



TUBA CITY REGIONAL HEALTH CARE CORPORATION

FREE
Take One

Healthy Directions

Serving Our Local Communities

www.TCHEALTH.org

APRIL 2009

2009 Journey to Wellness:

Walking Together for Healthier Nations

The Tuba City Health Promotion Program invites you to participate in the **13th Annual Journey to Wellness: Walking Together for Healthier Nations (WTHN)** community walk, Wednesday, April 29, 2009.

For the past thirteen years, the Navajo Area Service Units along with Tuba City Regional Health Care Corporation and Winslow Indian Health Care Center have worked hard to establish this annual event into a keystone that is recognized as an occasion that brings communities, schools and families together to promote diabetes prevention and awareness among different walks of life. In addition, WTHN encourages people to take the initiative to improve their health status by making healthy lifestyle choices.

Each year this community walk begins at different locales on or near the Navajo Nation. This year, our local community-walk will begin at the Moenkopi Gravel Pits (off of State Route 264), April 29, 2009. Registration will begin at 6:00 p.m. (DST) and the event will begin at 7:00 p.m. (DST). This event will include a 3k walk and 5k fun run. The event is free and open to everyone.

If you would like more information or if you are interested in becoming a WTHN volunteer, please contact the Tuba City Health Promotion Program at (928) 283-1420/1430.



Inside This Issue:

Blood Drive Award
– Page 2

Navajo Transit –
Flagstaff to Tuba City
– Page 2

Health Promotion/
Disease Prevention
Programs – Page 3

Lab Week 2009 – Page 4

TCRHCC Clinic Hours
– Page 4

Grand Opening: 24-Hour Refill Pharmacy ~ NO MORE WAITING ~

New Building New Refill Program Enhances Pharmacy Services at TCRHCC

**The Refill Toll-Free Number is:
1-866-976-5941**

If you receive routine prescription refills from the TCRHCC Pharmacy, a new service has been added just for you, in a new building at the east end of the hospital parking lot. Patients who receive regular refills may now call in on a dedicated toll-free number 24 hours in advance, and drive up, walk in and pick up their prescriptions the next day, with no waiting, . . . or very little.

Refill Pharmacy Services have been separated from the main Pharmacy Department in the hospital building. You'll now go to the new Pharmacy building near the Family Wellness Center, for regular or routine refills.

A Grand Opening was held on Thursday, March 19th for the new Refill Pharmacy unit. The Refill Pharmacy will initially be open seven days a week from 8:00 a.m. to 7:00 p.m., **and open on holidays**. Having called in 24 hours in advance, patients will arrive at the Refill Pharmacy, register with Patient Registration, pick up their refill(s) and leave.

Of the average 1500 prescriptions filled per day by the TCRHCC Pharmacy, approximately 25% are refills. The new Refill Pharmacy will be staffed by five pharmacists, six technicians, and four pharmacy aids, for a seven-day operation.

Prescriptions will also now be available on weekends for those who do not make it to the main Pharmacy in time on a Friday afternoon, or for those receiving prescriptions in the



Certified Pharmacy Technician Govern Nelson, fills a prescription in the new Refill Pharmacy.)

Emergency Room on weekends. Typically, ER patients have to come back on Monday mornings for additional medications as the ER maintains limited supplies and is not equipped to dispense a high volume of medications.

The Pharmacy staff in the existing Pharmacy will be able to concentrate on clinical and in-patient needs, enhancing service for those patients.

Refill patients will be called when the prescription is ready and again if the prescription is not picked up. Patients should provide their phone number or a way to contact them if they do not have a telephone.

Navajo Nation Adds Booster Seat Requirement in an Amendment to Existing Child Passenger Restraint Law

Children ages 5 - 12, less than 4 feet, 9 inches tall now required to ride in booster seat

Signed into law on February 9, 2009, the Navajo Nation now requires children ages five through 12 who are less than four feet, nine inches tall, to sit in a booster seat with seat belt properly fastened, in all non-commercial motor vehicles operated on any highway of the Navajo Nation. This is an amendment to the existing law which required any person operating a passenger car, van or pickup truck, except for authorized emergency vehicles, public transportation or a school bus, to properly restrain children under the age of four in a certified child restraint devices meeting federal standards.

Children ages four through 12 years and less than four feet, nine inches tall can suffer from injuries when they use a seatbelt only. The full language of the amendment to Title 14 of the Navajo Nation code follows.

Title 14 Navajo Nation Motor Vehicle Code Chapter 3.

§ 547. Infant/passenger restraints

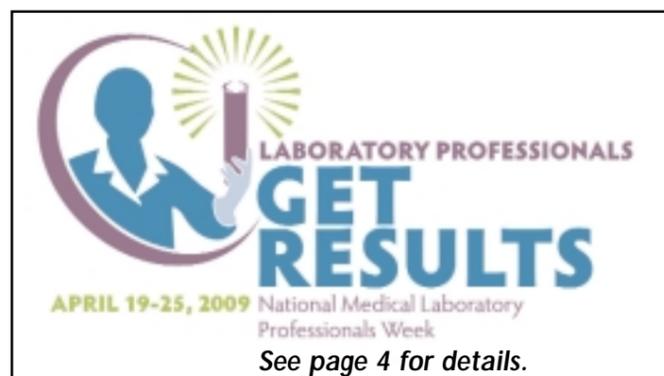
A. Any parent, guardian or custodian of an infant, child, or youth under the age of 12 years and less than 4'9", when transporting the child in a non-commercial motor vehicle operated on any highway of the Navajo Nation, shall prop-

erly secure the child in a child passenger restraint system. The restraint system shall meet Federal Motor Vehicle Safety Standard Number 213, which requires the following information:

1. On a permanent label attached to the restraint, the system, "This child restraint system conforms to all applicable Federal Motor Vehicle Safety Standards" shall be printed; and
2. On a permanent label, attached to the restraint, the manufacturer's recommendations of the minimum and maximum weight and height of the children who can safely occupy the system shall be printed.

B. A person shall not operate a passenger car, van or pickup truck within the Navajo Nation, except for an authorized

Continued on page 2 ▶



Child Restraint, *Continued from page 1.*

emergency vehicle, public transportation or a school bus, unless all passengers less than 12 years of age and less than 4 feet, 9 inches in height are properly restrained. Each child less than 12 years of age and less than 4 feet, 9 inches in height shall be properly secured in a child passenger restraint device or by a safety belt, unless all seating positions equipped with safety belts are occupied, as follows:

1. Children, less than one year of age shall be properly secured in a rear-facing child restraint of a vehicle that is equipped with a rear seat, the child may ride in the front seat of the vehicle with the passenger-side air bag deactivated.
2. Children, one year of age through four years of age, regardless of weight; or children who weigh less than forty pounds, regardless of age, shall be properly secured in a child passenger restraint device that meets federal standards for this age and size range.
3. Children, five years of age through twelve years of age, regardless of weight; or children who weigh less than sixty pounds, regardless of age, shall be properly secured in a child passenger restraint device that meets federal standards, by a booster seat or by a seat belt.

C. A child is properly secured in an adult seat belt when the lap belt properly fits across the child's thighs and hips and not the abdomen. The shoulder strap shall cross the child's chest and not the neck, allowing the child to sit all the way back against the vehicle seat with knees bent over the seat edge.

D. If all seating positions equipped with safety belts are occupied, children shall be restrained in accordance with this Section, by the order of age, beginning with the youngest through the eldest.

Violators of this Section are subject to a civil assessment fee not more than one hundred twenty-five dollars (\$125.00), except that civil assessment shall be reduced to seventy-five dollars (\$75.00) if the person attends a two-hour Children Are Precious Passengers (CAPP) course taught by a certified child passenger safety technician, and obtains a child restraint device that meets federal standards should the court require such proof. A child passenger restraint fund is established. The fund consists of all civil penalties deposited pursuant to this section and any monies donated by the public. The Navajo Nation Safe Kids Coalition shall administer the fund.

The technical language allowing for the adoption of the Act followed, and it was signed in to law by the Speaker of the Navajo Nation Council and the Navajo Nation President.

The TCRHCC Office of Environmental Health supported the passage of this important amendment that added additional safety provisions for children.



At right: *TCRHCC Office of Environmental Health, front row, left to right, Angie Maloney, OEH Supervisory Sanitarian; Angie Chee, OEH Environmental Health Officer; back row, left to right, Marjorie Dugi, Head Start Community Advocate, Rajean Victor, TCRHCC Public Health Nurse; Lyndon Endischee, OEH Environmental Health Officer. OEH and community partners sponsor child car seat clinics in the community from time to time, or you can call the office at 928/283-2844 for more information.*



TCRHCC Honored for Blood Drive Efforts

A plaque on a wall is but a symbol of success, but it can't show the full life-giving impact of donating blood. On February 25, 2009, TCRHCC was awarded the Silver Award level for its 2008 efforts in sponsoring blood drives in affiliation with United Blood Services at a ceremony in Flagstaff. The Silver Award is received because at least 30% of the TCRHCC staff donated blood.

TCRHCC blood drive coordinators Veronica Granger and Timothy Newland accepted the award on behalf of the entire staff, but Newland emphasized, "All donors are the recipients, not me or Ronie."

This is the third year that TCRHCC has received an award, and the plaque shown in the photo at the left is on display outside the hospital cafeteria.

Gold and platinum awards are given for organizations with higher percentages of donors.

A blood drive was held at TCRHCC on March 12, 2009, and 30 donors participated. Three more blood drives are planned for 2009. Watch for announcements in the months to come.

Donating Blood – Information from United Blood Services

Donating blood is safe, it's simple, and it saves lives. Most donors find it a painless experience.

For the most part, donors must be at least 16 years old and weigh at least 110 pounds. If you are a young adult between ages 16 and 22, there are height/weight requirements for donors in your age group. All 16-year-olds and some 17-year-olds must have parent or guardian permission to donate.

What happens when I donate?

A brief interview is the first step. You'll be asked about your medical history and current health. We'll check your temperature, blood pressure, pulse and blood iron level. You'll relax in a comfortable chair



TCRHCC Blood Drive Coordinators Veronica Granger, Lead Clinical Nurse, IM/DM Clinic; and Timothy Newland, RN, Environment of Care Manager.

while a technician collects your blood donation. After donating, you'll be invited to rest and enjoy a light refreshment. You may then resume your usual routine.

How will I feel after I donate?

You should feel fine! Since the human body averages 10-12 pints of blood, it's easy to spare some.

Is it possible to get a disease while donating?

Absolutely not. All materials used during the donation process are sterile and used only once. You cannot get AIDS or any other disease by donating blood.

What happens to my blood after I donate?

The blood goes to the blood center laboratory for typing and testing. It is then labeled, stored at the proper temperature, and distributed to area hospitals to help save patients' lives.

As your community blood provider, United Blood Services makes sure blood is available for anyone who needs it, whether or not they donate.



A Healthy Prescription from Health Promotion

If you could sell it in a bottle, you'd be rich! Shown at the right is a healthy prescription now being offered to area residents on a regular basis – Preventital.

Regular use may result in weight loss, reduction in LDL cholesterol and triglycerides. Side effects may also raise LDL, lower blood pressure, and may cause increased self-esteem! See fine print.

Patients should have a recent check-up and approval from their health care provider before beginning treatment. Some patients may enjoy trained, professional guidance and leadership in getting started. Call Health Promotion for more information on exercise classes and activities that are right for you.



HEALTH PROMOTION / DISEASE PREVENTION

APRIL 2009

Tuba City Community Challenge: 2009 Biggest Loser

The 2009 Tuba City "Biggest Loser" Challenge has over 250 participants! Friends, families, relatives and communities are coming together for this 12-week challenge designed to create healthier habits, while having tons of fun doing it.

Join us at our next "Biggest Loser" events for April 2009:

- April 16th – Adventure Night, Tuba City Community Center, 6pm DST.
- April 23rd – Aerobics Challenge, Tuba City Community Center, 6pm DST.

For more information contact Preston at (928) 283-1426.

 Health Promotion/Disease Prevention:
(928) 283-1420



11th Annual Tuba City Just Move It (JMI)

2009 Family Summer Fun Run & Walk Series

DATE	LOCATION	REGISTRATION	START
May 19, 2009	Kaibeto	6:00pm (DST)	7:00pm (DST)
June 2, 2009	Tonalea	6:00pm (DST)	7:00pm (DST)
June 9, 2009	Coalmine	6:00pm (DST)	7:00pm (DST)
June 13, 2009	Page	7:00am (MST)	8:00am (MST)
June 16, 2009	Moenkopi	6:00pm (DST)	7:00pm (DST)
June 23, 2009	Cameron	6:00pm (DST)	7:00pm (DST)
June 27, 2009	Flagstaff	8:00am (MST)	9:00am (MST)
June 30, 2009	Hidden Springs	6:00pm (DST)	7:00pm (DST)
July 7, 2009	Bodaway/Gap	6:00pm (DST)	7:00pm (DST)
July 14, 2009	Coppermine	6:00pm (DST)	7:00pm (DST)
July 21, 2009	LeChee	6:00pm (DST)	7:00pm (DST)
July 28, 2009	Tuba City	6:00pm (DST)	7:00pm (DST)

Tuba City Health Promotion Program Partnerships/Sponsors: TCRHCC Diabetes Prevention Program, TCRHCC Volunteers, Navajo Nation EMS, Tuba City Police Department, Tuba City Fire Department, Kaibeto Chapter, Community of Cow Springs, Tonalea Chapter, Tonalea General Store, Upper Village of Moenkopi, Lower Village of Moenkopi, Coalmine Chapter, Cameron Chapter, Community of Gray Mountain, Bodaway/Gap Chapter, Community of Cedar Ridge, Community of Bitter Springs, Coppermine Chapter, LeChee Chapter, Tuba City Chapter, San Juan Southern Paiute Tribe, City of Flagstaff Parks and Recreation, City of Page Parks and Recreation, Tuba City HIV/STD Prevention Program, Rez Fitness Leaders, Navajo Nation Health Education Program, Tuba City Department of Behavioral Health Services, Kaibeto Department of Behavioral Health Services, J Bar K Equestrian Club, Coconino County Health Department, Arizona Nutrition Network, Navajo Nation CHR Program, Hopi CHR Program, Tuba City Boys & Girls Club, Tuba City Community Volunteers, Kayenta Service Unit, Hopi Wellness Center, Navajo Nation Council Woman, Hope McDonald-Lonetree, Navajo Nation Special Diabetes Program, NACA of Flagstaff, Arizona, Local Donors

~ ALL EVENTS ARE NON-COMPETITIVE & FREE ~

For more information, contact Health Promotion: (928) 283-1425/1420

Tuba City FAMILY Wellness Center



Group Fitness Class Schedule

6:00 a.m. - 9:00 p.m. (DST)

Health Promotion/Disease Prevention
In partnership with Rez Fitness Leaders

MONDAY

- 12:00 p.m. Step Aerobics w/ Preston
- 6:30 p.m. Step Aerobics w/ Jeri
- 6:30 p.m. Beginning Spinning w/ Sam
- 7:45 p.m. Intermediate Spinning w/ Sam

TUESDAY

- 12:00 p.m. Stretch & Tone w/ Elida
- 12:00 p.m. Spinning w/ Laverne
- 5:30 p.m. Aerobics w/ Minnie
- 7:00 p.m. Step Aerobics w/ Laverne

WEDNESDAY

- 12:00 p.m. Step Aerobics w/ Laverne
- 6:30 p.m. Beginning Spinning w/ Sam
- 7:45 p.m. Intermediate Spinning w/ Sam

THURSDAY

- 12:00 p.m. Stretch & Tone w/ Elida
- 12:00 p.m. Spinning w/ Laverne
- 6:00 p.m. Martial Arts w/ Julie
- 7:00 p.m. Kickboxing w/ Jimmie

FRIDAY

- 12:00 p.m. Step Aerobics w/ Laverne
- 6:30 p.m. Beginning Spinning w/ Sam
- 7:00 p.m. Zumba w/ Jimmie
- 7:45 p.m. Intermediate Spinning w/ Sam

Times subject to change.
Inquire at: (928) 283-3058

SAVE THIS PAGE AS A REMINDER of the dates of upcoming activities.

Healthy Living 101

HL101 is a series of classes that help individuals & families develop healthy lifestyles. Classes are Free and Open to All

April 8	Pilates
April 22	Sleep 101
May 6	Stress Management

12:00 p.m. - 1:00 p.m.
Health Promotion Building - Classroom
(East of the TCRHCC Hospital)
Location and time subject to change.

TCRHCC HEALTH PROMOTION/DISEASE PREVENTION
(928) 283-1427, BROOKL.HOLIDAY@TCHHEALTH.ORG

2009 Youth Futsal League Results

The 2009 Youth Futsal season has come to an end and the Tuba City Health Promotion Program would like to thank all of the parents and guardians of the league, the Navajo Nation Special Diabetes Project and the Tuba City Junior High School for their help and support in helping to make this year's league a success.

HP/DP would like to acknowledge **Logan Billy** and **Tegan Tsingine**; these two participants never missed a day of Futsal. A big "shout out" to these two dedicated participants. Great job to all our participants!



APRIL

2009 Navajo Coordinated School Health Campaign

TV Free Week
April 19-25, 2009
Its time to add up how much of your life is spent WATCHING TV. If you watch 2 hours each evening and 8 hours over the weekend, then you watch:
18 hours x 52 weeks = 936 hours per year, That's 39 DAYS per year!

Celebrate Earth Day
April 22, 2009
This is a special day to learn about our planet and how to take care of. Here are some ideas:

- Join a community cleanup day
- Plant a tree
- Organize a recycling project
- Adopt a highway



TUBA CITY REGIONAL HEALTH CARE CORPORATION
Main Telephone Switchboard (928) 283-2501
Emergencies: Call Navajo Nation Police (928) 283-3111

Adult Walk-In Clinic 283-2669

- Sign In: Monday - Friday: 7:00 a.m. - 4:00 p.m. (After hours go to Emergency Room)

Family Medicine Clinic 283-2458

- Monday - Friday: 8:00 a.m. - 5:00 p.m. (Some evening hours available.)

Pediatric Clinic 283-2679

- **Walk-in Patients**
Monday - Thursday: 8:00 a.m. - 5:00 p.m.
Friday: 8:00 a.m. - 4:00 p.m.
- **Appointments:**
Monday - Wednesday & Friday: 8:00 a.m. - 5:00 p.m.
Thursday: 8:00 a.m. - 12:00 p.m.

NEW Outpatient Pharmacy 283-2754

- Monday - Thursday: 8:00 a.m. - 9:00 p.m.
Friday: 8:00 a.m. - 7:00 p.m.
- **24-Hour Pharmacy refill line: 1-866-976-5941**
The new **Refill Pharmacy** will initially be open seven days a week from **8:00 a.m. to 7:00 p.m.** Prescriptions ready for pick-up with no waiting time for customers who call in 24 hours in advance.

Dental Clinic Tuba City: 283-2672
Cameron: 213-8161

- **Tuba City**
Monday - Friday: 7:00 a.m. - 5:00 p.m. (Thursday afternoons - urgent care only)
- **Cameron**
Wednesday & Thursday: 7:00 a.m. - 4:30 p.m.

Eye Clinic 283-2748

- Monday - Friday: 7:00 a.m. - 5:00 p.m.

HP/DP

- **Health Promotion Program** 283-1429/1420
- **Diabetes Prevention Program** 283-1429/1420 (Located on the east side of TCRHCC)

Mental Health 283-2831

- Monday - Friday: 7:00 a.m. - 6:00 p.m.

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

- Monday - Friday: 8:00 a.m. - 5:00 p.m., except Tuesday start at 9:30 a.m.

Occupational Therapy/ Speech Therapy 283-2593/2594

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

Extended Hours (Evening Clinics)

Selected nights, Monday - Thursday

- **Diabetes Prevention:** 283-2689
- **Diabetes/Internal Medicine:** 283-2689

Urgent Care Clinic

- Monday - Friday: 4:00 p.m. - 12:00 midnight
- For patients in need of medical care after normal, daily Walk-in hours.
- Go to the Emergency Department to be screened and registered – shorter waiting times for less severe, non-life threatening medical needs.
- All ages. No appointment necessary.



National Medical Laboratory Professions Week (NMLPW) is a time of recognition for the nation's medical laboratory professionals who play a critical role in the delivery of health care. Clinical laboratory testing plays a crucial role in the detection, diagnosis and treatment of disease. This testing, ranges from simple tests like collecting patient blood samples to complex biological, hematological, bacteriological and many other analyses.

You may sometimes hear that doctors and nurses are waiting on the results of lab work. That's because the lab plays a vital role in the correct diagnosis of illness and disease from blood tests and other samples.

LAB FACTS:

- Nationally, there are 265,000 medical laboratory professionals and 15,000 board-certified pathologists. While most never meet the patients who rely on their services, they are a vital link in the delivery of effective health care.
- As Americans continue to age, more testing is required more frequently. Beginning in January 1997, one baby boomer has turned 50 years of age about every 7 seconds. Almost 13% of the U. S. population is now over 65 years old.
- Demand for medical laboratory testing is increasing due to:
 - Increases in the world population.
 - Stronger emphasis on preventive medicine, including early detection and patient responsibility.
 - An explosion of new medical technologies.
- Expanding medical knowledge and technological developments have increased the need for medical laboratory testing. For example, 30 years ago, few organ transplants were performed. Today, they are becoming routine in many hospitals. Transplant patients need significant testing.
- New and different pathogens are contributing to increased needs for laboratory testing. The identification of new diseases like AIDS, Lyme disease, and hepatitis C—and the resurgence of old foes like tuberculosis—pose serious threats to the public health.
- More than 10 billion laboratory tests are performed in the U.S. each year. At TCRHCC, over 50,000 tests are performed per month. In 2008, the total exceeded 600,000 tests.
- Laboratory professionals are in demand nationwide. According to the U.S. Bureau of Labor Statistics, an additional 106,000 laboratory technologists and technicians are needed now to meet the needs of a growing and aging American population. According to the American Society for Clinical Pathologists, half of all laboratories nationwide struggle to hire laboratory personnel.

Katherine Guible, MS, MT (ASCP), contributed this article and calendar. The TCRHCC Lab Manager is Minnie Tsinigne, MT (ASCP).

The Tuba City Regional Health Care Corporation consists of a 73-bed acute care referral hospital and integrated health system. It provides a broad range of outpatient specialized care services in addition to inpatient care. The patient population includes Navajo, Hopi and San Juan Southern Paiute.

In order to bring you the full Lab Week calendar provided by the Laboratory staff, we've abbreviated the clinic schedule this month. The full schedule will return next month!

April 2009

NATIONAL MEDICAL LABORATORY PROFESSIONS WEEK

JOIN THE CELEBRATION!

	Mon	Tue	Wed	Thu	Fri
	20	21	22	23	24
	WORD PUZZLE	SCRAMBLE PUZZLE	CROSSWORD PUZZLE	JUMBLED WORD	MANY WORDS PUZZLE
	WINNERS GET PRIZES EVERY DAY OF THE WEEK.	CRAZY HAT DAY!	DRESS TO BRIGHTEN YOUR DAY! BE BOLD!	ANIMAL PRINT DAY! CONTEST AT 1500. NO REAL FUR ALLOWED.	LAB COATS FASHION SHOW PARADE
	PICK UP YOUR LAB COATS AND DECORATE FOR THE FASHION SHOW.	WEAR A CRAZY HAT WITH US AND ENTER THE CONTEST AT 1500. YOU COULD WIN.		GOODIE WALK! 1100 1300 1500 HOSPITAL ENTRANCE	FASHION SHOW 1300. HOSPITAL ENTRANCE. 1ST, 2ND, & 3RD PLACE PRIZES!



May Cundell, MT, examines culture samples in the TCRHCC Medical Laboratory.