

Susan F. Levy

From: Susan Levy <native.health.news@nachci.ccsend.com> on behalf of Susan Levy <slevy@nachci.com>
Sent: Wednesday, February 01, 2012 4:06 PM
To: Susan F. Levy
Subject: News from NATIVE HEALTH

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NATIVE HEALTH Newsletter

Upcoming Events



**NATIVE
HEALTH**
A Tradition of Wellness

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Volume 6, Issue 2

February 2012

Dear Susan,

Happy February! February is Children's Dental Month and American Heart Month. Please see the articles below to learn more about heart health!

NATIVE HEALTH and Radio Phoenix have introduced a weekly radio show, "Native Talk Arizona" on Thursday mornings at 10:00 a.m. Tune into Radio Phoenix. Click "Listen Now" on Thursdays at 10:00 a.m. Radio Phoenix: A Voice For Native Americans. Radio Phoenix is proud to introduce



NATIVE HEALTH Tobacco Program

Community Resources

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Contact Information

NATIVE HEALTH - Central

4520 North Central Avenue
3rd Floor
Phoenix, Arizona 85012
P (602) 279-5262
F (602) 279-5390

Medical Hours:

Monday-Friday 7:00 a.m.-6:00 p.m.

Same Day Medical Appointments:

Medical - Monday-Friday
7:00 a.m.-11:00 a.m.
2:00 p.m.-3:00 p.m.

NATIVE HEALTH accepts AHCCCS (Medicaid) Health Plans including APIPA, Mercy Care, Health Choice, Care 1st of Arizona, Phoenix Health Plan and American Indian Health Program, Medicare, and many private insurance plans.

Dental Hours

Monday-Friday
8:00 a.m.-noon
1:00-5:00 p.m.

Emergency Dental

Monday-Friday
8:00-10:00 a.m.
1:00-3:00 p.m.

To make a dental appointment or if you have questions, please call Gina at (602) 279-5262 x 3402 or email [her](#)

Phoenix's first locally produced all Native



American program. The new program, "Native Talk Arizona," is hosted by Roy Johnston, NATIVE HEALTH Mental Health/Substance Abuse Counselor. Roy's program will include interviews and discussions of health, social, and cultural matters of interest to urban Native Americans, as well as a calendar of events and new Native American music Repeat program at 10:30 a.m. on Thursdays. In addition, National Native News is daily at 11:00 a.m., Native America Calling is daily at 11:06 a.m. "Earth Songs" is 10:00 a.m. on Mondays and "American Indian Living" is 10:0 a.m. on Tuesdays. If you would like more information or have show suggestions please contact [Susan](#).

Your friends are now able to receive the newsletter. Please tell them to text NATIVEHEALTH (one word) to 22828 and they can receive the same great information.

NATIVE HEALTH continues to provide medical services from 7:00 a.m.-6:00 p.m. Monday through Friday (Central location). Dental services are also available Monday-Friday, 8:00 a.m.-5:00 p.m. Both medical and dental have same day appointments and transportation available. Behavioral health services are also available by appointment.

On behalf of everyone at NATIVE HEALTH, I would like to wish you all a Happy Valentine's Day!

Sincerely,

Walter Murillo,
Chief Executive Officer

NHW Community Health Center



Behavioral Health

Monday-Friday

Now accepting AHCCCS for behavioral health services.

NATIVE HEALTH is now a provider under Magellan RBHA. For more information, contact Ana (602) 279-5262 x 3205 or email [her](#).

WIC Hours:

Central

Monday-Thursday 8:00 a.m.-5:00 p.m.

Friday 7:30 a.m.-4:30 p.m.

PIMC - 16th Street

Monday 9:00 a.m.-6:00 p.m.

Tues/Wed/Thurs 8:00 a.m.-5:00 p.m.

Friday 7:30 a.m.-4:30 p.m.

Saturdays (every other Saturday)
8:00 a.m.-noon

NHW - Community Health Center

2423 West Dunlap Avenue, Suite 140
Phoenix, Arizona 85021

P (602) 279-5351

F (602) 279-5361

Hours:

Monday-Friday

8:00 a.m.-5:00 p.m.

Same Day Appointments:

8:00-10:00 a.m. and 1:00-3:00 p.m.

NHW Community Health Center accepts AHCCCS Health Plans including APIPA, Mercy Care, Health Choice, Care 1st of Arizona, Phoenix Health Plan and American Indian Health Program, Medicare, and many private insurance plans.

WIC - Thursdays 8:00 a.m.-5:00 p.m.

Fridays 8:00 a.m.-5:00 p.m.

[Visit our website](#)

Find us on Facebook 

The month of February is well known for symbols of love, most commonly seen is the heart. While most of us are gearing up for Valentine's Day, it is important to remember February is American Heart Month. This was started by the American Heart Association (AHA) in an effort to increase awareness about the #1 killer of Americans- cardiovascular disease (heart attacks, high blood pressure, strokes, etc.). Most people know someone who has been impacted by cardiovascular disease. This month, take time to:



1. Know your numbers (A1C, blood pressure, blood sugar, cholesterol, weight, body mass index (BMI)).
2. Participate in local programs that help spread awareness about cardiovascular disease. "Go Red for Women" is February 3rd.

"Wear Red Day" is February 3rd, a day set aside to increase awareness of heart disease in women. Many of the staff will be wearing red on February 3rd in honor of "Wear Red Day" NATIVE HEALTH and NHW Community Health Center can support you in your health goals. Remember, a healthy heart, is a happy heart!

NHW Community Health Center Services Include:

***Primary Medical Care** Monday-Friday, 8:00 a.m.-5:00 p.m.

***Prenatal Care** (Thursdays, 8:30-11:30 a.m.)

***WIC** (Thursdays and Fridays). Call (602) 263-1558 to schedule an appointment for WIC.

***Counseling services** by referrals.

NHW Community Health Center accepts AHCCCS plans including APIPA, Mercy Care, Health Choice, Care First of Arizona, Phoenix Health Plan and American Indian Health Plan. In addition, a sliding fee scale is available for those not on AHCCCS or other insurance options. Some private insurance plans are accepted. Please call if you have questions.

For more information on available services at NHW Community Health Center, to schedule an appointment, or to request transportation for a medical appointment, please call (602) 279-5351 or email [LaRee](#).

Coming of the Blessing Education Program (Preconception and Interconception Health Education) Conference

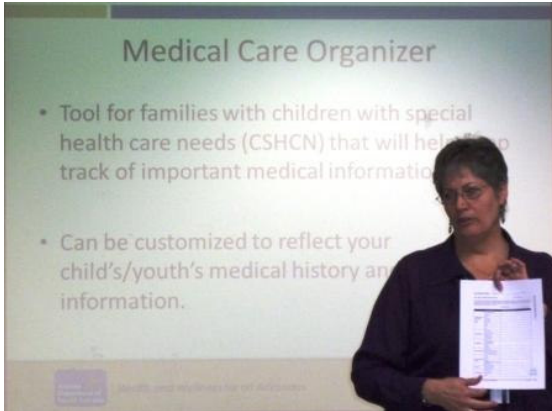
NATIVE HEALTH and the March of Dimes will be hosting a "Coming of the Blessing

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January NATIVE HEALTH Photos



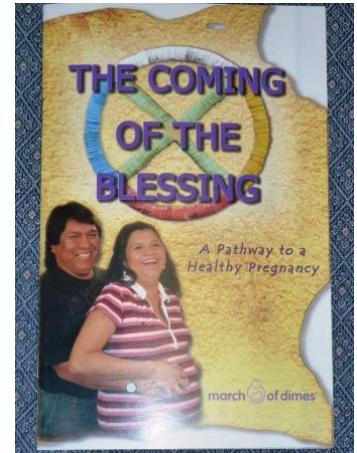
Arizona Department of Health Services, Office of Children with Special Health Care Needs explaining their new Medical Care Organizer. 15 families attended this presentation and received free organizers.



LeTisha, Outreach and Enrollment Specialist, at the Phoenix Indian Center Storytelling Event. LeTisha is available to provide AHCCCS enrollment assistance for Native American pregnant women and children at

Education Program (Preconception and Interconception Health Education) for medical professionals and caregivers who treat and educate Native American populations.

Topics include: *You and your pregnancy; *prenatal care; *eating healthy during pregnancy; *stress during pregnancy, *things to avoid during pregnancy, and more. The curriculum goals are: *To teach women about having a healthy pregnancy; *To create a supportive environment that promotes healthy behaviors; and *to help participants overcome barriers.



This conference will be held February 7th from 9:00 a.m.-4:00 p.m. There is no charge for the conference. Limited to the first 40 individuals who RSVP. Lunch will be served. The conference will be held at the Native American Community Service Center, 4520 N. Central Avenue, 6th Floor Conference Room. To register call (602) 287-9921.

For questions please contact Susan at (602) 279-5262 x 3302 or email [her](#).

Free February Community Classes - John F. Long Community Center

their homes, meetings, etc. Call LeTisha x 3440 or [email her for more information.](#) for more information.



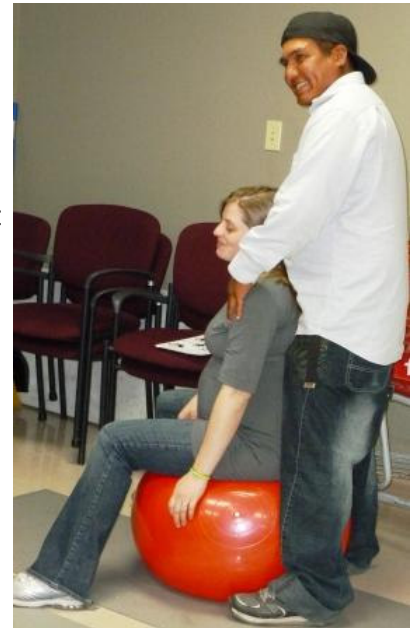
Sara Ruman (from left), Arizona Department of Health Services, Program Manager, and NATIVE HEALTH Health Start staff (Karen T., Justina Y., and Dolores E.) were named the Fetal Alcohol Spectrum Disorders (FASD) Champions.



Tina, Assured Imaging, assisting at NHW Community Health Center with the Maricopa County Well Women's Health Check Program at the January mammogram event.

January Employee of the Month

Free childbirth classes will be offered on **February 9th and 16th** from 1:00-3:00 p.m. (attendance is required at both classes) at the John F. Long Community Center (51st Avenue and Indian School area). The class is limited to 20 families. Expectant mothers and their support people will enjoy an interactive, creative teaching style while learning the basics of labor and delivery. Learn how to identify labor, explore stages of labor, discuss hospital interventions, and natural comfort measures. Classes are taught by **A Mother's Worth** and feedback has been tremendous. **Free transportation** is available. **The class will be taught in English and Spanish.** To register or for more information call Susan at (602) 279-5262 x 3302 or email [her.](#)



New Directions Institute for Brain Development is presenting "Wired for Success: How to Increase Your Child's IQ" program for families on Thursday, **February 9th** from 9:00 a.m.-noon. Th



e workshop is for parents, grandparents, and childcare providers with a special emphasis on birth-three years of age. Participants will learn how to provide experiences for a child that can actually affect how the child's brain grows and increase the child's IQ. The class provides amazing ways to learn how to interact with your child. **The class will be taught in English and Spanish. Free transportation** is available. To register or for more information call Susan at (602) 279-5262 x 3302 or email [her.](#)

Funding is provided by a grant from the South Phoenix Preventive Health Collaborative, a South Phoenix Partnership Region First Things First sponsored program and managed by Maricopa County Department of Public Health.

Gang Presentation - CEU's - February 22nd

NATIVE HEALTH's January Employee of the Month is Joanie. Joanie has been exceptional with assisting with the Well Woman Health Check Program and AHCCCS



Enrollment for both clinics. In addition, Joanie covers the front desk, medical records, and other duties when asked. She does it with a smile and is always willing to lend a hand. NATIVE HEALTH appreciates all the hard work and dedication Joanie gives to NATIVE HEALTH.

Upcoming Community Events

February 2012 - Ak-Chin Indian Community Basketball Tournament. Check the [NABI website](#).

February 1 - The Social Determinants of Health Series: Part 3 Race: The Story We Tell. 11:30 a.m.-1:00 p.m. Arizona Department of Health Services, 150 N. 18th Avenue, Phoenix. Email [Hong](#).

February 1 - Teen Dating Violence: Working in Native Communities. Webinar. 1:00 p.m. Check the [website for more information](#).

February 1 - Set in Stone but Not in Meaning: Southwestern Indian Rock Art - 7:30 p.m. Pueblo Grande Museum Auxiliary Lecture Series. Call (602) 495-0901 for more information.

February 1 - Trauma Informed Care - Magellan. 6:00-7:30 p.m. Check the [website for information](#).

February 2 - NATIVE HEALTH Radio Show - "Native Talk Arizona" 10:00 a.m. Click "Listen Now" at 10:00 a.m. [to listen to the show](#).

NATIVE HEALTH will be hosting Devereux and Matthew Harris (of Devereux) for a Gang Awareness Presentation on Wednesday, February 22nd, noon-2:00 p.m. This awe-inspiring two hour training will provide participants with CEU's.



Devereux is a nonprofit behavioral healthcare organization. Devereux has offices in Phoenix, Scottsdale, and Tucson that include programs such as foster care, respite, outpatient services, day school, group homes, and a residential treatment center.



Matthew Harris is a Gang Awareness Trainer for Devereux. He has a culturally diverse background which has provided him with a unique and first hand perspective on understanding youth's involvement in gangs. Matthew credits his "new direction in life" which took him from a young teenage gang member to an honest and hardworking man, father, and productive member of society.

Come hear this riveting program. CEU's are available. Space limited to 50 participants. Please bring your lunch, dessert will be provided. For more information or to RSVP please contact Susan at (602) 279-5262 x 3302 or email [her](#).

FREE Oral Health Train the Trainer Training

NATIVE HEALTH is offering a **free oral health care community training** at John F. Long Community Center (51st Avenue and Indian School area) on February 24th from 1:00-5:00 p.m. This training will include information about the importance of oral care during pregnancy, instructions on how to



demonstrate correct oral hygiene practices, prevention of baby cavities,

February 2 - St. Luke's Health Initiatives - Technical Assistance Partnership (TAP) meeting. Learn about complimentary collaborative consulting for your nonprofit. 9:00 a.m.-1:30 p.m. Fiesta Inn Resort, Tempe. Check the [St. Luke's Health Initiatives TAP website to RSVP.](#)

February 2 - Law Enforcement and Mental Illness - Roundtable Forum. Sponsored by David's Hope and the Arizona Mental Health and Criminal Justice Coalition 7:00-9:00 p.m. ASU Downtown Campus Free and open to the public. For information call (602) 774-4382.

February 3 - "More Than Frybread" Movie by Holt Hamilton Films. Wild Horse Pass Hotel and Casino, 7:00 and 10:00 p.m. Check the [website for more information.](#)

February 3-5 - Arizona Standdown - Veterans services. Arizona State Fairgrounds Veterans Memorial Coliseum. Services include Benefits, Medical Services, Housing Assistance, MVD, Legal Aid, and more. For information call (602) 340-9393 or check the [website.](#)

February 4 - Health and Wellness Fair - Fresh Start Women's Foundation and WellCare Foundation. 1130 E. McDowell. Call (602) 261-7166.

February 7 - Goodwill Training Services "Need help with your job search?". Interviewing strategies. Coral Canyon Apartments (Native American Connections), 4545 N. 15th Street. 10:30 a.m.-noon. Call (602) 648-9778.

February 7 - Maricopa Association of Governments (MAG) - Designing Transit Accessible Communities Workshop. 1:30-3:00 p.m. MAG, 302 N. 1st Avenue in Phoenix. Contact Alice at (602) 452-5066 or email [her.](#)

February 7 - Annual Career and Scholarship Event for Native American students in the Tolleson Union High School District. 4:30-7:30 p.m. Contact Cathy at (520) 610-2179.

February 7 - Financial Literacy: "Dollars

etc. This informative class is taught by **Dr. Alyssa York, Dental Director, Inter Tribal Council of Arizona.** To RSVP or for more information please call Susan at (602) 279-5262 x 3302 or email [her.](#)



Funding is provided by a grant from the South Phoenix Preventive Health Collaborati

on, a South Phoenix Partnership Region

First Things First sponsored program and managed by the Maricopa County Department of Public Health.



Mammograms

NHW Community Health Center in conjunction with Pink 365 and the Maricopa County Well Women's Health Check Program will be hosting a **free mammogram event** on **Thursday, March 29th from 1:00-5:00 p.m.**

Mammograms are for: *Women 40 years of age and meet income guidelines; *Be uninsured or unable to pay high insurance co-pay over \$100.00; *Not have had a mammogram within a year; *Not be breastfeeding or pregnant; *Live in Maricopa County; *Not be eligible for AHCCCS; and *Agree to future Well Women Provider Referrals.



The program screened 35 women in January through the Maricopa County Well Women's Health Check Program.

Click [here to view the event flyer.](#)

NATIVE HEALTH Dental Services

February is "Children's Dental Month" so let's get children off to a good start on their oral health so they can have a lifetime of healthy teeth. Anh Thu Becker, D.M.D., NATIVE HEALTH Dentist says, "Here are a

and Sense" - Phoenix Indian Center. 5:30-7:30 p.m. Tuesday. Meets every other week for six weeks. Contact Rose at (602) 264-6768 x 2402.

February 7 - NATIVE HEALTH and March of Dimes host "The Coming of the Blessing", Native American Curriculum Conference. 9:00 a.m.-4:00 p.m. FREE. 4520 N. Central, 6th Floor Conference Room. Call (602) 287-9921 to RSVP.

February 7 - Estate Planning and Wills for Native Americans. Phoenix Indian Center and U.S. Department of the Interior, Office of Special Trustee. 4520 N. Central, 2nd Floor. Free. 6:00-7:00 p.m. Call (602) 264-6768.

February 8 - NATIVE HEALTH hosts "Home Safety" for parents/guardians of infants and toddlers. Free. 4520 N. Central Avenue, 3rd Floor Large Conference Room. Call Dolores at (602) 279-5262 x 3407 or email [her.](#)

February 8 - Estate Planning and Wills for Native Americans. Phoenix Indian Center and U.S. Department of the Interior, Office of the Special Trustee. 4520 N. Central, 2nd Floor. Free. Noon-1:00 p.m. Call (602) 264-6768.

February 8 - A New Home for Phoenix CRS Clinic: Attend a Family Information Session. 9:00-11:00 a.m. Arizona Department of Health Services, 150 North 18th Avenue, Room 540A. Free parking. For questions call Judie at (602) 255-8245. Call in services available.

February 8 - Urban Indian Coalition AZ Youth Coalition Monthly Meeting. Sponsored by Phoenix Indian Center. Westwood High School, Mesa. 3:00-4:00 p.m. Contact Mary at (602) 264-6768 x 2403.

February 8 - Winter Storytelling Event - Alhambra High School by Phoenix Indian Center, 3839 W. Camelback. 6:00-8:30 p.m. Free family event. For information call Freddie at (602) 264-6768 or email [him.](#)

few simple steps every parent can do: *First dental check-up should be six months after the first tooth appears in the mouth; *Brush baby teeth two times a day, especially at night; *Do not let your children fall asleep with a bottle of milk or juice in their mouth. The sugar in the milk or juice can cause decay on every tooth; *Encourage your kids to have healthy snacks like fruit, vegetables, cheese, etc. instead of sugary snacks; *Avoid sticky candies that can stick to beautiful baby teeth and cause tooth decay; *FACTS: Even though baby teeth will be replaced by permanent teeth, baby teeth play a very important role in keeping the spaces for adult teeth. If baby teeth are lost prematurely, the adult teeth will not be able to have room to erupt correctly."



For more information on NATIVE HEALTH Dental Services please contact Gina at (602) 279-5262 x 3402 or email [her.](#)

NATIVE HEALTH currently has a contract with Pascua Yaqui Tribe for its members to receive dental services. Free transportation is available. For more information please call NATIVE HEALTH Dental.

Teen Drug Abuse

The cool winter air provides relief from the hot Arizona days, but it also signifies the beginning of cold and flu season! The sniffing, sore throat, stuffiness, and all around body aches can put a damper on fun and responsibilities and sends us all running for the over-the-counter medicines. They can cause enough relief to make it easier to sleep and lessen the irritation. Although, these over-the-counter medications are helpful, they can also be deadly. Adolescents may ingest large doses of the medication to get "high". Amongst the teenage population, it is widely known that cough



February 8-9 - Arizona Association of Community Health Centers - Annual Meeting. Check the [website for registration information.](#)

February 8-9 - Tribal Prescription Drug Abuse and Drug Endangered Children Training. Albuquerque. Contact Diane at (907) 694-5709 for information.

February 9 - NATIVE HEALTH Radio Show - "Native Talk Arizona". Click "listen now" at [10:00 a.m. on www.radiophoenix.org](http://www.radiophoenix.org).

February 9 - Historical Trauma presented by Phoenix Indian Center. Understand intergenerational trauma and the correlation with substance abuse. Call Mary at (602) 264-6768 to RSVP.

February 9 - Scald Burn Prevention Train the Trainer Workshop - Golden Gate Community Center. Call (602) 233-0071 x 2314.

February 9 - Military/Faith Based Summit: Connecting and Equipping Faith Based Communities to Support Service Members, Veterans, and their Families. 9:00 a.m.-4:00 p.m. Arizona National Guard - Joint Force Headquarters. Registration deadline February 3rd. Check the [website](#).

February 10 - "The Without a Ride, Life Unravels Summit" Transportation for the Underserved - Free. Goodyear. West Valley Human Services Alliance. Check the [website](#).

February 10 - MOLAR (Maricopa County Oral Health Leaders Advocates and Resources) Meeting. 9:00-11:30 a.m., 4041 N. Central, 14th Floor Training Room. Call Amanda at (602) 588-3607.

February 10 - Native American Student Organization - ASU West - Navajo Cultural Lecture Series: The Navajo Twin Warriors. Lecture: 9:00-11:30 am. Consultation: 12:00-3:00 p.m. Sands Room, #133.

February 10-11 - American Indian Language Development Institute (ATI DT)

syrops and other over-the-counter medication can give them a cheap and accessible high. Click on this [link](#) to learn why teens do this, how they are doing it, and what the belief system around this type of abuse is amongst the adolescent population.

NATIVE HEALTH continues to offer helpful services for Adolescents. If you feel that your adolescent is or may be involved with drug/alcohol use or is displaying risky behaviors, NATIVE HEALTH can help. Please call Wendy at (602) 279-5262 x 3210 [or email her to inquire about substance abuse risk or use counseling.](#)

NATIVE HEALTH will be providing Adolescent Anger Management groups again. Groups will begin mid-February for adolescents 13-17. Please call NATIVE HEALTH at (602) 279-5262 x 3210 for start dates and times.

A Valentine Tip from Social Security

Valentine's Day is just around the corner, making this a popular time of year for proclamations of love. Such displays of affection can be as simple and sweet as a heart with a "be mine" message, or as life altering as a vow before the altar.



If you happen to be a newlywed who is head over heels in love, you may not be focused on things such as taxes or Social Security, but you should be. If you plan to exchange your maiden name for a married name- including hyphenated names such as Smith-Jones- be sure you let us know.

Telling Social Security about your name change shortly after your marriage will help Social Security accurately keep track of your earnings and will ensure that you and your family get the Social Security retirement, disability, and survivor's coverage you're entitled to. Also, of the Internal Revenue Service and Social Security records do not show the same name and Social Security number, your Federal income tax refund could be delayed.

If you continue to use your maiden name consistently throughout your working years, you do not need to contact Social Security. However, if you decide to change your name at a later time, you should contact them so that they can update your Social Security

at the University of Arizona, "Where Are Your Keys?" accelerated language learning method. Hands on workshop. For information check the [website](#).

February 11 - Registration Date - Navajo Technical College classes begin February 27th at Guadalupe and Central High School in Phoenix. \$45.00 per unit for Native American students with CIB. Classes include Navajo (Central and Guadalupe February 27th), Algebra, and ENG 110 (Guadalupe only). For information contact Bill Hernandez, Guadalupe Town Manager at (480) 505-5376 or Gino, Community Development Director, Guadalupe at (480) 505-5399 or contact Catherine Miranda (602) 672-4298. Bring your high school or college transcripts and CIB.

February 11 - 2012 Gathering of Educators: Best Practices for Native American Students - Professional Development through Pima County Office of School Superintendent - Native Education Alliance. Baboquivari High School in Sells, Arizona. [Contact them](#).

February 11 - Global Youth Service Day Free Training. Phoenix College, 1:00-5:30 p.m. Arizona Governor's Youth Commission. For information contact Carla at (602) 542-3426 or email [her](#).

February 11-12 Arizona's College Goal Sunday - free statewide initiative that provides financial aid information. Professionals will assist with FAFSA Applications. Documents are needed. Check the [national website](#). College Depot, City of Phoenix, Burton Barr Library.

February 12 - Native Voices First Look Series - Staged reading of [Hunka](#) by Larissa FastHorse. 2:30 p.m. Wells Fargo Theater in Phoenix. Free admission. For information check the [website](#).

February 12 - 6th Annual Parkinson's Walk the Fight. Tempe Town Lake. Email [Claudia](#).

February 12 - 2012 Valley of the Sun

record and send you a Social Security card with your new name.

There is no need to pay someone else to mail in the information for you. Changing your name with Social Security is quick, easy, and a free service. Just go [online](#), learn what documents you need, and click on "Fill Out and Print an application (Form SS5)." You can also call (800) 772-1213 to obtain the form. The completed application along with a marriage certificate or divorce decree verifying your old and new names is needed. If you were born outside the United States, you also need proof of your U.S. citizenship or proof that you are lawfully living in the U.S. You can bring or mail the documents.

You may be focused on the one you love, and we don't blame you. But if you like us (we hope you do) please click on the Facebook icon and "like" Social Security on Facebook. Also, you can follow on Twitter. Look for the Facebook and Twitter icons at [Social Security website](#). We share information daily that can help you and all your Valentines.

Happy Valentine's Day from Social Security.

Information provided by Kimberly Yellow Robe (Rosebud Sioux), Social Security Administration, San Francisco Region American Indian Public Affairs Specialist in Mesa, Arizona.

NATIVE HEALTH Tobacco Program

Free help is available by calling ASHline. The average smoker has made numerous attempts to quit. Quitting smoking can be challenging. But you can quit, and it's important to keep trying and not give up. You can learn something new every time you try.

Quitting smoking can:

- lower the risk for lung and other types of cancer;
- reduce the risk for coronary heart disease, stroke, and peripheral vascular disease;
- reduce respiratory symptoms, such as coughing, wheezing, and shortness of breath;
- reduce the risk of developing chronic obstructive pulmonary disease (COPD), one of the leading causes of death in the United States;
- reduce the risk of infertility among women during their reproductive years. Women who stop smoking during pregnancy also reduce their risk of having a low birth weight baby.

Stage Race - Free kids bike rodeo, race, and safety clinic. 11:00 a.m.-2:00 p.m. 3rd Avenue and Washington.

February 14 - NATIVE HEALTH provides free car seat checks and installations. 10:00 a.m. and 2:00 p.m. For more information email Dolores.

February 14 - "Acing" the Interview" Workshop. Phoenix Indian Center. 9:00 a.m.-noon. 4520 N. Central. Call (602) 264-6768 x 2208 for information.

February 15 - Maricopa Association of Governments (MAG): Planning for the Next 100 Years Event. 8:30 a.m.-4:00 p.m. Phoenix Convention Center, North Building. Registration 8:00-8:30 a.m. Free. Light breakfast and lunch will be provided. Residents, local governments, faith-based organizations, and community groups are encouraged to attend. For more info and to RSVP contact [Rachel at MAG](mailto:Rachel@MAG).

February 15 - Urban Indian Child Welfare Coalition of Arizona Monthly Meeting. Phoenix Indian Center, 4520 N. Central Avenue, 2nd Floor. 11:30 a.m.-1:00 p.m. Contact Mary at (602) 264-6768 x 2408.

February 15 - Dine Culture Night. Phoenix Indian Center. 4520 N. Central Avenue, 2nd Floor. 6:30-8:00 p.m. Contact Freddie at (602) 264-6768 x 2403.

February 15-16 - Statewide American Indian Behavioral Health Forum II "Policy & Service Delivery in a Changing Environment". Cliff Castle Conference Center. For information call Lydia at (602) 374-2575.

February 16 - NATIVE HEALTH's Radio Show - "Native Talk Arizona" at 10:00 a.m. on www.radiophoenix.org. Click "[listen now](#)".

February 16 - Personalized Cancer Prevention: Fact or Fantasy? University of Arizona College of Medicine. Email Brigitte.

If you quit smoking, you will also protect your children family, and friends from exposure to secondhand smoke that can cause immediate harm to the nonsmokers who breathe it.

In Arizona:

- Ranked the lowest for exposure to second hand smoke in the home and in workplace;
- Tobacco prevalence among women is 5th lowest in the nation at less than 14%;
- Tobacco use among pregnant women is the lowest in the nation, here in Arizona it is just over 6%;
- Nationally Arizona has had the single highest drop in tobacco use since 2008;
- Arizona has had the highest drop in heavy tobacco use among youth since 2008.

NATIVE HEALTH Tobacco Program collaborates with ASHline through funding from the Arizona Department of Health Services - Bureau of Tobacco and Chronic Disease and Inter Tribal Council of Arizona. There is help available through ASHline, (800) 55-66-222 and the [website](#).



For more information, please call Trudie at (602) 279-5262 x 3206 or email [her](#).

Community Resources

February 6 Deadline - **GH2012 Program - Harvard University** - Four day graduate admissions workshop for Native American college students, college graduates, and master's students in preparing for graduate school or professional school. Program June 16-19, 2012. For more information check the [website](#).

February 6 Deadline - **CH2012 Program** - College Horizons 2012 for current 10th and 11th grade high school students. Workshop dates in June. Meet over 100 other Native students at each workshop. Applications are available on the [website](#).

February 8 Deadline - **Four Directions Summer Research Program** - Harvard Medical School and Brigham and Women's Hospital for undergraduate students with a commitment to the health of Native American communities. For more information check the [website](#).

February 10 Deadline - **Association of American Indian Physicians and the Four Corners Alliance** -

February 16 - Hispanic Outreach Alliance Meeting. Check the [website for more information](#).

February 16 - Children's Story and Activity Night - Phoenix Indian Center. Native Storytelling. 4:30 and 5:30 p.m. (two sessions). Geared for children grades 3-5. Snacks. Call Catherine at (602) 264-6768 x 2311.

February 17 - Sally Campbell Memorial Best for Babies Seminar: Court Teams for Infants and Toddlers: Integrating the Science of Early Childhood and Child Welfare. Check the [website for information](#).

February 17 - Guardianship Workshop - Assistance from an attorney or paralegal. Golden Gate Community Center. 3:00-5:00 p.m. Workshop is for families that are raising relative's children. RSVP to Joanna at (602) 233-0017 x 2329.

February 17-19 - 1st Annual Carefree Indian Art Market and Cultural Festival. Carefree, Arizona. Juried Native American fine art, craft, and entertainment festival. Call (480) 488-2014 for booth information.

February 21-24 - 13th Annual National Fatherhood and Families Conference in Los Angeles. Check the [website for details](#).

February 22nd - NATIVE HEALTH and Devereux host an inspiring Gang Presentation. 12:00-2:00 p.m. Space limited to 50 participants. NACSC, 4520 N. Central, 6th Floor Conference Room. CEU's provided. Please bring your lunch. Dessert provided. To RSVP or questions please call Susan at (602) 279-5262 x 3302 or email [her](#).

February 22 - Arizona Asthma Coalition Meeting. 2:00 p.m. St. Luke's Health Initiatives, 2929 N. Central, #1550. Call Barbara at (602) 956-6728.

February 22 - The Social Determinants of Health Series: Part 4 Race: The House We Live In. 11:30 a.m.-1:00 p.m. 250 N. 17th Avenue State Lab Auditorium Talon

Spring 2012 Pre-Admission Workshop. University of Colorado School of Medicine, Denver. March 22-25. For AI/AN undergraduate and graduate students. Scholarships available to AI/AN students interested in pursuing a career in allied health or medicine. For information contact AAIP at (405) 946-7072 or email [Rachel](#).

February 15 Deadline - **American Indian Services.** Open to Native American college undergraduates. Check the [website for more information](#).

February 17 Deadline - **Tribal Energy Program - Summer Internship Program,** Sandia National Laboratories. Albuquerque, New Mexico. College upper classmen and graduate students. Contact Sandra Begay-Campbell at (505) 844-5418 or email [her](#).

February 18 Deadline - **Classic Cooking Academy Reach Out Scholarship Program -** Ten one-half tuition scholarships for the Classic and Native American Culinary Program. Check the [website for more information](#).

February 24 Deadline - **Native American Summer Research Internship -** Summer research opportunity for Native American undergraduate junior and senior students who are interested in health science research. University of Utah, Salt Lake City. 10 week paid summer internship funded by National Institutes of Health. For information [email Richard White](#).

March 1 Deadline - **Nina Mason Pulliam Legacy Scholars -** Assist with student's cost of attendance at A.S.U. Students must meet qualifications. Check with an A.S.U. Advisor for more information.

March 1 Deadline - **2012-2013 Maternal and Child Health Epidemiology Graduate Certificate Program.** University of Arizona. Course runs from June 2012 to June 2013. Ten scholarships are available. Certificate aimed at increasing capacity in MCH Epidemiology serving rural or underserved Indian Health Service Regions. Contact Maribel at (520) 626-6560 or email [her](#).

March 5 Deadline - **Udall Scholarship -** \$5,000 scholarship awarded to 80 undergraduate sophomores and juniors pursuing careers related to Tribal Public Policy, Native Health Care, or the Environment. Must be Native American or Alaskan Native to be eligible in the first two categories. Udall Scholars get to attend Udall Scholar Orientation and are plugged into alumni network. Interested students should contact their campus' faculty representative to register for the online

Email [Hong](#) for more information.

February 22 - Winter Storytelling - Paradise Valley Unified School District - 15002 N. 32nd Street, Phoenix. 6:00-8:00 p.m. by Phoenix Indian Center. Contact Freddie at (602) 264-6768 or email [him](#).

February 23 - NATIVE HEALTH's radio show, "Native Talk Arizona". Click ["listen now" at 10:00 to listen](#).

February 23 - Families Preparing a New Generation - Free culture based workshops. Tuesdays and Thursday evenings 6:00-8:00 p.m. Phoenix Indian Center, 4520 N. Central Avenue, 6th Floor Conference Room. Call Jo at (602) 264-6768 x 2301 or email [her](#).

February 23 - How to Select the RIGHT College or Training/Certification School for YOU. Phoenix Indian Center. 4520 N. Central Avenue, 6th Floor Conference Room. 11:30 a.m.-1:00 p.m. RSVP to Olivia at (602) 264-6768 x 2312.

February 24-25 - Ira H. Hayes Veterans Social Pow Wow 2012. Sacaton Middle School Gym. Contact Marcus at (520) 610-9411.

February 25 - Madison School District Native American Parent Committee, 18th Annual Social Pow Wow. Madison Park Elementary School, 1431 East Campbell, PHoenix. Gourd Dancing 10:00 a.m. and 5:00 p.m.. Grand Entry noon and 6:00 p.m. For Pow Wow and vendor information contact Yarnell Goldtooth at (602) 626-4055 or Sylvia Kish at (602) 664-7529.

February 25 - Justice League: "Making Smart Choices" for youth in foster care. Speaker includes Mr. Joseph Hoquin, Tohono o'Odham Nation. RSVP by February 13 to Annie at (602) 252-2270 or email [her](#).

February 25 - Arizona Department of Health Services - Bureau of Nutrition and Physical Activity - "Empowering Habits, Empowering Lives...Unleashing Your Inner Superhero for Health!" Free Train the

application.

March 16 Deadline - **University of Arizona American Indian Alumni (AIA) Club Scholarship**. Fall 2012 and Spring 2013. For more information check the [website](#).

April 4 Deadline - **National Relief Charities American Indian Education Foundation Scholarships**. Two year or four year college or vocational schools. Applications available at the [website](#) or call 866-866-8642.

Arizona Community Foundation - \$1 million in scholarships for Arizona students. The online system automatically matches each student applicant with every scholarship opportunity for which she qualifies. Application periods begin closing in February and others remain open until May. Check the [website for more information](#).

College Depot - Phoenix - The 2012-2013 FAFSA application is now available. Check the [website](#). February classes include FAFSA classes, How To Pay For College, Writing A Winning Scholarship Essay, Searching for Scholarships and more.

Native Artist Fellowships - Indian Arts Research Center and the School for Advanced Research offers four artist-in-residence fellowships. Check the [website for information](#).

Radiophoenix.org - Radio Phoenix is Arizona's largest internet radio station, and the only urban station which carries programming by and for Native Americans. Radio Phoenix announced that it signed an agreement with Native Voice One to expand Native programming for Arizona. Among the programs offered by Native Voice One will be hip hop, sports, and more cultural events. Radio Phoenix is always looking for volunteers who want to be part of community-controlled local radio. Tune in to [Radio Phoenix](#) on computers and smart phones everywhere. To find out more about volunteering, [email Radio Phoenix](#) or call (480) 829-5746. **Programs of particular interest to Native Americans: Mondays 10:00-11:00 a.m.**, - Earthsongs - modern mix of today's Native American artists. **Monday through Friday, 11:00 a.m.** National Native News. America's only national Native American targeted radio newscast. From Native Voice One. **Monday through Friday 11:06 a.m.-noon. Listen to NATIVE HEALTH's "Native Talk Arizona" on Thursdays at 10:00 a.m. Click [here on Thursdays at 10:00 to listen to this week's show](#).**

Trainer for childcare providers. 8:00-3:00. Desert Willow Conference Center. For information contact Anne at (602) 364-1621 or email [her.](#)

February 25 - Gathering of Native Americans (GONA) - Phoenix Indian Center, 4520 N. Central Avenue, 2nd Floor. Call (602) 264-6768 x 2408.

February 26 - Phoenix's First Eating Disorder Walk - Phoenix Zoo. 6:00-9:00 a.m. For information call (602) 363-4421.

February 27 - Mobile Pantry Distribution. Native American Connections and St. Mary's Food Bank Alliance. Fresh fruits and vegetables for all families/individuals in need. Sunrise Circle Apartments, 2922 N. 39th Street. Call (602) 424-0162.

February 27 - Science Cafe: Valley Fever: It's Not! University of Arizona, College of Medicine. Contact [Brigitte for more information.](#)

February 28 - "Acing" the Interview - Phoenix Indian Center. 9:00 a.m.-noon. 4520 N. Central Avenue Call Ron at (602) 264-6768 x 2208.

February 28 - Urban Indian Coalition of Arizona Monthly Meeting - Phoenix Indian Center. 4520 N. Central Avenue, 6th Floor Conference Room. 11:30 a.m.-1:30 p.m. Contact Mary at (602) 264-6768 x 2408.

March 1 - Healthy Mothers, Healthy Babies Coalition Meeting. 8:30-10:15 a.m. Free Breakfast. Email [Martha for more information.](#)

March 1 - safeTALK Training at Magellan. Free. 1:00-4:30 p.m. For more information check the [Magellan website.](#)

March 2 - Phoenix Indian Medical Center Auxiliary - Phoenix Suns vs. L.A. Clippers. Deadline to order is February 1st. Call Roberta at (602) 263-1576.

March 3 - Phoenix Indian Medical Center Pow Wow. 4212 N. 16th Street, 10:00 a.m. - 10:00 p.m. For information call

Nike N7 Products - NATIVE HEALTH is now working with Nike N7. The new Nike N7 shoe is being released February 1st. For more information about this exciting new program contact Deidre at NATIVE HEALTH, (602) 279-5262 or email [her.](#) Additional information about the Nike N7 program is available on the [Nike website.](#)



Inter Tribal Council of Arizona, Inc. FREE Income Tax Return Preparation. Saturday mornings beginning February 4, 2012 through April 14, 2012. 8:00 a.m.-noon. Closed March 3, 2012. No appointment necessary. 2214 N. Central Avenue, Phoenix. (602) 258-4822.

Teen Dating Violence in Native communities. Check the [website for information.](#)

Phoenix Indian Center - Native Workforce Services' Classroom Allowance Program (CRT) - Students who are approaching graduation from a vocational school, college, or university may be eligible for a weekly allowance based on financial need and grade point average. Must be enrolled in Native Workforce Services with the intent of seeking employment immediately after graduation. Phoenix Indian Center, 4520 N. Central Avenue, 2nd Floor. For more information call Iris at (602) 264-6768 x 2206 or email [her.](#)

Phoenix Indian Center - Your Resume and Cover Letter Workshop - Tuesdays, 9:00 a.m.-3:00 p.m. 4520 N. Central Avenue, 2nd Floor. Workshop for those that either don't have a resume or have a resume over two years old. Call (602) 264-6768 x 2208.

Phoenix Indian Center - Volunteers needed for Adult Literacy Program. Call Catherine at (602) 264-6768. Check the [website for volunteer opportunities.](#)

National Indigenous Women's Resource Center - Information about domestic violence and sexual assault. Check the [website for more information and webinars.](#)

Hispanic Outreach Alliance (HOA) - HOA introduces its new revamped website and encourage all outreach professionals to sign in and set up accounts to stay plugged into community information and resources as well as events, job postings, and cultural events. Check out the [website for more information.](#)

Magellan - Magellan's Learning and Performance Departments offers exciting, free learning opportunities to all. Did you know, 8.4 million adults age 18 and

Donice at (602) 263-1200 x1859. Vendors call Laura at (602) 459-3164.

March 3 - Ziindi Release Celebration. A showcase of local Native art, live music, spoken word, and works from Ziindi's contributing artists. 6:00-10:00 p.m. Civic Space Park, 424 N. Central Avenue, Phoenix. Contact Michelle at (602) 281-0697 or email [her](#).

March 10-11 - Arizona Aloha Festival. Tempe Beach Park. 10:00 a.m.-5:00 p.m. Free family event. Check the [website](#).

March 12-13 - American Indian Education Association's 2012 American Indian Parent Conference. "Empowering Our Native Families". Glendale Community College, 6000 West Olive, Glendale. For information call Kathy at (602) 257-4051, email [her](#), or check the [website](#).

March 12-13 - Military Immersion Training - Have you ever wondered what it's like to be in the military? Papago Park Military Reservation. Register by March 5. Check the [website for more information](#).

March 12-15 - 24th Annual Arizona Indian Council on Aging Conference - Inter Tribal Council of Arizona. "Elders Holding Our Nations Together". Westin La Paloma in Tucson. To register [online](#) or call (602) 258-4822.

March 13-14 - Two Day Conference will focus on curbing American Indian Obesity Rates: Fostering Sustainable Strategies to Create Healthy, Active Native Communities Conference sponsored by the Association of American Indian Physicians. San Diego. [Email Echo for more information](#).

March 15 - Disaster Preparedness: The Role of ME's Office. University of Arizona College of Medicine. Contact [Brigitte for more information](#).

March 16-18 - Native Fitness Training and Introduction to Social Marketing (two separate programs) - American Indian Institute - University of Oklahoma. San Diego, California. Contact Chelsea for

older (3.7% of the adult population) have had serious thoughts of suicide in the past year, and 4 million (or 48.6%) of these received mental health services in the past year? Data retrieved from [SAMHSA website](#).

Market on the Move - 60 pounds of fresh produce for \$10.00. Locations and produce vary every weekend. For locations check the [website](#) or call (602) 549-1011.

Phoenix Indian Medical Center (PIMC) Auxiliary - The PIMC Auxiliary is a nonprofit organization whose sole purpose is to support the needs of the Native American community served by Phoenix Indian Medical Center (PIMC). The Auxiliary raises funds to purchase equipment and supplies for PIMC and to award scholarships to Native American students studying in a health related field. The gift shop at PIMC is owned and operated by the Auxiliary. It sells supplies as well as authentic Native American crafts. It is the Auxiliary's main source of income. There are many opportunities that exist for those who wish to support the goals of the Auxiliary, one opportunity is by becoming a volunteer in the gift shop. Volunteers work four hours per week and are thoroughly trained before volunteering. Please contact the PIMC Volunteer Office at (602) 263-1576 for more information.

WERNATIVE - is a health text messaging service for American Indian and Alaska Native teens and young adults. Text NATIVE to 24587 for weekly health tips, contests, and life advice. Sponsored by the Northwest Portland Area Indian Health Board. Funded by the National I.H.S. HIV Program.

White House Webpage dedicated to Native Americans - The White House [webpage](#) is meant to serve as another tool to help Indian Country navigate the federal government and learn how the President's Agenda is helping to win the future for Native Americans. There is a new fact sheet on how the American Jobs Act will benefit Native Americans and the economy. There are also three blog posts [on the Administration's ongoing work in Indian Country](#).

The Office of the Special Trustee (U.S. Department of Interior) If you believe you are an Indian trust landowner or may have inherited trust land or trust income, please contact the Trust Beneficiary Call Center at (888) 678-6836 or check the [website](#).

Devine Legacy on Central, 4570 North Central Avenue - Native American Connections. First affordable apartment community on the Metro Light Rail line (next to Native American Community Service Center). 65 urban style apartments at Campbell/Central rail station.

more information.

March 18-22 - 11th Annual Native Women and Men's Wellness Conference. Rancho Bernardo Inn, San Diego. American Indian Institute, University of Oklahoma. Contact Chelsea for more information.

March 21-23 - 2012 American Indian Alaska Native Long Term Conference. Denver, Colorado. Check the website for information.

March 25 - 5th Annual My Fest - Tempe Beach Park. Music, art, entertainment and youth involvement. Noon-5:00 p.m. For information contact Greg at Magellan.

March 26 - Science Cafe: Gross Anatomy: Top 10 Weird and Wonderful Facts About the Human Body. University of Arizona, College of Medicine. Contact Brigitte for more information.

March 26 - Hakintonmuya Relays - Old Oraibi Village, Arizona. Check the website for more information.

March 28-30 - 1st Annual Face 2 Face Conference - SIENA. Prescott Resort and Conference Center. Conference for AI/AN parents and families and people who work with them; professional educators, including teachers, principals, and program administrators at all educational levels; and community and health service providers. Contact Nadine at (623) 670-3561 or check the website.

March 28-April 1 - New Frontiers in Global Health Leadership - Tohono O'odham Nation and the University of Arizona Health Sciences Center in Tucson. Conference is geared for public health policy makers, program managers, community health clinic coordinators, healthy system workers and leaders. Check the website for more information.

March 31 - NABI "Chasing the Sun" 10K and Health Fair in partnership with Ak-Chin Indian Community and Nike N7. Discounted registration until February 15th for 10k. Free 1 mile health walk. Wesley Rolin Memorial Plaza 1700 W

For more information please call (602) 214-1409, check the website or email Devine Legacy.

Fresh Start Women's Foundation - Connecting women ages 18 and older. The Resource Center in Phoenix provides mentoring, career services, self-esteem services, education, a library, child watch, legal services and counseling as well as many classes. For more information check the website. **Cultural Awareness About Disabilities** - Not sure about proper etiquette and disabilities? To learn more about proper etiquette when interacting with individuals with disabilities contact the Arizona Bridge to Independent Living (ABIL). For information check the website.

Phoenix Indian Center Native Workforce Services - Updated eligibility criteria. Two new requirements are high school or GED and residency in Maricopa County (off reservation for 30 days). Please bring supporting documents. Community members may use Resource Room for self-directed job search and can attend job readiness workshops. Call (602) 264-6768 for details.

Mesa Community College - Early College Programs - Achieving a College Education (ACE) MCC's scholarship program designed to improve success once enrolled in college. Call (480) 461-7927 or check the website. **Dual enrollment** - Partnership with Valley high schools to offer dual enrollment credit for academic and occupational classes. Courses taught at high schools. Call (480) 461-7705 or check the website. **Concurrent enrollment** - Early College Concurrent Program gives students the opportunity to take courses on the college campus with other college students. Call (480) 461-7705 or check the website. **Hoop of Learning Program** designed specifically for Native American high school students in the Tempe and Mesa area. Call (480) 461-7594.

Wounded, Ill or Injured Marines and Former Marines - Master Gunnery Sergeant Steve Soha is available to assist with VA issues, paperwork, housing, jobs, school, etc. For more information contact him at (602) 814-4747 or email him.

eBenefits for Veterans - eBenefits is an online resource that Veterans can use to find and manage benefit-related information. For more information please check their website.

Taxi Program for People with Disabilities Debuts - Phoenix Public Transit - Taxi service coupon program for Phoenix residents with disabilities. ADA Cab supplements Dial-a-Ride. For more information (602) 801-1163 or (602) 801-1164.

Washington. For course details, prizes, etc. check the [website](#).

April 4-5 - Statewide Arizona American Indian Pathways Into Health Conference. Ft. McDowell Radisson Resort. No registration fee, and limited to 300 participants. For information contact Michael Allison at (602) 364-1041 or [email him](#) or contact Fred Hubbard at (602) 374-2575 or [email Fred](#).

April 4, 11, 18, and 25 - Mini Medical School, University of Arizona College of Medicine. For more information contact [Barb Quinlan](#).

April 6 - 8th Annual American Indian Disability Summit, "Gathering Native Voices to Transition Individuals with Disabilities Towards Employment and Recreation". Embassy Suites Hotel in Paradise Valley. 8:00 a.m.-4:00 p.m. For information call (602) 443-0707.

April 10-13 - Wellness/Healing Skills Training - Strategies for Indian Country in the New Millenium Conference. Rio Rancho, New Mexico. Email [for more information](#).

April 12 - Caregiving, Aging, and Good Health. University of Arizona, College of Medicine. Contact [Brigitte for more information](#).

April 13 - Maricopa County Oral Health Leaders Advocates and Resources (MOLAR). 9:00 a.m. 4041 N. Central Avenue, 14th Floor. Delta Dental of Arizona Foundation. Call (602) 588-3607.

April 14 - HopeFest Phoenix. 9:00 a.m.-3:00 p.m. Chase Field. Annual event where individuals will be served through a collaboration of agencies, organizations and individuals serving people by providing free medical services, dental services, hair cuts, hygiene items, and or miscellaneous services. Check the [website for more information](#).

April 14 - Silver and Turquoise Ball, Phoenix Indian Center - Talking Stick Resort, Scottsdale. Check the [website for information](#)

Raising Special Kids - Provides parents of children with disabilities and special health needs with parent support, training, information, and assistance to help families become effective advocates for their children. Families throughout Arizona receive help with issues of navigating care systems, special education, and finding appropriate resources. Services are free. For more information please call Marissa at (602) 242-4366 x 203 or email [her](#).

Maricopa Community Colleges Hoop of Learning Program - Office of Native American Early Outreach Programs - The Hoop of Learning Program meets the academic and cultural needs of American Indian high school students. For more information about the program as well as Coordinators and Contact Information click [here](#).

The **Maricopa Community Colleges Achieving a College Education (ACE)** is designed to help students make a smooth transition from high school, through one of the Maricopa Community Colleges, and on to a university to complete a Bachelor's degree. The Maricopa ACE Native American Initiative's goal is to increase the number of Native American students participating. For more information on the ACE Native American Initiative, please contact them via [email](#) or call (480) 731-8625 or check the [web](#).

College Depot (City of Phoenix) provides free programs for people interested in attending college. College Depot is located at Burton Barr Central Library, 1221 North Central Avenue, Phoenix 85004. For more information call (602) 261-8847 or check the [website](#).

Birth to Five Helpline - 1-877-705-KIDS is Arizona's only toll free helpline for parents, families and providers to call for questions about children ages birth to five years old. The Helpline is answered by early childhood development specialists, not volunteers. The Helpline is staffed M-F, 8:00-8:00. A Fussy Baby program is also available. For more information, please check their [website](#).

The **Native American Senior Association**. Call Cindy at (602) 241-4739 Monday-Wednesday, 9:00 a.m.-3:00 p.m. Please leave a message if no answer.

Ryan House offers comfort, support, essential and professional care for children with life threatening conditions and their families. Ryan House also provides opportunities for children and their families to stay in a supportive home-like environment. To learn more about Ryan House check their [website](#).

April 15-20 - 2nd Annual Professional Development Training on Indigenous Prevention/Treatment Strategies on Substance Use and Other Drug Related Issues: Healing Addictions through Education, Treatment, and Native Traditions. Albuquerque. Contact Native American Training Institute at (505) 353-1920.

April 18 - Science Cafe. "You Bet Your Life". Your Role at the Table in Avoiding Deadly or Crippling Medical Errors. University of Arizona, College of Medicine. Contact [Brigitte](#) for more information.

April 19 - City of Phoenix - Landlord and Tenant Workshops. Deer Valley Comm. Center, 2001 W. Walhalla Lane, 5:30-8:30 p.m. To register call (602) 262-7210.

April 20-22 - ASU Pow Wow - Tempe. Call (480) 965-5224 or email [them](#).

April 22-25 - Protecting Our Children: National American Indian Conference on Child Abuse and Neglect. Scottsdale. Check the [website for more information](#).

April 26-28 - Gathering of Nations Pow Wow. Albuquerque, New Mexico. For information check the [website](#).

April 27- Mental Health Stigma- Let's Overcome It. Arizona Public Health Association. Tucson. Check the [website for more information](#).

May 2-3 - "Reclaiming the Health of our Tribal Nations" Inter Tribal Council of Michigan in partnership with Inter Tribal Council of Arizona, Fiesta Resort, Tempe, Arizona. Check the [website for more information](#). Free admission, limited to 200.

May 11 - University of Arizona, College of Medicine presents "Music, Memory, and Aging". Contact [Brigitte](#) for more information.

May 26 - Hakintonmiva Relays Old Oraibi

Child Crisis Center - When your children need a home away from home....if you are struggling with homelessness, job loss, domestic violence, emotional stress or health issues. The Child Crisis Center offers temporary emergency shelter in a caring, safe, homelike environment for children from birth to 11 years of age. For more information call (480) 969-2308 or check the [website](#).

Alcoholics Anonymous Meetings - Native American Connections - Sunrise Circle - Saturdays, 10:00 a.m. 2922 North 39th Street.

Narcotics Anonymous Meetings - Native American Connections - Sunrise Circle - Wednesday evenings, 6:00-7:00 p.m. Sunrise Circle, 2922 North 39th Street.

DNA Legal Services - www.dnalegalservices.org - Nonprofit legal services serving Native Americans.

Office of Children with Special Health Care Needs (OCSHCN) has recently become part of the Bureau of Women's and Children's Health. OCSHCN continues working to improve systems of care; provide information and referral to families who would like assistance in finding the services available to their child; provide training to families and professionals on best practices related to medical home, cultural competence, transition to adulthood and family and youth involvement; and support telemedicine to provide services in remote areas of the State. For more information, please call (602) 542-1860 or [email them](#).

West Valley Vet Center - The new Veteran's Center is open in Peoria, Arizona at 14050 N. 83rd Avenue, Suite 170 in Peoria. For more information call (623) 398-8854.

Crying Babies? Parents/Caregivers: Never Shake A Baby wants everybody to be aware that it is dangerous to shake a baby or young child. Babies and children under 12 months old all cry for a selfish reason- it's all about them. They may be hungry, need clean clothes, feel too hot or too cold, or may be tired. You can read a baby's cues if you pay attention closely. Check for a wet or dirty diaper. Has it been three or four hours since baby last ate? Is she sweating or do her hands or feet feel cold? Is she rubbing her eyes or turning her head away from you? All of these are good baby cues. The first three are easily solved with a clean diaper, food, or fewer or more clothes.

When baby turns her head away from you, yawns hiccups, or rubs her eyes, these are good cues that she is a little over-stimulated, overwhelmed, or just plain tired. Perhaps she needs a brief rest break. Let her

Village. Check the [website for more information](#).

June 11-28 - Summer Research Training Institute for American Indian and Alaska Native Health Professionals. Northwest Portland Area Indian Health Board. Portland, Oregon. For information call (503) 416-3285 or check the [website](#).

June 13-14 - Operation Family Support Annual Training. 2012 Statewide Symposium in Support of Service Members, Veterans and Their Families. Desert Willow Conference Center.

June 16 - 4th Annual Statewide Military Women's Conference.

June 18-22 - 2012 Dental Conference - Inter Tribal Council of Arizona (ITCA). Wild Horse Pass Hotel and Casino. Check the [ITCA website](#).

July 11-15 - NABI 10th Annual Native American Basketball Invitational.

July 16-19 - 24th Annual Native Health Research Conference, Seattle. Check the [website for more information](#).

August 11 - Hopi 10K and 5K - Old Oraibi, Arizona. Check the [website for more information](#).

October 6 - 3rd Annual NATIVE HEALTH Children's Pageant. Phoenix College Auditorium.

These events are listed as a community service but are not endorsed by NATIVE HEALTH.

alone for a minute to regroup herself. Or perhaps she just needs to be put in her own bed and allowed to go to sleep. She may need a pacifier or a lovey to help her soothe herself to sleep. NEVER shake a baby. Find tips to relaxation and to calm a baby at the [website](#) or contact [Mary Warren, Statewide Coordinator](#).

For those that are taking care of someone else's child; resources are available:

- Maricopa County Resources - AZ Starts (Mentors for Children of Prisoners - (877) 312-1368);
- DUET - Project Grand Care (602)274-5022 x 43
- Area Agency on Aging (602) 264-2255
- Senior HelpLine (602) 264-4357
- Casey Family Programs (602) 252-9449
- Family Resource Center - East Valley (480) 233-0017
- Golden Gate Community Center of the Arizona Children's Association (602) 233-0017
- University of Arizona Cooperative Extension (602) 827-8200

Family Network on Disabilities - Visions - Supporting Native American Families. For information call (877) 205-7501 or check the [website](#).

These programs are listed as a community service but are not endorsed by NATIVE HEALTH.

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