



OCTOBER 2008

GET YOUR FLU SHOT

Flu season is approaching

Health care providers at TCRHCC agree with the U.S. Centers for Disease Control (CDC) recommendation that a yearly flu vaccine (flu shot) is the first and most important step in protecting against this serious disease. The flu (influenza) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu shot each year. The TCRHCC Flu Shot Clinic is open Monday through Friday, 8:00 a.m. to 5:00 p.m. The clinic is located near the Emergency Room waiting area.

Every year in the United States, on average 5% to 20% of the population gets the flu; more than 200,000 people are hospitalized from flu complications, and; about 36,000 people die from flu.

Symptoms of flu include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, or muscle aches. Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults.

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

Flu viruses spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may be able to infect others beginning

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Visit the TCRHCC website:
www.TCHEALTH.org

Diabetes Coordinator Has a . . .



Dr. Abdul Baco in his garden with a variety of corn. Right: Part of this year's watermelon crop. Baco enjoys sharing fresh food with his neighbors.

Who'd think it? Growing fresh vegetables at TCRHCC employee housing

Three seasons ago, Dr. Abdul Baco, TCRHCC Diabetes Program Coordinator, threw a half-eaten watermelon into the yard behind his house on North Spruce Street. With no attention, the seeds took root and grew vines.

Realizing the soil must be fertile, he and his family started a small garden. With a passion for gardening and growing food (at his Albuquerque home he grows many fruit trees), a larger, more ambitious garden was planted the next spring.

This past growing season the garden grew larger again, and got the attention of friends and neighbors. The crops included zucchini, cucumbers, tomatoes, cantaloupe, watermelon, basil, potatoes, red beets, beans, radishes, squash and corn.

"Neighbors all around want to be shown how to start their own garden, said Baco. "It's great. It's something to share and allow us to form more of a community."

One neighbor, operating room nurse Terry Smith, is already growing his own garden, too.

Baco's gardening is fairly low maintenance. He waters and pulls weeds for 10 or 15 minutes each morning and again in the evening.

"It's very relaxing and rewarding," said Baco. "It's very healthy for the body, mind and spirit."

Aside from forming a sense of community, Baco says that growing food is also good for the environment.

"We also save money," exclaimed Baco. "We've had no store-bought tomatoes, cucumbers, zucchini or potatoes this summer. We've grown them all ourselves. The message is that it's possible, it's fun and it's healthy!"

The Baco garden is a family effort. "We have to plant so future generations can eat," continued Baco, citing that even if he were to leave his Albuquerque home, there would be mature fruit trees left behind, bearing healthy food every year.

Of course, as a diabetes specialist, Baco encourages a healthy diet, and nothing could be better than this example of fresh fruit and vegetables.



"As a family, we believe in preserving the environment, we don't waste anything," said Baco.

Baco shares his harvest with about a dozen staff members.

"The sharing is so important," he said. "It just makes you feel so happy."

Studies show that 90% of us are not eating enough fruits and veggies!

Fruit and vegetables give your body and brain vitamins and minerals. These help you stay healthy. They help to prevent certain types of diseases such as cancer, heart disease, diabetes and other effects of aging. It is recommended that you eat four 1/2-cup servings of fruit, and five 1/2-cup servings of vegetables per day (based on a 2,000 calorie per day diet.)



Neighbor Terry Smith (left), and Dr. Baco.

Flu Shots, *Continued from page 1.*

one day before symptoms develop and up to five days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

- People who should get vaccinated each year are:
- Children aged six months up to their 19th birthday
 - Pregnant women
 - People 50 years of age and older
 - People of any age with certain chronic medical conditions
 - People who live in nursing homes and other long-term care facilities
 - People who live with or care for those at high risk for complications from flu, including health care workers; household contacts of persons at high risk for complications from the flu; household contacts and out of home caregivers of children less than six months of age (these children are too young to be vaccinated).

If you have questions about whether you should get a flu vaccine, consult your health-care provider.



VOTE & VAX

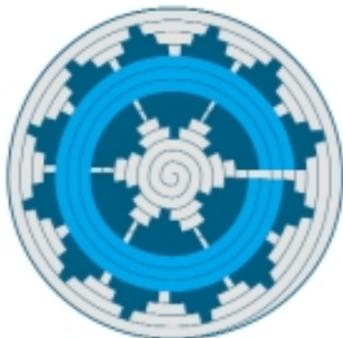


The Vote & Vax program is a national campaign to promote and deliver the influenza vaccination (flu shot). The program brings influenza vaccination to polling places. On November 4, 2008, more than 120 million Americans will vote at local polling places. Approximately half will be age 50 or older, a key population for which a flu shot is recommended.

In a Vote & Vax program, teams set up their vaccination clinics at polling places. Tuba City Regional Health Care Corporation will roll out its own version of Vote & Vax on November 4, 2008. Team members consisting of physicians, nurses, patient registration personnel, health promotion technicians, supply technicians, pharmacists and volunteers will work in conjunction with the Navajo Area Indian Health Service Emergency Management and the Tuba City Community Center to offer influenza vaccine to anyone. The NAIHS mobile command center and a large tent will be set up outside the community center.

Influenza can attack anyone of any age but those 50 and over are more likely to suffer more severe illness and possibly death. Most people do not realize that they are contagious with influenza for up to four days before they actually exhibit symptoms such as runny nose and cough. The potential for unintentionally infecting others exists. Young children and elderly are the most susceptible to influenza and suffer the most complications.

The team will be on site at the Tuba City Community Center from 7:00 a.m. until 9:00 p.m. offering influenza immunization to anyone. The shot is free for Native American beneficiaries and \$25 for non-beneficiaries. Staff from the AHCCCS office will also be on site to assist in enrolling children into the health program.



October 19th-25th

National Pharmacy Week



Usually very busy, the TCRHCC Pharmacy Staff takes a short break for a group photo.

Medicines today have great power to heal and to improve the quality of life. But medicines can also do serious harm if not taken correctly. This is where the role of the pharmacist is most important.

Pharmacy is practiced in a wide range of settings. The pharmacist is a key health care professional in helping people achieve the best results from their medications. Pharmacists who know their patients and have their medication profiles on file will be aware of possible harmful drug interactions, allergies to certain drugs, possible side effects, and what foods, drinks, or activities that should be avoided while on a medication.



The American Pharmacists Association (APhA) established National Pharmacy Week in 1925 to celebrate the contributions of the nation's pharmacists to America's health. Many other pharmacy associations have joined APhA in its annual celebration.

“On August 9th I was feeling ill and went to Tuba City Hospital emergency room. I am very grateful for the excellent care I received. Dr. Steve and Dr. Devin and all the nurses who took care of me, gave me excellent care.”

—Stella W., Conway, SC

TCHRCC ALL-STAR TEAM

The CEO's Corner . . .

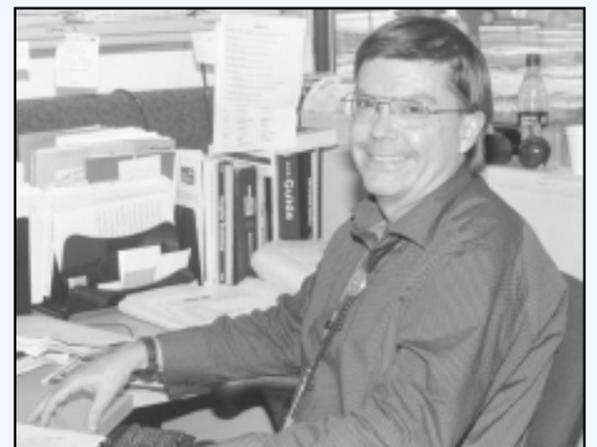
Ya át ééh, I hope that over the past several months, each edition of the *Healthy Directions* newsletter has helped show how Tuba City Regional Health Care Corporation (TCRHCC) is becoming an increasingly dynamic health system.

It is with great enthusiasm that we announce the 2008 All-Star Team. The All-Star Team replaced our employee-of-the-month program of years past:

2008

TCHRCC ALL-STAR TEAM

- | | |
|-----------------------|-------------------|
| Dr. Dorothy Sanderson | Wilbert Tso |
| Dr. Kristen Graziano | Tom Bizardi, Sr. |
| Michelle Archuleta | Chris Payestewa |
| Jeannette Yazzie | Tiffany Begay |
| Doreen Kiyaani | Bobby Kewanvyma |
| Del Tallsalt | Phyllis White |
| Merrildine Tarango | Titania Goldtooth |
| May Quiambao-Cundell | Wendy Luce |
| Joyce Pela | Gail Johnson |
| Virginia Butler | Ramcita Dugi |
| Everlee McCabe | Leta Begay |



hard work, dedication; and for their contributions to their department and to our facility.

Each member exemplifies more than one attribute of being a 'Star' employee. Congratulations to each member of the All-Star team. We recognize their contributions to our facility and reward their efforts to continue to strive for excellence.

Ahé héé,
Joseph Engelken
Chief Executive Officer



Mental Health Department Offers Counseling, Therapy, Treatment and Hope



Mental Health staff (left to right): Nelda Dugi-Huskie, Adolescent Substance Abuse Coordinator; Betty D. Mitchell, Child/Adolescent Mental Health Specialist; Kimberly Delaney, Psychiatric Nurse Practitioner/Clinical Psychologist; Thomas Hatathli, Mental Health Specialist; Charlene Ben, Behavioral Health Clinician; Ella Cook, Manager of Mental Health and Behavioral Health; and Anette Brink, Psychiatrist and Department Medical Director. Not pictured: Orlinda Tso, Program Assistant; and Mabel Shepherd, Department Secretary.

The Mental Health Department is integrated with the Adolescent Alcohol and Substance Abuse Program. It provides outpatient mental health services to children, youth and adults using diagnostic interviews and treatment modalities that include individual, family and group therapy as well as psychopharmacological medications. Referrals to inpatient psychiatric facilities are made when appropriate.

Mental health and substance abuse staff provide on-call consultation liaison services for patients in the Emergency Department for psychiatric emergencies seven days a week, 24 hours a day. In-hospital consultation services are conducted during office hours Monday through Friday. Outreach is provided to the high schools, adult and juvenile detention centers, and to some of the schools in the outlying area.

In providing residential or day services for adults and children, there is a collaborative working relationship with the Navajo Division of Social Services, Navajo Regional Behavioral Health Authority, the boarding school, and the Navajo Department of Behavioral Health.

At present, the department offers domestic violence prevention group services for both men and women. The program has been expanded to meet the Arizona state regulations for the treatment of misdemeanor domestic violence. TCRHCC is the first service unit to do so. The Arizona Adult Probation Department is still in the process of certification. The program is based on the idea of planned change. This is a no-blame curriculum developed by Katherine Reusing from Page Regional Domestic Violence Services.

Each staff member has a specialty within the department. The newest staff member, **Charlene Ben**, came to us from the Parenting Arizona Program, with an excellent knowledge base in parenting skills. She is interested in providing parenting education to parents with a child diagnosed with ADHD.

Betty Mitchell, Child/Adolescent Mental Health Specialist, has experience in grief counseling and sees school age children. She has worked with Navajo Nation Social Services, Child Protective Services through the Suspected Child Abuse and Neglect (SCAN) program for numerous years. The Pediatric Department at TCRHCC has also been part of intervention.

Thomas Hatathli, Mental Health Specialist and traditional practitioner provides counseling to people of all age groups. He has been trained to assess sex offenders and can evaluate for treatment. He also

co-facilitates domestic violence prevention groups.

Nelda Dugi-Huskie, LMSW, has been the Adolescent Substance Abuse Program Coordinator for more than two years. She has been presenting community workshops on suicide prevention. She works closely with the Navajo Area IHS in forming task forces as a preventive measure for suicide and substance abuse.

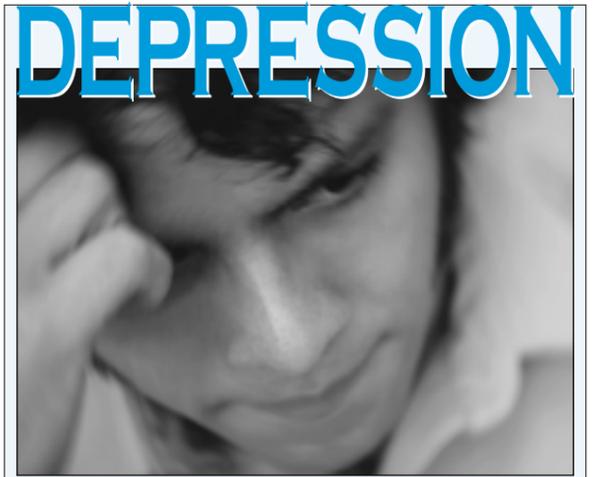
Dugi-Huski, Hatathli and Mitchell all help with domestic violence prevention groups. All therapists have training in Critical Incident Stress Management (CISM) as an intervention tool when responding to crisis situations.

Dr. Anette Brink has extensive training in treatment of trauma that includes EMDR (eye movement desensitization and processing). She has also been trained in Internal Family Systems and Sensorimotor. She also completed Buprenorphine training for opioid dependence – an in-office alternative to a methadone treatment program. She is also certified as a Master Psychopharmacologist, designating an expertise in managing medications used to treat mental health conditions. Brink uses Dialectic Behavioral Therapy (DBT), effective for treating certain disorders.

Ella Cook, Mental Health Specialist, is Manager of the Mental Health Department. She became a permanent TCRHCC employee in 2001. She is a Licensed Professional Counselor and has headed the department since 2005. Her time is divided between administrative duties and clinical work. Her primary focus is domestic violence prevention. Cook has taken nutrition classes for diabetic management, and treats clients who have depression in addition to being medically diagnosed with diabetes. She has attended conferences on the treatment of trauma, attachment disorders, problem gambling, treatment of methamphetamine use, and DBT.

Another recent addition to the department is **Kimberly Delaney**. Kim has a masters degree in nursing as a psychiatric nurse practitioner and a doctorate in clinical psychology. She presently treats patients age 15 and up. She uses DBT, cognitive behavioral therapy and interpersonal therapy to treat clients.

In the future, the department plans to increase services for adolescents. Groups for anger management and substance abuse prevention are in the planning stages. There are further plans for DBT groups and the use of biofeedback which can be used to treat ADHD, mood disorders, anxiety, and hard to control diabetes pain.



What is Depression?

While sadness touches all of our lives at different times, the illness of depression can have enormous depth and staying power. If you have ever suffered from depression or been close to someone who has, you know that this illness cannot be lifted at will or wished or joked away. Someone in the grip of depression cannot solve their problem by showing a little more backbone or shaking off the blues.

It is thought that depression is seriously underdiagnosed. Experts estimate that only one-third of those with major depression get the help they need.

Being depressed has nothing to do with personal weakness. Developing knowledge of the brain and brain chemistry reveals that changes in nerve pathways and brain chemicals can affect your moods and thoughts. Contributing causes can also include stressful or traumatic life events.

Symptoms of depression include: thoughts of apathy, hopelessness, exhaustion or lack of energy, agitation; changes in appetite, sex drive or sleep pattern; headaches and stomach problems; or thoughts of suicide.

If you or someone you know has these symptoms, help is available. Talk to your health care provider.

Suicide

Most people who commit suicide are depressed. It may stem from intense feelings of anger, despair, hopelessness or panic. Sometimes it is carried out under the sway of a highly distorted or psychotic thought process.

Suicide is one of the most underestimated community health problems in the U.S. In recent years, Tuba City has seen 18 suicides and over 200 people hospitalized with injuries from attempted suicides. Suicide is the third leading reason for emergency visits to TCRHCC. Suicide is the second leading cause of death in Tuba City. The majority of suicide cases are alcohol related. The highest number of suicides in Tuba City have been in the 10-30 year age group.

A person's threat to commit suicide or showing signs or grounds for concern, should not be dismissed or taken lightly. In fact, **if you are having suicidal thoughts or know someone who is, seek emergency help immediately.**

A number of factors can put someone at higher risk for suicide in the short term, including: an episode of depression, psychosis or anxiety; a significant loss, such as the death of a spouse or the loss of a job; loss of social support, for example, because of a move or when a close friend relocates; a personal crisis or life stress, especially one that increases a sense of isolation or loss of self esteem, such as a separation or divorce. Other factors may include a family history of suicide, access to handguns, substance abuse, previous attempts (significantly raises the likelihood of another attempt), setting ones affairs in order (giving things away, unusual phone calls or visits to family or friends).

Emergency/Navajo Nation Police
928/283-3111

National Suicide Hotline
1-800-SUICIDE

Contributors: The faculty of Harvard Medical School, and Dennis Bowen, Sr.



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
 - Monday - Thursday: 8:00 a.m. - 8:30 p.m.
(After 4:00 p.m., sign up in the Emergency Room)
 - Friday: 8:00 a.m. - 6:00 p.m.

- 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.

- 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: 283-1350

- Cardiac Rehabilitation** 283-2960
 - Monday, Wednesday, Friday: 8:00 a.m. - 12:00 p.m.
(In Physical Therapy Department)

- Dental Clinic** Tuba City: 283-2672
Cameron: 283-8161
 - **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.

- Diabetes/Internal Medicine** 283-2689
 - Monday - Friday: 8:00 a.m. - 5:00 p.m.
(Some evening hours available by appointment only.)

- Diabetes Education Program** 283-2895
 - **Appointments and walk-ins**
Monday - Friday: 8:00 a.m. - 5:00 p.m.
- Abdul Baco: 283-2895 - Ruby Whitthorne: 283-2963
- Health Technicians: 283-2693

- Ear/Nose Throat (ENT) Clinic** 283-2974
 - Monday - Wednesdays: 8:30 a.m. - 5:00 p.m.
(By referral only)

- Environmental Health** 283-2844
 - **Car Seat Day**
Every Thursday: 8:00 a.m. - 5:00 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.

- Orthopedic Clinic/Surgical** 283-2660
 - **Orthopedic Clinic**
Tuesday: 8:00 a.m. - 5:00 p.m.,
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 a.m. - 5:00 p.m.,
Thursday: 8:00 a.m. - 12:00 noon

- Respiratory Therapy** 283-2596/2572
 - Everyday 24 hours a day

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

- Dinnebito Clinic** 725-3110
 - Tuesdays: 10:00 a.m. - 2:00 p.m., (except holidays)
 - Diabetes Clinic: Quarterly

TCRHCC 2008 Holidays
 October 13 - Native American Day
 (Corp. & IPA Employees)
 November 11 - Veterans Day
 November 27 - Thanksgiving Day
 December 25 - Christmas Day
No clinics open on holidays!

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.

TCRHCC in conjunction with the American Heart Association proudly sponsors:



Have a Heart for Babies



Would you know what to do if an infant in your care suddenly began to choke or suffer cardiac arrest? Be armed with the skills to save a precious new life in just 22 minutes with an Infant CPR Anytime Kit.

(Kit free while supplies last, with an obligation to share your kit with others.)

Check with your local chapter house for supplies.

Contact TCRHCC Administration for chapter house phone numbers: 928/283-2784

Kit includes personal inflatable mini-baby CPR manikin, instructional DVD, 2 quick-reference guides and other program accessories.

For All Seniors
Balance & Fall Prevention
Balance screenings, assessments for assistive devices & information.

TC Senior Center - **October 22nd**
 Moenkopi Senior Center - **October 29th**

Presented by Aaron Jones
 TCRHCC Physical Therapy Department

NATIONAL PHYSICAL THERAPY MONTH

~TCRHCC~
People to Know



Fern Yazzie, Medical Assistant
 Fern Yazzie came to work at TCRHCC in January 1975, starting in Medical Records. She has worked in various departments before becoming a medical assistant in the Walk-In Clinic where she has worked for nine years. Fern makes patient appointments, answers the phone, makes sure lab results are available for patient appointments and makes patient referrals to other departments.



Fern Yazzie

In being at TCRHCC for over 33 years, Fern says she has seen lots of changes. Fern grew up in Flagstaff, but moved to Tuba City in time for high school. She has three grown sons and six grandchildren. In her leisure time she enjoys her yard and visiting her family in Window Rock and Phoenix.

Janet Honhongva, PACS Coordinator
 As PACS Coordinator (Picture Archiving and Communications System), Janet takes care of all of the equipment in the Radiology Department. She has been in the position for a year and a half. Previously she was Supervisor of Biomedical Engineering for one year. Janet has an associates degree in electronic telecommunications and a bachelors degree in technical management, both from DeVry University. She has helped install PACS systems at four other reservation hospitals. Her job involves maintaining network communications for sending medical images to other locations, and archiving medical images at TCRHCC.



Janet Honhongva

Janet grew up in Moenkopi and graduated from Tuba City High School. She is married, has two daughters and lives in Tuba City.

Tuba City Regional Health Care Corporation
Healthy Directions

Community Information
 Vincent Shirley, CHC
 Tuba City Regional Health Care Corporation
 P.O. Box 600 • Tuba City, Arizona 86045
 (928) 283-2078