, 2023, the WIHCC concession stand officially re-opened for business. Our desire is to exemplify WIHCC's mission statement by offering highly nutritious foods at an affordable cost. Our menu includes options, such as turkey sandwich on whole wheat with vegetables, vegetable platter, fruit platter, zero sugar yogurt, blue corn mush and more. All menu items are Registered Dietitian approved and positive reviews have come forth so far. Community members have noted coming in for food, even when they do not have appointments! While the hours of operation and menu items are still limited at this time, we are hoping to soon expand the menu to include various soups and salads, as our staffing personnel and food availability increases. The concession staff is excited to continue offering healthy food at an affordable price. Come by to say hi and meet Rosita, Pearl and the rest of the concession staff! They will be happy to serve you.

Carbon Monoxide Poisoning

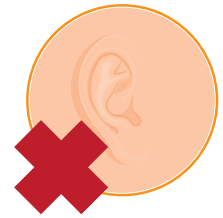
Carbon Monoxide (CO) is considered a **silent killer** because it:



CAN'T BE SEEN



CAN'T BE SMELLED



CAN'T BE HEARD

Carbon Monoxide (CO) is an odorless and colorless gas. When there is too much CO in the air, your body replaces the oxygen in your body with CO. This is called Carbon Monoxide Poisoning and can lead to serious tissue damage, or even death.

Carbon Monoxide is produced by burning gasoline, wood, propane, charcoal, and other fuels. When there is improper ventilated of fuel burning appliances and engines, it may allow carbon monoxide to accumulate to dangerous levels. Watch out for symptoms of Carbon Monoxide Poisoning below.

Symptoms of Carbon Monoxide Poisoning:

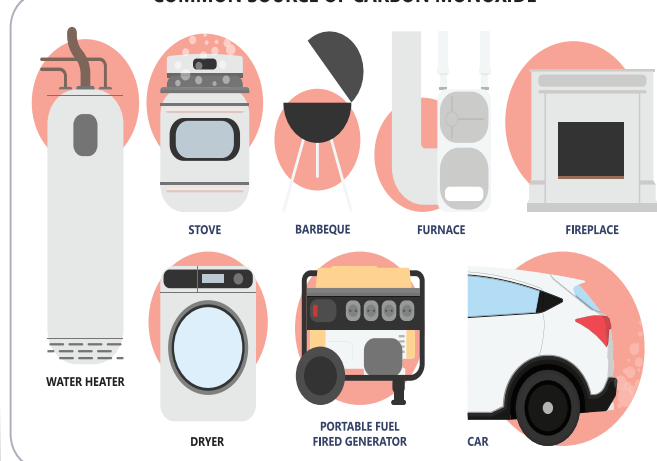
- Dull headache
- Weakness
- Dizziness
- Nausea or Vomiting
- Shortness of Breath
- Confusion
- Blurred vision
- Loss of consciousness

IF YOU THINK YOU OR SOMEONE YOU'RE WITH MAY HAVE CARBON MONOXIDE POISONING GET INTO FRESH AIR AND SEEK EMERGENCY MEDICAL CARE.

CO Detectors or CO Alarms help to detect and warn you of unusual build up of CO in your home or enclosed spaces. Higher levels of CO may occur from improperly maintained, installed, or used fuel-burning appliances, back drafting appliances or fireplaces, or idling cars in garages. If a CO Detector/Alarm is being installed make sure you:

- Install battery-operated or battery back-up CO detectors near every sleeping area in your home and hallway near every separate sleeping area.
- Check your CO detectors regularly to be sure that they are functioning properly.
- Be aware of all instructions and warnings associated with the CO alarm.

COMMON SOURCE OF CARBON MONOXIDE



Be Aware!

There are common sources of carbon monoxide that may be in or around your home. Be sure to have your appliances such as your furnace inspected every year. Make sure there is proper ventilation for appliances such as your stove, fireplace, dryer, furnace, and others. Never keep a generator on inside your house or in any enclosed spaces. Generators should be at least 20 feet from your house, windows, and doors. Never keep your car running inside your garage or enclosed space with poor ventilation.

FEEDING OUR NEIGHBORS

BY NATALIE REED, MS, RDN

When hunger runs deep into the veins of a community, the whole community suffers. Hunger can be paralyzing, limiting a community's growth of overall health and wellbeing. The presence of food should be made available for all people. But what if it is not? What if nutritious food, let alone any kind of food, is hard to come by? What if miles and miles exist between you and your nearest food source? And once it is found, how expensive is it? How much can one even buy, when food prices are so high? The reality of food scarcity leaves many buying food in bulk at the beginning of the month, leaving very little towards the end of the month. Food bought in bulk typically holds lower nutritional value, as fresh food is likely to expire more quickly.

The Navajo reservation has long been termed a food desert. While also literally located within a desert, the Navajo reservation holds grocery stores few and far between. Food deserts are distinguished by limited access to healthy food. The cultural desire is to reintegrate the practice of growing food for one's family. Yet, many are left without the means to do so. Approximately 23% of the Native American community lives below the poverty level, according to the 2019 American Community Survey. Limited access to food availability leaves the community experiencing higher rates of food insecurity. Food insecurity is termed as individuals who do not continually have access to healthy food options. Higher rates of food insecurity are associated with increased risk for diabetes, hypertension, obesity and other chronic diseases.



Flagstaff Family Food Center Team Members and Volunteers handing out food boxes at WIHCC

In response to the fight against hunger, the Winslow Indian Health Care Center has partnered with the Flagstaff Family Food Center to establish a food distribution trial period from February 9th to May 25th to include 7 distribution dates. The dates are as follows:

- **FEBRUARY 9TH**
- **MARCH 2ND**
- **MARCH 16TH**
- **APRIL 6TH**
- **APRIL 27TH**
- **MAY 4TH**
- **MAY 25TH**



WIHCC PATIENTS & BENEFICIARIES WELCOME!

TIME: 1:30PM - 3:30PM

LOCATION: EAST END OF CAMPUS (BY OPTOMETRY BUILDING)

The Winslow Indian Health Care Center (WIHCC) continues to proactively demonstrate their mission and vision statement, by providing accessible, quality and cost-effective healthcare in a healing and harmonious environment in partnership with the local community. Food is our foundational medicine.

The first food distribution was on February 9th from 1:30-3:30. Many came to partake in the distribution. The provided food was filled with fresh fruits and vegetables, as well as other dried goods. The Flagstaff Family Food Center (FFFC) is committed to fighting hunger. FFFC sees the eastern part of Coconino County as a high need area as part of their mission in fighting hunger in food deserts. They are proud to partner with WIHCC to provide healthy food to the Navajo community. "We were astounded by the local response. We were incredibly happy with how many people showed up to volunteer. We reached about 200 households. Each basket is intended to provide supplemental food to 4-7 people. We look forward to returning during the trial period, and continuing to explore our partnership with the Navajo community", said Micah Schwantner, the district's FFFC representative. The Winslow Indian Health Care Clinic is excited for the future of this strong initiative in alleviating food insecurity by providing an outlet of nutrient dense foods to the local community.



Flagstaff Family Food Center

Food Bank and Kitchen

Thank you FFFC Staff & Volunteers!



The provided food was filled with fresh fruits and vegetables!

Pediatric Corner

WINTERTIME TIPS WHEN CHILDREN ARE HAVING FUN IN THE COLD!

by Datcha Dorvil, DO,MPH

Northern Arizona is known for its diversity in vegetation, people and weather! We are in our cold season which means WINTERTIME FUN! The January 2023 newsletter edition of American Academy of Pediatrics (AAP) has an article about Wintertime tips for children when outside. I want to summarize a few important points from this article.

It is important when it is cold for children to be appropriately dressed when enjoying outdoor activities like sledding and snowball fights!

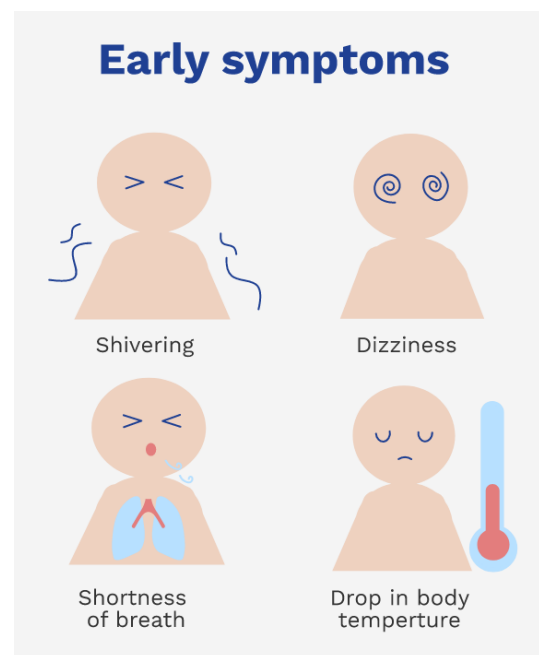
Due to their small size, children are more at risk from side effects from the cold than adults especially developing frostbite or hypothermia.

Frostbite is when the skin and/ or tissue below the skin freezes. The skin can burn, change color, and even develop blisters. The most vulnerable areas in children for frostbite include finger, toes, ears, and nose.

If you suspect your child has frostbite, bring your child to warm place and DO NOT RUB the area or touch any blisters. You can place your child in blankets. However, it is important to not expose the frostbite area to hot water but you can use warm water and apply a washcloth for 20- 30 minutes. Please call your child's physician or bring them to the urgent care or the

emergency room if your child is experiencing numbness, pain, or skin color does not return to normal.

Hypothermia is when your child's body temperature is below it's normal set point. You may notice your child shivering but not very talkative or responsive and may be clumsy or sluggish. **THIS IS A MEDICAL EMERGENCY AND YOU NEED TO CALL 911** (or if it is faster, you can bring them to the nearest Emergency Room (not clinic). While waiting for help, bring your child indoors to a warm area, remove any damp or wet clothing, and wrap your child in blankets/ layer warm clothing. If your child stops breathing, loses pulses, please begin mouth to mouth CPR until emergency personnel arrive.



PREVENTION TIPS

- Always check wind chills and in general not advised for children to playing when temperatures are below -15F as the chance of frost bite/hypothermia can occur within minutes.
- Clothing should be in several layers and children should have insulated boots, hats and gloves. Wet clothes should be removed immediately.
- Important for children to take a short break in a warm place after a reasonable time outdoors.

There is more advise and preventive tips for children engaging in sledding, ice skating and other outdoor winter activities. Please refer to the link below. The important thing is getting your children outside even in the winter in a safe and fun away.

Staying Safe on ICE!

Safety Tips by
Office of Safety & Environmental Health

With the light snow and slush accumulating, please be careful walking in walk-ways and in parking lots. Facility Maintenance are clearing walkways for patients and employees and taking measures in melting icy walk-ways. Below are so helpful tips:

Use special care when entering and exiting vehicles, climbing or descending stairs, entering or leaving buildings.

- Move slowly.
- Remove snow/water from shoes when entering buildings.
- Use handrails for support.
- Try to keep your center of gravity over your support leg.

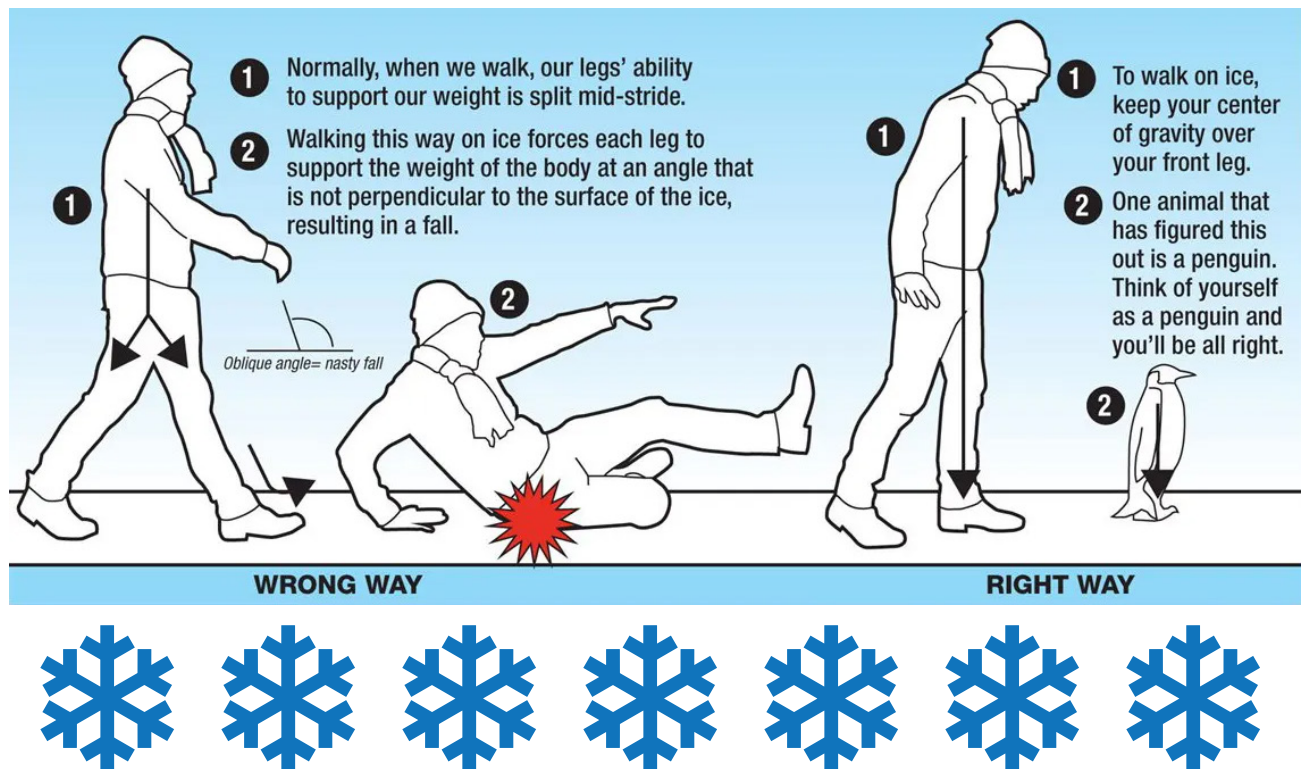
Walk on designated walkways as much as possible.

- Don't take shortcuts over snow piles or areas where snow and ice removal is not feasible.
- Look ahead when you walk. A sidewalk completely covered with ice may require travel along its grassy edge for traction.
- Don't text or read while walking.



Walk safely on snow or ice. Take short steps or shuffle for stability.

- Bend slightly forward and walk flat-footed with your center of gravity directly over your feet as much as possible.
- Keep your hands out of your pockets.
- Be prepared to fall. If you fall, fall with sequential contacts at your thigh, hip and shoulder. Avoid using outstretched arms to brace yourself.
- Bend your back and head forward to avoid hitting your head against the ground



OPEN NURSING POSITIONS

We are looking for highly motivated nurses! Experienced and newly graduated nurses are encouraged to apply!

Open Nursing Positions at **WIHCC** & **DMC**:

- Ambulatory Care Clinical Nurse - 9 positions (**DMC**)
- Ambulatory Care Nurse Manager (**DMC**)
- Cardiology Clinical Nurse (**WIHCC & DMC**)
- Clinical Care Coordinator -4 Positions (**WIHCC**)
- Clinical Care Coordinator -Veterans (**WIHCC**)
- Clinical Nurse (Full & Part-Time Positions)- (**WIHCC**)
- Clinical Nurse Resident (for New Grads)- 4 Positions (**WIHCC**)
- Employee Health Clinical Nurse (**WIHCC**)
- Emergency Department Nurse Manager (**DMC**)
- EMT Basic (Full & Part-Time & Temporary) (**WIHCC & DMC**)
- EMT Paramedic (**WIHCC & DMC**)
- Infusion Clinical Nurse (**WIHCC**)
- LPN - Licensed Practical Nurse (**WIHCC**)
- PRN Registered Nurse (**WIHCC**)
- Surgical Clinical Nurse (**WIHCC**)
- Urgent Care Nurse Manager (**WIHCC**)

For further info or to apply:
**Scan the QR code below
with your phone**



or visit
wihcc.com/job-announcements