



Bini'ant'aatsoh September - "Ripening of Late Crops"

Navajo Eastern Agency "JUST MOVE IT" Finale at Crownpoint Office of Dine' Youth (ODY) Complex on September 7, 2023

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The Crownpoint Health Care Facility's JUST MOVE IT walking end-of-season finale was held at the Crownpoint Office of Dine' Youth (ODY) building and trail. Virginia Nelson, Crownpoint ODY Program Supervisor III, Jimmie Toledo, Recreation Specialist, and other Crownpoint ODY staff hosted this event. There were many vendors on-site who provided health related information. They included Presbyterian Medical Services and the Navajo Health Education Program.

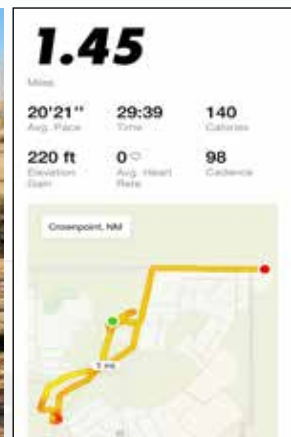
As the music blasted from the speakers, the health promotion activities and body stretching were held in the parking lot of the ODY buildings before the final walk and run. The new youth complex appears very nice and the structure is in the final stages of opening. Virginia Nelson, Program Supervisor III of the ODY, anticipates an opening by December 2023. The stretches were completed, several I.H.S. employees and volunteers led and monitored the participants as they headed out onto the "Hashtl'ishnii Trail," just south of the ODY complex. Walkers were encouraged to walk a distance of about .75 mile and to turn around and head back to the complex. Runners were able to run further on the trail. Roughly about 100 participants joined this event. They received their JUST MOVE IT t-shirts for finishing their walk and run.



We look forward to another JUST MOVE IT season soon in our Navajo eastern agency communities.



Body stretching prior to trail walk



When should I get vaccinated? CDC recommendations for getting your COVID-19, Flu, and RSV shots

A fresh round of flu and COVID-19 vaccines are rolling out to pharmacies, doctor's offices and clinics across California and the country. But when's the best time to get your shots?

There are a number of factors that can inform when you roll up your sleeve, officials and experts say. You might consider travel plans, or upcoming holiday gatherings. Maybe you live with someone who has a higher chance of becoming seriously ill from a respiratory infection, or face such risks yourself. Despite those nuances, one thing health officials agree on: You should get your flu shot and stay current on your COVID-19 vaccines.

What vaccines will be available? And when?

Along with the annual batch of flu shots, the U.S. Centers for Disease Control and Prevention now recommends that everyone age 6 months and up get a newly updated COVID-19 vaccination. Both vaccines are specifically formulated to protect against particular viral strains that officials feel will be prevalent this fall and winter. "It's not just a booster. It's really an updated vaccine," said Dr. David Bronstein, pediatrician and infectious disease specialist with Kaiser Permanente Southern California, of the new COVID-19 vaccine. "You get your COVID vaccine and you are done, probably for a year, just like with the flu vaccine." CVS Health said some of its pharmacies are already administering COVID vaccinations, while Walgreens said appointments might be available as early as this week.

What's the best time to get the COVID-19 and flu shots? The CDC suggests getting the flu shot sometime in September or October. But even if you miss that window, it's still important to get it, the agency says. Vaccination, but had endorsed the vaccinations for virtually everyone heading into the fall and winter — when coronavirus transmission has typically risen nationwide, as has happened in recent weeks. "The best time to get any shot is before you're exposed to the disease," Bronstein said. "So right now is really the perfect timing to get both."

"Flu is coming and it's probably going to be early like last year. If you remember last year, it peaked in October, early November-ish, compared to previous years, where you're typically going to peak sometime after the holidays," he said.

Dr. Peter Chin-Hong, a UC San Francisco infectious diseases expert, suggests "a good sweet spot" for both vaccinations could be late September or early October. "But if you might forget, just go ahead and get it now," he said. The CDC doesn't have a specific recommended timeframe for getting the latest COVID-19

Can I get the flu and COVID-19 shots at the same time?

Yes

If I just got COVID, should I wait to get the new COVID vaccination? It's up to you. The CDC has said that people can either wait three months after recovering from COVID-19 before getting their next vaccination, or they can opt to get it as soon as they have fully recovered. How much will the COVID shots cost?

Most people will not have to pay for COVID-19 vaccinations, as they will be covered by their health insurance. The federal Vaccines for Children program will provide vaccinations to youngsters at no cost. For uninsured and underinsured adults, the CDC has a temporary "Bridge Access Program" that will provide vaccinations for free through the end of 2024. Participating providers can be found at [vaccines.gov](https://www.vaccines.gov).

I've heard there's an RSV vaccine this year. Can I get it at the same time as the other shots?

A vaccine for respiratory syncytial virus, or RSV, is now available for those age 60 and up. Babies and young children are also eligible to get monoclonal antibodies that can help keep them from falling seriously ill should they get infected.

Between 6,000 and 10,000 older adults die from RSV in a typical year. Among children under 5, the annual death toll usually ranges from 100 to 300.

Parents should talk to their pediatricians about monoclonal antibodies, which can reduce infants' risk of RSV-related hospitalization and healthcare visits by 80%. The CDC has recommended a dose of the

con't: from Pg 2: LA Times Staff Writer, Rong-Gong Lin II

monoclonal antibodies for infants younger than 8 months who are either born during or entering their first RSV season, which stretches from autumn through the spring. The monoclonal antibody for young children is known by the generic name nirsevimab and the trademarked name Beyfortus, and was developed by AstraZeneca and Sanofi. It'll be available through healthcare providers.

Regarding the RSV vaccine for older people, you can get it at the same time as COVID-19 and the flu shots, according to the California Department of Public Health — though some health experts suggest spacing it out a bit.

Why did the CDC stop short of recommending the RSV vaccine for all older adults? The CDC stopped short of recommending the RSV vaccine for

all older adults, instead saying they “may receive a single dose of RSV vaccine using shared clinical-decision making. This means that healthcare providers and their patients should have a conversation to determine if RSV vaccination will be beneficial.”

Those at highest risk for severe RSV disease, and thus most likely to benefit from a vaccine, include people who are moderately or severely immunocompromised or have chronic medical conditions such as diabetes, neurological conditions, heart and lung problems, and disorders of the kidneys, liver or blood. People who live in nursing homes or are otherwise frail are also at higher risk. The risk of severe RSV disease increases with advancing age, the CDC said. There are two vaccines available for RSV for older people, one made by GSK and another from Pfizer.

Huerfano Chapter Trail update, October 5, 2023 >>>>

Jarvis Mullahon from the Huerfano Dine' Youth Program sent some pictures of their trail work done after getting the approved clearance from the 811 “Call Before You Dig” program, which is very exciting for the Huerfano chapter community.



JUST MOVE IT! Event: Ojo Encino Chapter July 21, 2023 >>>>

On Friday, July 21st at 10:00am, JUST MOVE IT hosted an event at the Ojo Encino Chapter house trail. Just over 50 people registered for the walk, and there were many volunteers to provide fruits, water, and other healthy snacks. The event started with a brief body stretching and information session about the trail. Volunteers were also dispersed along the trail to ensure participants stayed hydrated and safe.

The trail was about 6 feet wide and was just over a mile long. The trail itself was relatively easy to walk, and there were about 3 benches built by community members along the side of the trail. Participants were given the option to walk half way, then cut back to the Chapter house, or walk the full length of the trail which most participants opted for. Participants were given a t-shirt at the end of the walk. Among the participants were staff and students from the Cuba Independent School district, staff from Indian Health Service, and JUST MOVE IT staff.

A successful event such as this one was a great way to showcase the beautiful trail that the community had created around the Chapter house. It is accessible, easy to walk, and has some gorgeous views.



Brief morning stretching and information sessions



NEW Ojo Encino signs



Beautiful Ojo Encino Trail walk



HP-HP team members & Cuba school staff participated in this event

Red Ribbon & Health Fair Event, To'Hajiilee Chapter Sept 7, 2023 >>>>

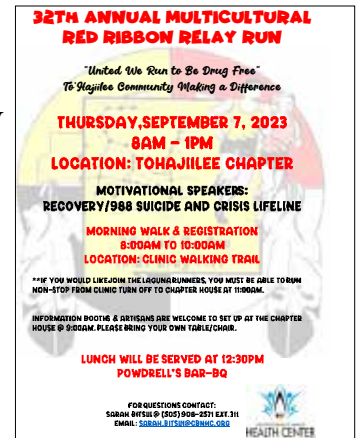
The To'Hajiilee Red Ribbon & Health Fair was held on September 7. Marla Pardilla attended the afternoon activities, about noon, the Red Ribbon runners started from the teepee at the trail head, and they ran along the main road toward the chapter house. There were approximately 15-20 runners, followed by EMT mobile vehicle from IHS and there were other cars



that following the EMT vehicle slowing toward the chapter house hill. They completed the run there, and were invited to a luncheon at the chapter house.

At the chapter house, there was a program with speakers about alcohol and substance abuse prevention. Various prevention programs presented their programs and services. The justice department was there also speaking about court services and etc. There were some handouts from programs, like water bottles, key chains, pens, and health information pamphlets. The runners from Laguna also were invited in the Red Ribbon Run and

events. There was a healthy lunch provided, protein, vegetables, bread, and water. The main speaker was Regina Roanhorse from the Justice Department, she talked about alcohol and substance abuse statistics in NM and discussed what new programs they had for the community. Everyone was introduced, Marla was introduced as representative from the UNM PRC, and she briefly talked about the Healthy Places, Healthy People project, how UNM PRC has been assisting some ENA chapters in building trails. and provided copies of the last newsletter.



While there, Marla met with Harrison Platero, he was glad to report that the To'Hajiilee community now has their own federal post office, it is located next to the chapter house. This makes it very convenient for the community, since they don't have to travel to Laguna to get their mail from that post office.





CDC's Suicide Prevention Resource for Action

Preventing Suicide is a Priority

CDC's Suicide Prevention Resource for Action (Prevention Resource) details the strategies with the best available evidence to reduce suicide. The Prevention Resource can help states and communities prioritize suicide prevention activities most likely to have an impact. The programs, practices, and policies in the Prevention Resource can be tailored to the needs of populations and communities.

THE PREVENTION RESOURCE HAS THREE COMPONENTS states and communities can use to inform their suicide prevention efforts.

- 1 **Strategies** are the actions to achieve the goal of preventing suicide.
- 2 **Approaches** are the specific ways to advance each strategy.
- 3 **Policies, programs, and practices** included have evidence of impact on suicide, suicide attempts, or risk and protective factors.

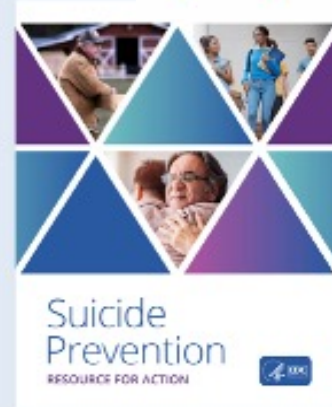
Suicide Prevention Saves Lives

Suicide is a serious public health problem in the United States. It contributes to premature death, long-term disability, lost productivity, and significant healthcare costs.

Suicide deaths reflect only a portion of the problem. Every year, millions of Americans seriously think about suicide, plan, or attempt suicide. Suicide and suicide attempts can contribute to lasting impacts on individuals, families, and communities. The good news is that suicide is preventable. CDC's National Center for Injury Prevention and Control's vision of "no lives lost to suicide" relies on implementing a comprehensive public health approach to prevention. This approach:

- ▶ **Uses data** to drive decision-making
- ▶ **Implements and evaluates** multiple prevention strategies that enhance resilience and improve well-being based on the best available evidence
- ▶ **Works to prevent** people from becoming suicidal

**126
LIVES**
are lost each
day to suicide



Strategies for Action

The Prevention Resource represents a select group of strategies based on the best available evidence to help communities and states focus on activities with the greatest potential to prevent suicide. These strategies focus on preventing the risk of suicide before it occurs and reducing the immediate and long-term harms of suicidal behavior for individuals, families, communities, and society.

-  **Strengthen Economic Supports**
-  **Create Protective Environments**
-  **Improve Access and Delivery of Suicide Care**
-  **Promote Healthy Connections**
-  **Teach Coping and Problem-Solving Skills**
-  **Identify and Support People at Risk**
-  **Lessen Harms and Prevent Future Risk**

Contact the 988 Suicide and Crisis Lifeline if you are experiencing mental health-related distress or are worried about a loved one who may need crisis support. Call or text 988, or chat at 988lifeline.org



JUST MOVE IT! event at Baca chapter July 13, 2023 >>>>

These are some photos of the JUST MOVE IT! event at Baca Chapter House in July 2023. It was attended by local community members, an awesome trail around the chapter house tract. Sharon Lowley, the Chapter manager, requested a milling donation from the NM Dept. of Transportation. They offered a pile and they are using it for their trail. They spread it on about ¼ of the trail. Very smooth. The summer student employees built some benches for the trails too. There was also a missionary group there from a church in Georgia that was providing activities for the kids in the chapter house.



Baca community members ready for trail walk



Donation from NM Dept of Transportation



Beautiful Baca chapter walking trail



Summer student employees built benches

UPCOMING EVENTS >>>>

Hanaa'dli Dine Youth Program
Hanaa'dli Youth Center
 Location: Exit Off HWY 66 on CR 7150 going West for 4 Miles & facility is located on the east side of the Huerfano Chapter House

Afterschool Youth PROGRAM
 Youth Ages 6-18 yrs. Only
 Program Begins August 15th - May 25th
 MONDAY - THURSDAY
 3:00 PM to 6:00 PM

Sports Activities - Basketball, Volleyball, & More
 Board Games
 Arts & Crafts
 Pool Table Games!

PROGRAM INCLUDES

- ✓ Summer Lunch - 12pm-1pm
- ✓ Recreational Activity
- ✓ Academic Enrichment
- ✓ Art & Craft Activity
- ✓ S.T.E.A.M. Projects
- ✓ Healthy Snacks
- ✓ Fun Physical / Fitness Activity
- ✓ And a Lot More...

OPEN Free!! Call for more Info. 505-960-2242

Enrollment Process:

- * Completed Application Packet
- * Copy of Birth Certificate
- * Copy of C.I.B. (Certificate of Indian Blood)
- * Copy of Check Stub or Income Verification Form
- **Pick-up Application at the Hanaa'dli Youth Center

Hurry! Space is limited!

The youth summer program will continue to operate by following the Navajo Nation Department of Health Covid Guidelines.

Hanaa'dli Dine Y.O.U.T.H. Afterschool Program Presents.....

TRUNK OR TREAT
OUTDOOR EVENT
 WHEN: OCTOBER 26, 2023
 WHERE: HANAADLI YOUTH CENTER
 3:00 PM - 7:00 PM (EAST PARKING LOT)
 536 CR 7150 IS MILES WEST OF HWY 550!

PROGRAMS/ORGANIZATIONS INTERESTED IN PARTICIPATING, PLEASE CALL OUR OFFICE FOR MORE INFORMATION BY (505) 960-2242

Free Event! Ever You Welcome!

Trunk or Treat

We will follow the Navajo Nation Department of Health Covid-19 Guidelines during the event.

Hanaa'dli Dine YOUTH—Crownpoint Agency

OPEN GYM
BASKETBALL/VOLLEYBALL

COME EXPERIENCE FUN, HALF COURT & FULL COURT COMPETITION AS YOU GEAR UP ON IMPROVING YOUR BASKETBALL AND VOLLEYBALL SKILLS!

WHERE: Hanaa'dli Youth Center (Huerfano, NM)
 5 miles West on CR 7150 from HWY 550
 DATE: Every Wednesdays each week—Pick up a calendar from our office with more information for participation
 TIME: 6:00 PM—8:00 PM
 COST: FREE For All Ages

Join Us!

Navajo Nation Department of Health Education

For more information call (505) 960-2242

UPCOMING EVENTS >>>>

October 18-19, 2023 at Twin Arrows Casino Resort has been set for the 2023 Bi-Annual Navajo Research Conference by the Navajo Nation Human Research Review Board, and organized by the Navajo Native American Research Center for Health (NARCH) Partnership a collaboration between Diné College and Northern Arizona University and the Navajo Department of Health, with additional support from the

Johns Hopkins University Center for American Indian Health, Community Outreach and Patient Empowerment (COPE) Program, Brigham and Women's Hospital, University of Colorado, and the University of New Mexico.

More information will be available in the future, including 1) theme; 2) information about remote/virtual attendance; 3) conference registration, and 4) abstract submission process and deadline.

Information will also be available shortly on the NNHRRB website:

nnhrrb.navajo-nsn.gov

October is Breast Cancer Awareness Month

Did you know that 1 in every 8 women will develop breast cancer in her lifetime? As daughters, mothers, aunts, sisters, and grandmothers, we must take care of our health by getting a breast cancer screening, moving every day, avoid commercial nicotine/tobacco, eating healthy, and limit or avoid alcohol.

If you have a family history of breast cancer or you are 40 years of age and older, talk to your doctor about getting a screening. Early detection is very important to stay healthy. Do it for you and your family.

If you have any questions or need any assistance.

Contact: Theresa Clay, M.S.

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<https://www.ihs.gov/newsroom/>

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