# WIHCC WINSLOW INDIAN HEALTH CARE CENTER





# **DILKON MEDICAL CENTER**

# Grand Opening



A finished Dilkon Medical Center, awaiting Grand Opening Aug. 4th, 2023

The Winslow Indian Health Care Center (WIHCC) is pleased to announce the grand opening of the new Dilkon Medical Center on August 4th, 2023. Medical and support staff have started their transition to the new facility to begin making preparations for providing medical services on August 7th, 2023.

It has taken many years, countless prayers, and numerous meeting about the need of a medical facility in the center of the Winslow service unit to provide quality and reliable health care to the Navajo people of the southwest Navajo Nation and others.

The celebration will kick off with a fun walk/run at 6:00AM Mountain Standard Time. All participants in the walk/run will receive an exclusive grand opening t-shirt. This event can also be used as a makeup event for any missed JMI events within our service area. After the fun run/walk, registration to attend the main celebration starts at 8:00AM MST and the grand opening ceremony starts at 9:00AM MST. Take a moment to listen to our honored guest speak about the hard work and dedication it took to obtain the new facility and the work ahead to ensure access to quality care. In addition, a health fair will run in conjunction of the ceremony from 9:00AM to 12:00 PM MST for

Continued on next page



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guests to learn about services that will be available in the new facility or surrounding area. There will also be guided tours of the new facility which will begin at 9:00AM MST. A Luncheon will also be provided at 12:00 PM MST. We hope to see you and your family at the Grand Opening of the Dilkon Medical Center in Dilkon, AZ.

<u>Important Reminder:</u> This is the DMC Grand Opening and Ribbon Cutting event ONLY, NO emergency or medical services will be available. The DMC Emergency Department and Primary Provider Clinic will open to see patients on Monday, August 7th at 8:00AM MST.





GROUND BREAKING OF DMC - JUNE 25TH, 2019



## Honored Guest Speaker at Dilkon Medical Center Grand Opening

# Gary J. Hartz,

Director | Office of Enivronmental Health And Engineering Indian Health Service (IHS)

Gary J. Hartz, P.E., retired U.S. Public Health Service (PHS) Rear Admiral, is the Director of the Indian Health Service (IHS) Office of Environmental Health and Engineering (OEHE). The IHS is an agency within the Department

of Health and Human Services (HHS) that is the principal federal health care provider and health advocate for American Indian and Alaska Native people. Mr. Hartz oversees health care facilities and staff quarters construction, facility maintenance and operations, and realty. He also has responsibility for a comprehensive environmental health program including institutional environmental health, injury prevention, and sanitation facilities construction services throughout Indian Country.

Mr. Hartz began his career with the IHS in 1971. His first assignment as a PHS Commissioned Corps Officer and Field Engineer was with the IHS Navajo Area in Tohatchi, New Mexico, followed in 1974 with an assignment to the IHS Alaska Area in Ketchikan with responsibilities for sanitation facilities construction throughout Southeast Alaska. In 1977, he transferred to the IHS Headquarters in Rockville, Maryland, where he was subsequently promoted to positions of increasing responsibility within OEHE, including Chief of the Sanitation Facilities Construction Branch, Director for the Division of Environmental

#### **DIVISION OF COMMUNITY HEALTH SERVICES**

Health, and ultimately to his current position of Director, OEHE. He has also been in numerous special assignments such as the Technical Training Director for the Moroccan Peace Corps Volunteer Skill Training Unit, a Self-Governance negotiator, and an agency witness before numerous congressional committees addressing budget and technical issues. He was promoted to Assistant Surgeon General in January 1996.

In August 1998, Mr. Hartz was named Acting Director for the Office of Public Health. The Office of Public Health had responsibilities for a wide range of health activities related to health leadership, policy development, and advocacy for American Indian and Alaska Native public health issues. He managed a staff that assisted the agency on budget formulation and resource allocation regarding the operation and management of IHS direct, tribal, and urban public health programs; program evaluation and assessment; research agenda; and special public health initiatives for the agency.

During the period of the IHS restructuring, Mr. Hartz held the position of Acting IHS Deputy Director from August 2004 to February 2005. He shared the responsibility for management of a national health care delivery program responsible for providing preventive, curative, and community care for approximately 1.8 million American Indians and Alaska Natives.

Mr. Hartz received his bachelor of science degree in civil engineering from the University of North Dakota, Grand Forks, North Dakota. In 1977, he earned a master of science degree in civil engineering: construction engineering and management from Stanford University, Palo Alto, California. He also has completed postgraduate studies at Syracuse University, Syracuse, New York, and continued management development at the Federal Executive Institute and the Senior Managers in Government program at the John F. Kennedy School of Government at Harvard University. Mr. Hartz is a registered professional engineer.

In May 2005, he was one of two U.S. representatives to the World Health Organization (WHO) in Geneva, Switzerland, to finalize the Third Edition of the WHO Guidelines for the Safe Use of Wastewater, Excreta, and Greywater. A recipient of numerous PHS and IHS awards and honors, Mr. Hartz has received two Hazardous Duty Awards, two Isolated Hardship Awards, several Unit Citations, the Special Assignment Award, two Outstanding Service Medals, the Meritorious Service Medal, the Surgeon General Award for Exemplary Service, and the Distinguished Service Medal, the highest award of the Public Health Service. In 1986, Mr. Hartz received the HHS Federal Engineer of the Year Award presented by the National Society of Professional Engineers. He has been an active participant and leader in his community, church, and professional organizations

#### **PROFILE FROM:**

https://www.ihs.gov/sites/aboutihs/themes/responsive2017/display\_objects/documents/bios/GaryHartz.pdf



## WIHCC | WINSLOW INDIAN HEALTH CARE CENTER

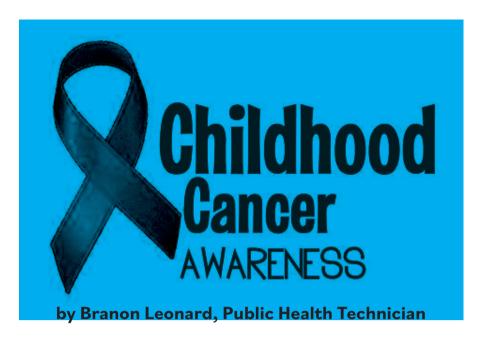
# <u>Due to short staffing in</u> <u>Pharmacy:</u>

Leupp Pharmacy will beCLOSED starting July 31st, 2023

Please allow 24 Hours for refill request to be processed & filled.

/ No Same Day refill request.

WIHCC Pharmacy Hours: Monday - Friday 8AM - 5PM Saturady - Sunday 8AM - 12PM



Did you know that childhood cancer is the second leading cause of death in children ages 1-14 (American Cancer Society, 2023). Although these figures include the United States, there is no direct figures related to how much childhood cancer affects Navajo Area. According to statistical data that was collected and compiled for the Navajo Nation by Navajo Nation Epidemiology Center from 2005 to 2013 there was no reflection of data collected pertaining to Childhood Cancer, it did however reveal the most prominent cases for males (prostate cancer) and females (breast cancer) which are the most common and have the highest mortality rates amongst adults (Navajo Epidemiology Center, 2013).

In children the most common types of cancers are Leukemia, Brain and spinal cord tumors, Neuroblastoma, Wilms tumor, Lymphoma (including both Hodgkin and non-Hodgkin), Rhabdomyosarcoma, Retinoblastoma, and Bone cancer (including osteosarcoma and Ewing sarcoma). Treatments for these cancers vary from chemotherapies, radiation therapies, and surgeries. The intensity of treatment also depends on the type of cancer the child has and the severity of the cancer. Though there are no tell-tale signs that a child has cancer, timely and regular visits to a providing Healthcare facility is the surest way to remain informed.

Once diagnosed with cancer, there are many sectors pertaining to the sensitive care for children which include:

- Proper care pertaining to food handling (ensuring food is not under-cooked to avoid risk of developing a bacterial growth that could be harmful to children receiving treatment).
- Avoiding crowded areas due to a suppressed immune system. This assists
  in avoiding viruses and sicknesses due to the child's inability to overcome
  as quickly as a child who does not have a suppressed immune system
- Constant monitoring of symptoms indicating infections, this includes constant monitoring of child's health and body temperature.

Delayed health issues due to receiving chemotherapy within their developing organs/bodies.

Most families travel hours off the reservation to seek the care they need for their children, which also causes many other issues pertaining to financial, emotional, and psychological strains on family units. The affects childhood cancer holds over families of a diagnosed child do not only pertain to the child alone. Due to the traveling demands of care, financial struggles can become problematic, family members experience many forms of emotional tensions that include depression, loneliness, anxiety, and fear. The psychological distress can be most prominent as parents, siblings, and diagnosed children can all experience behavioral stress and changes while treatment is proceeding (Borrescio-Higa & Valdés, 2022).

Prevalence of childhood cancer within Navajo Area is increasing. Although perception of Navajo Cancer families is unapparent, partly due to cultural considerations and preferences, its existence is increasing at alarming rates. Fun Fact: September is Childhood Cancer Awareness Month.



# Masks are OPTIONAL



Please wear a mask if you have any of the following symptoms:

- Cough
- Congestion
- Fever
- Body Aches
- Sore Throat

WIHCC | WINSLOW INDIAN HEALTH CARE CENTER



# AHCCCS: Return to Regular Renewals - WIHCC Patient Benefits Coordinators

Congress passed legislation which ends the Medicaid continuous enrollment requirement related to the COVID-19 pandemic on April 1, 2023. At that time, AHCCCS will require you to reverify the eligibility status of all enrolled AHCCCS and KidsCare members. Members will be notified prior to their month of renewal. The Biden administration announced the end of the federal public health emergency on May 11, 2023.

To ensure that members do not experience any gap in health care coverage, AHCCCS asks all members to:

- 1. Make sure your mailing address, phone number, and email address on file is correct in www.healthearizonaplus.gov. Login or call Health-e-Arizona Plus at 1-855-HEA-PLUS (1-855-432-7587), Monday through Friday 7:00 a.m. 6:00 p.m. ALTCS members need to call 1-888-621-6880 to update their contact information or to get help with renewals.
- 2. Sign up for text or email alerts from AHCCCS.
- 3. Check their mailbox for a letter from AHCCCS about renewal of coverage.
- 4. Respond to any requests from AHCCCS for more information so the agency can accurately determine eligibility.

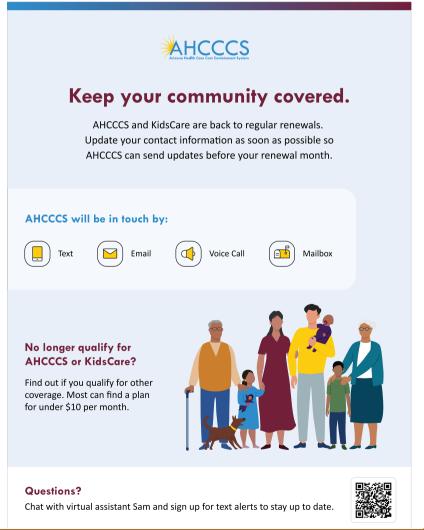
**Need more help?** Contact your health plan or the WIHCC-Patient Benefits Coordinators (PBC) to help you with AHCCCS or KidsCare renewals.

*Winslow PBC Office:* Open 7 days a week 8am-5pm MST | Phone: 928-289-8041 (Contact Vanessa Begay, PBC Support Assistant, to get you connected with one of the PBCs.)

Leupp PBC Office: Open Monday thru Friday 8am-430pm MST | Phone: 928-686-6556

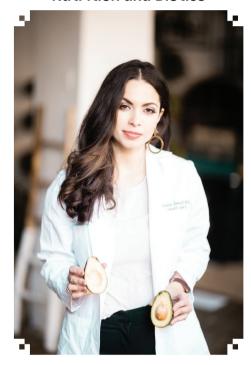
If you have any additional questions, you can also contact Alutha Yellowhair, Patient Benefits Supervisor at 928-289-6298.





# **MEET OUR WIHCC TEAM**

### Natalie Reed, RDN, Director of Nutrition and Dietics



My name is Natalie Reed and I am a registered dietitian nutritionist. I spent most of my adolescence in Orange County, California. I attended undergraduate, graduate school and dietetic internship at California State University Long Beach, studying nutritional science. I am currently finishing a PhD in Global Health Promotion and Education through Walden University. Throughout my schooling, I would spend the summer and winter breaks working for a non-profit organization. I had the opportunity to provide public health and nutrition education in multiple countries, including Nepal, Uganda, India and Costa Rica. After obtaining my CDR Licensure, I began working with in-patient and outpatient hospitals as a contract dietitian. In 2019, I began teaching nutritional science and public health at the university level. I enjoy spending time with my husband and photography. I do love the study of nutrition. I believe the nutrition field holds a unique space in the medical field, offering both preventative and healing aspects of healthcare. I currently serve as the Director of Nutrition and Dietetics for DMC and WIHCC Inc. I am excited to continue the expansion of public health and clinical nutrition within the organization, in promotion of healing and health restoration to our community.

## Carlyn Belone, Safety Officer



Ya'at'eeh, my name is Carlyn Belone. I am To'dichiinii (Bitterwater clan), born for the Hashk'aa hadzohi (Yucca fruit-strung-out-in-a-line clan), my cheiis are Totsohnii (Big water clan), and naliis are Kiyaa'anni (Towering house clan). My parents are Charley and Rose Belone and originally from Seba Dalkai, AZ and reside with my family in Winslow, AZ. I graduated from Winslow High School, attended, NPC received two associates degree in Arts and Business, obtained a Bachelor's of Science in Business Management from GCU and plan to obtain my MBA in the near future.

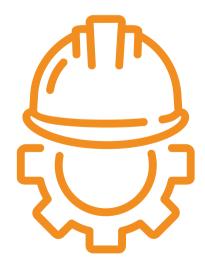
I started with Winslow Indian Health Care Center (WIHCC) in 2013 as an Administrative Assistant with Quality Management and transferred to Safety as a Safety Technician in 2015. I have been in the acting capacity as a Safety Officer since March 2022 and was given the opportunity as the Safety Officer at WIHCC in November 2022. With obtaining certifications from Occupational Safety and Health Administration (OSHA), National Fire Protection Association (NFPA) and Federal Emergency Management Agency (FEMA), I am committed to the health and safety of our patients, visitors and staff

and my goal is to address and minimize risks, hazard mitigation, improve safety performance, encourage employee engagement and prevent injuries.

A "culture of safety" is embedded within the organization and focused on our patients and environments. Environment of Care and Life Safety is tied back with patient safety and we must focus in managing our facilities on a day-to-day basis and effectively provide the best quality patient care. One of the best attributes of the healthcare industry is our sense of community. Despite challenges, the healthcare community has a spirit, we are resilient, inspired and connected through healing. Previous mentors have greatly influenced my professional growth over the years, and most recently have enjoyed the opportunity in serving as the Safety Officer and grateful for the remarkable selfless work that our employees are committed to do. In staying current with technical knowledge and expertise, is an important factor and being able to stay connected with other professions in my job so I may get more insights on current trends and events, technology, best practices, etc.

Outside of WIHCC, I enjoy visiting family, watching movies, attending sporting events, traveling and visiting national parks.

I am thankful for this opportunity and to continue to work with WIHCC.



#### Shawn Shirley, Facility Maintenance Foreman



Ya'ah'teeh, Hello my name is Shawn Shirley. My clan is, I am Kinlicheenie (Redhouse ) born for Kinyaa'aanii ( Toweringhouse ) , Maternal Clan is Dzi L t'aadi ( Near the Mountain ), Paternal Clan is Tachii'nii ( Red Running into the water ) . I'm from Tolani Lake Az. I went to Leupp Boarding school and graduated from Coconino High School in Flagstaff, Az. I joined the workforce in 1997 as a carpenter apprentice with the United Carpenters and Joiners of America. I completed my apprenticeship program in 2001 and worked as a journeyman carpenter for over 20 years. I had the privilege to work at Intel as a Field Superintendent, Facility Manager For Phoenix Area IHS in Sacaton, Arizona and an Electrical Groundman for the BIA San Carlos Irrigation Project in Coolidge, Arizona. I am currently the Facility Maintenance Foreman here at WIHCC. My goals in this capacity are to provide professional and safe services to our patients and WIHCC personnel. I chose to work for WIHCC so I can help my people and relatives receive and experience great care while being here. Fun fact, I am a fill in at the local sale barn as an auctioneer. My hobbies include golfing, fishing, equine events and exploring the great outdoors. I look forward to meeting and working with all of you here at WIHCC.

#### Martin Taxera, RN, Infection Control Preventionist



My name is Martin Taxera and I was born and raised in Northern California. I studied Psychology at UC Davis, Nursing at Johns Hopkins and Public Health at UC Berkeley. I came to WIHCC as a new nurse in 2005 and, other than 2 years with IHS California in 2008-10, I have spent my entire career here. A majority of that time has been in Public Health Nursing, so I've become quite familiar with visiting families and patients throughout the Southwest Navajo Nation. I became WIHCC's Infection Preventionist (or IP) in late 2021 and am enjoying the new experience and challenge. My goals are to continue developing my proficiency and expertise in Infection Prevention & Control and to focus my efforts on the safety of staff, patients and visitors through the prevention of infectious diseases. I also intent to obtain my official IP Certification (which is the CIC or Certification in Infection Control). I'm passionate about public health and feel like working for WIHCC and being engaged in rural, tribal health care has been ideal. My wife and I are cat parents and love backpacking and hiking. Most weekends are spent on the trail, getting in way too many miles, returning home to cook and relax, and then spending evenings spoiling our cat, Emma.

# **WIHCC Board** of Directors



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**Ray Curley Board Member** Birdspring Chapter





# Hantavirus Pulmonary Syndrome

by **Gerry Chee, Sr. Health Educator (She/Her)**Health Education Program/ Department of Public Health Services
Navajo Department of Health

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

#### What are the symptoms of HPS?

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 develop HPS?

People can get HPS when they are exposed to infected rodents. Exposures may include, breathing in the virus. 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 develop HPS?

Rodents known to carry hantavirus include:



**Deer Mouse** 



**Cotton Rat** 



**Rice Rat** 



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.



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#### 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 effective.

### 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!

# **You Can Prevent Hantavirus**

# How to Protect Yourself and Your Family from Hantavirus Pulmonary Syndrome in the United States



For more information: Health Education Program-Navajo Division of Public Health Services

HIV Prevention Program-Navajo Infectious Disease Control & Prevention Program



Winslow Service Area 928-289-6165



# SWEAT LODGE

Conducted by: Thomas Edison Yazzie, Navajo Traditional Medicine Practitioner



WIHCC - Winslow Indian Health Care Center (North end of campus)



TUESDAY, AUGUST 8TH & 22ND (Weather Permitting)



3:00 PM (MST)

\*PLEASE PROVIDE YOUR OWN WATER AND TOWELS\*

A Sweat Lodge Consent Waiver must be completed and submitted prior to event. The consent form available at the North Hogan Office.

FOR MORE INFO OR QUESTIONS | 928-288-9208



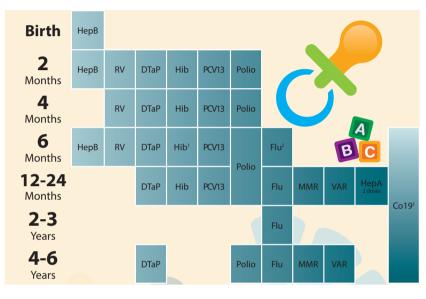
WIHCC would like to recognize the month of June as Pride Month. You will see these signs more often around our Winslow and Dilkon Campus'. The WIHCC organization felt the need to elevate the representaion and acceptance of our patients regardless of their appearance and orientation, upholding our inclusivity and quality of care to our staff and patients. It is our within our mission, vision, and values that we treat all patients with respect and with k'e. All who receive medical care should not worry about being mistreated, harrassed, or denied service.



# IS YOUR CHILD PROTECTED?

Get Childhood Shots on Time to Protect Your Child From 15 Serious Diseases

# Vaccinate on time to protect your child from these 15 serious diseases:



Combination vaccines take two or more vaccines that could be given individually and put them into one shot. So, at a doctor's visit, your child may only get two or three shots to protect him from five diseases, instead of five individual shots

- <sup>1</sup> Your doctor will let you know if this dose is needed.
- <sup>2</sup> Two doses given four weeks apart for children under eight years who are getting their first flu vaccine.
- <sup>3</sup> The COVID-19 vaccine series can be started anytime at 6 months of age and over

**Coronavirus (Co19)** - Fever/chills, cough, shortness of breath or difficulty breathing, fatigue, muscle/body aches, new loss of taste/smell, and nausea, vomiting, or diarrhea. It can lead to breathing difficulties, hospitalization and death.

**Diphtheria (DTaP)** - A severe throat infection that makes it very hard to swallow and breathe.

**Haemophilus influenzae type b (Hib)** Joint, eye, ear and lung infections and meningitis which can lead to brain damage.

**Hepatitis A (HepA)** - A virus that causes liver disease, tiredness, loss of appetite, stomach pain, dark urine and jaundice (yellowing of skin and eyes).

**Hepatitis B (HepB)** - A virus that causes liver infection that can lead to liver damage, liver cancer or liver failure.

**Influenza (Flu)** - High fever, cough, sore throat, and extreme fatigue. It can lead to breathing difficulties, hospitalization and death.

**Measles (MMR)** - High fever, pinkeye and cold-like symptoms followed by rash. It can lead to diarrhea, ear infection, pneumonia, blindness, brain damage and death.

**Mumps (MMR)** - Painful swelling of the cheeks and jaw, headache and fever. It can lead to hearing loss or inflammation of the brain.

**Pertussis/Whooping Cough (DTaP)** - At first a mild cough that keeps getting worse. The coughing fits can cause breathing difficulties, hospitalization and death.

**Pneumococcal Disease (PCV)** - Pneumonia with cough and difficulty breathing; ear and sinus infections, fever, blood infection; and sometimes meningitis (an infection of the lining around the brain and spinal cord).

Polio (IPV) - Can cause lifelong paralysis and deformity.

**Rotavirus (RV)** - Severe diarrhea, fever and vomiting leading to dehydration and hospitalization.

Rubella/German Measles (MMR) - Rash starting on the face, then spreading to the body. A pregnant woman who gets rubella can lose her baby or have a baby with severe birth defects.

**Tetanus /Lockjaw (DTaP)** - Unable to open the jaw, very painful muscle spasms, breathing difficulties.

Varicella (Chicken Pox)(VAR) - Fever, tiredness and an itchy, blister-like rash. Infected blisters can cause serious illness.



- Following the recommended schedule is the best way to help your child's immune system do its job.
- If your child is behind on shots, they do not have to start over. Talk to your health care provider about the recommended catch up schedule.
- Comforting your child during routine immunizations helps those moments go by much faster, for you and your child.
- Shots may hurt for a moment, but a disease can harm for a lifetime.



- Disease protection that a mother passes onto her newborn baby will fade over time; that is why it is important to follow the recommended childhood vaccine schedule.
- Vaccines help boost your child's own immune system to protect them from 15 diseases.
- Talk to your health care provider about what vaccines your child and your whole family needs.



For more information talk to your healthcare provider, state or local public health department or call/visit:

CDC National Immunization Hotline: 1-800-CDC-INFO (1-800-232-4636)

Whylmmunize.org







# FOOD DISTRIBUTION



August 3rd, 17th, 31st



WIHCC 500 N INDIANA AVE WINSLOW, AZ



2:00PM - 3:30PM (No food will be distributed past 3:30PM)

WIHCC PATIENTS & BENEFICIARIES WELCOME!







# WE ARE HIRING!



VISIT WIHCC.COM/JOB-ANNOUNCEMENTS