

**Gháájí' (October) – dividing of seasons; New Year begins**

**Navajo Nation COVID-19 update >>>>**

*For more information, including helpful prevention tip and resources to help stop the spread of COVID-19, visit the Navajo Department of Health's COVID-19.*

*Website: <https://www.navajo-nsn.gov>*

*For COVID-19 related questions and information, call (928) 871-7014.*



<https://wecandothis.hhs.gov/>

**FOR IMMEDIATE RELEASE/The Navajo Nation  
Office of the President and Vice President  
October 11, 2022**

**Nihi Tsíís Baa  
Á'daa'á'dáhoolyá**

**Stay active  
Stay connected  
Stay positive  
Stay spiritual**

**Sixteen new cases and one death related to COVID-19 reported**

WINDOW ROCK, Ariz. – On Tuesday, the Navajo Department of Health, in coordination with the Navajo Epidemiology Center and the Navajo Area Indian Health Service, reported 16 new COVID-19 cases for the Navajo Nation and one death. The total number of deaths is now 1,923. 603; 520 COVID-19 tests have been administered. The overall total number of positive COVID-19 cases is now 74,738, including 39 delayed reported cases. A new case is defined as a positive test within the last 72-hours. Some cases are due to delayed reporting from the states. Any positive tests from beyond the last 72-hours are considered delayed.

“As the colder weather sets in, more people will be indoors so it’s very important that we remain diligent and continue to take precautions to lessen the risks

of COVID-19. We have plenty of guidance and resources from our public health experts to protect ourselves and others, but we all have to do our part. Personal responsibility is key to lessening and preventing the spread of the virus in our homes and communities. Please be cautious and continue to pray for our frontline warriors and all of our people,” said Navajo Nation President Jonathan Nez.

Health care facilities on the Navajo Nation continue to administer COVID-19 vaccines and booster shots. If you would like to receive one of the COVID-19 vaccines or a booster shot, please contact your health care provider and schedule an appointment.

“If you feel sick, please stay home and do not go out into public places. There are many options for COVID-19 testing including at home testing, so please take advantage of those options. We are in this together and we will continue to overcome this pandemic by supporting and encouraging each other.

Please be safe and keep praying for all of our people especially those who are fighting COVID-19 at this moment,” said Vice President Myron Lizer.

# HPHP Chapter Updates >>>>

## To'Hajiilee Health Fair held on July 28, 2022

The Canoncito Band of Navajos Health Center Health Fair was held on Thursday, July 28, 2022, from 8:00 a.m. to 7:00 p.m. The event started with a morning Fun Walk



and Run at the trail adjacent east of the Health Center. Under a huge tent there were health information presentations including dental screenings, community resources, school supplies giveaway for kids, including local arts and crafts sales. Colorectal Health Awareness was one resource presented. Some of the organizations taking part were Albuquerque Area Indian Health Board, Community Health Representatives, and Behavioral Health Center programs.

There were Navajo speakers presenting about colonoscopy. Attendees heard the information in English and Navajo, they learned some new Navajo terminology about health. An elderly women spoke about how times were changing from the times when topics such as colonoscopy were not discussed in public. She explained what colonoscopy is, the procedures, the benefits of getting a colonoscopy and endoscopy, and why the public is informed about the importance. The presenters passed out the brochures and pamphlets about making an appointment. She got a great reception. There over 200 people in the audience listening. There were other health topics too, like mammography. At one of the booths, they were checking to see if everyone had vaccinations. The audience all received a copy of the UNM PRC Healthy Places-Healthy People newsletter. Some copies



were placed at the entrance to the Health Fair for new people arriving in the afternoon. UNM PRC donated a case of water and school supplies to the event; the school supplies were well received. Health Fairs are a great venue to each those who are not sick to think about their health and disease prevention. The community enjoyed snacks, lunch and dinner for free. The event was scheduled at 8:00 a.m. with a clinic expansion grand opening and ending with an evening entertainment by Levi Platero Band and James Junes as the Guest speaker, a respected Navajo entertainer and comedian.

The Health Fair was a pleasant experience for the community, and we even had a light drizzle rain. Sarah Bitsui, from CNB and Lester Secatero, the CBN Health Center Board member were there, as well as some of the Health Center staff who were excited to continue working on the trail. At the current time, there is interest in the community about building another trail near the east side NHA housing area towards Route 66 Casino. Most everyone is enthusiastic about the planning.

Following is the list of people who managed the successful event:

- Dr. Carolyn Morris, Director of Behavioral Health
- Volvelle Zamora, Financial Director
- Sarah Bitsui, CBN staff
- Santiago Montoya, CHR
- Marla Howe-Jim, Supervisory Nurse
- Lester Secatero, CBN Health Center Board Member



## Baca/Prewitt chapter Mapping and Walkability Workshop: September 9, 2022

On Friday, September 9, 2022, the UNM PRC Healthy Places-Healthy People team conducted a mapping and walkability assessment workshop at the Baca Prewitt Chapter. The team met with the chapter manager, chapter vice president, senior center director, and a Baca community school board member. The HP-HP team briefly provided an overview of our project with 9 other communities as well as monthly networking meetings.

Tina Becenti, chapter manager, explained that Baca chapter has been trying to establish a trail within the chapter house tract. The school board member, Geneva Werito, mentioned that the school has a trail that students have been able to utilize for sporting events, such as cross-country. Another possible trail area mentioned by the vice president is near the road where students are dropped off before and after school. This road runs about .25 miles south of the chapter.

The potential trail was about .50 mile within the chapter tract, so it is safe to cross the road to get to the trailhead (beginning of the trail). The trail is semi-smooth throughout the area. The Navajo Nation



owns the land and there are no clearances that need to be conducted. There were suggestions of putting up signs and benches along the trail and how to include summer youth employees. The trail has some shrubbery

includes Navajo tea, rabbit bush, and cactus with purple flowers. There were no animals within the chapter tract although there were some unleashed dogs at one of the houses outside the chapter fence. Signage to “keep dogs on a leash” was also mentioned by the group. Signs to enforce this 15 mph speed limit around the chapter grounds was also mentioned to keep pedestrians safe. A crosswalk on this paved road could be helpful. Currently, there is no adequate lighting along the trail, but the chapter manager suggested installing solar streetlights. The trail can become muddy and the Baca Prewitt area does receive a good amount of rain, especially during

monsoon season. For the most part, the trail is flat with some easy slopes. One area of the trail also had a hogan that was demolished. The concrete foundation to this hogan is still intact and might be a great place to set up a bench, or possible shade house with a table and cooking grills.

The senior center director mentioned that she was excited to have the elders use the trail. The senior center is next door to the chapter which allows for great connectivity along the trail. Currently, the center is serving lunch for the elders in the community in a drive-thru manner, due to Covid-19. The trail will only be open during the chapter business hours.



Tina Becenti is willing to work on some Saturdays initially, to open the trail for community members. She had also mentioned that chapter officials might also rotate their schedules. When asked about sustainability of the trails in the community, the group offered some ideas of how this could be accomplished. These included applying for additional funding, laying down gravel or milling on the trail, providing trash cans, planting a small garden on the north side of the senior center, and having students draw a mural on a huge conex box in front of the chapter. There were also discussions about possible collaborations with Baca school sports coaches. The coaches play a vital role for the youth are active leaders in the community.

The Baca Prewitt chapter is a certified chapter. They asked about funding opportunities and technical assistance with grant writing in the future. The next steps for Baca Prewitt Chapter is to blade the potential trail area using their heavy equipment.



# New Mexico seeks proposals to use 10 million mine spill settlement

Copyright © 2022 Albuquerque Journal  
Published August 12, 2022

SANTA FE – New Mexico is calling for proposals that would be funded with \$10 million received as part of a recent settlement stemming from a 2015 mine spill that polluted rivers in three western states.

The state and the federal government reached the agreement in June. Colorado and the Navajo Nation also have inked multimillion-dollar agreements to settle claims and sort out responsibility for cleanup following the spill at the inactive Gold King Mine in southwestern Colorado.

Any proposed projects should aim to benefit farming, outdoor recreation or natural resources in northwestern New Mexico.

New Mexico’s Office of the Natural Resources Trustee will consider applications for the settlement funding. Priority will be given to projects that are ready to begin soon and will be completed within three years.

Information on the project solicitation process, eligibility and evaluation criteria is available at the office’s website, [onrt.env.nm.gov](http://onrt.env.nm.gov).

“Regular monitoring of the San Juan and Animas rivers in New Mexico shows that the water is safe for agricultural and recreational uses, but the ongoing stigma associated with the Gold King Mine remains,” Natural Resources Trustee Maggie Hart Stebbins said in a statement. “We encourage creative ideas that restore or replace natural and cultural resources, and rebuild the region’s economic sectors that depend on clean and healthy rivers and watersheds.”

The spill released 3 million gallons of wastewater from the inactive mine, sending a bright-yellow plume of arsenic, lead and other heavy metals south to New Mexico, through the Navajo Nation and into Utah in the San Juan and Animas rivers.

Water utilities were forced to scramble and shut down intake valves, while farmers stopped drawing from the rivers as the contaminants moved downstream.

In addition to New Mexico’s \$32 million settlement with the federal government announced in June, the state reached an \$11 million settlement with the mining defendants last year.



## HP-HP Monthly Networking Meetings >>>>

**OCTOBER 19, 2022 @ 10:00 AM**  
**HPHP OCTOBER**  
*Networking Meeting*

- PARTICIPANTS WILL LEARN HOW TO INCREASE PHYSICAL ACTIVITY IN NAVAJO COMMUNITIES BY ADAPTING EVIDENCE-BASED STRATEGIES TO LOCAL CONTEXT, SUCH AS BUILDING AND IMPROVING LOCAL WALKING TRAILS AND PLACES TO BE ACTIVE
- CONDUCTING COMMUNITY INFORMATIONAL OUTREACH
- ENCOURAGING SOCIAL SUPPORT WITH GROUP EVENTS, ACTIVITIES, AND OTHER APPROACHES DEVELOPED BY LOCAL COALITIONS. EXAMPLES WILL BE PRESENTED.
- PARTICIPANTS WILL INCREASE THEIR KNOWLEDGE OF HOW PUBLIC HEALTH RESEARCH, COMMUNICATION, AND IMPLEMENTATION CAN BE DELIVERED BY USING CREATIVE TECHNIQUES DURING THE COVID-19 PANDEMIC. EXAMPLES WILL BE PRESENTED.

Join Zoom Meeting  
<https://hsc-unm.zoom.us/j/91979983806>  
Meeting ID: 919 7998 3806

Dial by your location  
+1 719 355 4580 US  
+1 253 215 8782 US (Tacoma)  
+1 346 248 7799 US (Houston)

RSVP:  
Sheldon Benally  
[sbenally2@salud.unm.edu](mailto:sbenally2@salud.unm.edu)

- \* Participants will learn how to increase physical activity in Navajo communities by adapting evidence-based strategies to local context, such as building and improving local walking trails and places to be active
- \* Conducting community informational outreach
- \* Participants will learn how to encourage social support with group events, activities, and other approaches developed by local coalitions. Examples will be presented.
- \* Participants will increase their knowledge of how public health research, communication, and implementation can be delivered by using creative techniques during the COVID-19 pandemic. Examples will be presented.

# September is Prostate Cancer Awareness Month

By Julie Dreike/For The Journal  
Published October 2, 2022

Prostate cancer is the most common cancer among men after skin cancer, but it is very treatable and has a 96.8% survivor rate when treated. According to the N.M. Department of Health, in our state prostate cancer is the most commonly diagnosed cancer for African American, Asian, Hispanic and White men, and is the second most commonly diagnosed cancer for American Indian men. Prostate cancer **is the leading cause of death from cancer for American Indian men**, the second leading cause of death from cancer for African American and White men and is the third leading cause of cancer death for Asian and Hispanic men in New Mexico.

The following is from the American Cancer Society website.

## What is prostate cancer?

Prostate cancer begins when cells in the prostate gland start to grow out of control. The prostate is a gland found only in males. Almost all prostate cancers are adenocarcinomas. These cancers develop from the gland cells.

## Finding it early

If prostate cancer is found at screening, it will probably be at an earlier, more treatable stage than if no screening were done.

Prostate cancer can often be found early by testing for prostate-specific antigen (PSA) levels in a man's blood. PSA is a protein made by both normal cells and cancer cells in the prostate gland. PSA is mostly found in semen, but a small amount is also found in blood.

The chance of having prostate cancer goes up as the PSA level goes up, but there is no set cutoff point that can tell for sure if a man does or does not have prostate cancer. Many doctors use a PSA cutoff point of 4 ng/mL or higher when deciding if a man might need further testing, while others might recommend it starting at a lower level, such as 2.5 or 3. When prostate cancer develops, the PSA level often goes above 4. Still, a level below 4 is not a guarantee that a man does not have cancer. About 15% of men with a PSA below 4 will have prostate cancer if a biopsy is done. Men with a PSA level between 4 and 10 (often called the "borderline range") have about a 1 in 4 chance of having prostate cancer.

If the PSA is more than 10, the chance of having prostate cancer is over 50%. The American Cancer

Society recommends men thinking about getting tested for prostate cancer learn as much as they can so they can make informed decisions based on available information, discussions with their doctor, and their own views on the possible benefits, risks and limits of prostate cancer screening.

## Signs and symptoms

Early prostate cancer usually causes no symptoms. More advanced prostate cancers can sometimes cause symptoms, such as:

- Problems urinating, including a slow or weak urinary stream or the need to urinate more often, especially at night
- Blood in the urine or semen
- Trouble getting an erection
- Pain in the hips, back, chest or other areas from cancer that has spread to bones
- Weakness or numbness in the legs or feet, or even loss of bladder or bowel control from cancer pressing on the spinal cord

It is important to tell your health care provider if you have any of these symptoms so the cause can be found and treated, if needed.

Men, do not think that these symptoms are "just part of aging." Tell your primary care provider if you are experiencing signs and symptoms. Loved ones, encourage the men in your life to see their provider. Take it seriously. Be your own best advocate.

## Treatment

For most men diagnosed with prostate cancer, the cancer is found while it is still at an early stage – it's small and has not spread beyond the prostate gland. These men often have several treatment options to consider. Talk to your primary care provider. Active surveillance may be a course of action.

## Support in New Mexico

From the Prostate Cancer Support Association of New Mexico website: "Talk with us. We've been there. We are prostate cancer survivors, here to answer your prostate cancer questions." Call or email for information on support group meetings or for free, one-on-one support. Call (505) 254-7784 seven days a week, email [pchelp@pcsanm.org](mailto:pchelp@pcsanm.org), or visit 2533 Virginia St NE, Suite C Albuquerque, NM 87110. There is a free annual conference Saturday, Nov. 12, 9 a.m. to 12:30 p.m. More information can be found at [pcsanm.org](http://pcsanm.org).

## UPCOMING EVENTS >>>>

Hanaa'dli Office of Dine Y.O.U.T.H. Center - Eastern Agency Presents . . . .

**TRUNK OR TREAT**  
**OUTDOOR EVENT**  
**WHEN: OCTOBER 27, 2022**  
**WHERE: HANAADLI YOUTH CENTER**  
**3:00 PM - 2:00 PM 636 CR 7150 (5 MILES EAST PARKING LOT) WEST OF HWY 550**  
 PARTICIPATING ORGANIZATIONS INTERESTED IN FREE EVENT? PARTICIPATING, PLEASE CALL OUR OFFICE FOR MORE INFORMATION AT (505) 960-2242. Everyone Welcome!

**TRUNK OR TREAT**  
**VEHICLE TRUNK REGISTRATION FORM!**

Name of Person/Business/Individual: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Contact Name(s): \_\_\_\_\_ Address: \_\_\_\_\_  
 State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Email: \_\_\_\_\_ City: \_\_\_\_\_  
 Year/Vehicle Trunk Theme: \_\_\_\_\_

Please sign below that you adhere to the following guidelines and Hanaa'dli Office of Dine YOUTH's wishes:  
 • Arrive at the east side parking lot of youth center on CR 717 between 1-2:45 pm for set up with a child appropriate theme  
 • Decorations will be provided at the Hanaa'dli Youth Center  
 • Only pre-packaged candy, healthy snacks, and/or non-food items (pencils, stickers, etc.)  
 • All vehicle displays and treats will be inspected before event begins.  
 • No electricity will be provided and bring your own tables and chairs  
 • An adult and/or parent must be with their vehicle at all times during the event for safety reasons.  
 • Due to the health and safety of our youth and family participants, please wear a face mask at all times.  
 • Clean up your area and take all belongings at 7 pm when the event ends.

Print Registration Form & Submit to the Hanaa'dli Youth Center by October 26th  
 Mail: P.O. Box 960, Bloomfield, NM 87413  
 Email: [trunkorcreat@nhdohhs.org](mailto:trunkorcreat@nhdohhs.org) or [trunkorcreat@nhdohhs.org](mailto:trunkorcreat@nhdohhs.org)  
 Fax: (505) 960-2044

**FORM NOT VALID UNLESS SIGNED (SEE BY ADULT PARTICIPANT):**  
 Participant(s) agree to be involved with the event as a parent, guardian, or participant. I am aware of these hazards and the ability to participate. In consideration for participation in this event, I hereby agree to the terms, conditions, and responsibilities set forth in this agreement. I understand that I am responsible for any and all kinds of items, including but not limited to personal injury and/or property damage suffered by myself or myself, or my property/person/vehicle participating in this event.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_  
 For more information, please contact our office at (505) 960-2242

Hanaa'dli Office of Dine Y.O.U.T.H. Center  
**Hanaa'dli Youth Center**  
 Location: Exit Off HWY 550 on CR 7150 going West for 5 Miles & facility is located on the east side of the Huerfano Chapter House

**Afterschool Youth PROGRAM**  
 Youth Ages 6-18 yrs. Only  
 Program Begins August 16th to May 25th  
 MONDAY - THURSDAY  
 3:30 PM to 6:00 PM

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

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

**PROGRAM INCLUDES**  
 ✓ Homework Help  
 ✓ Recreational Activity  
 ✓ Academic Enrichment  
 ✓ Art & Craft Activity  
 ✓ Reading Activity  
 ✓ Healthy Snacks  
 ✓ Fun Physical / Fitness Activity  
 ✓ And a Lot More...

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

**Hurry! Space is limited**

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

## To'Hajiilee NM event

**Healing the Soul Talking Circle**

October is domestic violence and bullying awareness month. Join us as we fight to prevent stress, sadness, concern, worries, and hopelessness.

**WHAT: TALKING CIRCLE AND DRUMMING SESSION**  
**WHEN: OCTOBER 27 AT 2-4:30 PM**  
**WHERE: TO'HAJIILEE TRAIL HEAD TO'HAJIILEE, NM 87026**

**HOT MEAL SERVED EVERYONE IS WELCOME**

For more information contact: CBHHC-Behavioral Health at 505-960-2372

## ANNOUNCEMENTS >>>>

Rural Pathway Program grants now open in NM ABQ Journal October 17, 2022

The New Mexico Tourism Department is accepting applications for its Rural Pathway Program on a rolling basis now through May 1, 2023, according to [newmexico.org](http://newmexico.org).

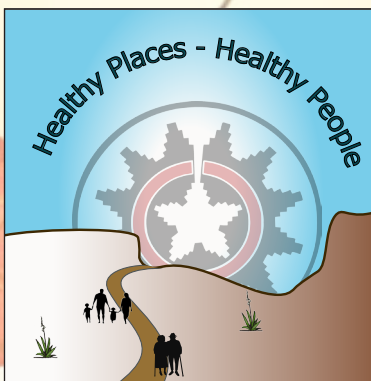
This program is split into two parts; the tourism incubator and the grant. The incubator aim to "provide technical assistance to tourism projects in the developmental stage," the website said. NMTD staff will guide the project stakeholders through workshops developing to project to prepare it for funding.

The program provides up to \$50,000 in one-to-one matching funds. Eligible applicants include tribal entities and non-profits within New Mexico.

"Private applicants are generally not eligible unless proof of the project's public benefit is demonstrated, and the applicant partners with a public or nonprofit fiscal agent," the website said.

To learn more, or apply, visit [newmexico.org/industry/work-together/grants/rural-pathway-program](http://newmexico.org/industry/work-together/grants/rural-pathway-program)

## New HPHP Logo & Facebook coming soon >>>>



Introducing the New HP- HP motif.

HP-HP facebook coming soon!

**2022 NAVAJO NATION GENERAL ELECTION**

**November 8, 2022**

**YOUR VOICE. YOUR VOTE.**

**UNM PRC Professional Intern Job Posting: HPHP/VIVA project**  
<https://unm.csod.com/ui/internal-career-site/app/job-details/22249>

University of New Mexico Prevention Research Center



Phone: (505) 272-4462  
 Emails: [SDavis@salud.unm.edu](mailto:SDavis@salud.unm.edu)  
[SBenally2@salud.unm.edu](mailto:SBenally2@salud.unm.edu)  
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[mpardilla@aol.com](mailto:mpardilla@aol.com) [Bennett.ilverna@gmail.com](mailto:Bennett.ilverna@gmail.com)

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All photos credit to HPHP staff. Thank you.