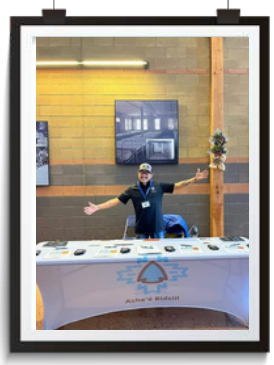
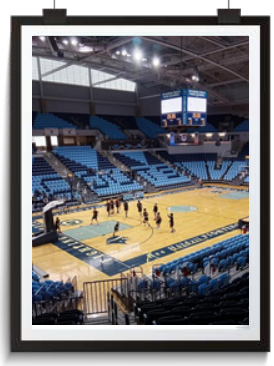
AZHE'É BIDZIIL

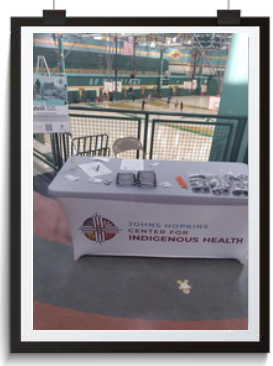
WINTER NEWSLETTER 2024

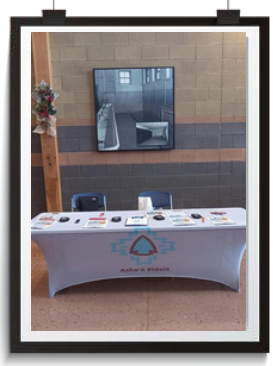
SHOOTING FOR CHANGE

Spreading Awareness at Local Winter Sport Games









FATHERHOOD TRIUMPHS: CELEBRATING THE SUCCESS OF OUR PROGRAM PARTICIPANTS

Below are some pictures from our most recent participants in the program. All have put in such a great effort by attending the workshops and achieving their goals, such as receiving their education!

HEALTHY MARRIAGE AND RESPONSIBLE FATHERHOOD (HMRF) CONFERENCE

Our team members, Tiffani Begay, and Jeremy Begay, traveled to Washington D.C. for the HMRF Economic Stability Summit.

INTRODUCING THE STRONG MEN PROGRAM

The Center for Indigenous Health is launching a new program, Strong Men, this upcoming spring. It aims to reduce substance use among young Native men, and those between the ages of 18 and 26 years old will be eligible to join. Eligible men could receive up to $75 in gift cards. This will be a brief program (5 to 6 sessions) that includes cultural teachings and positive coping mechanisms. **For more information, please contact the program coordinator,**
Kyann Dedman-Cisco (kdedman1@jhu.edu).

*Open to name suggestions

WE ARE NOW HIRING FACILITATORS FOR MEN'S HEALTH PROGRAMS

Are you interested in becoming a facilitator for a strength-based health program?

Responsibilities include but are not limited to:

- Deliver a multi-session curriculum to Native men.
- Complete training and prove proficient in the curriculum. Complete booster training as necessary.
- Will facilitate and lead discussions using Indigenous teachings that are culturally appropriate.

Requirements:

- High school diploma is required (Bachelors degree preferred)
- Experience working with and delivering programs to groups/classrooms
- Willingness to learn health education facilitation
- Navajo speaker (preferred)
- Must have a valid driver's license

*Duties may require weekend and evening work

For more information contact Eva Franco (efranco8@jhu.edu),
Tracey Lee (tlee176@jhu.edu) or
Kyann Dedman-Cisco (kdedman1@jhu.edu)

SUBMIT YOUR CONTACT INFORMATION/RESUME HERE:

TIPS FOR STAYING HEALTHY THIS WINTER SEASON

The University of Nebraska-Lincoln has shared seven tips for how to stay healthy during the winter months.

1 Limit the Spread of Germs

Remember to cover your mouth and nose when you cough or sneeze.

Wash your hands regularly using soap and warm water and scrub for at least 20 seconds.

2 Stay Hydrated

Drinking enough water each day boosts your immune system and helps you fight viruses.

Aim to drink enough water to equal two-thirds of your body weight in ounces every day.

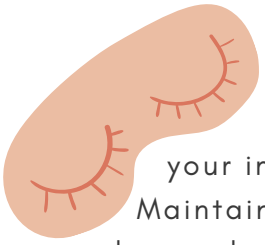
3 Up Your Vitamin D Uptake

Low vitamin D can make you susceptible to illnesses and negatively affect your mental health. Boost your levels by getting in the sunshine and eating foods high in vitamin D, like mushrooms and salmon.

4 Manage Dry Skin

Cold air and low humidity can cause dry, itchy skin. Protect your skin by wearing lip balm, using a humidifier in your room, limiting your time in the shower or bath and immediately applying lotion after you dry off.

5 Stay Rested



A lack of sleep can lower your immune system. Maintaining a consistent sleep schedule and getting seven to nine hours of sleep per night lets your body recover and protect against sickness.

6 Get Vaccinated

Immunizations are an important strategy to help prevent the spread of the flu and COVID-19.

7 See a Provider When You Are Sick

If you have COVID-19 or flu symptoms, call your health care provider to get tested or for expert advice to help you recover.

Read more by clicking on the university's website:

https://health.unl.edu/7-winter-wellness-tips-help-you-stay-healthy

MEET OUR NEW TEAM MEMBER, HARLEN YAZZIE!

Harlen (Dine) is from Pinon, Arizona, and his clans are Todiich'ii'nii (The Bitter Water People) Born for To'aheedliinii (The Water Flow Together People). Maternal Grandfather is Ta`baahi (The Edge Water's People) and Paternal Grandfather is Kin Yaa'aanii (The Towering House People). Harlen recently joined the Center for Indigenous Health in January of 2024 as a Research Assistant for the Azhe'e' Bidziil (Strong Fathers) Program in Chinle, Arizona.

Prior to joining the center, Harlen was a volunteer at the Church Of Latter Day Saints as a Facilitator for the Addiction Recovery Program and a Peer Support Specialist to the Addiction Recovery Program. Harlen continues to volunteer and assist those in need of a program for recovery and motivates them to stay resilient through the process of maintaining their long-term recovery.

Harlen has a Certificate for Retail Management from Eastern Arizona College and is a Certified Peer Support Specialist with the State of Arizona. During his free time, he likes to spend time with his family and read books or magazines with a good story. For recreation, he likes jogging, CrossFit training, riding horses, and playing basketball.