

Yá'át'ééh

The Health & Wellness Newsletter of Winslow Indian Health Care Center, Inc.

WIHCC
Medical Office Bu



FREE PUBLICATION

WINTER 2019

FEBRUARY IS AMERICAN HEART MONTH



Cardiology Department, Hozhoo-goo Iina Wellness Program, and Nursing Department have teamed up to host Heart Health Activities/Education throughout the month.

Heart disease is the leading cause of death for both men and women. Every year, 1 in 4, deaths are caused by heart disease. To prevent heart disease and increase awareness of its effects, Winslow Indian Health Care Center is proudly participating in American Heart Month. In Arizona, heart disease is the second leading cause of death, taking the lives of

over 11,900 in 2016. Heart disease is the leading cause of death for both men and women. Every year, 1 in 4, deaths are caused by heart disease.

Coronary heart disease (CHD) is a disease in which a waxy substance called plaque, builds up inside the coronary arteries. These arteries supply oxygen-rich blood to your heart muscle. When plaque builds up in the arteries, the condition is called atherosclerosis. The buildup of plaque occurs over many years.

Over time, plaque can harden or rupture (break open). Hardened plaque narrows the coronary arteries and reduces the flow of oxygen-rich blood to the heart. If the plaque ruptures, a blood clot can form on its surface.

A large blood clot can mostly or completely block blood flow through a coronary artery. Over time, ruptured plaque also hardens and narrows the coronary arteries.

Risk Factors

1. HIGH BLOOD CHOLESTROL & TRIGLYRIDE.

High blood cholesterol is a condition in which your blood has too much cholesterol—a waxy, fat-like substance. The higher your blood cholesterol level, the greater your risk of coronary heart disease (CHD) and heart attack.

Cholesterol travels through the bloodstream in small packages called lipoproteins. Two major kinds of lipoproteins carry cholesterol throughout your body. Healthy levels of both low-density lipoproteins (bad cholesterol) and high-density lipoproteins (good cholesterol) cholesterol will prevent plaque from

-Continued on Page 4

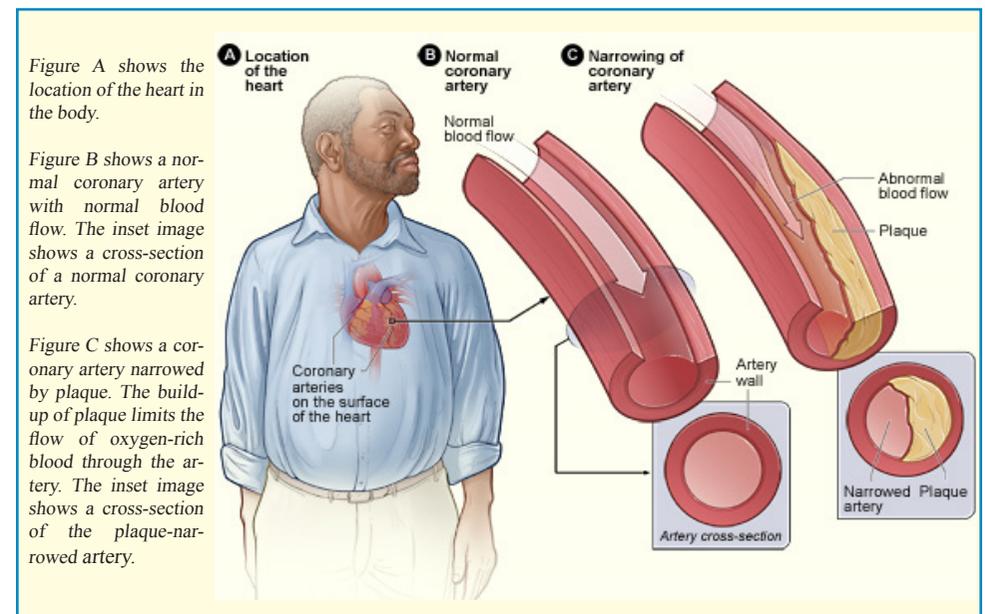


Figure A shows the location of the heart in the body.

Figure B shows a normal coronary artery with normal blood flow. The inset image shows a cross-section of a normal coronary artery.

Figure C shows a coronary artery narrowed by plaque. The buildup of plaque limits the flow of oxygen-rich blood through the artery. The inset image shows a cross-section of the plaque-narrowed artery.



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Winslow Indian Health Care is a 638 organization with a policy making Board of Directors, all which present the eight chapters in the southwest region of the Navajo Nation. These chapters include Birdsprings, Dilkon, Indian Wells, Leupp, Teesto, Tolani Lake, Jeddito and White Cone.

Rodger Paul WIHCC Board Member Jeddito Chapter



Mr. Paul enjoys outdoor activities such as traveling, riding horses, working and planning with the community.

Y1'1t'44h (Hello) my name is Rodger Paul representing Jeddito Chapter on the WIHCC Board of Directors. My clans are Honaghaahnii (One Who Walks Around Clan), Father's clan Dibe Lizhini (Black Sheep Clan), my maternal grandfather's Tsi'naajinii (Black Streak Wood People), and my paternal grandfather's Todich'ii'nii (Bitter Water Clan).

Mr. Paul was born in Chinle Arizona and graduated from Chinle High School. He presently lives in Beshbito, Arizona, married to Jane A William, and has three daughters (Vanessa, Rodgina, and Elisha). Mr. Paul retired from Navajo Nation Land Department after 35 years and currently serving as Vice President of Jeddito Chapter.



WIHCC

WINSLOW INDIAN HEALTH CARE CENTER

BOARD OF DIRECTORS

 Robert Salabye President Whitecone Chapter	 Charles Jimmie Store Vice-President Leupp Chapter
 John Nells Secretary Teesto Chapter	 Jerry Freddie Member Dilkon Chapter
 Ray Curley Member Birdsprings Chapter	 Velma Huskey Member Tolani Lake Chapter
 Mary Ann Begay Member Indian Wells Chapter	 Rodge Pual Member Jeddito Chapter



Herbal Preparations Using Plants as our Medicine

If you are new to the world of medicinal herbs, the terms and variety of plants available can be overwhelming! In this series of articles, Dr. Teri Rada NMD will introduce the basics of incorporating medicinal herbs into your daily routines. So let's first start with the different types of herbal preparations that you can easily make at home with limited supplies required.

Herbal Teas or Tisanes

Herbal teas (or tisanes), as well as being pleasurable to drink, with regular use, can tone, soothe, and balance the body. Be sure to distinguish herbal teas from black tea. Black tea is from the plant *Camellia sinensis*, a medicinal herb that soothes and relaxes, but if taken too frequently the body becomes so accustomed to it that it has little or no effect when it is really needed. It also contains two powerful alkaloids, theobromine, and caffeine, which are poisonous when taken in excessive doses. Excessive use of black tea is known to deplete the body of iron and B vitamins and will cause premature aging, graying hair and early senility. Black and green teas are high in antioxidants. Australian researchers announced in 1997 that the black tea could be the next weapon in the fight against skin cancer as the antioxidants in green and black tea are both thought to be active agents against skin cancer. Given the other constituents in black tea, green tea is a preferable source of antioxidants. Herbal teas are technically tisanes rather than teas, since they contain no "tea", but we use the terms interchangeably. The transition from black tea to herbal teas can be a gradual evolution, but once you experience the joy of a refreshing cup of herb tea, the transition has begun. A few sprigs of lemon balm, apple mint, lemon thyme, peppermint, or lemon verbena, added to tannin tea make a pleasant change. Teas and tisanes are a world unto themselves. Spend some time in a local tea store or tea house and experience some of the more unusual types of teas. You may find a new addiction to replace coffee!

Tea Recipes

Basic Tea Recipe:

Dried Herb: 1 teaspoon (for fresh herbs use 2-2.5 times the amount as dried)

Filtered water: 1 cup

Directions: Place herbs into a ceramic or glass teapot. Bring the water to a boil. Do not use an aluminum pot. Turn off the heat and pour the water over the herb. Cover the pot and let steep for 5 to 10 minutes. Strain the tea in a non-aluminum strainer and then drink. Use immediately and do not store.

Infusions

Infusions are a more medicinally potent form of tea and can be prepared using fresh or dried leaves, flowers, or stalks of a plant. By steep the herb longer, more of the active constituents will be pulled from the plant into the tea. Active constituents are the chemical parts of the plant that performs various functions in the body.

Basic Infusion recipe:

Dried Herb: 1 ounce (use 2-2.5 times the amount for fresh herbs)

Filtered Water: 1 pint

Directions: Place herbs into a ceramic or glass teapot. Bring the water to a boil. Do not use an aluminum pot. Turn off the heat and pour the water over the herb. Cover the pot and let steep for 10 to 20 minutes. Strain the tea in a non-aluminum strainer and then drink. You can store the infusion for up to 24 hours in the refrigerator. The infusion will have a much stronger taste than a basic tea.

Decoctions

Some herbs should be simmered in water rather than steeped to extract their specific nutrients. In cases where the root or bark of a plant is used to make a medicinal preparation, a decoction should be done to extract the medicinal components or active constituents from the source. Some other examples where a decoction is appropriate include: Oat-straw contains silica, which requires simmering to be released into the water. Red clover blossoms must be simmered to extract their copper and iron and Dandelion roots should be simmered to prepare a pleasant coffee-like beverage.

Basic Decoction Recipe:

Dried Herb: 1 ounce (use 2-2.5 times the amount for fresh herbs)

Filtered Water: 1 pint

Directions: Place the water into a pot made from a non-reactive material (such as stainless or enamel). Do not use aluminum. Cut or crush the herb or root and add it to water in the pot. Do not cut or crush in advance, as vital constituents can be lost. Turn on the heat to medium. Simmer your decoction with the lid off until the volume of water is reduced by one quarter, so three quarters of a pint remains. Cool and strain. Take in divided doses according to the use. Store the preparation for no more than 72 hours in the refrigerator.

-Continued from Page 1

building up in your arteries. Routine blood tests can show whether your blood cholesterol levels are healthy. Talk with your doctor about having your cholesterol tested and what the results mean. Triglycerides are a type of fat found in the blood. Some studies suggest that a high level of triglycerides in the blood may raise the risk of CHD, especially in women.

2. HIGH BLOOD PRESSURE

“Blood pressure” is the force of blood pushing against the walls of your arteries as your heart pumps blood. If this pressure rises and stays high over time, it can damage your heart and lead to plaque buildup. All levels above 120/80 mmHg raise your risk of CHD. This risk grows as blood pressure levels rise. Only one of the two blood pressure numbers has to be above normal to put you at greater risk of CHD and heart attack.

Most adults should have their blood pressure checked at least once a year. If you have high blood pressure, you’ll likely need to be checked more often. Talk with your doctor about how often you should have your blood pressure checked.

3. OVERWEIGHT & OBESITY

Being overweight or obese can raise your risk of CHD and heart attack. This is mainly because overweight and obesity are linked to other CHD risk factors, such as high blood cholesterol and triglyceride levels, high blood pressure, and diabetes.

4. SMOKING

Smoking tobacco or long-term exposure to second hand smoke raises your risk of CHD and heart attack. Smoking triggers a buildup of plaque in your arteries. Smoking also increases the risk of blood clots forming in your arteries. Blood clots can block plaque-narrowed arteries and cause a heart attack. Some research shows that smoking raises your risk of CHD in part by lowering HDL cholesterol levels.

The more you smoke, the greater your risk of heart attack. The benefits of quitting smoking occur no matter how long or how much you’ve smoked. Heart disease risk associated with smoking begins to decrease soon after you quit, and for many people it continues to decrease over time.

5. PHYSICAL ACTIVITY

Inactive people are nearly

twice as likely to develop CHD as those who are active. A lack of physical activity can worsen other CHD risk factors, such as high blood cholesterol and triglyceride levels, high blood pressure, diabetes and prediabetes, and overweight and obesity.

It’s important for children and adults to make physical activity part of their daily routines.

6. UNHEALTHY DIET

An unhealthy diet can raise your risk of CHD. For example, foods that are high in saturated and trans fats and cholesterol raise LDL cholesterol. Thus, you should try to limit these foods.

It’s also important to limit foods that are high in sodium (salt) and added sugars. A high-salt diet can raise your risk of high blood pressure. Added sugars will give you extra calories without nutrients like vitamins and minerals. This can cause you to gain weight, which raises your risk of CHD. Added sugars are found in many desserts, canned fruits packed in syrup, fruit drinks, and nondiet sodas. hours spent in front of TVs and computers doing work, schoolwork, and leisure activities.

7. STRESS

Stress and anxiety may play a role in causing CHD. Stress and anxiety also can trigger your arteries to tighten. This can raise your blood pressure and your risk of heart attack. The most commonly reported trigger for a heart attack is an emotionally upsetting event, especially one involving anger. Stress also may indirectly raise your risk of CHD if it makes you more likely to smoke or overeat foods high in fat and sugar.

8. AGE

In men, the risk for coronary heart disease (CHD) increases starting around age 45. In women, the risk for CHD increases starting around age 55. Most people have some plaque buildup in their heart arteries by the time they’re in their 70s. However, only about 25 percent of those people have chest pain, heart attacks, or other signs of CHD.

9. GENDER

Some risk factors may affect CHD risk differently in women than in men. For example, estrogen provides women some protection against CHD, whereas diabetes raises the risk of CHD

more in women than in men.

10. FAMILY HISTORY

A family history of early CHD is a risk factor for developing CHD, specifically if a father or brother is diagnosed before age 55, or a mother or sister is diagnosed before age 65.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

1. Watch your weight
2. Quit smoking and stay away from secondhand smoke.
3. Control your cholesterol and blood pressure.
4. If you drink alcohol, drink only in moderation.
5. Get active and eat healthy.

For more information, visit Winslow Indian Health Care Center @ 500 N. Indiana Ave, Winslow, AZ

Reference: National Heart, Lung, and Blood Institute. Retrieved from nhlbi.nih.gov/health-topics/education-and-awareness/heart-month/learn-more-about-heart-disease

CONFIDENTIAL **FREE** **RAPID**
HIV  **SCREENING**

✦ Contact: Navajo Nation HIV ✦
Prevention Program— Winslow

928-289-6165

KNOW YOUR STATUS!
GET TESTED!

51% of
YOUTH
13-24
LIVING
WITH
HIV
DON'T
KNOW
IT.
-CDC



**WIHCC Non-Emergency
Transportation
Program**

Let us drive you to your next
WIHCC appointment

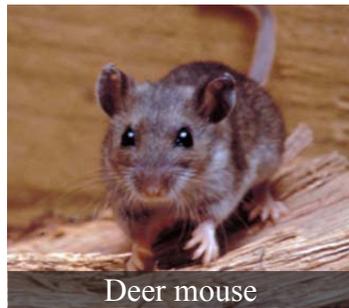
Call Carolyn at

928-289-6181

**to make transportation
arrangements**



Hantavirus Pulmonary Syndrome



Deer mouse



Cotton Rat



Rice Rat



White-Footed mouse

Hantavirus Pulmonary Syndrome (HPS) is a rare but severe, sometimes fatal, respiratory disease in humans caused by infection with hantavirus.

Early symptoms include fatigue, fever and muscle aches, especially in the large muscle groups—thighs, hips, back, and sometimes shoulders. About half of all HPS patients also experience headaches, dizziness, chills, and abdominal problems, such as nausea, vomiting, diarrhea, and abdominal pain.

Four to 10 days after the initial phase of illness, the late symptoms of HPS appear. These include coughing and shortness of breath, with the sensation of, as one survivor put it, a “...tight band around my chest and a pillow over my face” as the lungs fill with fluid.

How do people get HPS?

People can get HPS when they are exposed to infected rodents. Exposures may include, breathing in the vi-

rus. This may happen when rodent urine and droppings containing hantavirus are stirred up into the air. Touching eyes, nose or mouth after touching rodent droppings, urine, or nesting materials that contain the virus. A bite from an infected rodent. **HPS is not spread from person to person.**

Which rodents can cause humans to get HPS?

Rodents known to carry hantavirus include: Deer Mouse, Cotton Rat, Rice Rat and White-Footed Mouse. Not all rodents carry hantavirus and there is usually no way to tell when a rodent has the virus. So, it is wise to avoid all contact with rodents when possible.

How is HPS diagnosed?

Diagnosing HPS in an individual who has only been infected for a few days is difficult, because early symptoms such as fever,

muscle aches, and fatigue are easily confused with influenza. Experiencing all of the following would strongly suggest HPS infection: a history of potential rodent exposure, fever and fatigue, shortness of breath. Anyone experiencing these symptoms and having a history of recent rodent exposure should see their physician immediately and mention their potential rodent exposure.

How is HPS treated?

There is no specific treatment, cure, or vaccine for HPS. If infected individuals are recognized early and receive medical care in an intensive care unit, they may do better. In intensive care, patients are intubated and given oxygen therapy to help them through the period of severe respiratory distress. The earlier the patient is brought in to intensive care, the better. If a patient is experiencing full respiratory distress, it is less likely that the treatment will be effec-

tive.

How can HPS be prevented?

When people get HPS, it's usually because they've been exposed to infected rodents or their droppings. So, the best way to help prevent HPS is to eliminate or minimize contact with rodents in your home, workplace, or campsite. There's an easy way to do this – it's known as Seal Up! Trap Up! Clean Up!

Source: Hantavirus. (2018, February 09) www.cdc.gov/hantavirus/
CDC contact info: 1-800-CDC-INFO (1-800-262-4636)



Seal Up!



Trap Up!



Clean Up!



For More information:
Health Education Program-Navajo Division of Public Health Services
HIV Prevention Program-Navajo Infectious Disease Control & Prevention Program
Winslow Service Area
928-289-6142



Methamphetamine and Suicide Prevention Initiative (MSPI)

The goal of the WIHCC MSPI Program is promote positive American Indian/Alaska Native youth development and family engagement through the implementation of early intervention strategies to reduce risk factors for suicidal behavior and substance abuse.

The WIHCC-MSPI Program created this resource listing which can be utilized for all communities in the event of a crisis, you need someone to talk to, where to get help or would like more information on the process of getting a loved one help.

According to the National Suicide Prevention Lifeline, if you're in crisis, there are options available to help you cope. Healing, hope and help can happen. Here are some ways to help you get through a crisis:

- 1) Find A Therapist/Support Group
- 2) Find Specific Resources For You
- 3) Self-Care

Retrieved from: <https://suicidepreventionlifeline.org/>



Suicide Prevention Resource Listing

CRISIS NUMBERS	
National Suicide Prevention Lifeline	800-273-8255
Teen Lifeline	800-248-8336
Suicide Crisis Textline	"TALK" to 741-741
Native Youth Crisis Hotline	877-209-1266
Northern AZ Crisis Line	877-756-4096
National Domestic Violence Hotline	800-799-7233
National Sexual Assault Hotline	800-656-4673
AZ Child Abuse/Neglect Hotline	888-767-2445
Northern AZ Center Against Sexual Assault	928-527-1900
Tuba City Regional Health Care Sexual Assault Response Team	928-283-2934 928-607-9089 cell
Tuba City Regional Health Care Sexual Assault Victim Advocate	928-283-2900 928-607-0811 cell
EMPACT – Sexual Assault Hotline	866-205-5229
Friends for Survival	800-646-7322
WIHCC – Traditional Medicine	928-289-9208

PUBLIC SAFETY LISTING	
Emergency	911
Navajo Police Department	
Dilkon Dispatch	928-657-8075
Window Rock	928-871-6111/6112
Tuba City	928-283-3111
Winslow Police Department	928-289-2431
Holbrook Police Department	928-524-3991
Navajo County Sheriff	928-527-4200
Apache County Sheriff	800-352-1850
Coconino County Sheriff	928-774-4523
Flagstaff DPS	928-773-3600
Holbrook DPS	928-524-6177
Ganado Fire Station	928-755-3424
Winslow Fire Department	928-289-2091
Holbrook Fire Department	928-524-3898

BEHAVIORAL HEALTH CENTERS	
Winslow Indian Health Care Ctr	928-289-6163/8164
Change Point – Winslow	928-289-4658
Change Point – Holbrook	928-524-6126
Change Point - Flagstaff	928-527-1899
Dilkon – Behavioral Health	925-657-8000
Hopi Behavioral Health	928-737-2697
Southwest Behavioral Health	928-779-4550
Native American for Community Action, Inc. - Flagstaff	928-773-1245 928-526-2968

HOSPITALS & CLINICS	
Winslow Indian Health Care Ctr	928-289-4646
WIHCC Urgent Care	928-289-6155
WIHCC – Dilkon	928-657-3800
WIHCC – Leupp	928-686-6567/6564
Little Colorado Medical Center	928-289-4691
Flagstaff Medical Center	928-779-3366
Sage Memorial	928-755-4500
Hopi Health Care Center	928-737-6000

SUICIDE PREVENTION/MENTAL ILLNESS	
Suicide Prevention Resource Center:	www.sprc.org
National Alliance of Mental Illness:	www.nami.org
American Foundation for Suicide Prevention:	www.afsp.org
American Association of Suicidology:	www.suicidology.org
Action Alliance for Suicide Prevention:	www.actionallianceforsuicideprevention.org
The Connect Program:	www.theconnectprogram.org
Suicide Prevention Lifeline:	www.suicidepreventionlifeline.org

WEBSITES	
LOSS SURVIVORS OF SUICIDE	
Survivors of Suicide:	www.survivorsofsuicide.com
Alliance of Hope:	www.allianceofhope.org
Compassionate Friends:	www.compassionatefriends.org 877-969-0010

2019 Kick Off the New Year Half Marathon and 5K Run



Tolani Lake, Arizona

The Winslow Indian Health Care Center (WIH-CC) Health Promotion Disease Prevention (HPDP) department hosted its 3rd Annual Kick off the *New Year Half Marathon and 5K Run* in Tolani Lake, Arizona on Saturday, January 26, 2019. A total of seventy-two runners came from all over the Navajo Nation to participate, including the New Mexico communities of Pine Hill, Farmington, Church Rock, Ramah and the Arizona communities of Kaibeto, Rock Point, Kayenta, Grand Canyon, and Cameron.

Each year, HPDP coordinates events in different communities in the Winslow

Service Area and this year, the hidden beautiful site of Tolani Lake community was selected. Tolani Lake's trails were very sandy and participants challenged themselves against a steep hill and the chilly weather.

HPDP strives to promote healthy living through physical activity, nutrition, and culture. Our goal is to have individuals keep up the momentum throughout the year to reach their personal goals or simply just to stay active. The mission of WIHCC is to provide assessable, quality, and cost effect health care therefore, these long distance runs are free and in

their backyard, as many local communities have their own trails to share. HPDP is willing to provide these services for each community because after all we are here to work with the communities with a common goal of achieving healthy living.

HPDP would like to thank the participants, Tolani Lake Chapter and community, Navajo County, Navajo Nation Police-Dilkon, and the Winslow Indian Health Care Center staff for their participation, time, and assistance in making this a successful event.

Submitted by Health Promotions & Disease Prevention



Vernard Martinez of Pine Hill, New Mexico - 1st Place



Jacqueline Nahee of Winslow, Az - 2nd Place
Chaston Blaine Yazzie of Chilchibeto, Az - 3rd Place



Half Marathon Team, left to right: Telesha Irving, Alberto Peshlaki, Wanda Denny, Adrienne Barton, Lishua Gishie, and Glinnabah White.

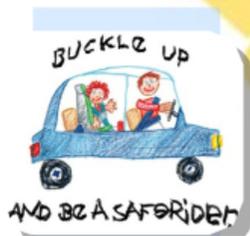
Visit WIHCC.com for more events by HPDP.

WIHCC Office of Environmental Health Child Passenger Safety Education

Does your child need a car seat?

Does your child fit in their car seat?

Is your child's car seat installed correctly?



Opportunities to participate:

- Sessions held **every** Thursday by appointments only
- Prenatal patient education **every** Thursday at 9am and 3pm MST
- Bring child(ren) who needs car seat(s)
- Make an appointment or call for more information (928) 289-9775
- Provide car seats to children residing within the WIHCC OEH Service Area

Car seats are no longer issued at Little Colorado Medical Center **after** labor and delivery. Please plan **prior** to admittance to any medical facility for labor and delivery.

Child Car Seat Safety Program

The best way to keep your child safe in the car is to use the right car seat in the right way. Here are some Top Tips about Child Car Seat Safety:

1. Always using a child car seat when transporting children
2. Having the right car seat.
3. Installing your car seat properly.
4. Getting the right fit.
5. When to change your car seat.

Many kids spend a lot of time in the car, so it is important to learn how to keep them safe on the road. There's a lot to know!! Learn more car seat safety tips to protect your child by contacting our Child Car Seat Program at Winslow Indian Health Care Center by calling (928) 289-8013 and speak with our new Environmental Health staff, Andrea Long or LaTanya Yazzie.

Our Environmental Health Technicians are Certified Car Seat Educators to assist with one-on-one training to guide parents on car seat safety. They are also available during the Weekly Prenatal Education classes for expecting mothers/parents.

Our program offers three types of car seats: rear-facing, forward-facing and booster seat. Even though there are many different models to choose from, all car seats must meet the same U.S. federal safety standards.

Essential requirements when scheduling a car seat education appointment: have approximately an hour available for education time per child, patient chart number, and a vehicle onsite for the car seat to be installed.



Left to right: Latanya Yazzie, Ella Dayea, Erika Tallsalt, and Andrea Long. All certified car seat technicians.

If you have further questions, please contact the Environmental Health Office at (928) 289-8013.

A look into WIHCC Medical Transport Services

WIHCC Medical Transport established in 2011 to do inter-facility transports for patients who are in need of higher level or continued care. At present we consist of 3-Paramedic and 3 Basic Emergency Medical Technicians.

We offer a Heartsaver course which is designed for anyone with little or no medical training who a course completion need card for a job or other requirements. Space is limited so enroll online early.

Also available is Stop the Bleed course for the general public to make a difference in a life-threatening emergency by teaching them the basic techniques of bleeding control.

These courses can be taken by anyone who wants to be prepared for an emergency in any setting.

If you are interested in any of the courses offered contact WIHCC Medical Transport (928) 289-9072.



Left to right: Patricia Dennison, EMT, Marlene Goodman-Henry, Paramedic Supervisor, and Wilma Gashweseoma, Paramedic. Not pictured Brandon Talker, Paramedic, Roger Lee, EMT, and LaFayette Johnson, EMT.

CMS Grants Arizona Medical Waiver on Work Requirements - Exempts Members of Federally Recognized Tribes

The Centers for Medicare and Medicaid Services (CMS) approved Arizona's December 19, 2017 and April 6, 2018, request to amend its section 1115 demonstration project, entitled "Arizona Health Care Cost Containment System (AHCCCS)" (Project Number 11-W-00275/09), in accordance with section 1115(a) of the Act. CMS approved Arizona's request for an amendment to add work and community engagement requirement to its Medicaid Program. As part of the approval by CMS, members of Federally Recognized Tribes will be exempted from work and community engagement requirements.

The decision by CMS to approve Arizona's Medicaid Waiver amendment will help protect members of Federally Recognized Tribes from

the potential loss of critical Medicaid resources caused by mandatory work requirements. The decision is a step toward respecting and acknowledging Tribal sovereignty and the political status of Tribal citizens to ensure that Medicaid services remain available to members of federally recognized Tribes.

Congress has historically failed to provide adequate funding to the Indian Health Service, and Medicaid is a critical lifeline for eligible American Indians and Alaska Natives and to the Indian health facilities that serve them. Tribal leaders have been united in their opposition to state-imposed Medicaid work and community engagement requirements that would create a barrier to life-saving health care and prevent critical resources from entering the

Indian health system.

Arizona is now the eighth state with approval to operate a community engagement program to incentivize certain adults to participate in activities like job training, education, community services, and employment. Implementation of Arizona's requirement, "AHCCCS Works," may begin no sooner than January 1, 2020. The amendment requires that certain individuals, ages 19 through 49, engage in qualifying community engagement activities for at least 80 hours per month, and report monthly that they are meeting the community engagement requirement. There will be various other exemptions from the requirement, including but not limited to: Pregnant women; beneficiaries who are medically frail; and beneficiaries who are in active treat-

ment with respect to a substance use disorder.

The Tribes will engage in consultation with CMS and Arizona on the successful implementation of the waiver. Further, Arizona will work with CMS to ensure that tribal sovereignty is respected in all Medicaid waivers and that those protections extend to all American Indians and Alaska Natives that depend on the Indian Health System.

If patients have questions regarding their AHCCCS, please see a Patient Benefits Coordinator at the Winslow Indian Health Care Center in the Old Main Building.

Source from: [medicaid.gov/Medicaid-CHIP-Program-Information](https://www.medicaid.gov/Medicaid-CHIP-Program-Information)

Submitted by Alutha Yellowhair, Patient Benefits Specialist

Massage Therapy



WINSLOW INDIAN HEALTH CARE CENTER MASSAGE THERAPY



Benefits of Massage

- Relieves migraine and tension headaches
- Improves blood circulation
- Lowers blood pressure
- Reduces stress, depression & anxiety
- Helps with pain management in conditions such as arthritis, sciatica & muscle spasms
- Promotes better sleep



Full Body Massage, Appointment Only.
Chair Massage, Walk-In.

Locations: Dilkon, Winslow & Leupp
For more information, please call: 928-288-9208 or 1-800-786-8907
500 Indiana Avenue Winslow, AZ 86047 www.wihcc.com

Massage Therapy Calendar Schedule available at WIHCC.com

A Message from the CEO

Ya'at'eeh (greetings) and Happy New Year to everyone! Winslow Indian Health Care Center (WIHCC) staff has been very busy throughout 2018 year. There are so many accomplishments and one of those is the reauthorization of P.L. 93-638, Title V, Self-Governance compact for another 15 years (Resolution NABID-97-18), approved by the Navajo Nation Council on December 27, 2018 as the current compact will end September 30, 2020. Appreciations go to the 23rd Navajo Nation Council for their support. The reauthorization will allow WIHCC to continue to provide highest qual-

ity of healthcare to the people in the southwest region of the Navajo Nation including expansion of services. With the successful negotiation to allow WIHCC to plan design the new Dilkon Health Center, the WIHCC has also successfully acquired the construction phase of the project with full funding. The design is in the final stages of design review and construction is anticipated to begin later this year.

We appreciate our patients for giving us the opportunity to serve and to meet their healthcare needs. Ahe'hee (thank you) for reading this message.



Dilkon Health Center
Exterior Rendering - View from Corner
WIHCC CHILDREN'S HKS

Prenatal Education Classes

WIHCC MCH Conference Room (Medical Office Building)

Thursday, February 7, 2019

- 8:00 Traditional Education/Cultural Enrichment
- 9:00 Car Seat Education (video & quiz)/Afternoon installation
- 1:00 Traditional Education/Cultural Enrichment
- 2:00 Stages in Labor

Thursday, February 14, 2019 (MCH Conference room 215/2nd floor)

- 10:00 Mom's in Motion @ Wellness Center
- 10:00 Breastfeeding your newborn
- 11:00 Prenatal Oral Health
- 1:00 Breastfeeding your newborn
- 2:00 Newborn Care (Healthy Newborn Video)

Thursday, February 21, 2019

- 8:00 Traditional Education/Cultural Enrichment
- 9:00 Car Seat Education (video & quiz)/Afternoon installation
- 1:00 Breastfeeding your newborn
- 2:00 Breastfeeding your newborn
- 3:00 Traditional Education/Culture Enrichment

Thursday, February 28, 2019 (MCH Conference room 215/2nd floor)

- 9:00 Car Seat Education (video & quiz)/Afternoon installation
- 10:00 Breastfeeding your newborn
- 10:00 Mom's in Motion @ Wellness Center
- 2:00 Breastfeeding your newborn
- 3:00 Newborn Care (Healthy Newborn Video)

Join us in learning about planning and preparing for your baby's arrival and get the most out of your prenatal care!

****ATTEND 4 CLASSES AND RECEIVE AN INCENTIVE****
Schedule may change, please check the WIHCC.com website for any changes



Questions:
MCH Program at (928) 289-6265
Breastfeeding Hotline (928) 336-3439
Car Seat information (928) 289-4646
Traditional Medicine/Cultural Education (928) 288-9208

At Winslow Indian Health Care Center (WIHCC) Maternal Child Health (MCH) Program, we provide quality prenatal care and comprehensive education to patients throughout the prenatal period and support for women about their pregnancy and the opportunity for women to be active in their care. Our overall goal is to help women to feel a greater sense of empowerment and confidence in themselves and in their ability to care for their new baby and their family.

Educational classes are scheduled every Thursday at the WIHCC MCH conference room (medical office building) and the MCH conference room in room 215 (old main clinic building) on the second floor. Please see the WIHCC.com website for updat-

ed scheduling.

As you are waiting for your new baby to arrive, get the most out of your health care visits, learn as much as possible about your pregnancy and life with your new baby. Come and join us every Thursday for prenatal classes and learn Traditional and Cultural enrichment for expecting parents, Breastfeeding your newborn, Stages of Labor and Breast

is Best. Again, for class schedules see the www.wihcc.com for the most recent schedule. Prenatal patients that attend 4 classes will receive an incentive for your time and effort in learning more about your pregnancy and your new baby.

If you have questions call the MCH program at (928) 289-6265 or see our website at wihcc.com



JOIN OUR
TEAM

WINSLOW INDIAN HEALTH CARE CENTER

We are seeking highly motivated nurses

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

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

AVAILABLE OPPORTUNITIES

- Clinical Nurse (4 positions)
- Clinical Nurse (part-time)
- Clinical Care Coordinator (2 positions)
- Medical Social Worker Director
- Public Health Nurses (4 positions)



APPLY ONLINE | www.wihcc.com

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