



SAFE SCHOOLS, SAFE COMMUNITIES: VACCINE CLINICS

School is back in session and the COVID-19 virus looks to also stay in session. While our children are making their way back into the classroom to expand their minds, there is still a risk of the COVID-19 virus spreading throughout the schools. Therefore, it is very important to prepare our children so they can get back safely into the classroom and minimize the possibility of Covid outbreaks in schools. It is critical we teach our children COVID-19 mitigation protocols and procedures. Here are the COVID-19 school protocols that Winslow Indian Health Care recommends for schools & parents:



Public Health Nurse Martin T. administering the COVID-19 vaccine to Althie A. at Jeddito Public School vaccine clinic. 9/15/2021

- 1. Wear a mask-** It is recommended to wear a clean mask indoors. Make sure masks are worn correctly by having them over your nose and chin. If you have a reusable cloth mask, it should be washed daily.
- 2. Physical distance-** Try and avoid having close contact with others who do not live in your household.
- 3. Practice good hand hygiene-** Wash hands frequently for 20 seconds with soap and water. Use hand sanitizer with at least 60% alcohol.

- 4. Practice Respiratory Manners-** Cover your mouth and nose with a tissue when coughing or sneezing. Make sure to dispose of tissue properly and wash hands after sneezing, coughing, wiping nose and touching mouth area.
- 5. Maintain clean facilities-** Frequently wipe down places and objects that are frequently touched such as desks, chairs, door knobs, and cellphones.
- 6. Stay home when feeling sick-** if you have any Covid, flu, or cold symptoms... Please stay home.

- 7. Stay home if someone in your household is sick-** if someone in your house hold is sick or if you have been around someone who is sick, please stay home to prevent further spread.
 - 8. Get Vaccinated!** - The vaccine is safe and approved for ages 12 and up. It is effective in preventing severe illness by acting as an extra layer of protection for your immune system.
- Winslow Indian Health Care Center (WIHCC) made getting vaccines more accesible to the community

and schools. A series of "school vaccination clinics" has made its way across the WIHCC service area. WIHCC has been to Winslow High School, Holbrook High School, and Jeddito Public School. These vaccine clinics offered the first and second doses of the COVID-19 vaccine. With flu season being around the corner, WIHCC provided flu shots for the community along with the Covid vaccines at the Jeddito Vaccination Clinic. Stay in the loop on future vaccination clinics and WIHCC updates on Facebook.

It takes a great deal of planning, coordination, and recruitment to have a good outcome. Fortunately, WIHCC has an outstanding School Health Task Force (SHTF). Vaccine clinics would not thrive without assessing and laying a foundation for the clinics. SHTF carefully assembles a team to go out on these vaccine clinics. Mobile Unit Coordinator, Keanu Fraizer, coordinated the Jeddito Public School vaccine clinic. A team of public health nurses and pandemic response technicians were assembled to give the community a great vaccination experience. "I would like to thank our school vaccine clinic team for all the hardwork and attention to detail when working at our (continued on next page)

school clinics, and I'd also like to thank Jeddito Public School (JPS) for helping us serve the community" says Keanu. School vaccine clinics would not be possible without the cooperation, planning, and support of the schools. The appreciation is reciprocated by Jeddito Public School Superintendent Corrina Begaye, "safety is paramount amongst Jeddito, we thank you for bringing this event to our community. We hope others will be more inclined to get vaccinated to keep our children and communities safe" states Superintendent Begaye.

Winslow Indian Health Care Center's goal is to get as many vaccinated as possible to help protect our community. Data backs up the effectiveness of the vaccine and WIHCC encourages everyone to get the vaccine if you can. We all need to do the responsible thing, Azee' Bił nihaa ada'ótsééh (*get vaccinated*) to protect not only ourselves but our K'e, our family, our relations, far and near.

-Tyree Honani, Health Promotion Disease Prevention (HPDP) Specialist/ Communication Coordinator.



Jeddito Vaccine Clinic team members



Winslow Jr. High student, Khaiyera B., getting vaccinated by WIHCC Public Health Nurse Melanie M. at the Winslow High School vaccine clinic.

Safe Schools How to Keep Schools Safe from COVID-19



- **1. Get Vaccinated.**
The Covid-19 vaccine is safe and approved for ages 12 and up. It is effective in preventing severe illness by acting as an extra layer of protection for your immune system.
- 2. Wear a clean mask.**
It is recommended to wear a clean mask indoors, wear and dispose of them correctly, and making sure the mask is over your nose and chin. It is recommended to wash masks daily.
- 3. Physical Distance**
Avoiding close contact with others and maintaining at least 3ft distance from others is a great way to stay safe from COVID-19.
- 4. Practice good hand hygiene.**
Wash hands frequently for 20 seconds with soap & water and use hand sanitizer with at least 60% alcohol to maintain clean hands.
- **5. Respiratory Manners**
This can be achieved by covering mouth and nose with a tissue when coughing & sneezing, throwing tissue away properly, and washing hands after sneezing, coughing, wiping nose, & touching mouth area.
- 6. Keep working areas clean.**
Frequently wipe down frequently touched areas such as desks, chairs, door knobs, and cellphones. This keeps germs from spreading.
- 7. Stay home when feeling sick.**
Please stay home if feeling any symptoms. These may include: cough, shortness of breath, chills, sore throat, loss of taste, muscle pain, fever, runny nose, diarrhea, nausea, vomiting, tiredness, headache, and poor appetite.
- 8. Stay home if someone in your household is feeling sick.**
If someone in your household is sick with COVID like symptoms or if you have been around someone who is sick with COVID-19, please stay home to prevent further spread.

WINSLOW INDIAN HEALTH CARE CENTER

500 N. Indiana Avenue • Winslow, AZ 86047 • (928)289-6244 • www.WIICC.com

Please check on your children before leaving home!

Can my child or teen go to school today or attend school activities?



Yes if...

- No cold, flu, or COVID-19 symptoms.
- No exposure to someone with COVID-19.



No if...

- Has cold, flu, Covid-like symptoms.
- Had exposure to someone with COVID-19.

Return to school when...

- Fever free for 24 hours without the use of fever-reducing medications.
- Symptoms have improved.
- 10 days since symptoms started.
- 10 days past since receiving a positive COVID-19 test result.
- For unvaccinated child, 14 days past since child had exposure to COVID-19.

Get Tested for COVID-19

- UNVACCINATED and NO SYMPTOMS: If child was exposed to someone with COVID-19, get tested 3-5 days after exposure. Stay home for 14 days from exposure.
- UNVACCINATED W/ SYMPTOMS: Get tested as soon as possible. Wait for COVID-19 results and instructions from public health officials.
- VACCINATED W/ SYMPTOMS: Get tested as soon as possible. Wait for COVID-19 results and instructions from public health officials
- VACCINATED and NO SYMPTOMS: If child was exposed to someone with COVID-19, stay in school, get tested 3-5 days after exposure and monitor for symptoms.

IMPORTANT: WAITING FOR COVID RESULTS- Child or teen stays home. No outside contact with others until test results are received, to prevent further spread of COVID-19.

Questions? Email: schoolhealth@wihcc.org or Call (928) 289-4646

SCREEN TIME vs LEAN TIME

Do you know how much entertainment screen time kids get? Time in front of a screen is time kids aren't active. See how much screen time kids of different ages get and tips for healthier activities.

AGE GROUP > 8-10 11-14 15-18

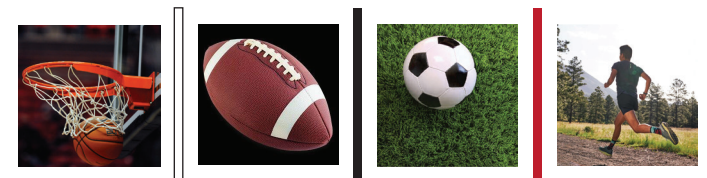
CHILDREN AGES 8-10 SPEND ABOUT	YOUTH AGES 11-14 SPEND NEARLY	YOUTH AGES 15-18 SPEND ABOUT	INSTEAD THEY COULD...
6 hours a day IN FRONT OF A SCREEN USING ENTERTAINMENT MEDIA NEARLY 4 OF THESE ARE SPENT WATCHING TELEVISION	9 hours a day IN FRONT OF A SCREEN USING ENTERTAINMENT MEDIA NEARLY 5 OF THESE ARE SPENT WATCHING TELEVISION	7½ hours a day IN FRONT OF A SCREEN USING ENTERTAINMENT MEDIA NEARLY 4½ OF THESE ARE SPENT WATCHING TELEVISION	<ul style="list-style-type: none"> Play a game of basketball AND STILL HAVE TIME TO... walk the dog and... dance to their favorite songs and... go for a run and... do yard work

How can parents help?

- 1 Ensure kids have 1 hour of physical activity each day.
- 2 Limit kids' total screen time to no more than 1-2 hours per day.
- 3 Remove TV sets from your child's bedroom.
- 4 Encourage other types of fun that include both physical and social activities, like joining a sports team or club.

Will your child need a sports physical?

To ensure your child or adolescent is safe to participate in physical activity and school sports, schedule your child for a sports physical.



Appointment slots are open now!

Call (928) 289-4646

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Childhood Obesity Awareness

By Sausha Nells, RN, Youth Wellness Nurse

What is childhood obesity?

Having a body mass index at or above the 95th percentile on the pediatric growth chart. The body mass index is figured out by calculating a percentage using the child or teenager's height, weight and age.

Who is at risk for childhood obesity?

- Children who are not getting at least 1 hour of physical activity every day.
- Children who are eating large portions sizes of food for their age. Most concerning are children who are eating foods that contain high amounts of starch, carbohydrates, and sugar. Many of these food items include junk foods, processed foods, fast foods, pasta, bread, potatoes or french fries, and chips.
- Children who are drinking large amounts of sugary beverages.
- Children who have a family history of obesity and diabetes.
- Children who have a mother that had gestational diabetes or type II diabetes during pregnancy with the child.

Why are we concerned about childhood obesity?

Obesity during childhood can hurt the inside of the body in a different number of ways. At this time, children are being diagnosed with type II diabetes as early as 5 years old. Children are also being prescribed medications to control blood sugar and blood pressure. We are concerned that children with obesity can develop the following:

- High blood pressure and high cholesterol, which can lead to heart disease.
- Insulin resistance which leads to type II diabetes.
- Breathing problems, such as asthma and sleep apnea.
- Joint problems and pain in ankles and knees.
- Fatty liver disease, gallstones, and problems with heart burn.

How do we prevent childhood obesity?

- Eat a variety of vegetables daily but limit eating starchy vegetables such as foods made with potatoes, corn and peas.
- Eat fresh fruits daily but eat 1 serving at a time because fruit have natural sugars in them.
- Drink 4-6 bottles of water per day and have little amounts of sugary drinks or have drinks with no sugar.
- Keep a healthy mind and spirit because positive feelings and thoughts helps to keep a person motivated to make healthy food choices and to be physically active.
- Limit screen time to 2 hours or less every day. Playing video games, watching TV and playing on phones prevents a person from being physically active.
- Be physically active at least 1 hour every day. Find activities that you enjoy. If sports is not your thing, try going for walks as a family. Try hiking or biking as a family. Ride horses or play tag with your siblings and cousins. Skateboard or jump rope are some other ideas.
- Be sure to get plenty of sleep which is 10 hours for elementary age and 8 hours for pre-teens and teens.

Where can we get more information?

Contact the Victory Program at 928-288-9219 or email Sausha Nells, Youth Wellness Nurse, Sausha.nells@wihcc.org
Victory program includes health education and activities provided by the youth wellness nurse, a medical provider, nutrition and fitness staff.



YOUTH WELLNESS PROGRAM

A PROGRAM WITH A GOAL OF
PREVENTING CHRONIC DISEASES
AMONG YOUTH

"Celebrating Small Wins"



WHEN CHILDREN GRIEVE

by: Lishua Gishie, Substance Abuse
Suicide Prevention (SASP) Coordinator

Grief is a normal and natural emotional response to change or loss of any kind- death, divorce, moving, health changes, relationship changes and more. Grief is also the result of unmet hopes, dreams, and expectations and the loss of intangible concepts such as safety, trust, respect, faith...and hope. Grief is universal. All of us have experienced grief throughout our lives, as a result of many changes and losses. These losses begin in childhood – when we move from one home to another, when our parents go through divorce, when a pet dies, when a first love doesn't work out, or when we experience abuse or neglect from someone we expect to love and care for us. Adults can learn how to help their children identify and give voice to undelivered communications. Knowing how to initiate in children lifelong and healthy response patterns to grief will empower them with effective methods for dealing with loss. No matter what the reason or the degree of

severity, if a child you love is grieving, these thoughtful guidelines can make a difference:

- Listen with your heart, not your head. Allow all emotions to be expressed without judgement, criticism, or analysis.
- Recognize grief is emotional, not intellectual. Avoid the trap of asking your child what is wrong, because he or she may automatically say “nothing.”
- It is recommended that adults go first. Telling the truth about your own grief will make your child feel safe about opening up, too.
- Remember that each of your children is unique and each has a unique relationship to the loss event.
- Be patient. Don't force them to talk.
- Never say “Don't feel sad” or “Don't feel scared.” Sadness and fear, the two most normal feelings attached to loss of any kind. hey are essential to being human.

Again, adults can learn how to help children identify and give voice to undelivered communications. These actions can help begin the recovery process.

Following any type of major loss, have you noticed a change in behavior? For example, more eating, more sleeping, more isolation, more video games. Incomplete grief can lead to STERB (Short Term Energy Relieving Behaviors). They are activities you use to distract yourself from painful feelings that follow a major loss. Another example is shopping, there's nothing wrong with shopping but if shopping is used to avoid feelings not only do you avoid dealing with the emotions, but it could lead to financial problems. It gets worse when shopping no longer gives you relief and stops working.

No matter what the journey involves, witnessing the return of hope to a child's life is one of the greatest gifts you can give to any child you love.



TED'S TALK: DIABETES MELLITUS TYPE II AND COVID-19

Over one year ago, I had the opportunity to serve the families of our Leupp, AZ Clinic. I had the privilege to establish a Covid-19 testing clinic. Along with most of my professional colleagues at Winslow Indian Health Care Center (WIHCC) we had never experienced direct patient care during a worldwide pandemic. It also became clear to me that we still did not yet have the full clinical language for Navajo interpretation for the Covid-19 virus. Early in the process of setting up our clinic our first stressed and concerned patients came to see us about potential outbreaks in their families.

I remember one afternoon while taking a break for lunch looking out toward the Little Colorado River thinking to myself, “How is it possible that such a destructive virus could make its way across the world to our People here in the small community of Leupp, AZ all the way from China?” Little did we know of the major impact this virus would make upon our individual lives and many throughout the Navajo Nation. Looking back I remember all the reservation lockdowns that were observed, lifted and locked back down. So much of our clinical guidance would change week to week and sometimes day to day. Covid-19 has directly affected all of us in the following risks levels, general population, exposure, infection, diagnosis, hospitalization, severe morbidity, mortality or death. Covid-19 indirectly affects us in our individual lifestyle and behavioral choices, health services, mental health, community, environment and financial stability. Even in writing a standard report about Covid-19 it has been difficult to find a general consensus upon data since it is still largely developing as we continue through this pandemic.

Patients with Diabetes Mellitus Type II (DMII) are challenged by Covid-19 in combination with comorbid conditions including obesity, high blood pressure, high cholesterol, coronary artery disease, myocardial infarction, stroke, retinopathy, nephropathy and neuropathy. In studies conducted it has been shown that 33% of individuals hospitalized for Covid-19 had diabetes. Second, approximately 10% of non-hospitalized patients had diabetes. Third, 21-43% of diabetes patients developed severe disease including respiratory distress, mechanical ventilation with intensive care.

Here at Winslow Indian Health Care Center we have an estimated Diabetes Type II population of 3,906. We are still working out the total number of DMII patients who were hospitalized for Covid-19.

Through nursing and provider education we have worked tirelessly to convey the importance of having all of our age eligible Diabetes patients be immunized with the Covid-19 vaccine. Let us not forget that the struggles of Covid-19 are not over. It is important to continue following both Centers for Disease Control (CDC) and Navajo Nation Guidelines for fighting Covid-19. Please continue to wear your masks in public places, stay six feet or more apart, avoid large public gatherings, washing your hands. It is becoming increasingly important for Diabetes patients along with other immunocompromised patients to receive their Covid-19 vaccines. It is my hope we will beat Covid-19 and rural reservation communities like Leupp, AZ will continue to look toward a brighter future as they seek strength and resolve from the Colorado River. Thank you.

TED CHATTER, MS, RN
DIABETES CLINICAL NURSE SPECIALIST



Reference:
Gregg, E. W., Sophica, M. K., & Weldegiorgis, M. (2021). Diabetes and covid-19: Population impact 18 months into the pandemic. *Diabetes Care*, 44(9), 1916–1923. <https://doi.org/10.2337/doi21-0001>

KNOW YOUR LEMONS

by Elizabeth Blackgoat & WIHCC Womens Health Staff

During the month of October 2021 the Women’s Health Program will be rolling out a new patient education program for Breast Cancer Awareness. This program is called Know Your Lemons, and is sponsored by the Know Your Lemons Foundation. This is an innovative campaign to teach about the symptoms of breast cancer and the process for detection of abnormalities. Why lemons? Lemons can easily represent a breast, without being graphic. Lemons transcend the barriers of language, taboos about the body, and fears that arise when addressing breast cancer. The visuals do the talking. It makes it easy to teach anyone, anywhere.

Their **mission** is to improve early detection for breast cancer worldwide through creative and empowering education. Their vision is to have a world where patients feel empowered with knowledge and confidence to report breast changes and participate when screening is available. Their goal is to reduce deaths from breast cancer by one-third by 2030.

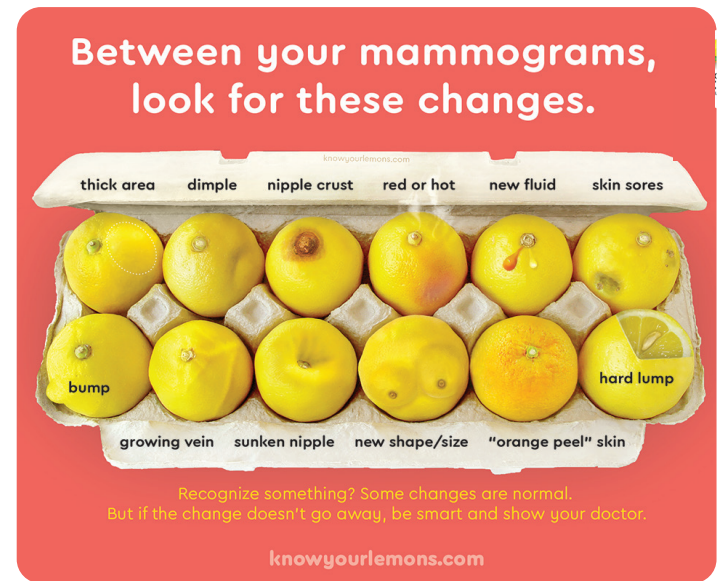
This program was developed and designed by Dr. Corrine Ellsworth-Beaumont MFA, PhD. Her passion for breast cancer education stems from the loss of a grandmother and a close friend who died from breast cancer. She took it upon herself to learn everything she could about breast cancer detection. She began a quest to protect herself, and looked for information to some basic questions: “What do I look for? When should I get a mammogram? Am I at a higher risk?” She was given a lot of pamphlets, referred to websites and books, but none of them had all the answers she was looking for in an easy to

understand format. In addition to looking for basic information, she also looked at healthcare communication. There wasn’t an easy way to tackle this subject. In the process of photographing other objects to symbolize breasts, she stumbled across the humble lemon! It had a nipple, the inside looked like breast anatomy, and it had hard seeds that could represent cancer. She worked with doctors and nurses to develop materials for the program. The educational materials are now being used in over 90 countries, and is available in 20 languages.

The Know Your Lemons Foundation offers breast health training for volunteers and offers a free app to help women stay on top of their breast health and mammography screening. Dr. Ellsworth-Beaumont’s wish is to make it easy for everyone to change the picture of breast cancer and save the lives of our grandmothers, mothers, sisters and friends along the way.”

According to a 2018 survey of 19,000 women, just 2% of women know all the signs of breast cancer. Only two in five people (42%) are confident about recognizing the changes to their breasts that could be a sign of cancer. 25% think that a lump is the only sign of breast cancer. These problems have existed for decades, and despite all of the attention on breast cancer awareness, we seem to be “aware” but not educated.

The WIHCC Women’s Health Staff & NNBCPP Case Manager have now been educated and trained as global educators (also known as “Lemonistas”). They plan to utilize the program to reach people in innovative ways to teach with the most impact.



Know Your Lemons Foundation | Visit knowyourlemons.com



TEESTO'S GROWING COMMUNITY GARDEN

BY: TYREE HONANI, HEALTH PROMOTION DISEASE PREVENTION SPECIALIST



Navajo Nation implemented a junk food tax on all food and beverage items considered to have “minimal-to-no nutritional value”. Those funds were allocated to help fund wellness projects such as a “community fitness classes, greenhouses, youth clubs, clean water initiatives, Navajo cultural classes and more”. With all of these options to choose from Teesto Chapter opted for a community garden. In 5 years, the seed that was planted, flourished into Teesto Community Garden. It takes a great deal of hard work, determination, and people to build and maintain a garden, hence a “community” garden. It takes the "whole community to construct, plant, water, and harvest food" says Artie Yazzie, who is the main community gardener of the Teesto community garden. Gardens may seem like a very simplistic concept but a lot goes on when planning to create one. "The surveying of water quality, air quality and the stewardship of nature are the key into establishing a bountiful garden" says Felix Earle, a recruited community gardener of Greasewood. Having a community garden is essential to creating a healthy life style for people because it helps to feed the community with nutritional foods and they are welcome to come and grab the harvest when they are ready. Having a community garden also provides a place for demonstration, if the community ever needs to learn how to plant, harvest, and up keep a garden, Teesto has experienced horticulturalist to help teach. Having the garden also provides “free therapy” says Nate Etcitty, also a recruited gardener of Greasewood. Not only does it provide a mind getaway but it also takes a lot of physical labor to build and maintain which is another way the “junk food tax” helps Navajo people to live a healthier lifestyle.

Growing food from the Earth emulates the days of how Navajo elders used to be, before fast food was very accessible. Navajo people were very in tune with Mother Nature. “Mother Nature

determines where to plant we've learned. They knew how to grow, when to grow, and what to grow throughout the seasons. Growing food also teaches the history and evolution of the land” says Mr. Etcitty. The three gardeners taught students from the Teesto community who were in the summer youth employment program. They were taught how to harvest táádidíín (“corn pollen”), a prominent prayer offering and symbol of life for Navajo people. This may seem like a little concept to teach but it is very important in teaching cultural principles that help revitalize Diné culture. The garden also teaches a core Navajo principle, K’e. Meaning who you are, where you come from, relations, the land, everything connected. The gardens allows for people to gather and rebuild community. It is a great way to gather safely during the COVID-19 pandemic. You can rebuild the relations that may have been lost during the pandemic and even establish new relations. Community gardens have benefited the Indigenous people since creation and it is a valuable way for native people to live a healthier lifestyle and carry on cultural values.

Teesto is nearing its spring and summer harvest and is about ready to share its nourishment of veggies and herbs. "Planting doesn't stop there" says Mr. Yazzie, there are crops that grow during the fall/winter months that they are preparing for. The future is looking very bright for the growing garden. Teesto hopes to inspire more community members to educate and help with the garden. Mr. Yazzie hopes for creating a farmers market that could help bring business to Teesto and intends to provide food to restaurants such as Twin Arrows and local grocery stores. Mr. Yazzie already had success by providing Winslow's *La Posada* restaurant with Teesto produced lettuce. So when you take your next bite of squash, lettuce, watermelon, or corn, think: can I grow this in my community and for my community?



Teesto community gardeners from left to right Felix Earle, Nate Etcitty, and Artie Yazzie.



Teesto's blooming garden.



Watermelon grown from Teesto garden.

SQUASH CAN BE A SAVORY DISH

by Nora Bia,
Diabetes Nutrition Tech.

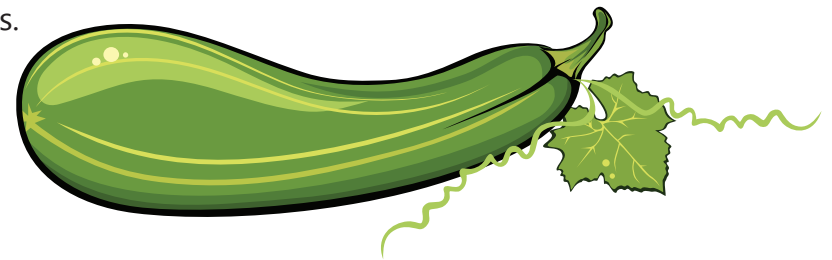


Harvest time is here. Families and communities connect during this time in the spirit of sharing and use their tried and true squash recipes. Everyone at the dinner table will reap the benefits from a squash dish as they are healthy, low fat, and they contain essential vitamins the body needs like vitamin A and C. There are two main type of squash, winter and summer squash.

Winter Squash can be stored throughout the winter after the rind hardens and that is when it can be cooked and eaten. Winter squash are good sources of Potassium, beta-carotene, and vitamins A & C. This type of squash is starchy therefore, those living with Diabetes should monitor their portion size when consuming them. Some familiar winter squash you may know are Butternut squash, Acorn squash, and Pumpkin.



Summer Squash includes zucchini, round zucchini, and patty pan just to name a few. They are easy to grow and are non-starchy so you can grill an abundance of it or use them in salads, stews, or soups.



Below is a summer squash recipe to try and share with family & friends, it is a good side dish or it can also be served over cooked pasta.

ZESTY ZUCCHINI & SQUASH RECIPE

The recipe yields 4-6 servings. Prep time is 15 minutes and cook time is about 25 minutes.

Ingredients:

- 3 medium small yellow squash, cubed
- 3 small zucchini, cubed
- 1 (10 ounce) can diced tomatoes with green chili peppers
- ½ onion, chopped garlic powder to taste or use 1-2 fresh minced garlic clove

Directions:

- Step 1 - In a large saucepan, combine squash, zucchini, tomatoes with chili, onion, salt and garlic powder. Bring to a boil over medium-high heat.
- Step 2 - Reduce heat to low and cook until tender-crisp. Add a pinch of salt for taste.
- ENJOY!



Nutrition Facts Per Serving: 43 calories; protein 1.8g; carbohydrates 9.7g; fat 0.4g; sodium 328.4mg

JUST MOVE IT

by: Hózhóógo Iná
Wellness Program

The Hózhóógo Iná Wellness Program (HIWP) will be hosting their final virtual event of the 2020-2021 Just Move It (JMI) season from October 23, 2021, to November 1, 2021. Registration will open on October 4, 2021, and close on October 22, 2021, or when registration is full. Advertisement for the October 2021 event will be communicated through chapter houses, WIHCC's website, WIHCC's Facebook, and at WIHCC clinics.

During this last event and here onward, the HIWP will focus on the eleven Winslow Indian Health Care Center (WIHCC) service areas:

1. Jeddito
2. Whitecone
3. Indian Wells
4. Dilkon
5. Teesto
6. Birdspring
7. Tolani Lake
8. Leupp
9. Grand Falls
10. Winslow
11. Holbrook

The November 2020 JMI had 259 total participants. The March 2021 JMI had 363 total participants. The August 2021 JMI had 270 total participants. To date, a total of 892 individuals have participated in the HIWP's 2020-2021 JMI series.



In preparation for 2020 JMI, the HIWP invited 7th through 12th-grade students within the Winslow Service Area to design a logo for the 2020 JMI. The contest was held during the fall of 2019 and a total of four art pieces were submitted. Of the four pieces, two met the contest criteria: "Take the First Step" by Tyler Chee and "Sticking to Good Health" by Peter Miller.

The HIWP then asked their fellow WIHCC staff to help select one winner via a survey. In January 2020, WIHCC selected Tyler Chee's piece "Take the First Step" to be used as the backbone for the HIWP's logo creation. The HIWP fell in love with the 2020 logo and unanimously decided to use it throughout the 2021 series.

**TAKE
THE
FIRST
STEP**



“Take the First Step” depicts a rugged trail up a mountain which is a metaphor for the journey to get over great obstacles in life. A native woman is looking on. She knows the journey over the mountain won't be easy but will be worth it once she reaches the top. "Take the First Step" illustrates achievements don't come easy in life. We have to push ourselves to work hard to accomplish our goals in life. This is what we should strive for, this is “T’áá Hó Ájit’éego.”

MEET THE ARTIST, TYLER CHEE

Tyler Chee, was born in Flagstaff and raised in Winslow, Arizona. As far back as he can remember, he’s always admired the practice of art. Growing up, his family frequently took him to visit his grandparents on the Navajo reservation. At his grandparents’ there was a corral full of beautiful horses. Tyler grew to love horses and eventually began drawing horses. His love for art and horses was further inspired by his artist uncles; one of which drew detailed horse portraits.

By junior high, Tyler desired to improve his craft so, he began replicating photos of horses, began to study equine anatomy, and worked to master proportion, value, and color. As a result, Tyler began to create realistic portraits of celebrities, animals, and landscapes including charcoal and graphite sketches. In his last years in high school, students and staff began to recognize Tyler as an artist backed by several awards and creations. Tyler knows he still has much to learn. He is currently working on his skills and aims to become an even more accomplished artist. He spends every free minute drawing and creating art pieces with different media.

**SNAP
A
SELFIE**



During the August 2021 event, the HIWP’s “Snap a Selfie” raffle which is a promotion held within the JMI – called for participants to submit a photo of themselves in superhero-inspired attire. The HIWP requested for Mackenzie Blackgoat, a Pandemic Response Technician, to create artwork for the promotion in hopes of surrounding more interest in the raffle. She designed the above for the HIWP.

MEET THE ARTIST, MACKENZIE BLACKGOAT

Mackenzie Blackgoat is Hungarian, born for Tódich’ii’nii, her maternal grandfathers are Polish, and her paternal grandfathers are T’ízi lání. She is a character artist and game developer alumni from Savannah College of Art and Design (SCAD). She was the head character artist of the award-winning game “Zoelie” and other games such as “Beat down,” and Global Jam Games’ “Kracken” and “Escalon.”

Registration for the October 2021 JMI will open on October 4, 2021. Visit wihcc.com for updates and/or email the JMI team at hiwc@wihcc.org.

COVID CORNER

(COVID INFO.)

Practice the 3 W's

To reduce the risk of COVID-19 and its Variants



DRIVE-THRU COVID-19 TESTING & VACCINE

WINSLOW INDIAN HEALTH CARE CENTER

-WINSLOW FACILITY

8:30 AM - 4:00 PM (MST)

MONDAY-FRIDAY



COVID-19 DELTA VARIANT

Multiple variants of the COVID-19 virus have emerged. Viruses are constantly changing through mutation. Sometimes new variants emerge and disappear, or emerge and persist.

The virus that causes COVID-19 is part of a large family of viruses. Studies of the viruses help scientists understand how variants spreads, and how it affects people.

In some parts of the U.S., rapid spread of the Delta variant has led to surges in COVID-19 hospitalizations and deaths, largely among people who are not fully vaccinated.

What we currently know about Delta (B.1.617.2) variant:

- Spreads much more easily and quickly than other variants.
- May lead to more cases of COVID-19.
- Increased number of cases may cause more people to need clinical care.
- Vaccines are effective in preventing severe disease from the Delta variant.
- This is being closely monitored.

The Importance of getting vaccinated:

- Reduces transmission of infection.
- Reduces or prevents severe COVID-19 disease caused by variants.
- Provides a safer way to help build protection.
- Protects your family, friends, and community.

Together, we can prevent the spread of this variant. Please:

- Get vaccinated.
- Wear a mask, even after vaccination.
- Wash hands with soap and water often and use hand sanitizer.
- Watch your distance- keep a 6 feet distance from others in public spaces.
- Avoid large crowds indoors and outdoors.
- Avoid having unvaccinated visitors in your home.
- Get tested if you have symptoms of COVID-19 or have been exposed.
- Isolate/quarantine if you are sick or have been exposed.

It is more important now than ever to get the COVID-19 vaccine to protect yourself, your family and your community.

DRIVE-THRU FLU SHOTS

M-F 8:30 AM - 4:00 PM (MST)



- NO APPOINTMENT REQUIRED.
- LIMITED TO BENEFICIARIES OF WIHCC.
- DRIVE-THRU FLU VACCINES WILL BE LIMITED TO THOSE FIVE YEARS OLD AND OLDER.
- PATIENTS WHO ARE YOUNGER THAN FIVE YEARS OLD WILL NEED TO BE VACCINATED INSIDE THE CLINIC & ARE ENCOURAGED TO MAKE AN APPOINTMENT.

FOR MORE INFORMATION & QUESTIONS
CALL (928) 289-1930

DIKOS NTSAAÍGÍI-19
CORONAVIRUS

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