

Winslow Indian Health Care Center's Division of Community Health Services newsletter publication is dedicated to strengthening positive attitude, action and knowledge of health awareness.



WIHCC  
WELCOMES NEW  
CHIEF  
INFORMATION  
OFFICER

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JUST MOVE IT  
SAVE THE  
DATE

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# YÁ'ÁT'ÉÉH

SPRING (DAAN) 2021 EDITION

NEWSLETTER

## VACCINATION: THE BEST WAY TO BEAT THE VARIANTS

**WINSLOW, Ariz.** - One of the main reasons we shouldn't assume the pandemic is behind us is the recent spread of Covid variants. You've probably heard that the so-called California variant was recently determined to be causing some of the Covid infections in the Navajo Nation. This is certainly no cause for panic, as the variants have become more and more widespread across the US since the discovery of the U.K. variant in Britain late in 2020.

All viruses mutate as they reproduce, and most mutations affect only very small portions of the genetic makeup of a virus, and do not lead to major changes in the way the virus behaves. Of the likely thousands of mutations undergone by Covid since it left the batcave, a few of these so-called variants have received a lot of attention, primarily because they spread from person to person more easily than the original. The U.K. variant is estimated to be about 50% more transmissible or contagious than the "original" versions of Covid. This allowed it to spread to the US relatively quickly; and it is now widespread in all of the states. The California variant recently identified in Chinle is estimated to be about 20% more transmissible than the original virus. Now if there are variants of the virus among us that are more contagious than the original, that obviously serves as a warning that it is time to be vaccinated! And the more people who are vaccinated, the more we limit any virus' ability to reproduce, and thus to mutate into even more variants. The CDC lists variants in three categories:

A Variant of **Interest** is one which shows genetic changes that might lead to problems with increased transmissibility; increased severity of

potential for increased hospitalizations or deaths); some degree of resistance to treatments or vaccines; or changes that make it harder to detect in a test.

A Variant of **Concern** is a variant in which there has been demonstrated evidence of any of those problems listed above: increased transmissibility; increased severity of infection; some degree of resistance to treatments or vaccines; or problems with testing. Both the U.K. variant and the California variant have been listed in this category – mostly because they have been demonstrated to be more transmissible, as noted above. There has not been significant evidence that these variants cause more serious disease or can evade the vaccinations. For basically all of the variants worldwide (even the Brazil, South African, and other variants) the vaccines have been performing at near 100% effectiveness in preventing serious disease, hospitalizations, and death – which is really the point of getting vaccinated.

A Variant of **High Consequence** is defined by CDC as one for which there is clear evidence that prevention measures (like vaccines) or medical treatments (like monoclonal antibodies) have significantly reduced effectiveness relative to previously circulating variants. Currently there are no SARS-CoV-2 variants that rise to this level of high consequence, which is good news for all of us.

So the U.K. and California variants so far do not appear to be huge game-changers– but the best way to make sure of that is for us all to get ourselves and our loved ones vaccinated; and to maintain the standard personal precautions we've used so far to prevent the spread of Covid:

## WIHCC Welcomes New Chief Information Officer



Marvin Hood  
Chief Information Officer

Ya'at'teéh my name is Marvin Hood. I am born for Kin-ya'aanii (Towering House Clan), and I worked in the Information Technology (IT) industry for 23 years. In 1996, my first computer was an IBM 486 with Windows 3.1. I was able to upgrade to Windows 95. Thus, I decided my career journey as an IT professional. I have received an Associate of Applied Science in Computer Information System from Northland Pioneer College and a Bachelor of Science Information Technology in Information Security from the University of Phoenix. Also partially attended Arizona State University W.P Carey

School of Business, Master of Science in Information System Management.

I am currently the Chief Information Officer at Winslow Indian Health Care Center (WIHCC). I am a strong advocate for but not limited to; lead by example, balance vision/execution, show respect, accept accountability, commit to courage, exhibit confidence, lead with integrity, and invest in others.

In my last leadership role before WIHCC, I served as the Deputy Director of Information Technology/Information Technology Operations Manager at Dine' College with the IT Director. We built a solid IT program and implemented it successfully with our professional beliefs and values. I also worked for Navajo Arts and Crafts as an IT Manager. In my successful project, we implemented a zero client system in Window Rock's main store (by the way, great benefits on apparel as an employee).

My professional interests focus on enhancing an organization's technology visions and goals by taking action. I am looking forward to working with the WIHCC community, our Native community, and business associates.

Thank you, Marvin Hood.

WIHCC | WINSLOW INDIAN HEALTH CARE CENTER

# EFFECTIVE JUNE 1, 2021 DRIVE-THRU PHARMACY SERVICES WILL NO LONGER BE OFFERED

Public Health  
Communications  
COLLABORATIVE

## Making the Decision to Get a COVID-19 Vaccine

### WHY SHOULD I GET A COVID-19 VACCINE?

We are all eager to see loved ones, travel, and reopen schools and businesses. Getting vaccinated and adhering to the 3Ws-wearing a mask, washing your hands, and watching your distance-will put us closer to achieving these goals. All available COVID-19 vaccines effectively prevent moderate cases of the infection and are extremely effective at preventing the severe disease that can lead to hospitalization and death.



### IS THERE A RISK OF GETTING A COVID-19 FROM THE VACCINES?

No. None of the FDA-approved vaccines contain any live COVID-19 virus. Any temporary symptoms after being vaccinated are indications that the body is building immunity. The COVID-19 vaccines were developed through unprecedented government financial support and cooperation between medical experts and the public and private sectors. Every phase of every trial was carefully reviewed and approved by a safety board and the FDA.



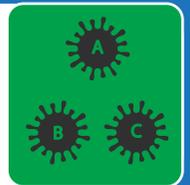
### I'VE HEARD THE COVID-19 VACCINE HAS SIDE EFFECTS. WHAT SHOULD I EXPECT?

Serious side effects are very rare. Mild side effects, like soreness, headache, or fever, are signs that your body is building up protection against the virus and typically go away in one to two days. Even if you don't experience any side effects, your immune system is still building your protection against the virus. Vaccines don't generally have long-term side effects and there is no reason to believe the COVID-19 vaccine will.



### WILL THE VACCINE PROTECT ME AGAINST VARIANTS OF THE VIRUS?

All of the available COVID-19 vaccines provide some protection against known emerging variants. America's leading medical experts will continue to monitor variants and vaccine efficacy. The best way to protect yourself against the virus and variants is to get a vaccine when it's available to you.



For the latest information on the COVID-19 Vaccine, visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)  
For more COVID-19 communications resources, visit [publichealthcollaborative.org](https://publichealthcollaborative.org)

## WIHCC Dental Update

By: Kimberly Meyers, DMD

The Winslow Indian Health Care Dental Clinic has proudly remained open for the entire COVID-19 pandemic. Many changes have occurred since last March to keep our patients and dental staff safe.

Everyone is now screened before entering the dental building. A forehead temperature is taken. Patients are asked if they are experiencing any COVID -19 symptoms, if they are waiting on COVID-19 test results, and if anyone in their household is infected. If you have COVID-19 or have recovered but are still experiencing symptoms, and have a toothache, it is best to call the clinic prior to arriving.

In order to allow social distancing in the waiting room, limited entry rules are in place; only the individual with an appointment is allowed to enter the building. As an exception, one guardian is allowed to enter if the patient is a child or an elder. Patients are able to wait in their vehicle upon request.

Before seeing the dentist or hygienist, patients wash hands and complete a mouth rinse. This helps keep germs out of the clinic and lowers the number of germs in the mouth. All dental chairs in the clinic are spaced six feet apart. New over-head vents and in-the-mouth suction devices are being used to decrease the amount of germs floating in the air.

Your provider might look a little different at your appointment! Dental staff now wear N95 masks and face shields. For certain types of procedures, full-length "isolation suits" may even be worn.

Each month a limited number of appointments become available to patients. The best way to set one up is to call 928-289-6116. Once all appointments are taken for the month patients can call again the following month. Teledentistry consultations (when you can speak to a dentist on the phone or video call) are available to any patient who is unable or unwilling to come to the dental clinic in person.



VidaShield Air Purification System-vents have been installed above each dental chair to continuously clean the air with UV-light.



Dr. Patel in full PPE with faceshield, loupes, N95 and "isolation suit."



## DRIVE-THRU COVID-19 TESTING

WINSLOW INDIAN HEALTH CARE CENTER  
- WINSLOW FACILITY -

**NEW HOURS EFFECTIVE FEBRUARY 24**

**9 AM - 3 PM**  
**MONDAY - FRIDAY**

**AFTER 3 PM, TESTING WILL BE LIMITED TO PEOPLE  
WITH COVID-19 SYMPTOMS**

FOR INFORMATION & QUESTIONS, CALL 928-289-4646

### Make a Difference DONATE to WIHCC

Winslow Indian Health Care Center is accepting Monetary Donations, Homemade Medical Supplies and Medical Supplies to assist with purchasing PPE and other medical needs during this challenging time. Your support can keep colleagues, patients, and families safe during this pandemic. For more information visit:

[www.wihcc.com/covid-19-donation-relief-fund.html](http://www.wihcc.com/covid-19-donation-relief-fund.html)

## Joint CDC and FDA Statement on Johnson & Johnson COVID-19 Vaccine

As of April 12, more than 6.8 million doses of the Johnson & Johnson (Janssen) vaccine have been administered in the U.S. CDC and FDA are reviewing data involving six reported U.S. cases of a rare and severe type of blood clot in individuals after receiving the J&J vaccine. In these cases, a type of blood clot called cerebral venous sinus thrombosis (CVST) was seen in combination with low levels of blood platelets (thrombocytopenia). All six cases occurred among women between the ages of 18 and 48, and symptoms occurred 6 to 13 days after vaccination. Treatment of this specific type of blood clot is different from the treatment that might typically be administered. Usually, an anticoagulant drug called heparin is used to treat blood clots. In this setting, administration of heparin may be dangerous, and alternative treatments need to be given.

CDC will convene a meeting of the Advisory Committee on Immunization Practices (ACIP) on Wednesday to further review these cases and assess their potential significance. FDA will review that analysis as it also investigates these cases. Until that process is complete, we are recommending a pause in the use of this vaccine out of an abundance of caution. This is important, in part, to ensure that the health care provider community is aware of the potential for these adverse events and can plan for proper recognition and management due to the unique treatment required with this type of blood clot.

Right now, these adverse events appear to be extremely rare. COVID-19 vaccine safety is a top priority for the federal government, and we take all reports of health problems following COVID-19 vaccination very seriously. People who have received the J&J vaccine who develop severe headache, abdominal pain, leg pain, or shortness of breath within three weeks after vaccination should contact their health care provider. Health care providers are asked to report adverse events to the Vaccine Adverse Event Reporting System at <https://vaers.hhs.gov/reportevent.html>.

CDC and FDA will provide additional information and answer questions later today at a media briefing. A recording of that media call will be available on the FDA's YouTube channel.

CDC works 24/7 protecting America's health, safety and security. Whether disease start at home or abroad, are curable or preventable, chronic or acute, or from human activity or deliberate attack, CDC responds to America's most pressing health threats. CDC is headquartered in Atlanta and has experts located throughout the United States and the world.

Source: CDC Newsroom Releases. (2021). Centers for Disease Control and Prevention. Retrieved from, <https://www.cdc.gov/media/releases/2021/s0413-JJ-vaccine.html>

## Immune System Boosters

If you are looking to prevent colds, infections, or just overall boost your immunity. These are some food sources that you can stock up on and can be found in your local grocery store.

### CITRUS



Citrus fruits include oranges, grapefruits, lemon, and limes- they can help you recover quickly from a cold. A lemon slice in hot tea is one way you can do this

### GARLIC



Garlic has immune boosting properties and can be added to your cooking.

### GREEN TEA



Green Tea has very powerful antioxidants that help to enhance immune function, have it hot or cold.

### ALMONDS



Almonds have vitamin E that is another powerful antioxidant immunity booster.

### GINGER



Ginger is known to reduce inflammation; hot ginger tea can help with nausea or a sore throat.

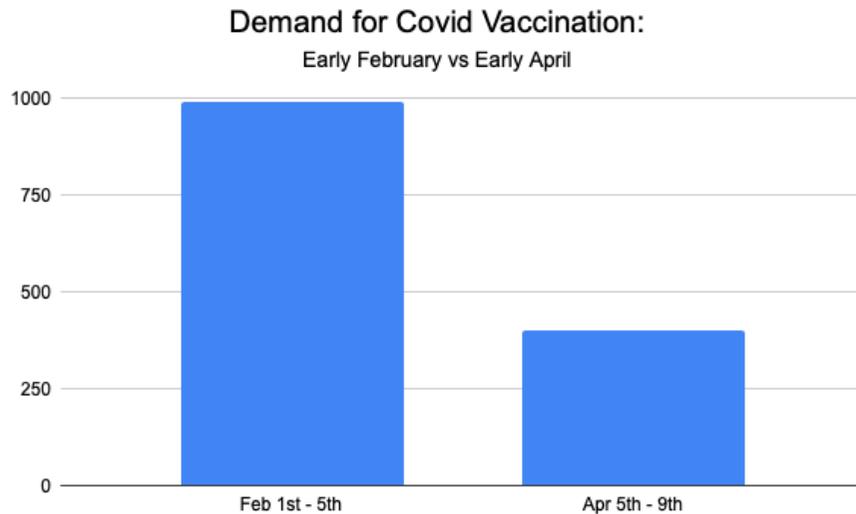
### SPINACH



Spinach is packed with and rich in Vitamin C which gives our bodies the ability to fight infections

## VARIANTS

From Page 1



masking, distancing, and hand hygiene.

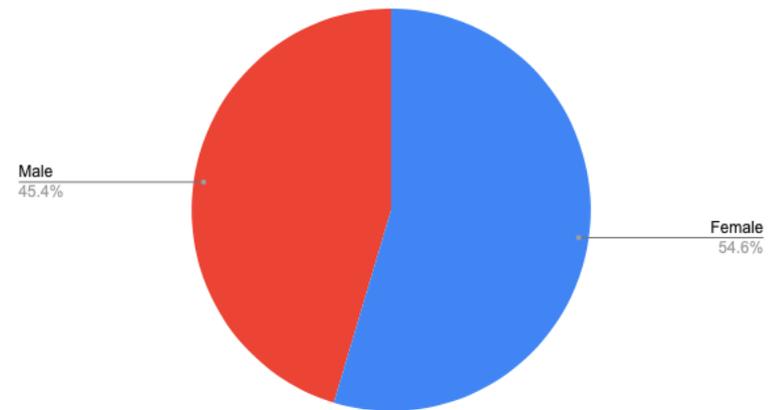
There is a lot of good news to report regarding the fight against SARS-CoV-2: WIHCC has vaccinated over 12,000 patients, and over 5,000 are now fully vaccinated, meaning they've received 2 doses of the Pfizer or Moderna vaccines, or one of the Johnson & Johnson. And cases recently have shown a dramatic decline compared to the high rates that plagued us from November through February. And the need for hospitalization has greatly decreased – in fact only 3 of our patients have been hospitalized for Covid in the past 30 days!

But Covid is not behind us yet, and there is reason to be concerned about further spread in our communities, because although we have come a long way, there are still plenty of our people who remain un-immunized, including many of those at highest risk for life-threatening complications from Covid. Unfortunately, human nature is such that we all tend to respond dramatically when an acute threat is staring us right in the face; but when the threat subsides even a little bit, we tend to relax our guard. This appears to be what is happening with Covid vaccinations. After the vaccines became available in late December, and during the early weeks of our drive-through vaccinations in January and February, demand for the shots couldn't have been much higher. But as more people got immunized and disease rates went way down, many of those who hadn't been vaccinated assumed everything was under control and therefore there would be no need for them to get their shots. This is related to the well-known concept of "supply and demand." Any goods or services that are in short supply become inherently valuable, especially when public demand is high.

But as supplies increase, things tend to lose some of their value, even if the demand or desire for it remains. So while everyone was clamoring for the vaccine when they thought it would be terribly difficult to get, once it proved to be relatively easy to get, some people apparently lost interest. You can see the diminished demand for Covid vaccinations in the left bar graph, which compares a typical week's vaccination activity back in early February to a recent week at the start of April. Less than half the number of people signed up and came in for vaccinations in April as they had in February.

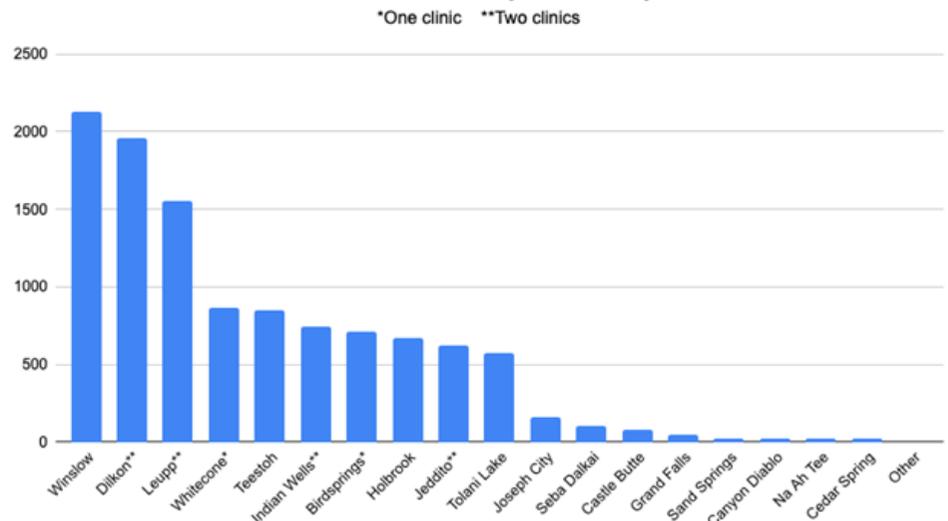
There is also a gender gap in vaccinations: You'll see that far more women have been vaccinated than men, see pie chart below. (Navajo culture is matriarchal, which means the women hold primary power, they are the head or the lead within their family.) Let's get vaccinated gentlemen! Wash your hands, wear your mask and watch your distance.

WIHCC COVID Vaccinations by Gender



Most of our patients getting vaccinated reside in the Winslow Area, see bar graph below.

Number of Covid Vaccinations by Community of Residence





The UNSUNG HEROES!

While the coronavirus pandemic has upended life for everyone, healthcare workers, first responders and all essential workers have had to face more risks than most. Winslow Indian Health Care Center has been presented with an Appreciation Plaque from local donors (they wish to not be named), representing the community members of all eight (8) chapters, including the border-towns. They expressed their sincere appreciation many times over (Ahe'hee Nitsaago) to all staff members for providing coordinated, quality and top-notch health services during this pandemic.

THANK YOU to each and every one of our WIHCC Staff, our Unsung Heroes, who have and are continuing to work long hours and making difficult sacrifices to take care of our patients and their families in these challenging times. Thank you for the resilience and compassion you bring forth every day. Continue to Shine Bright!

## WIHCC's Public Health Nursing (PHN) Field Work

By: Martin Taxera, RN, PHN

Many patients of the Winslow Indian Health Care Center (WIHCC) live in very remote locations, far from the physical clinic site in Winslow, Arizona. Some patients also face mobility challenges and either are bedbound or have a hard time walking and moving around. Additionally, many of our remote living patients are elder and some may not have transportation or family to dependably transport them to the clinic when needed.

Members of WIHCC's Public Health Nursing (PHN) department maintain a registry of high risk patients living remotely and attempt to visit them for health assessments and welfare checks at regular intervals. Navajo Nation Community Health Representatives works in partnership with WIHCC PHN to ensure our remote living community members are visited regularly.

The recent COVID-19 pandemic and need for people to get vaccinated and posed a hardship on some of these remote living patients who are mostly homebound. In order to face and help overcome this challenge, WIHCC PHN staff conducted reviews of the high risk patient registries. In conjunction with feedback from Navajo Nation CHR, a list of patients who may require assistance was generated and WIHCC PHN reached out to these individuals. While some patients responded that they were able to come in or already had received their COVID-19 vaccinations, a group of individuals were identified that needed a home visit for the vaccination to occur.

WIHCC PHN staff deployed into the District 5 and District 7 area on February 17, 2021 and provided several community members with their first dose of the Moderna COVID-19 vaccine. WIHCC PHN revisited both districts and provided the second dose of Moderna on March 17, 2021. Patients were appreciative and responded well to the vaccine. PHN staff monitored patients after vaccinating them and all did well.

The patients were grateful for our PHN staff's outreach and they were looking forward to their return.



John S. getting his 2nd dose of Moderna Vaccine.



Cecil A. getting his 2nd dose of Moderna Vaccine.



Dan S. getting his 2nd dose of Moderna Vaccine.



Fred L. receiving firewood after his 2nd dose of Moderna Vaccine.

## DROP-IN ARTICLE

#Tools2Thrive



This past year presented so many different challenges and obstacles that tested our strength and resiliency. The global pandemic forced us to cope with situations we never even imagined, and a lot of us struggled with our mental health as a result. The good news is that there are tools and resources available that can support the well-being of individuals and communities.

Now, more than ever, we need to combat the stigma surrounding mental health concerns. That's why this Mental Health Month Winslow Indian Health Care Center is highlighting #Tools2Thrive - what individuals can do throughout their daily lives to prioritize mental health, build resiliency, and continue to cope with the obstacles of COVID-19.

Throughout the pandemic, many people who had never experienced mental health challenges found themselves struggling for the first time. During the month of May, we are focusing on different topics that can help process the events of the past year and the feelings that surround them, while also building up skills and supports that extend beyond COVID-19.

We know that the past year forced many to accept tough situations that they had little to no control over. If you found that it impacted your mental health, you aren't alone. In fact, of the almost half a million individuals that took the anxiety screening at [MHAscreening.org](https://www.mhascreeing.org), 79% showed symptoms of moderate to severe anxiety. However, there are practical tools that can help improve your mental health. We are focused on managing anger and frustration, recognizing when trauma may be affecting your mental health, challenging negative thinking patterns, and making time to take care of yourself.

It's important to remember that working on your mental health and finding tools that help you thrive takes time. Change won't happen overnight. Instead, by focusing on small changes, you can move through the stressors of the past year and develop long-term strategies to support yourself on an ongoing basis.

A great starting point for anyone who is ready to start prioritizing their mental health is to take a mental health screening at [MHAscreening.org](https://www.mhascreeing.org). It's a quick, free, and confidential way for someone to assess their mental health and begin finding hope and healing.

Ultimately, during this month of May, Winslow Indian Health Care Center wants to remind everyone that mental illnesses are real, and recovery is possible. By developing your own #Tools2Thrive, it is possible to find balance between life's ups and downs and continue to cope with the challenges brought on by the pandemic.

For more information, visit [www.mhanational.org/may](https://www.mhanational.org/may).

National Suicide Lifeline: 1(800) 273-TALK(8255)

Veterans Crisis Line: 1(800) 273-TALK (8255) - Press 1 OR text 838255

Crisis Text Line: Text "HELLO" to 741741

[www.wihcc.org](https://www.wihcc.org)

[www.ndoh.navajo-nsn.gov/COVID-19/Mental-Health-Resources](https://www.ndoh.navajo-nsn.gov/COVID-19/Mental-Health-Resources)



“Ahée'hee' Shimá Diní”

SHIMA!

A'áhálóone'ee' shimá, ahée'hee' shishínchí

Diní!

Ák'inaashdłiiz dóó ákinaashchí'go shá nıldéego níílt'óód.

Shiza'ilso'go, doo shiza'achaąąngó, t'áá shi'k'ih

dah'idiilkoogo shiyaa whiiníla' shimá.

“Diní!

Ahálóoshinee' shima!

Diniih!

Shimá

Doo nihodéélníígó nanáado

Doo naatéégó nanáado

Sa'ah nidíinaal' doo

Sąh baa díináál

Nito' níiikaango [Let your water taste good.]

Nih ch'iyą' níiikaango [Let your food taste good.]

Nilhózhóó, shánah nílíigo [live in beauty, peace and harmony]

Nibił bee' iłwhooshgo, [use your sleep to sleep]

Haiłkáá'dąą' ts'eihí'dziid'go, nanáadoo shima.

Hóózhóogo nanáado dooleel shima...Áashinee'

Siha'naaghaí bihk'e hóózhóón dootíhdílnéehii nílíigo

nanáado

Diniih!

Áádoo niłnantlaahí, áádoo naaltsoos bikí'íi t'aa k'ad ko-

dóó hazó'í ádínih.

Baa tínt'įh

Aronilth Wilson Jr, February 28, 2014

## Situational Anxiety amid COVID-19

By: Amy McDonnell

Situational anxiety is a specific type of anxiety that occurs during unfamiliar situations or events that make us so nervous that we lose control of our ability to stay calm and think rationally. The situation we will be discussing today is working in an environment where you may be exposed to COVID-19.

This single trigger of situational anxiety, for example the possibility of being exposed and then contracting COVID-19, promotes anticipatory anxiety and inappropriate reactions. When this situation ends or is properly planned for, the anxiety decreases or stops and we can go back to feeling more like our “normal” selves.

Situational anxiety can cause both a mind a body response, triggering physical as well as emotional symptoms.

These may include:

- Nervousness – feeling jittery
- Irritability – easily angered
- Fatigue – feeling tired, worn out
- Worry – overthinking what bad things might happen
- Low self-esteem – feeling bad about yourself
- Shaky hands - tremors
- Headaches – usually tension type, sometimes triggering migraines
- Muscle tension – especially in the abdomen (stomach) and shoulders
- Chest pains – feeling like your chest is really tight
- Sweaty palms
- Rapid heartbeat – pounding heart
- Shallow breathing – not able to take deep breaths
- Sweating
- Blushing – or facial flushing
- Nausea – feeling sick to your stomach
- Dizziness – feeling faint

Anxiety is very personal and people may experience different symptoms from one another. There are several ways to reduce anxiety, such as: deep breathing, exercising, singing, listening to soothing music, or laughing; but we are going to talk about a way to specifically reduce the situational anxiety surrounding COVID-19.

Once you have an understanding of what types of situations make you feel anxious and where your fear is coming from, you can then start to come up

See Situational Anxiety, Page 11

# EFFECTIVE APRIL 27, 2021 DRIVE-THRU VACCINE SERVICES WILL ONLY BE OFFERED TUESDAY-THURSDAY

Public Health  
Communications  
COLLABORATIVE

## About the COVID-19 Vaccines

Millions of Americans have been vaccinated to protect themselves against the COVID-19 virus. If you're wondering which vaccine is best for you, the short answer is **whichever one is available to you upon eligibility**. All the FDA-approved vaccines are safe and effective.

### WHAT'S THE DIFFERENCE BETWEEN THE VACCINES?

All available COVID-19 vaccines have been shown to be highly effective at preventing serious impacts of the virus including hospitalizations and deaths. Their differences are primarily the dosage schedule and how they can be transported and stored, as shown below.

	PFIZER-BIONTECH	MODERNA	JOHNSON & JOHNSON
TYPE	mRNA	mRNA	Viral vector
DOSES	2	2	1
PEAK EFFECTIVENESS*	7 days after the second dose*	14 days after the second dose*	28 days after the single dose*

\*All three vaccines begin to protect you soon after being administered, including with the first dose.

### WHY DOES STORAGE TEMPERATURE MATTER?

All vaccines require refrigeration, and some require cold or ultra-cold storage that many facilities don't have. Each vaccine's storage temperature only matters for storage and transportation—it does not have an impact on the vaccine's effectiveness. The Johnson & Johnson vaccine can be stored in a regular refrigerator, so a local pharmacy or a doctor's office could potentially be a vaccination site, which would increase vaccine access.

### HOW EFFECTIVE IS EACH VACCINE?

Based on each vaccine manufacturer's reported data as of February 2021, all three vaccines are highly effective at preventing COVID-19-related severe infections and deaths.

	PFIZER-BIONTECH	MODERNA	JOHNSON & JOHNSON
AGAINST DEATH	100% Effective	100% Effective	100% Effective
AGAINST SEVERE INFECTIONS	75% Effective	100% Effective	85% Effective
AGAINST ALL INFECTIONS	95% Effective	94.5% Effective	66% Effective

All percentages are calculated based on a relatively small number of events and should be viewed as estimates.

For the latest information about COVID-19 vaccines, visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)  
For more COVID-19 communications resources, visit [publichealthcollaborative.org](https://publichealthcollaborative.org)

Updated  
March 5, 2021

**SAVE  
THE  
DATE**



**20** | WINSLOW INDIAN HEALTH CARE CENTER | **21**  
HÓZHÓÓGO IINÁ WELLNESS PROGRAM

**JUNE 1-6, 2021**

## “Pray Without Ceasing”

Pastor Jonathan Nells and Sausha Nells, RN, BSN, from Restoration Church in Winslow have been praying with WIHCC Staff since March 2020 by the WIHCC Flagpole, with social distancing and face mask protocols in place. Prayer time occurs weekly from 12:30pm - 1:00pm for all WIHCC Staff. Sausha Nells is a Registered Nurse at WIHCC as she has played many roles during the pandemic; She has been assigned in the Drive-thru COVID-19 Car Triage as the Station Observation and is the COVID-19 School Task Force Lead.

The pandemic made an strong impact on all health care professionals in all roles from nurses, doctors, maintenance, security, environmental health, and all others. In addition, many staff were assigned to be part of the Covid Car triage team from all departments including but not limited to: Dental, Pharmacy, Nutrition, and more. They experienced seeing many patients in critical condition from Covid-19 from the start. They experienced the anxiety of not wanting to get sick with Covid-19. All WIHCC employees had to come together in this challenging time and still have to continue to do so. All staff have to stay focused on the task at hand and though it is hard, they continue to persevere. “Prayer is powerful, and we are not able to do anything on our own strength, but we can do all things through Christ who gives us the strength” says Sausha.

*Sausha had on her heart to pray with  
and for her colleagues.*

During prayer time, Pastor Nells shares scriptures, encourages staff not to be anxious and not to be afraid but to trust in God. Pastor Nells then leads the group in prayer, and encourages everyone to pray as well. All departments, staff, leadership, and our surrounding communities and schools are prayed for. We pray for the continued hard work of the contact tracers and public health nursing team as they have been doing their best to keep up with the surge in cases. We pray for the continued safety of the EMS and flight staff as we hear the helicopter come and go daily. We pray continued strength and safety for the Urgent Care Staff, and the COVID Vaccination Team, as COVID-19 has impacted everyone. We pray for those who provide mental health counseling services.

Our Daily Bread devotionals have been provided to staff who would like them. In this time, we must continue to stay strong spiritually along with mentally, emotionally and physically.

## BERNARD A. KERSHNER AWARD

By: CAPT Peter Laluk

Winslow Indian Health Care Center is proud to be a recipient of a Bernard A. Kershner Innovations in Quality Improvement Award by the Accreditation Association for



Ambulatory Health Care (AAAHC). The Kershner award recognizes AAAHC accredited facilities that have implemented meaningful quality improvement projects that result in organizational change and improve patient care.

Winslow was recognized for its efforts in mitigating the spread of COVID-19 by preventing overcrowding of patients presenting to WIHCC. One of the recommendations by CDC throughout the pandemic is asking patients to remain outside (e.g., stay in their vehicles or in a designated outdoor waiting area) when feasible until they are called into the facility for their appointment. To continue regular services at WIHCC while following safe social distance practices, WIHCC implemented a web-based waitlist management software, Tables Ready. Use of this system allows patients to contact a patient access representative, notifying them they were on campus waiting to be seen.

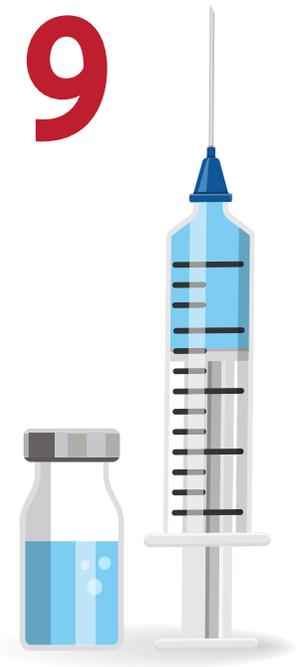
WIHCC staff would then use this web-based wait list to communicate both the patient and clinical staff. When the clinic is ready to see a patient, a text message is sent, notifying them it was time to come in, virtually eliminating time spent in the waiting room. Through the use of this system, WIHCC was able to significantly reduce the number of patients congregating in reception areas.

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# COVID-19 VACCINE

## ALL WIHCC PATIENTS 16 YEARS & OLDER NOW ELIGIBLE



• WINSLOW CAMPUS DRIVE-THRU

**TO MAKE AN APPOINTMENT CALL:  
928-289-1930**



## SITUATIONAL ANXIETY

From Page 8

with strategies and a plan to help you lessen that anxiety and improve your well-being. One of the most common ways to do this is by creating a “pre-performance routine”. Think of it as practice or a rehearsal for whatever it is you’re preparing for.

The goal here is to calm yourself by going through the motions of everything you’ll be doing so that it becomes familiar. Familiarity can help decrease stress because it means you’re already used to something. This includes drawing up a plan with as many details as possible.

### The PLAN:

- 1) The first step in any wellness plan that involves improving self-care.
- 2) Identify what worries you the most about the situation
- 3) After identifying your biggest worry, in this case of being exposed to COVID-19, we need to plan how/what you are going to do to prevent this from happening.
- 4) “An ounce of prevention is worth a pound of cure” – this statement is something we have all heard, but what does it really mean. It means that it takes much less work to prevent something bad from happening and much more work to “clean up” a situation once it has happened.
- 5) The next step in this planning process is to make sure that you have ALL the supplies you need to carry out your action steps discussed above such as: Soap and water, masks, disinfecting sprays/wipes, hand sanitizer, etc.
- 6) Gather the supplies: Soap and water, masks, disinfecting sprays/wipes, hand sanitizer, etc.
- 7) Practice your routine – make actions into habits so that you know what to expect and what to do. Everything becomes easier with time and practice and developing this routine decreases the likelihood that you will experience situational anxiety.

### Ask for help

If your anxiety is overwhelming you or if you feel like it’s stopping you from being able to live your daily life at home or at work. GET HELP. The Winslow Indian Health Care Center offers counseling and help via telephone appointments at this time. We can be reached at 928-289-6163 for an appointment.

If you are considering hurting yourself or others you are urged to treat this as a medical emergency and call 911, call your local police department, come to WIHCC Urgent Care, or go to your nearest emergency room.



Winslow Service Area Schools

# VIRTUAL TOWN HALL MEETING SCHEDULE

**5:00 P.M. - 6:00 P.M. MST**

**MAY  
10th**

STREAMING via:

1. **WIHCC FaceBook Live**
2. **WIHCC Youtube Channel**
3. **WIHCC Website**

- Join Winslow Indian Health Care Center in presenting the most updated information regarding our local COVID-19 data, COVID-19 vaccination COVID-19 education and MORE!

JOIN US! Everyone involved with schools in our service area are welcomed!

EMAIL YOUR QUESTIONS & CONCERNS TO [SCHOOLHEALTH@WIHCC.ORG](mailto:SCHOOLHEALTH@WIHCC.ORG)



## WINSLOW INDIAN HEALTH CARE CENTER

We are seeking highly motivated nurses

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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 (9 positions)
- Clinical Nurse (part-time)
- Infusion Clinical Nurse
- Clinical Care Coordinator
- Clinical Care Coordinator-Veteran
- Licensed Practical Nurse (LPN)
- PRN Registered Nurse
- Public Health Nurse
- RN Case Manager



**APPLY ONLINE | [www.wihcc.com](http://www.wihcc.com)**

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