



**Nilch'ihstoh
December "Month of the Big Winds"**

Oct-Nov-Dec 2023
Volume 5, No. 1

Torreon Walkability & Mapping workshop October 26, 2023 >>>>

The Healthy Places-Healthy People project staff hosted a walkability and mapping workshop at the Torreon Community Library on Thursday, October, 26, 2023 from 3-6pm. Lydell Rafael, Torreon Chapter President, CHR, Librarian, Senior Center driver Earl Trujillo, and Dr. Richard Kozoll participated in this meeting. The team, Sheldon Benally, Robert Esquibel and Elverna Bennett conducted an overview of the HP-HP project.

Dr. Kozoll also gave a short presentation on the importance and benefits of being physically active. He also spoke about some of the previous trail work that he has been part of. The team then walked an area southeast of the Senior Center to do a walkability assessment on a trail that is utilized primarily by the community school's cross-country team. The distance of the trail was about .75 miles. The trail can be longer if one takes a different direction, which totals about 3 miles. The trail was nicely bladed by the school's maintenance department with a width between 6



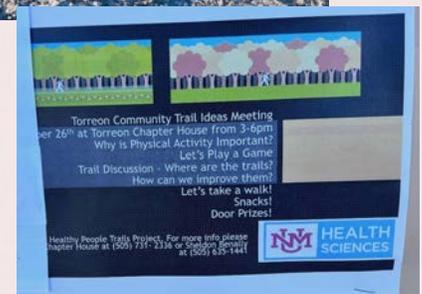
Beautiful scenic route at Torreon trail walk



Trail sign & chapter meeting announcement on bulletin board.



Left to Right: Dr. Kozoll, Robert Esquibel, Elverna Bennett, Sheldon Benally, Earl Trujillo and Lydell Rafael



Con't from Page 1: Torreon Walkability & Mapping workshop October 26, 2023 >>>>

to 8 feet. The trail is very smooth. There are some wooden directional signs on the trail that list the distances of the trail. There are also some areas along the trail where rocks can be used as natural benches.

The trail is very scenic with many rock formations along the path. The trail is away from the highway and roads, so there is little concern for pedestrian safety. A parking lot for the entrance to the trail could be planned. An area that may be useful for a parking lot would be outside the Senior Center fenced area. There were no visible prairie dog or gopher holes on the trail. The trail is in an open area, so there may be livestock in the area.

There were no livestock during our walkability assessment. We did see some quails running around in the area. A sign could be posted that reads, "Caution: Quail Crossing". There is no adequate lighting on the trail. Solar lighting may be helpful in this case. There was some trash in a nearby valley, but none on the trail itself. There are some plants and flowers within the trail area. There are some areas on the trail which are steep. The trail may encounter some erosion on this steep area, but if the trail is placed slightly in a different manner, it may help with erosion and also easier to climb.

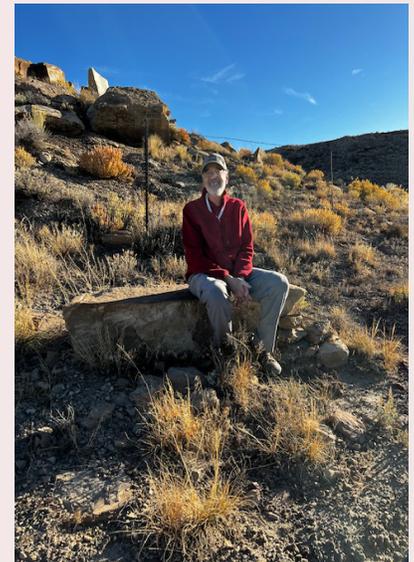
The connectivity between the school and senior center is good. If the trail continues west, it will connect with the chapter house surroundings. There is opportunity for chapter house summer youth employees to maintain and sustain the trail in the future. Signs and benches can be made for the trail. Summer youth could learn how to use trail tools properly.



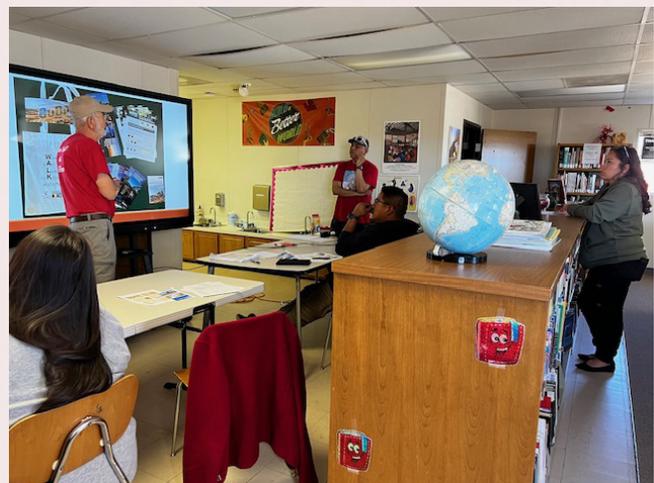
Torreon trail walk on a sunny, brisk day.



Flat trail area to walk



Comfortable natural benches



Presentations at beginning of Walkability workshop

Native American Heritage Month >>>>

Native American Heritage Month: Faculty Keeping to Their Roots at UNM

The University of New Mexico College of Population Health (COPH) is fortunate to have seven Native American faculty and staff working to help create partnerships throughout New Mexico's communities to research and assist in alleviating health inequities through programs and educate others to continue this kind of work.



<https://hsc.unm.edu/news/2023/11/native-american-heritage-month-faculty.html>

NNHRRB 2023 Conference, October 18-19, 2023 >>>>

Navajo Nation Human Research Review Board 2023 Conference

**Bíhoo'áa'ánideegii bee'it'éehózin áadoo bee'haa'honi dóó bee'adziil:
New Knowledge for Insight, Courage, and Strength**

**Twin Arrows Navajo Casino
Resort
Flagstaff, Arizona
October 18-19, 2023**



The Healthy Places-Healthy People team at the University of New Mexico PRC presented at the [Navajo Nation Human Research Conference on October 18, 2023](#), at Twin Arrows Casino near Flagstaff, Arizona.

The presentation focused on coalition building, hosting monthly network meetings with Navajo communities, events that took place on newly built and existing trails which increased social support within communities, dissemination of information, and future work in relation to the Hozho Resilience Model.

https://nnhrrb.navajo-nsn.gov/images/Conferences/FINAL%202023%20Conference%20Agenda_.pdf

Navajo Nation Human Research Review Board 2023 Conference		
Virtual and at Twin Arrows Navajo Casino Resort Flagstaff, AZ October 18-19, 2023 8am - 5pm MST		
<i>Bíhoo'áa'ánideegii bee'it'éehózin áadoo bee'haa'honi dóó bee'adziil: New Knowledge for Insight, Courage, and Strength</i>		
Sponsored by:		
Agenda		
DAY 1: Wednesday, October 18, 2023		
7:30AM	REGISTRATION	
8:30AM	MASTER OF CEREMONY INVOCATION/BLESSING	Dr. Kalvin White, IIRB Board Member Dr. David Bigay, IIRB Board Member
8:45AM	WELCOME OPENING REMARKS	Dr. Rebecca Ito-Matsumoto, IIRB Board Member
9:00AM	KEYNOTE ADDRESS	Rachelle Montoya, Vice President of the Navajo Nation
9:30AM	PLENARY SESSION	Genetics Research Group Dr. Katrina Clark and Walter Philip
10:15AM-10:30AM Break (15 min)		
10:30AM-12:00PM	Day 1: Session 1 (90 min)	
A: Behavioral & Mental Health Part 1		Facilitators: Dr/Dra James & Leah Nez
C: Connection to Medicine: Results from a Pilot Study of an Intervention Designed to Increase Coping and Connection to Others		Rosmar Bigay and Shannon Archibald

HP-HP Monthly Network meetings 2023 >>>>

The HP-HP staff had four great presenters during the months of September, October, November and December 2023.

In September, Sherry Brown, from the Navajo Health Education Program presented on Suicide Prevention and Awareness on the Navajo Nation. She spoke about some curriculums used in this area of prevention and awareness.

In October, Rolanda Todacheenie, Case Management Specialist from the Navajo Nation Breast and Cervical Cancer Prevention Program (NNBCCPP) presented on breast cancer awareness. She delivered a presentation on cancer cells vs. normal cells regarding breast cancer, which can also affect men. Her presentation was almost entirely in the Dine' language.

In November, Sherry Begaye, Community Health Representation (CHR) from Ojo Encino presented on her role as a CHR and the importance of having passion for working with communities. She also presented on diabetes education and awareness, focusing on signs, symptoms, prevention, and treatment on diabetes.

In December, Daniel Vandever spoke about the KE' Community Trails, particularly the Office of Dine' Youth trail, the future plans for the ODY Trail with new funding received from the NM Outdoor Recreation Division.

Thank you all for keeping our Navajo communities safe and healthy!

**Wednesday, Sept 27, 10-11am
HP-HP MONTHLY
NETWORKING MEETING #19**

- Connect with community coalitions to discuss trail development
- Technical support from UNM PRC HP-HP team
- An opportunity to listen, learn, share and create ideas

TOPIC: "Suicide Prevention and Awareness" presented by Sherry Brown, Navajo Health Education Program

"September is Suicide Prevention and Awareness Month"
Preventing Suicide is a Priority

JOIN ZOOM MEETING
[HTTPS://HSC-UNM.ZOOM.US/J/94632922579](https://hsc-unm.zoom.us/j/94632922579)
MEETING ID: 946 3292 2579
Passcode: 214581
 17193594580,,946329225793#

SEND YOUR RSVP :
 SHELDON BENALLY @ SBENALLY2@SALUD.UNM.EDU

reaching out shows strength
 connection is a helping hand

**Let's talk about
PINK
OCTOBER
BREAST CANCER
AWARENESS MONTH**

**HP-HP MONTHLY
NETWORK MEETING
OCTOBER 25 2023**

JOIN ZOOM MEETING
[HTTPS://HSC-UNM.ZOOM.US/J/95854606730](https://hsc-unm.zoom.us/j/95854606730)
MEETING ID: 958 5460 6730
PASSCODE: 569802
MOBILE:
 +12832050468,,95854606730# US
 +12532158782,,95854606730# US (TACOMA)

PRESENTATION BY:
 ROLANDA TODECHEENIE, CASE MANAGEMENT SPECIALIST
 NAVAJO NATION BREAST AND CERVICAL CANCER PREVENTION PROJECT

You are braver than you believe, stn seem, smarter than you think, and fa as you d ever imagine. Don't let m to see yourself short or forget y

**NATIVE AMERICAN
HERITAGE MONTH
NOVEMBER**

**HP-HP MONTHLY NETWORK MEETING
WEDNESDAY, NOVEMBER 15, 2023 @ 10:00AM**

Guest Presenter:
 Sherry Begaye, CHR Ojo Encino, Diabetes Awareness and Education

Zoom Meeting:
<https://hsc-unm.zoom.us/j/96702756422>
Meeting ID: 967 0275 6422
Passcode: 676390

3594580,,96702756422# US
 1 719 359 4580 US

**HP-HP MONTHLY
NETWORK
MEETING #22**

**DEC 13, 2023 @
10:00AM**

**Topic: K'E Community Trails Overview
Daniel Vandever, Crownpoint NM**

Join Zoom Meeting
<https://hsc-unm.zoom.us/j/92421492061>

Meeting ID: 924 2149 2061
Passcode: 693639

 One tap mobile
 +17193594580,,92421492061# US
 +16699006833,,92421492061# US (San Jose)

Happy Holidays 2023!



QR code is a direct link to Healthy Places-Healthy People webpage.

Counselor Chapter Walkability & Mapping workshop November 3, 2023 >>>>

The Healthy Place-Healthy People team visited the Counselor Chapter House on Friday, November 3, 2023 to conduct a walkability assessment and mapping workshop. The team (Sheldon, Marla & Elverna) met with Mr. Samuel Sage, Community Services Coordinator, and Martha Aragon, Accounts Maintenance Specialist, to discuss the current existing trail within the chapter house tract.



Elverna Bennett, Martha Aragon, Marla Pardilla, Sheldon Benally, Samuel Sage

It was a sunny day, and the team walked the full trail with the chapter officials and learned about the chapter history and the work that has been done so far with the trail development. The chapter has utilized a trail within the chapter house boundaries for recreation and walks such as “Just Move It” during the summer. The current trail is about .75 miles in distance. Since the trail is located within the chapter house boundary fencing, there are no additional clearances that needed. The trail is smooth, with some rough terrain where there are rocks out from the ground.

During the past summer, the Chapter house summer youth employees cleared out the trail as well as building a fence on the west side of the trail. There are plenty of areas for benches and signs that could

be placed on this trail. There are also many rock formations on the trail which can be used for benches. There appears to be more opportunities for summer youth projects to help with the trail. Although, U.S.



Counselor Welcome Sign

Route (major Highway) 550 runs through the community of Counselor, this would not affect the trail since the trail will not be crossing the highway. The shrubbery along the trail includes sage, trees, and other wildflower plants. There

are no gopher or prairie dog holes that are visible along the trail path. Occasionally some horses and cattle sneak into the chapter house fenced area.

The sustainability of the trail can be established with the chapter house summer youth employees. For 2023 summer, they hired approximately forty youth. There are opportunities to have the youth work on building benches and signs, clearing out the trail, and fixing fences. In the past, the local church, Twin Pines Assembly of God, has invited missionaries from other states to work on community projects. Trail sustainability can be one of their projects in the future. Other organizations have also been reaching out to Counselor Chapter to ask if they could work on any other projects such as the Greater Chaco Coalition.



Scenes of the Counselor Trail Walk



Arrowhead Mesa near Counselor Chapter

Managing diabetes and depression during the holidays and beyond

By Patricia Glasrud/Optum New Mexico

Nov 27, 2023 Albuquerque Journal

Cases of diabetes have been on the rise in New Mexico, part of a trend occurring throughout the United States. In fact, the American Diabetes Association refers to the burden of diabetes in our state as an epidemic, with more than 12% of the population diagnosed as having it. An additional 36% of the state's population have prediabetes, glucose levels higher than normal, but don't know they have it.

Most people also aren't aware that the condition can affect more than just your body. Those with diabetes are up to three times as likely to experience depression, and for as many as half of those individuals, depression goes undiagnosed. In addition, many find it more difficult to manage their diabetes during the winter months — especially during the holiday season.

Too often, holiday traditions involve unhealthy food choices. It's no wonder that it can be a particularly challenging time for people who have diabetes. Strategies that can help you stick with your health goals can be as simple as eating before you attend an event, or taking your own snacks, or preparing a nutritious dish you can bring to share. Seeking healthier ways to prepare some of your favorite holiday classics is also an option. Sometimes substituting an ingredient or two can make a big difference in the overall nutritional quality of a recipe.

However, for those with diabetes, navigating the holidays isn't just about what you eat and how it affects your body. Managing your mental and physical health go hand in hand. Though often filled with fun and festivities, the holidays can also be a lonely or stressful time for many people due to added demands and expectations. Mental health challenges, like untreated depression or added stress from the hectic holiday season, can have a negative effect on diabetes. Fortunately, the reverse is also true; improving mental health can have a positive effect on diabetes. While depression affects everyone differently, recognizing its signs is a good step toward managing your mental health right along with your physical health.

Some of the common symptoms of depression include:

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness or pessimism
- Feelings of irritability, frustration, or restlessness
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Fatigue, decreased energy, or feeling slowed down
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, waking early in the morning, or oversleeping
- Changes in appetite or unplanned weight changes
- Thoughts of death or suicide

If you experience any of these symptoms for two weeks or more, or if your symptoms are severe, be sure to seek medical attention. There are multiple options for the treatment of depression, but for all of them, the sooner help is sought, the more effective the treatment.

In addition to speaking with your primary care physician, there are resources you can consult for more information and support at no charge:

The Optum New Mexico Community Center is a free resource with information, classes, and programs to help people 55 and older learn about and manage diabetes, depression, and overall health and well-being. Monday Diabetes Education classes, which are led by me and Kathie Robinson, are available through December at no charge. Both of us are Optum NM registered dietitians and certified diabetes care and education specialists. Upcoming topics include Monitoring Diabetes for Health, Diabetes Medicines, Reducing Risk for Other Health Issues, Traveling with Diabetes, and Care During an Emergency. The Community Center is ideal for connecting with others and finding support both for patients and caregivers. Consult its calendar of classes and events at optum.com/nmcommunitycenters or call 505-254-6500.

For online help, the American Diabetes Association website, www.diabetes.org, has a wealth of information about living with diabetes — from both the physical and mental health perspectives. It is normal for people with diabetes to experience

Cont. from Pg 6, Managing diabetes & depression

fluctuating emotions, from anger to anxiety, and from depression to denial. Those suffering from mental health challenges are encouraged to seek professional help when they are struggling. Reaching out for help is not a sign of weakness. The opposite is true; it shows strength.

Finally, the New Mexico Department of Health Diabetes Prevention and Control Program provides self-management resources through its initiative, Paths to Health NM: Tools for Healthier Living. A range of relevant topics for managing diabetes is covered, including dealing with difficult emotions. You can find more information at www.pathstohealthnm.org or by calling its Wellness Referral Center at 505-850-0176.

Managing diabetes involves being diligent about your physical and mental health. Physical activity and healthful eating habits, for example, can help with both diabetes and depression. However, the best place to start is by talking with your doctor about the connection between diabetes and depression. A little knowledge can go a long way toward helping you live your healthiest, best life.

If you or someone you know have thoughts about suicide, seek help right away. If you or someone you know is in immediate danger, call 911 — or go to the closest emergency room. To reach a trained crisis counselor, call or text the 988 Suicide & Crisis Lifeline at 988 or 1-800-273-TALK (1-800-273-8255). You may also chat at <https://988lifeline.org>

DECEMBER EVENTS >>>>



Merry Christmas ODY Christmas Night Parade

Theme: "Keeping Christmas Beautiful with Family, Love & Gifts"

Date: December 21, 2023
Time: 6:30pm
Route: CHS Football Field to Basha's Shopping Center
LINE UP: 6:00pm

Entry Fee: \$ 25.00

Information call Jimmie (505) 786-2000/2004
Covid 19 Precautions will be addressed



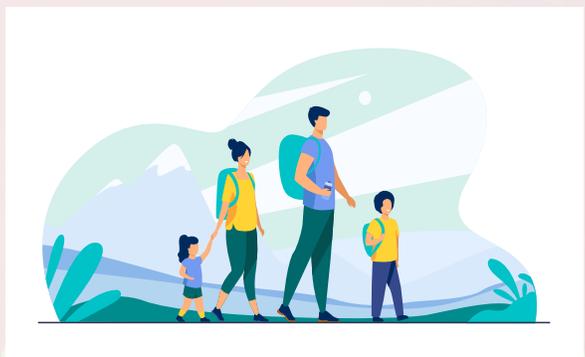
YOU'RE INVITED TO JOIN US AT A
NA'NEELZHIIN
LIGHT UP YOUR HOLIDAY PARADE
TORREON, NEW MEXICO

ANNUAL CHRISTMAS LIGHT PARADE CONTEST

FRIDAY, DECEMBER 22ND, 2023, STARTING @ 5:00PM
LINE-UP WILL BE AT 4:00PM

PARADE WILL END AT TORREON CHAPTER HOUSE
CHRISTMAS COORNER, SNACKS & DRINKS FOR EVERYONE

ALL ENTRIES *FREE* AND WELCOME TO PARTICIPATE. ALL VOLUNTEERS WELCOME.
CONTACT PERSON: NICOLETTE IGNACIO (505) 934-1011
BE SURE TO TUNE IN TO 89.7 FM WHEN YOU'RE NEAR THE CHAPTER.



The #PRCnetwork is celebrating #NationalRuralHealthDay!

Read how the UNM PRC Healthy Places-Healthy People program is increasing physical activity in the Navajo Nation in New Mexico. bit.ly/3G6zEXP



#PRCnetwork

Read more about how the UNM PRC is increasing physical activity in the Navajo Nation in New Mexico.

University of New Mexico Prevention Research Center

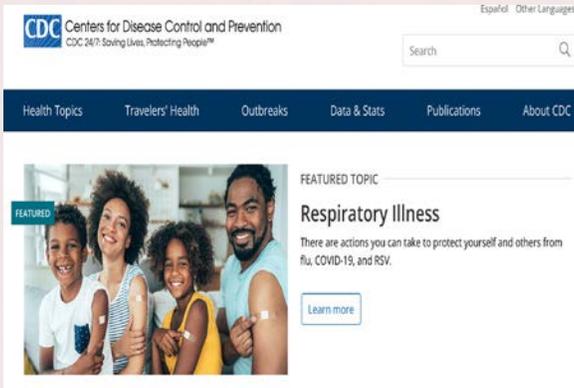
PRC PREVENTION RESEARCH CENTERS

To wish you all a
Merry Christmas and a Happy New Year!



Cindy Blair, Robert Esquibel, Sheldon Benally, Carmella Kahn
Julia Hess, Elverna Bennett, Sally Davis, Marla Pardilla

Christmas is a time of CARING and SHARING. While we are enjoying our holidays, lets remember to do a good deed to make a positive difference for someone else, for a family or a community.



<https://www.cdc.gov>



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