

Tuba City Regional Health Care Corporation

Healthy Directions

Working Together For Your Healthcare!

May 2018

FREE - TAKE ONE

TCRHCC



COMMUNICATION
FOR ALL BETTER HEARING &
SPEECH MONTH

Celebrates

Better Hearing & Speech Month in May

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TCRHCC Celebrates Better Hearing & Speech Month



May is Better Hearing and Speech Month, a time to raise awareness about communication disorders and available treatment options that can improve the quality of life for those who experience problems speaking, understanding, or hearing.

May is Better Hearing and Speech Month (BHSM) and the Tuba City Regional Health Care Corporation (TCRHCC) would like to present information about their Audiology and Speech Therapy departments. TCRHCC offers speech and language services in its Physical Rehabilitation Center (PRC), which is located in the Southeast corner of the TCRHCC campus. TCRHCC employs two full-time speech-language pathologists, Valerie Yazzie, MA, CCC-SLP and Cheryl Saganitso, MA, CCC-SLP.

Valerie is currently the PRC's speech therapy/occupational therapy manager. She has been a speech-language pathologist for 18 years, with experience in both hospital and school settings. She has been employed with TCRHCC for 11 years. She received her Bachelor of Science degree in Speech and Hearing Sciences with a minor in Psychology from the University of Arizona in Tucson, AZ and her Master of Science degree in Clinical Speech-Language Pathology from Northern Arizona University in Flagstaff, AZ.

Cheryl has been a speech-language pathologist for

14 years, with primary experience in school settings. She has been employed with TCRHCC for 8 months. She received her Bachelor of Science degree from Arizona State University in Speech and Hearing Sciences in Tempe, AZ and received her Master of Arts degree from the University of Kansas in Lawrence, KS in Clinical Speech-Language Pathology.

Both speech-language pathologists are full Navajo and graduated from Tuba City High School.



What is a speech-language pathologist?

They don't only 'help people speak better'. A speech-language pathologist (SLPs) works to prevent, assess, diagnose, and treat speech, language, social communication, cognitive-communication, and swallowing disorders in children and adults. Speech-language pathologists who work in healthcare settings are certified by the American Speech-Language-Hearing Association (ASHA). "ASHA-certified SLPs are the only health care professionals specifically educated and prepared to evaluate and treat children and adults with speech, language, and swallowing problems. ASHA-certified SLPs are the only health care professionals who possess either a master's or doctoral degree from an accredited program, complete a postgraduate clinical fellowship, and pass a national examination to receive their professional credential: the Certificate of Clinical Competence in Speech-Language Pathology (CCC-SLP) from the American Speech-Language-Hearing Association." (www.asha.org).

Speech is a person's ability to say sounds and words, which includes making speech sounds with the mouth, lips and tongue (articulation), how the voice is used (voice), and the rhythm of speech (fluency).

Language is a person's ability to use words and manipulate those words to communicate. These include word meanings (semantics), manipulating words to change their meanings (semantics), putting words in order correctly (syntax), and determining how to say words in different settings (pragmatics). Delays or difficulties in any of these areas, or combination of areas, can result in speech and/or language disorders. With a referral obtained from a physician, a speech-language pathologist evaluates a patient, determines diagnosis, and treats the identified disorder (speech, language, cognitive-communication, voice, and swallowing disorders), if there is one.

TCRHCC Speech Therapy Outpatient & Inpatient Clinic Services

TCRHCC Speech-Language Pathologists are committed to assisting individuals achieve optimal communication and swallowing function. A physician referral is required for all patients. Once you have a referral for a speech evaluation or therapy from your primary care doctor, we



will schedule an appointment for you or your child's evaluation with our speech-language pathologists.

TCRHCC Speech-Language Services

- **Adult speech**
- **Pediatric speech**
- **Communication**
- **Voice**
- **Adults:** Swallowing/feeding therapies primarily due to stroke, head injury, central nervous system diseases, and respiratory diseases.
- **Pediatrics:** Swallowing/feeding therapies primarily due to language, articulation/phonology, cognitive-communication, swallow/feeding, and fluency disorders.

If you have any concerns, please see your primary care doctor to make a referral to our clinic.

TCRHCC Audiology

TCRHCC's audiology department is located in the Main Hospital on the main level, across from the dental clinic. The audiology department has a staff of two doctors of audiology, one audiology health technician, and one medical support assistant. Doctors of audiology include Dr. Sherry Miller, and Dr. Susan Zimmerman.

Dr. Miller is currently the Director of Audiology.

She has been a practicing audiologist for 22 years, with experience in hospital and private practice settings. She has been employed with TCRHCC for over 7 years. Dr. Miller received her Doctor of Audiology degree from The School of Audiology at Pennsylvania College of Optometry (now Salus University).

Dr. Zimmerman has been practicing audiology for over 20 years. She also has experience in clinical, industry, and retail environments, and has been employed with TCRHCC for 4 months. [Completed graduate work at University of Wisconsin, and received her Doctoral degree from A.T. Stills University in Phoenix, AZ]

What is an audiologist?

An audiologist is a hearing health care specialist who is trained, certified, and licensed to evaluate hearing and balance problems, make appropriate medical referrals & follow-up recommendations, and prescribe and fit hearing systems. Today, a Doctor of Audiology (Au.D) degree is required to become a clinical audiologist. Audiologists are licensed in all 50 states.

There are approximately 15,000 practicing audiologists in the United States. Audiologists work in a variety of different practice settings including private practice clinics, hospitals, military clinics, schools, universities and industrial settings.

What exactly does an audiologist do?

Audiologists are trained and licensed to manage many areas of audiology health care, including providing the following services:

- Comprehensive audiology evaluations of hearing sensitivity, speech understanding, middle ear function, inner ear & auditory nerve function for adult & pediatric populations
- Diagnostic assessments to identify balance/dizziness disorders
- Design, selection, & fitting of hearing instruments & assistive listening devices
- Rehabilitation therapy for hearing disorders
- Evaluation & management of tinnitus (ringing in the ears)
- Patients and family counseling related to diagnosis and treatment
- Development and implementation of hearing conservation programs to prevent hearing loss
- Increasing awareness about and prevention of the ingestion of ototoxic substances
- Research and development of new evaluation techniques and rehabilitation strategies



We have a well-equipped audiology clinic with state-of-the-art technology, including: large sound proof booth, audiometer, tympanometry, otoacoustic emissions system, and hearing aid programming & verification computer systems. We participate in many continuing education events every year and remain current with diagnostic methodology and the latest technological advances in the hearing systems supplied to us by major, international manufacturers. All of this and more assist us in accomplishing our mission to help patients of all ages on a path to better hearing and improved communication abilities.

Referral from a healthcare provider is required for evaluation.

National Hospital Week and National Nurses Week Celebration



During National Hospital Week and National Nurses Week, the Tuba City Regional Health Care Corporation would like to extend a special thanks to our providers, nurses, and support staff as they continue to provide quality healthcare to our patients. They deserve special recognition for their efforts in delivering compassionate care while embodying the principles of ethical practice in their profession.

Each year, **National Nurses Week** begins on May 6 and ends on May 12, Florence Nightingale's birthday. We are proud of all the nurses that make up Tuba City Regional Health Care. They lead the charge for health and wellness not only within our organization but in our community as well. Thank you for all that you do for patients, your co-workers and for TCRHCC.

National Hospital Week (NHW) celebrates hospitals and the men and women who support the health and wellbeing of their communities through dedication and compassionate care from the heart. This year's NHW runs from May 6-12. Join us in thanking the many individuals who give their all to our family, friends, and neighbors. From providing medical care in our facilities, to running vital programs in education and outreach, we are committed to supporting the health and well-being of our communities.

Ahehee' Nitsaago,

Lynette Bonar

TCRHCC Chief Executive Officer

Christopher Curley

TCRHCC Board of Directors President

Tuba City Regional Health Care

167 N Main Street
Tuba City, AZ 86045

866-976-5941

Sacred Peaks Health Center

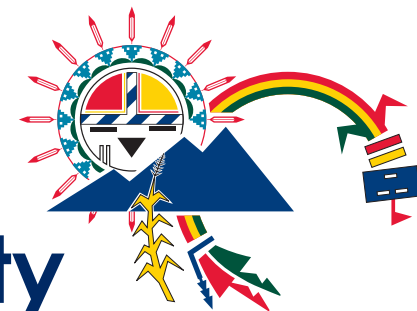
3480 E. Route 66
Flagstaff, AZ 86004

928-863-7333

LeChee Health Facility

3 Miles South Coppermine Road
LeChee, Arizona

(928) 698-4900





Service Award Recognition Ceremony

May 9, 2018



National Hospital Week

5 Years

ACOTHLEY, MELVIN
ALBRITTON, JACQUELYN
ATTIKAI, DANIELLE
BEGAY, TAHNIEL
BEGAY, THELMA
BENNETT, LONISE
BITSINNIE, JERUSHA
BLACK, KARILYN
CANTRELL, DELANN
CHARLEY, CHRISTINA
CHEE, ADRIENNE
CHEE, ELENE
CHEE, TY
CLANIN, JUDY
CURLEY, DEDRA
DAYZIE, CYNTHIA
DEERING, DANIEL
DODSON, DANIELLE
DONAGER, NICOLE
ELTSOSIE-WHITE, THERESA
ENDISCHEE, LYNN
FENDER, TRACEY
FRANCIS, ANGELITA
FRANCIS, MELISSA
GEORGE, MICHELLE
GILBERG, DANIEL
GLASER, KATHERINE
GOLSKI, CATHERINE
GREELEY, HARLAN
GREYMOUNTAIN, TREVINA
HATATHLI, ANN
HATATHLI, NATALIA
HICKS-TALLSALT, SHANTEL
HOSTEEN, OPHELIA
JAMES, CARMA
JENKINS, KATRINA
JOE, ALBERTA
KEYONNIE, CHRISTINE
LEWIS, MARGARET
LITTLEMAN, MARIE
MARRERO JR., ERNESTO
MAZE, SHANNA
MCCORMICK, CLINTON
MORRIS, MELODINE
MUIR, JOYCE
NEZTSOSIE, KYLA
NOCKIDENEH, LATOYA

MEDICAL MOBILE
SPHC CLINIC
FAMILY MEDICINE
HEALTH INFORMATION MGMT
PATIENT BENEFIT COORD
MEDICAL/SURGICAL ACUTE
PATIENT REGISTRATION
PURCHASING
PURCHASING
PEDIATRIC
LECHEE HEALTH CLINIC
HEALTH INFORMATION MGMT
ENVIRONMENTAL SVCS
NURSE EDUCATION
SPHC PHARMACY OP
LECHEE PHARMACY OP
SPHC PHARMACY OP
PHARMACY IP
OB/GYN - MEDICAL
FINANCE
PATIENT FINANCIAL SERVICES
PEDIATRIC MEDICAL
INTERNAL MEDICINE
HEALTH INFORMATION MGMT
PHARMACY OP
LECHEE PHARMACY OP
OB/GYN - MEDICAL
PEDIATRIC MEDICAL
BIO-MEDICAL
HEALTH INFORMATION MGMT
EMERGENCY SERVICES
LABORATORY
DENTAL TC
HEALTH INFORMATION MGMT
PHARMACY OP
PATIENT FINANCIAL SERVICES
PATIENT FINANCIAL SERVICES
FINANCE
PEDIATRIC ACUTE
DIETARY SVCS
RADIOLOGY - DX
DIETARY SVCS
LECHEE PHARMACY OP
DENTAL CAMERON
CLINICAL INFORMATICS
PEDIATRIC ACUTE
CLINICAL INFORMATICS

PUHUYAOMA, DARRYL
SCOTT, DOROTHY
SLOAN, PRESTON
SMITH, CLENTUS
SMITH, GLYNDA
SMITH, TEDDY
SORIA, LUIS
SUTTON, DANIEL
THINN, CHRISTINE
THOMPSON, DENNIS
THOMPSON, TERRIS
TRAN, KHANH LE
TSOSIE, LIONEL
WALKER, CYNTHIA
WARTZ, LAURA
WILLIE JR., LEE
YAZZIE, FERN
YAZZIE, LUCINDA
YAZZIE JR, LEE
YOUNG II, JULIUS

10 Years

AMEN, KENNETH
BEGAY, RITA
BEGAY, SHELLEY
BEN, CHARLENE
BIGMAN, ANCITA
BILEEN, SHERRY
BLINDMAN, CHARLENE
BLINDMAN, SUSAN
BURDEN, JENNIFER
BURDEN, KEVIN
DAVIS SR, PETER
ELMER, TIANA
FARR, STEVE
FOWLER, KAYLIN
FOWLER, NORA
GRANGER, MARLIN
HANKS, EUGENIA
HARDY-BECENTI, VERONICA
HIGGINS, LINDA
HUMINIMPTWEWA, ELLEN
JONES, AARON
KIYAANI, DOREEN
KLOPFENSTEIN, ERNESTINE
LOMATEWAMA, LINETTE
MAIJAVA, JANTHINA
MCCABE, EVERLEE

PHARMACY OP
FACILITIES SUPPORT
GENERAL SERVICES
SECURITY
HEALTH INFORMATION MGMT
PHARMACY OP
HRSA - DENTAL MOBILE GRANT
CARDIOPULMONARY RT
SECURITY
LECHEE PHARMACY OP
MEDICAL MOBILE
PHARMACY IP
SURGERY/OPERATING ROOM
FINANCE
HEALTH INFORMATION MGMT
FACILITIES SUPPORT
SAME DAY APPOINTMENT
ADMINISTRATION
HEALTH INFORMATION MGMT
FACILITIES SUPPORT

CARDIOPULMONARY RT
CHS MANAGEMENT
PATIENT FINANCIAL SERVICES
MENTAL HEALTH
FAMILY MEDICINE
EYE CLINIC
PUBLIC HEALTH NURSING
PATIENT BENEFIT COORD
PHARMACY IP
COMPUTERIZED TOMOGRAPHY
ENVIRONMENTAL SVCS
PATIENT FINANCIAL SERVICES
MRI
HEALTH INFORMATION MGMT
HOUSING
ANESTHESIA
DENTAL TC
FINANCE
OB/GYN - MEDICAL
AMBULATORY CARE ADMINISTRATION
SPHC PT REHAB
EYE CLINIC
DENTAL TC
RADIOLOGY - DX
PHARMACY OP
DURABLE MEDICAL EQUIPMENT

MORGAN, TERILYN
PADDOCK, KRISTINA
PELA, JOYCE
PETERS, THOMAS
PRICE, GLORIA
RIGGS-TALLMAN, GWENDELYN
SCOTT, ROSE
SIMMONS, SELENA
TALAYUMPTWEWA, CORINA
TALLMAN, PETER
TALLSALT, EUGENA
TATUM, RICHARD
TENAKHONGVA, ELENA
TSOSIE-NEZ, EMOLINDA
YAZZIE, GABRIEL
YAZZIE, THOMAS
ZEIGLER, CHRISTINA

15 Years

BENALLY, KENNY
BONAR, LYNETTE
COOLIE, ROSE
GOLDTOOTH, MARIAN
GOLDTOOTH SR, MAXIMILIAN
MALONEY, MICHELLE
ONESALT, LUCILLE
SHUPLA, BRIAN
TSOSIE, TONYA
TSOSIE JR, BILLY
WATSON, BEATRICE
WILLIAMS, KRISTAL
WILLIAMS, MICHELLE
WILSON JR, JOHNNY

HEALTH INFORMATION MGMT
ADMINISTRATION
REHAB PT
PACU
BIO-MEDICAL
PI/RISK MANAGEMENT
ENVIRONMENTAL SVCS
RADIOLOGY - DX
AMBULATORY CARE ADMINISTRATION
FACILITIES SUPPORT
ENVIRONMENTAL SVCS
CLINICAL INFORMATICS
SURGERY/OPERATING ROOM
PHARMACY OP

20 Years

SHEPHERD, MABEL

MENTAL HEALTH

25 Years

MURRAY, JUNE

CLINICAL INFORMATICS

30 Years

JENSEN, CONNIE

DENTAL TC

35 Years

CHEE, LINDA
HOWARD, JOANN

PATIENT FINANCIAL SERVICES
EMERGENCY SERVICES

Ahi'hee' Nitsaago!

Food Recipe

Baked Sweet Potato Fries

Get your ingredients ready.

- 2 medium sweet potatoes
- 2 tablespoons of oil
- black pepper
- red pepper flakes
- seasoning of your choice



Preheat oven to 400 degrees F

Slice sweet potatoes into fries

Mix fries, oil and seasonings in a large bowl.

Spread seasoned fries on baking sheet. Leave space between fries to make them crispy.

Cook in the oven for 15-20 min. Flip your fries at least once to brown on all sides.



Dental Health

Tip of the Month

If you are nervous about visiting the dentist, make sure they are aware of why so they can improve your treatment.

Health Tip



Keep a food journal. Writing down what you eat instantly increases your awareness of what and how much you're eating. This can ultimately help you stop mindless munching.

TCRHCC Nursing Scholarship

Tuba City Regional Health Care Corporation will be offering our annual TCRHCC Nursing Scholarship. Funding will be awarded to 4 Native American Nursing Students. Interested applicants will be required to submit the following:

- 2 page Essay to include: What inspires you to pursue nursing as a career? What are your ultimate career goals? How will this scholarship help you to improve care for the Native American community?
- Resume, include membership to service organizations and/or involvement in community service activities.
- Certificate of enrollment in a Federally recognized Indian Tribe
- Official written confirmation of acceptance & enrollment in a 2 year A.D.N. or B.S.N. program of an accredited nursing school program.

- Official school transcripts
- 2 letters of recommendation from 2 people not related to the applicant. The person is to be familiar with the applicant's work history and/or academic performance. One of the letters must be from an employer/ supervisor, or school faculty member.

The deadline date for all applications is July 28, 2018.

The selection process is competitive and not guaranteed. Prior scholarship recipients will receive priority. Chosen applicants must commit to a term of 1 year obligated service as an employed nurse with TCRHCC per awarded scholarship received.

Please deliver, mail, or e-mail all required documents to: Nurse Administration
E-mail: Rosanna.Jenkins@tchealth.org
Mail: P.O. Box 600, Tuba City, AZ 86045
Phone: 928-283-2146

TCRHCC HERO

A W A R D

On March 5th, the Tuba City Regional Health Care Corporation (TCRHCC) presented plaques to members of the Hospital, community members and the Fire Department for their heroic efforts on December 1, 2017 while responding to the life threatening emergency that occurred because of a house fire at our TCRHCC Housing Units. Their selfless heroism and action was commended and deeply appreciated. Thank you for being our TCRHCC Hero!





Just Move It 2018

3K Walk/5K Run Series

The Tuba City Regional Health Care Corporation (TCRHCC) Health Promotion's series of non-competitive runs and walks will be held in 12 neighboring communities in the Tuba City Service Unit. The Just Move It events are open and free to everyone.

Every new registrant who participates receives a free t-shirt (one t-shirt, per person, per year).

The Just Move It series is a non-competitive running and walking program, first started in 1998, was designed to challenge communities to get fit.

Being physically active everyday can help you stay healthy and prevent diabetes and heart disease.

We would like to encourage our participants to plan for the hot weather and stay safe. **Here are some tips on how to stay safe in the heat at the JMI events:**

- Drink Plenty of Water! Including before the event.
- Very Important to Bring Extra Water for You & Your Family.
- Bring Your Own Filled Water Bottle.
- Avoid caffeinated/or extra sugary drinks.
- Wear light-colored, light-weight, and comfortable clothing.
- Wear wide-brim hats and comfortable shoes.
- Wear Sunscreen.
- Do not leave children or pets unattended in vehicles.

Other Tips:

- Keep children & pets close by.
- Have fun & practice safe outdoor fitness!
- Please eat a healthy snack before the JMI. Please bring enough water for you & your family. Wear sunscreen and a hat.

For more information about the Just Move It, contact the Health Promotion & Diabetes Prevention at 928-283-1420, ext 20713. To view the Tuba City Service Unit JMI schedule, visit <http://tchealth.org/jmi/>.



It is up to each of us to shape healthier lives and communities. For 26 years, our communities have taken action about health by

Just Moving It! Just Move It has grown in the number of communities and participants. JMI began in 1993 with 20 communities and 482 participants. In 2017, JMI had events in 126 communities and 42,636 participants!

* Series of non-competitive runs/walks * Everyone who participates earns a JMI t-shirt -1 t-shirt, per person, per year *

MAY				
DATE	LOCATION	SERVICE UNIT	REGISTRATION	START
05/07	Standing Rock Chapter	Crownpoint	9 AM	10 AM
05/08	Baca Chapter	Crownpoint	8:30 AM	9 AM
05/08	Kaibeto	Tuba City	6 PM	7 PM
05/08	Grand Falls	Winslow	5 PM	7 PM
05/09	Halchita Family Resource Center	Kayenta	5:30 PM	6 PM
05/10	Lake Valley Chapter	Crownpoint	8:30 AM	9:30 AM
05/11	Ojo Encino Chapter	Crownpoint	9 AM	10 AM
05/15	Pueblo Pintado Chapter	Crownpoint	9 AM	10 AM
05/15	LeChee Chapter	Tuba City	6 PM	7 PM
05/15	Birdsprings Chapter	Winslow	5 PM	7 PM
05/17	Toreon Chapter	Crownpoint	9 AM	10 AM
05/17	Ojlatto Senior Center	Kayenta	5:30 PM	6 PM
05/22	Tonalea	Tuba City	6 PM	7 PM
05/22	Tolani Lake Chapter	Winslow	5 PM	7 PM
05/23	San Juan Chapter	Shiprock	6 PM	6:45 PM
05/24	Tse si'ani (Lupton) Chapter	Gallup	4:30 PM	6 PM
05/24	Monument Valley Welcome Center	Kayenta	5:30 PM	6 PM
05/29	Ramah Navajo Chapter	Crownpoint	4:30 PM	5:30 PM
05/29	Twin Lakes Chapter	Gallup	4:30 PM	6 PM
05/29	Blue Hills w/ 10K	Tuba City	6 PM	7 PM
05/29	Teesto Chapter	Winslow	5 PM	7 PM
05/30	Navajo Mountain Community Clinic	Kayenta	5:30 PM	6 PM
05/30	Nenahnezad Chapter	Shiprock	6 PM	6:45 PM
05/31	Ramah Navajo Chapter	Crownpoint	7 AM	8 AM
05/31	To Haililee, NM			
05/31	Shonto Chapter House	Kayenta	5 PM	6 PM

JUNE				
DATE	LOCATION	SERVICE UNIT	REGISTRATION	START
06/02	Fisher Trail - Cubita Road Cuba, NM	Crownpoint	9 AM	10 AM
06/04	Houck Chapter	Gallup	4:30 PM	6 PM
06/05	Black Mesa - 10K	Chinle	6 PM	7:30 PM
06/05	Steamboat Chapter House	Ft. Defiance	4 PM	6:30 PM
06/05	Rare Metals	Tuba City	6 PM	7 PM
06/05	Jeddito School	Winslow	5 PM	7 PM
06/06	Alamo Community Wellness Center	Crownpoint	5 PM	5:30 PM
06/06	Manuelito Chapter	Gallup	4:30 PM	6 PM
06/06	Farmington - Berg Park	Shiprock	5:30 PM	6:45 PM
06/07	Low Mountain	Chinle	6 PM	7:30 PM
06/07	Greasewood Chapter House	Ft. Defiance	4 PM	6:30 PM
06/07	Chilichinbeto Chapter House	Kayenta	5 PM	6 PM
06/08	First Nations Community HealthSource Truman Location Albuquerque, NM			
06/08	Denneholso Chapter House	Kayenta	6 AM	7 AM
06/11	Rocksprings Chapter	Gallup	4:30 PM	6 PM
06/11	Huerfano Chapter	Shiprock	6 PM	6:45 PM
06/12	Whippoorwill	Chinle	6 PM	7:30 PM
06/12	Whitehorse Lake Chapter	Crownpoint	5:30 PM	6:30 PM
06/12	Cornfields Chapter House	Ft. Defiance	4 PM	6:30 PM
06/12	Navajo National Monument Park Visitor Center	Kayenta	5 PM	6 PM
06/12	Flagstaff	Tuba City	6:30 PM	7:30 PM
06/12	Leupp Public School	Winslow	5 PM	7 PM
06/14	Forest Lake	Chinle	6 PM	7:30 PM
06/14	Thoreau Chapter	Crownpoint	5:30 PM	6:30 PM
06/14	Ganado Chapter House	Ft. Defiance	4 PM	6:30 PM
06/14	Tsayatoh Chapter	Gallup	4:30 PM	6 PM
06/14	Nageezi Chapter	Shiprock	6 PM	6:45 PM
06/15	Ts'ah Bii Kin Chapter House	Kayenta	6 AM	7 AM
06/16	Future Foundations Family Center City of Grants Recreation Dept. Grants, NM	Crownpoint	7 AM	8 AM
06/18	Toohaltsoo (Sheepsprings) Route 32 Mile Marker 8	Shiprock	6 PM	6:45 PM
06/19	Blue Gap/Tachee Chapter - 10K	Chinle	6 PM	7:30 PM
06/19	Casamero Lake Chapter	Crownpoint	5:30 PM	6:30 PM
06/19	Klagetoh Chapter House	Ft. Defiance	4 PM	6:30 PM
06/19	Mexican Springs Chapter	Gallup	4:30 PM	6 PM
06/19	Coppermine Chapter	Tuba City	6 PM	7 PM

06/19	Dilkon Chapter	Winslow	5 PM	7 PM
06/21	Hard Rock	Chinle	6 PM	7:30 PM
06/21	Acoma, NM (Community Track & Field)	Crownpoint	4:30 PM	5 PM
06/21	Wide Ruins Community School	Ft. Defiance	4 PM	6:30 PM
06/21	Coyote Canyon Rehabilitation Center	Gallup	4:30 PM	6 PM
06/21	Kayenta Recreation Park	Kayenta	5 PM	6 PM
06/21	Tohachi Community School w/ 10K	Shiprock	6 PM	6:45 PM
06/25	Tsa'ahnoot'i'i (Sanostee) Chapter	Shiprock	6 PM	6:45 PM
06/26	Pinon	Chinle	6 PM	7:30 PM
06/26	Smith Lake Chapter	Crownpoint	5:30 PM	6:30 PM
06/26	Kinichee Chapter House	Ft. Defiance	4 PM	6:30 PM
06/26	Moenkopi w/ 10K	Tuba City	6 PM	7 PM
06/26	White Cone Multi-Purpose Building	Winslow	5 PM	7 PM
06/28	Wheatfields	Chinle	6 PM	7:30 PM
06/28	Mariano Lake Chapter	Crownpoint	5:30 PM	6:30 PM
06/28	Sanders, AZ - Valley High School	Ft. Defiance	4 PM	6:30 PM
06/28	Peabody Western Coal Company	Kayenta	5 PM	6 PM
06/28	Cove Chapter	Shiprock	6 PM	6:45 PM

JULY				
DATE	LOCATION	SERVICE UNIT	REGISTRATION	START
07/01	Kawaika Center Laguna Pueblo, NM	Crownpoint	8:30 AM	9 AM
07/02	TeeNosPos Chapter w/ 10K	Shiprock	6 PM	6:45 PM
07/03	Page	Tuba City	6:30 PM	7:30 PM
07/03	Twin Arrows Casino	Winslow	5 PM	7 PM
07/05	Houck Chapter House *Zumba only	Ft. Defiance	4 PM	6:30 PM
07/09	Immanuel Mission To'likan (Sweetwater)	Shiprock	6 PM	6:45 PM
07/10	Round Rock	Chinle	6 PM	7:30 PM
07/10	Littlewater Chapter	Crownpoint	5:30 PM	6:30 PM
07/10	Pine Springs (across from school)	Ft. Defiance	4 PM	6:30 PM
07/10	Chichilath Chapter	Gallup	4:30 PM	6 PM
07/10	Cedar Ridge	Tuba City	6 PM	7 PM
07/12	Lukachukai	Chinle	6 PM	7:30 PM
07/12	Nahodishgish Chapter	Crownpoint	5:30 PM	6:30 PM
07/12	Lupton Chapter House *Zumba only	Ft. Defiance	4 PM	6:30 PM
07/12	Pinedale Chapter	Gallup	4:30 PM	6 PM
07/12	Red Mesa Chapter w/ 10K	Shiprock	6 PM	6:45 PM
07/12	Indian Wells School	Winslow	4 PM	7 PM
07/16	Aneth Community School	Shiprock	6 PM	6:45 PM
07/17	Rock Point	Chinle	6 PM	7:30 PM
07/17	Whiterock Chapter	Crownpoint	5:30 PM	6:30 PM
07/17	Oaksprings Chapter House	Ft. Defiance	4 PM	6:30 PM
07/17	Naschitti Chapter	Gallup	4:30 PM	6 PM
07/17	Cameron- LCR	Tuba City	6 PM	7 PM
07/17	Navajo County Complex Holbrook, AZ	Winslow	5 PM	7 PM
07/19	Diné College - 10K	Chinle	6 PM	7:30 PM
07/19	Becenti Chapter	Crownpoint	5:30 PM	6:30 PM
07/19	Stronghold Scouts Event Center	Ft. Defiance	4 PM	6:30 PM
07/19	Tohachi, NM - Finale Mile Marker 24-25/Hamburger Hill	Gallup	4:30 PM	6 PM
07/21	Ignacio - SunUte Park	Shiprock	8 AM	8:45 AM
07/23	Cortez - Parque de Vida	Shiprock	6 PM	6:45 PM
07/24	Cottonwood - 10K	Chinle	6 PM	7:30 PM
07/24	Navamil Logging Company - Sawmill, AZ	Ft. Defiance	4 PM	6:30 PM
07/24	Tuba City w/ 10K	Tuba City	6 PM	7 PM
07/24	Winslow City Park	Winslow	4 PM	7 PM
07/26	Many Farms - 10K	Chinle	6 PM	7:30 PM
07/26	Navajo Technical University Wellness Center	Crownpoint	5 PM	6:30 PM
07/26	Redlake Chapter House	Ft. Defiance	4 PM	6:30 PM
07/26	Beclabito Chapter	Shiprock	6 PM	6:45 PM
07/31	Rough Rock	Chinle	6 PM	7:30 PM
07/31	Crystal Chapter House	Ft. Defiance	4 PM	6:30 PM
07/31	Shiprock Finale w/ Warrior Challenge	Shiprock	5:30 PM	6:45 PM

AUGUST				
DATE	LOCATION	SERVICE UNIT	REGISTRATION	START
08/02	Nazini	Chinle	6 PM	7:30 PM
08/07	Chinle - 10K	Chinle	6 PM	7:30 PM



TCRHCC Nurses Become Certified Sexual-Assault Examiners

A Sexual Assault Nurse Examiner (SANE) is a registered nurse who has been specially trained to provide comprehensive care to sexual assault survivors in a medical setting.

On February 8, 2018, the Tuba City Regional Health Care Corporation (TCRHCC) Domestic Violence Prevention Initiative program coordinated a training in Tuba City to certify 9 nurses to become a certified Sexual Assault Nurse Examiner (SANE).

Nurses that become certified SANEs do it in addition to their regular job duties. They take on this extra role because they want to help survivors.

The SANE Training is provided by the International Association Of Forensic Nurses (IAFN), an international membership organization comprised of forensic nurses working around the world and other professionals who support and complement the work of forensic nursing.

The program is designed for nurses interested in providing forensic medical assessment and care to survivors of sexual assault. The 40-hour course is designed to provide registered nurses with a comprehensive education program consisting of:

- Assessment
- Examination
- Collection of forensic evidence
- Evaluation of sexual assault victims
- Testifying in court

SANEs are highly valued at TCRHCC. When a patient reports an assault, the SANE nurses take over their care from beginning to end. They do clinical assessments, carefully document injuries and painstakingly collect, package and store evidence to ensure it can be useful to law enforcement. They also work closely with the TCRHCC SART/DVPI Program Coordinator to ensure patients have needed support during these exams - and a connection to support after they are discharged from the hospital.

The SANEs work is not done when the patient leaves, though. If the case goes to trial, the SANE is called to testify, where he/she will be asked to discuss the exam findings and to educate the judge and jury about exam findings in sexual assault and psychological responses to sexual assault.

Today, TCRHCC SANE program has 13 Adult SANE nurses and 2 Pediatric SANE nurses.

"These nurses are amazing and keep me motivated every day. They are going out of their way to help survivors heal," said the TCRHCC SART/DVPI Program Coordinator, Sara Thompson, who organizes the SANE trainings for TCRHCC.

How To Help

How to Help Someone You Care About

Tips from RAINN

It's not always easy to know what to say when someone tells you they've been sexually assaulted, especially when that person is a family member, friend, or loved one. Consider the following ways of showing support:

- **Listen.** Communicate without judgement.
- **Be there.** If the survivor seeks medical attention or plans to report, offer to be there. Your presence can offer the support they need.
- **Offer support.** Encourage the survivor to get support. Share resources like the National Sexual Assault Hotline and online.rainn.org, but realize that only they can make the decision to get help.
- **Be Patient.** Remember, there is no timetable for recovering from trauma. Avoid putting pressure on them to engage in activities they aren't ready to do yet.
- **Encourage self-care.** Following an assault it is important to practice good self-care during this difficult time.



I BELIEVE AND SUPPORT SURVIVORS.

SANE/SART Program Coordinator
Office: 928-283-2932
Cell: 928-607-9089

Sexual Assault Victim Advocate
Office: 928-283-2900
Cell: 928-607-0811

Did you know?

Native Americans are **2x** as likely to be victims of sexual violence compared to other races.

Safe Medication Disposal Program



Do you have any unwanted or expired medications?



Don't trash or flush your Meds.
Turn in your unused or expired medications to our Safe Medication Disposal bins at our Pharmacy locations nearest you.

Locations Near You

-  **Tuba City Regional Health Care Outpatient Primary Care Center**
1st Floor - Pharmacy
-  **Sacred Peaks Health Center**
3480 E. Route 66
Flagstaff, AZ 86004
-  **LeChee Health Facility**
3 Miles South Coppermine Rd.,
LeChee, Arizona

The Medication Disposal drop off container accepts all prescription drugs; over-the-counter medications, narcotics, vitamins, inhalers, liquid medication (in container or bag), and medication samples.

* Available during normal business hours



Tuba City
Regional Health Care Corporation



Mammograms Save Lives!

Tuba City Regional Health Care Corporation is encouraging women age 40 to 70 have a mammogram every 1-2 years to screen for breast cancer. Remember, Mammograms have the potential to help detect breast cancers earlier.



Breast Health Outreach Program

Self exams aren't enough, schedule your mammogram today!

EARLY DETECTION SAVES LIVES.

SCHEDULE A MAMMOGRAM TODAY 

Schedule an appointment with one of the following Clinics to request a Mammogram Screening:

- Family Medicine.....(928) 283-2458
- Same-Day Appointment.....(928) 283-2669
- Women's Clinic.....(928) 283-2460

Free gas cards will be provided to patients who complete their mammograms. To qualify, patient must reside outside of the Tuba City area within a 20 mile radius. All patients will receive other free incentives upon completion of their appointments. For more information, contact our Mammography Department at: 928-283-1301.



Tuba City
Regional Health Care Corporation



Sexual Assault Nurse Examiner Sexual Assault Response Team

The Sexual Assault Response Team (SART) at TCRHCC provides a 'safe place' for victims of sexual abuse to receive appropriate medical care, emotional support, and individual comprehensive medical-legal examinations by a team of specially trained medical professionals.



TCRHCC SANE/SART/DVPI Program

928-283-2934

Sacred Peaks Health Center

Providing accessible healthcare to the community of Flagstaff
Family Medicine • Internal Medicine • Primary Care • Pharmacy
Laboratory • Physical Therapy • Specialty Services

To schedule an appointment, call 928-863-7333.





Nutrition

Tip of the Month

NUTRITION TIP:

"If you do over-indulge, simply get back to all your good habits at the very next meal."

Source: handmadehealthy.com.



Did you know?

Stretching increases blood flow, boosts oxygen levels and helps deliver nutrients to your muscles.

Health Tip of the Day

When working on the computer, make a conscious effort to blink more often.

If moisten and refreshes the eyes.

  MAY  				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ADULT FITNESS HOURS MONDAY-THURSDAY 5:30AM-9:00AM 10:00AM-2:00PM 5:00PM-8:00PM FRIDAY EVENING GYM: 5:00PM-7:00PM YOUTH FITNESS HOURS Monday-Friday 3:00pm-5:00pm	1 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 3-5pm: Youth Fitness Hours 5:15pm: Insanity 6pm: Spin w/SAM	2 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 4-5pm: Youth Insanity 6pm: Yoga w/Jeanette 7pm: Spin w/Sam	3 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 3-5pm: Youth Fitness Hours 5pm-7pm: CLOSED 7pm: Spin w/Sham	4 Fitness Room Hrs: 530-9am/10am-2pm/5-7pm Exercise Room: 12pm: CLOSED 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 6pm: Zumba w/Neecee 7PM: CLOSED
7 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 4-5pm: Youth Insanity 6pm: Yoga w/Jeanette 7pm: Spin w/Sam	8 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 3-5pm: Youth Fitness Hours 5:15pm: Insanity 6pm: Spin w/Sham Just Move It- KAIBETO (Reg:6pm // Start: 7pm)	9 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 5:30am: Spin w/Sham 12pm: BOSU w/Kim 3-5pm: Youth Fitness Hours 4-5pm: Youth Insanity 5:15pm: Kickboxing w/Sham 6pm: Yoga w/Jeanette 7pm: Spin w/Sam	10 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 12pm: HIIT w/Jess 3-5pm: Youth Fitness Hours 6pm: Spin w/Sham	11 Fitness Room Hrs: 530-9am/10am-2pm/5-7pm Exercise Room: 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 6pm: Zumba w/Neecee 7PM: CLOSED
14 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 4-5pm: Youth Insanity 5:15pm: Kickboxing w/Sham 6pm: Yoga w/Jeanette 7pm: Spin w/Sam	15 Fitness Room Hrs: 530-9am/10am-2pm/ CLOSED Exercise Room: 3-5pm: Youth Fitness Hours Just Move It- LECHEE CHAPTER (Reg:6pm // Start: 7pm)	16 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 4-5pm: Youth Circuit w/Jess 5:15pm: TBD 6pm: Yoga w/Jeanette 7pm: Spin w/Sam	17 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 3-5pm: Youth Fitness Hours 6pm: Spin w/Sham	18 Fitness Room Hrs: 530-9am/10am-2pm/5-7pm Exercise Room: 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 6pm: Zumba w/Neecee 7PM: CLOSED
21 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 4-5pm: Youth Insanity 5:15pm: Kickboxing w/Sham 6pm: Yoga w/Jeanette 7pm: Spin w/Sam	22 Fitness Room Hrs: 530-9am/10am-2pm/ CLOSED Exercise Room: 12pm: TRX w/Elena 3-5pm: Youth Fitness Hours Just Move It- TONALEA (Reg:6pm // Start: 7pm)	23 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 5:30am: Spin w/Sham 12pm: BOSU w/Kim 3-5pm: Youth Fitness Hours 4-5pm: Youth Circuit w/Jess 5:15pm: Kickboxing w/Sham 6pm: Yoga w/Jeanette 7pm: Spin w/Sam	24 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 12pm: HIIT w/Jess 3-5pm: Youth Fitness Hours 6pm: Spin w/Sham	25 Fitness Room Hrs: 530-9am/10am-2pm/5-7pm Exercise Room: 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 6pm: Zumba w/Neecee 7PM: CLOSED
28 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 4-5pm: Youth Insanity 5:15pm: Kickboxing w/Sham 6pm: Yoga w/Jeanette 7pm: Spin w/Sam	29 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 12pm: TRX w/Elena 3-5pm: Youth Fitness Hours 5:15pm: Insanity 6pm: Spin w/Sham Just Move It- BLUE HILLS (Reg:6pm // Start: 7pm)	30 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 5:30am: Spin w/Sham 3-5pm: Youth Fitness Hours 4-5pm: Youth Insanity 5:15pm: Kickboxing w/Sham 6pm: Yoga w/Jeanette 7pm: Spin w/Sam	31 Fitness Room Hrs: 530-9am/10am-2pm/5-8pm Exercise Room: 12pm: HIIT w/Jess 3-5pm: Youth Fitness Hours 6pm: Spin w/Sham	May 19th 2018 Hiking Series Lee's Ferry Spencer Trail @7am



Tuba City Regional Health Care Corporation

Main Telephone
Switchboard
(928) 283-2501



Navajo Nation Police

Police and Emergency Medical
Services (EMS)
(928) 283-3111

Same Day Appointment 283-2669

Patients are encouraged to call ahead to make an appointment for a Same-Day Appointment if available. Call the Same Day Appointment from 7:30 am to 4:00 pm to schedule your appointment.

Family Medicine Clinic 283-2458

Monday - Friday: 8:00 am - 5:00 pm

Pediatric Clinic 283-2679

Pediatric Clinic Appointments-Call the clinic from 8:00 am to 4:00 pm to schedule your appointment a few days BEFORE you want your child to be seen.

TO MAKE AN APPOINTMENT, Call the appointment desk at 928-283-2679.

Outpatient Pharmacy 283-2754

Open 7 Days a week from 8:00 am - 7:00 pm

24-Hour Pharmacy refill line: 1-928-283-2921

Prescriptions are ready for pick-up with no waiting time for patients who call in 24 hours in advance.

Pharmacy Drive-Thru is NOW OPEN for Refill Prescription Pick-Up Only from 8:00 am to 7:00 pm (midnight), 7 days a week, including holidays.

Dental Clinic

Tuba City: 283-2672

Tuba City

Monday - Friday: 7:00 am - 5:00 pm

(Thursday afternoons - urgent care only)

Cameron: 213-8161

Cameron

Monday, Tuesday, Wednesday & Thursday:

7:30 am - 5:00 pm

Internal Medicine 283-2689

Monday - Friday: 8:00 am - 5:00 pm

Diabetes Education & Clinical Nutrition 283-2895

Appointments and walk-ins

Monday - Friday: 8:00 am - 5:00 pm

Services Provided: Diabetes Education, Blood Sugar Meter Training, and Nutrition Counseling.

Ear/Nose Throat (ENT) Clinic 283-2974

Monday - Wednesdays: 8:30 am - 5:00 pm
(By referral only)

Environmental Health 283-2844

Car Seat Day

Every Thursday: 10:00 am - 3:00 pm

Eye Clinic 283-2748

Monday - Friday: 7:00 am - 5:00 pm

Community Health Division

Health Promotion Program 283-1429/1420

Diabetes Prevention Program 283-1429/1420

Mobile Health Program 928-283-2607

Mental Health 283-2831

Monday - Friday: 7:00 am - 6:00 pm

OB/Gyn Clinic (Women's Health) 283-2460

Monday - Friday: 8:00 am - 5:00 pm,
except Tuesday start at 9:30 am

Occupational Therapy 283-2593/2594

Speech Therapy

Monday - Friday: 8:00 am - 5:00 pm

Orthopedic Clinic/Surgical 283-2660

Orthopedic Clinic

Tuesday: 8:00 am - 5:00 pm,

Thursday: 8:00 a.m. - 12:00 noon

Urology, Podiatry & Surgery

Monday - Friday: 8:00 a.m. - 5:00 p.m.

(Call for specific clinic times)

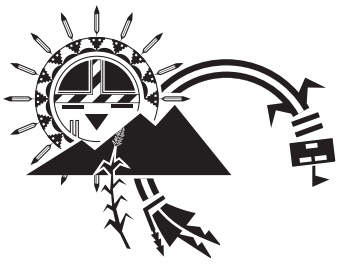
Physical Therapy 283-2659

Monday -Wednesday & Friday: 8:00 am - 5:00 pm,

Thursday: 8:00 am - 12:00 pm

Emergency Room ANNEX

For patients in need of medical care after normal, daily walk-in hours. Go to the Emergency Department to be screened and registered. No appointment necessary.



Tuba City

Regional Health Care Corporation

Healthy Directions

Administration - Office of the CEO
 167 North Main Street
 P.O. Box 600
 Tuba City, Arizona 86045

find us on **facebook**

facebook.com/tchealth



A Message

From Your Patient Benefit Coordinators



Current Medicare Card	New Medicare Card
<p>MEDICARE HEALTH INSURANCE</p> <p>1-800-MEDICARE (1-800-633-4227)</p> <p>NAME OF BENEFICIARY JANE DOE</p> <p>MEDICARE CLAIM NUMBER 000-00-0000-A</p> <p>SEX FEMALE</p> <p>IS ENTITLED TO HOSPITAL (PART A)</p> <p>EFFECTIVE DATE 07-01-1986</p> <p>MEDICAL (PART B)</p> <p>EFFECTIVE DATE 07-01-1986</p> <p>SIGN HERE → <i>Jane Doe</i></p>	<p>MEDICARE HEALTH INSURANCE</p> <p>Name/Nombre JOHN L SMITH</p> <p>Medicare Number/Número de Medicare 1EG4-TE5-MK72</p> <p>Entitled to/Con derecho a PART A</p> <p>Coverage starts/Coertura empieza 03-03-2016</p> <p>PART B</p> <p>03-03-2016</p>

STARTING IN APRIL 2018!

You're getting a **new** Medicare Card!

Starting April 2018 through April 2019, Medicare will begin mailing out new Medicare cards with new ID numbers!
Once new Medicare card is received, destroy old Medicare card and keep the new Medicare number confidential!

