Eagles Nest Intermediate School Donates Quilts
Provide Comfort to TCRHCC
OB/GYN Unit Patients

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The Eagles Nest Intermediate School (ENIS) donated 3 beautiful, colorful quilts to the Navajo Hopi Health Foundation on behalf of Tuba City Regional Health Care Corporation (TCRHCC) OB/GYN Unit on the morning of May 19 at the hospital’s campus.

More than 13 middle school students, from ages 10 to 11 participated in the project.

The donation of quilts was the result of many hours of collecting materials, planning, designing and finally sewing the colorful quilts.

The students from ENIS explained they had to take shapes and measure them on paper, then cut the paper and the material. They also said they learned about different shapes and angles.

“The quilts will provide love, a sense of security, warmth and comfort,” said Barbara Peters, Interim Director of the Navajo Hopi Health Foundation.

“It will be a great thing for one of our new mom and their newborn to get a comfort item while they’re in the hospital,” said Peters. “And it’s great to have a community that wants to get involved.”
Primary Healthcare for All.

Find it in Your Local Community Health Center.

Members of the Arizona Alliance for Community Health Centers provide top quality, patient-focused primary healthcare services for people in local communities throughout Arizona, regardless of insurance status. Our network offers a range of urban and rural locations around the state. Each has an experienced, caring and compassionate staff waiting to welcome you and your family to your local healthcare home. To find a location in your community, visit AACHC.org.

Adelante Healthcare
Canyonlands Healthcare
Chiricahua Community Health Centers, Inc.
Community Health Center of Yavapai
Copper Queen Medical Associates
Desert Senita Community Health Center
El Rio Community Health Center
Maricopa Health Care for the Homeless
Maricopa Integrated Health System
Mariposa Community Health Center
MHC Healthcare

Mountain Park Health Center
Native Americans for Community Action, Inc.
NATIVE HEALTH
North Country HealthCare
Sun Life Family Health Center
Sunset Community Health Center
Tuba City Regional Healthcare Corporation
United Community Health Center
- Maria Auxiliadora, Inc.
Wesley Community & Health Center
Navajo Birth Cohort Study

Sets Date for Community Update Event

The Navajo Birth Cohort Study will be hosting a Community Update Event on Friday, July 18, 2014 at the Tuba City Chapter House starting at 8:00 AM DST.

Background

The Navajo Birth Cohort Study began enrolling participants in February 2013. The study has already enrolled more than 235 women all across Navajo Nation. Tuba City is represented with 80 pregnant women. The study is recruiting volunteer families to participate in the collection of environmental and biological samples during and after their pregnancy. The child’s development will be evaluated up to 12 months of age.

The planned outcome of this study is to provide the first Navajo Nation-wide documentation of the possible associations between environmental uranium and other heavy metal exposures and birth outcomes and child development.

The data from the study may be used to improve future birth outcomes and services.

The project currently enrolls pregnant women between the ages of 14 and 45 who have lived on the reservation for a minimum of 5 years. They must have a confirmed pregnancy, and plan to deliver at one of the five Indian Health Services facilities. Participants are willing to have their child involved in the research for their first year.

Navajo Birth Cohort Study

Presenters

The Navajo Birth Cohort Study Community Update Event has a line up of presenters. The presenters include:

• “Home Environmental Assessment Results,” presented by Chris Shuey, Southwest Research and Information Center
• “Biomonitoring Results,” presented by Jennifer Ong, University of New Mexico
• “Navajo Nation Water,” presented by Yolanda Barney, Navajo Nation Environmental Protection Agency.
• “Navajo Culture,” presented by Dr. David Begay, University of New Mexico.

Navajo Birth Cohort Study Community Awareness Walk

The morning of the Navajo Birth Cohort Study- Community Update Event there will be an awareness walk starting at the TCRHCC Health Promotion & Diabetes Prevention Center with registration starting at 7:30 AM DST, and the walk begins at 8:30 AM. The community awareness walk will end at the Tuba City Chapter House.

Who Should Attend?

This community update event is designed for all stakeholders in a community... community groups, community based organizations, health care professionals, chapter officials, community planners, and many more.

Contact Information

For more information, contact TCRHCC Navajo Birth Cohort Study Program at 928-283-2460 or e-mail: Abigail.Sanders@TCHEALTH.org...
DON’T HAVE HEALTH INSURANCE?

SIGN UP today!

Tuba City Regional Health Care Corporation Patient Benefit Coordinators are enrolling community members and patients everyday for qualifying health insurance programs:

• AHCCCS
• MEDICARE
• PRIVATE INSURANCE (The Marketplace)
  – Blue Cross Blue Shield
  – United Health
  – And More!
• VA INSURANCE

Our Patient Benefit Coordinators are available to sign you up for a health insurance program and answer any questions to help you with the process.

Enjoy a FREE meal on us!

Receive a FREE meal ticket to our TCRHCC Dining Services when you sign up with a qualifying health insurance program!

For more information, speak to one of our Patient Benefit Coordinators at:

• Tuba City Regional Health Care
• Sacred Peaks Health Center in Flagstaff, AZ
• LeChee Health Facility in LeChee, AZ
• Medical Mobile Clinics

TCRHCC-Meth & Suicide Prevention Initiative
2nd Annual Suicide Prevention
3K Walk/5K Run

JULY 26, 2014
“Walk to Honor Our Loved Ones”
Corner of Cedar Avenue & Main Street
(SW Corner of Administration Bldg.)

Registration Time: 6:30 am (DST)
Starts: 7:30 am (DST)
Ends: 10:00 am (DST)

Contact: Mitze Lee or Karen Tisi
Phone: 928-283-2816
Email: Mitze.Lee@tchealth.org
or Karen.Tisi@tchealth.org

Tuba City Regional Health Care Corporation
928-283-2501
tchealth.org
Food Handler Training Schedule

NDOH OEH/CE from the Tuba City Service Area is offering Food Handlers’ Training classes. The training is conducted in the English language only. The training is 2-hours and 30-minutes, followed by a written test to receive a Food Safety Training Certificate (blue card). By passing the written test, participants are eligible to apply for Itinerant Food Permit (pink card). The permit is $5.00 and is good for six (6) months or $10.00 for one (1) year. The pink card and blue card allow vendors to sell food or distribute food for free to the public.

NDOH OEH/CE accepts only Money Order and made payable to the Navajo Nation. Cash will not be accepted.

NDOH OEH/CE will start the training on time. They are encourage participants to arrive early and to be prepared for the training. The schedule is subject to change without notice.

For more information about the Food Handler Training classes, call KTNN Radio at 928-871-2582; Hardrock Chapter at 928-725-3730/3732; Hogan Restaurant at 928-283-5260; or OEH/ NDOH at 928-871-6349.

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Child Passenger Safety

“Stop wondering. Find out if it’s being used correctly.”

Tuba City Regional Health Care Corporation (TCRHCC) Division of Environmental Health will be hosting two Correct Car Seat Use Clinics.

TCRHCC Division of Environmental Health is out in the community this summer. They have selected dates and locations to help and answer questions about car seat use. They will also be available to help with installing a car seat properly.

If a car seat is not installed correctly, your child’s safety could be in danger. Every car seat has different installation instructions.

To learn more about how to install your child’s car seat or wondering if you’re using the correct car seat that best meets your child’s needs, come out to the community of Kaibeto on Tuesday, July 8 2014 from 10:00 AM to 2:00 PM at the local Kabeito supermarket.

The second car seat clinic is scheduled for July 31, 2014 from 10:00 AM to 2:00 PM at the Bodaway/Gap Chapter house.

For more information, contact Tara Clitso at 928-283-2846 or e-mail at Tara.Clitso@TCHEALTH.ORG.
Let us help you to be a part of the Affordable Care Act (ACA) solution

See our Patient Benefit Coordinator to help your family get enrolled.

Our Patient Benefit Coordinators can help determine if you’re eligible for AHCCCS or other state programs, and help you apply. They can also tell you about the Health Insurance Market Place and the Native American Exemption.

Let Tuba City Regional Health Care be your solution.

Find us at one of these locations:
- Outpatient Primary Care Center (second floor and third floor)
- Main Hospital (by Security and Ortho waiting area)
- LeChee Pharmacy (Waiting area)
- Sacred Peaks Health Center (Physical Therapy dept)
- TCRHCC PBC Advocate at FMC (by ER department)

Hours:
- Monday thru Friday 7am – 10pm
- Weekend 7:30am – 10pm (ER)

Phone
- 928-283-2501
  Ask for Patient Benefit Coordinator

To apply on your own:
- AHCCCS
  - HealthCareAZ.org
  - DES Offices
- Health Insurance Marketplace
  - HealthCare.gov
  - Marketplace hotline:
    (800) 318-2596 or TTY: (855) 889-4325

facebook.com/tchealth
Same Day Appointment Clinic

Tuba City Regional Health Care offers Same Day Appointments for their adult patients, as well as for children. Give us a call before you make a trip or come to the hospital to be seen. Calling ahead to schedule an appointment will save you time, and you can schedule your appointment at a date and time that is best for you.

Call to make an appointment if you:

- Have cold or flu symptoms
- Think you have an infection
- Are running out of medicines because you missed an appointment
- Need blood pressure, diabetes, or tuberculosis screening
- Have a health concern

If you have been referred to the Same Day Appointment Clinic for follow-up please call to make an appointment.

- CALL Same Day clinic at (928) 283-2669 to set up an appointment. We NO longer take walks-in.
- We fill up our appointment slots every day before noon, so please call EARLY in the day. We start taking calls at 7:30 in the morning.
- Hours of operation are 7:30 am to 4:00 pm.
- Same Day Appointment Clinic is located on the 2nd floor of the Outpatient Primary Care Center (OPCC) building.

To make an appointment, call 928-283-2669. After dialing, press ‘1’ to make an appointment.
### Preventing Heat-Related Illness

Your body keeps itself cool by letting heat escape through the skin, and by evaporating sweat (perspiration). If your body does not cool properly or does not cool enough, you might suffer from a heat-related illness.

Anyone can experience heat-related illness. Those at greatest risk are children under 4, adults over 65, outdoor workers, people who are overweight, and people who are ill or on certain medications.

Staying healthy during the summer is easier if you take the time to protect yourself by making sure you are drinking enough water and limiting your time outdoors in the heat.

**Follow these simple rules:**

**Drink water.** Even people that stay mostly indoors all day should drink at least 2 liters of water per day. People that spend time outdoors should drink 1 to 2 liters per hour that they are outdoors. People that do strenuous activity outdoors should be very careful, being your body can lose up to 4 liters of water per hour during strenuous activity. You should carry water with you and drink even if you do not feel thirsty. Be heat safe and avoid alcohol and caffeinem, which dehydrate the body. Avoid using salt tablets unless directed to do so by a physician.

**Dress for the heat.** Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun’s energy. It is also a good idea to wear hats or to use an umbrella. Always apply sunscreen to exposed skin.

**Eat small meals and eat more often.** Avoid foods that are high in protein which increase metabolic heat.

**Slow down.** Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 a.m. and 7:00 a.m.

**Stay indoors when possible.** Take regular breaks when engaged in physical activity on warm days. Take time out to find a cool place. If you recognize that you, or someone else, are showing symptoms of a heat-related illness, stop activity and find a cool place.
SMOOTHIE: CREAMY GREEN

Creamy Green Smoothie

1 Avocado (ripe, peeled and pit removed)
1 Frozen small to medium banana (ripe and peeled)
1 Orange (peeled and seeds removed)
1/2 - 1 Cup of spinach
1 - 1 1/2 Cups of unsweetened vanilla almond milk

1. Combine all ingredients in a blender and puree.

Ask for more smoothie recipes at the TCRHCC Health Promotion & Diabetes Prevention Center.

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Health Word Search

ALLERGY  BACTERIA  BLOOD  BODY  COLD  DISEASE  DOCTOR  EXERCISE  FOOD  HEART

HOSPITAL  HYGIENE  LUNGS  MEDICINE  NURSE  OXYGEN  STRESS  SYMPTOMS  VIRUS  WATER

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Tuba City Regional Health Care Corporation
Healthy Directions Newsletter
Tuba City Regional Health Care Corporation Healthy Directions Newsletter

**Same Day Appointment 283-2669**
Patients are encouraged to call ahead to make an appointment for a Same-Day Appointment if available, or schedule another day that works best for you. Call the Same Day Appointment from 8:00 am to 4:00 pm to schedule your appointment.

**Family Medicine Clinic 283-2458**
Monday - Friday: 8:00 am - 5:00 pm
(Some evening hours available.)

**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 - 12:00 am
24-Hour Pharmacy refill line: 1-866-283-2921
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 12:00 am (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

**Diabetes/Internal Medicine 283-2689**
Monday - Friday: 8:00 am - 5:00 pm
Some evening hours available by appointment only.
Diabetes Education: 928-283-2895

**Diabetes Healthy Living Center 283-2895**
Appointments and walk-ins
Monday - Friday: 8:00 am - 5:00 pm
- Abdul Baco: 283-2895
- Ruby Whitethorne: 283-2895
- Health Technicians: 283-2895

**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

**Health Promotion/Diabetes Prevention**
Health Promotion Program 283-1429/1420
Diabetes Prevention Program 283-1429/1420

**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

**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 am - 12:00 noon

**Physical Therapy 283-2659**
Monday - Wednesday: 8:00 am - 5:00 pm,
Thursday: 8:00 am - 12:00 pm

**Respiratory Therapy 283-2596**
Everyday 24 hours a day

**Cardiac Rehabilitation 283-2960**
Monday, Wednesday, Friday: 8:00 am - 12:00 pm

**Extended Hours (Evening Clinics)**
Selected nights, Monday - Thursday
Diabetes Prevention: 283-2689
Diabetes/Internal Medicine: 283-2895

**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.

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Introducing:
Same Day Appointment

Tuba City Regional Health Care now offers Same Day Appointments for their adult patients, as well as for children. Give us a call before you make a trip or come to the hospital to be seen. Calling ahead to schedule an appointment will save you time, and you can schedule your appointment at a date and time that is best for you.

**Call to make an appointment if you:**
- Have cold or flu symptoms
- Think you have an infection
- Are running out of medicines because you missed an appointment
- Need blood pressure, diabetes, or tuberculosis screening
- Have a health concern

To make an appointment, call:
928-283-2669

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**TCRHCC Main Telephone Switchboard (928) 283-2501**

**Emergencies: Call Navajo Nation Police (928) 283-3111**
Healthy Directions
Aurelia Yazzie – Community Relations
Administration - Office of the CEO
167 North Main Street
P.O. Box 600
Tuba City, Arizona 86045

Schedule Your Annual Dental Exam
To schedule your annual dental exam, come visit us at TCRHCC Dental Department on the first Wednesday of every month starting at 7:30 AM.

TCRHCC Dental Clinic
Monday – Friday • 7:00 am - 5:00 pm
*Thursday afternoons are for urgent care only.
For more information, call (928) 283-2672