Santa Fe Service Unit

The Drum Beat

Fall 2019

Need an appointment?
Santa Fe 946-9283
     946-9282
     (800) 871-1562
Santa Clara 753-9421
San Felipe 867-2739
Cochiti 465-2587

Please arrive 30 minutes before your appointment!

Hospital doors open for morning clinics at 7:45 AM (12:30 PM on Wednesdays).

If you have an 8:00 or an 8:15 appointment please sign in at the computers at the front entrance at 7:45 am.

CEO CORNER

Influenza season is quickly approaching and the best way to protect yourself is to get an annual flu shot. Bring your family to Santa Fe IHS or any of our 3 outlying clinics to receive your flu vaccination. Anyone over the age of 6 months is eligible!

Dr. Bret Smoker, Acting CEO

We do not have an Emergency Room.

If you are having a medical emergency, call 911 or go to the nearest hospital.

Photo Contributed by: Arnold Herrera, Cochiti Pueblo

Kristin Lovato, RN and Dr. Bret Smoker
STAFF SPOTLIGHT: GET TO KNOW OUR PRC STAFF

Purchased/Referred Care (PRC), formally known as Contract Health Services, is a program that pays for needed medical services that cannot be provided at the Santa Fe Service Unit. They provide PRC funding for the pueblos of Ohkay Owingeh, Santa Clara, San Ildefonso, Nambe, Pojoaque, Tesuque, San Felipe and Cochiti. Before authorization of a PRC payment, the 5 PRC eligibility requirements must be met: the patient must be of American Indian and/or Alaska Native descent, must apply for and use all alternate resources available, must reside within his/her Tribal Contract Health Service Delivery Area, notification and authorization of approval for payment by the PRC authorizing official, and funding must be available for those services (only medically necessary services). If you have any further questions about PRC, please stop by!

FRONT ROW: ROBYN RAY

MIDDLE ROW: JANE SISNEROS, DONNA MITCHELL, MONICA AGUILAR

BACK ROW: EVELYN CHAVEZ
What is Third Hand Smoke?

Third hand smoke is made up of the particles and gases given off by cigarettes that cling to walls, clothes, carpets, furniture, hair and skin. Up to 90% of the nicotine in cigarette smoke sticks to nearby surfaces. The chemicals that leave a stale cigarette odor on clothes and upholstery also can be swallowed, and inhaled by a non-smoker. Third hand smoke can be just as dangerous as smoking a cigarette and can even cause cancer. Children may be at greater risk because they breathe faster than adults and inhale more chemicals. Third hand smoke residue cannot be eliminated by opening windows, airing out rooms with a fan or even vacuuming. Here are a few tips on how to get rid of third hand smoke:

• Dry clean/industrial clean all your clothes, linens and towels.

• Wash down all the walls with soap. This will help, but it may take several times to get most of the Third Hand Smoke residue off them.

• Have all your fabric covered furniture steam cleaned. If it still smells smoky it might be time to start replacing items.

• Wipe down all wooden and hard furniture with appropriate cleaning solutions. Any surface can collect Third Hand Smoke.

• Steam clean ALL carpets and drapes. Have all hard floors professionally cleaned. Carpets are a massive problem. Again, if they still smell even vaguely smoky it might be worth considering replacement when cleaning third hand smoke.

Contributed by Adriana Smith, HT

WANT TO JOIN OUR TEAM?

For available positions, go to www.usajobs.gov and search for Indian Health Services in Santa Fe, NM!
The diversity of languages spoken stands as one of our region’s greatest strengths. Therefore, we feel the positive impacts created by the many IHS staff members who speak multiple languages should be recognized. On any given day, a Keres- or Tewa-speaking visitor to the IHS is likely to speak in his or her native language with one of our front entrance greeters, patient registration clerks, benefit coordinators, medical records staff, housekeepers, or nurses. In addition, we are fortunate to have both Tewa- and Keres-speaking staff members working daily at our community clinics in Santa Clara, Cochiti, and San Felipe.

Those individuals, who speak more than one language, may not realize all the personal health benefits associated with their skill. Learning multiple languages has been proven to improve brain development, problem solving, & overall school performance. Of special note, participants in an indigenous language- & culture-rich school program are more likely to have a healthy sense of well-being.

Therefore, we should applaud the many northern NM community-based Indigenous language programs working to better the health of our community members through language & culture promotion. We have received positive feedback about the active Tewa education program at the Khapo School in Santa Clara Pueblo. We learned that the Tesuque Community School teaches Tewa to youth & adult community members alike. We would also like to recognize the language and culture program at the Keres Children’s Learning Center (KCLC) in Cochiti Pueblo. There are more programs than we can mention here!

The KCLC’s Director of Advancement, Ms. JoAnn Melchor, provided us with a glimpse of the promising strides they have made in advancing native language learning.

JoAnn writes: “(The center’s) vision is to reestablish Keres’ fluency at a community level through exercising Indigenous educational sovereignty at Cochiti Pueblo. We are reclaiming our children’s education and honoring our heritage by using a comprehensive cultural and academic curriculum to assist families in nurturing Keres-speaking, holistically healthy, community minded, and academically strong students. KCLC collaborates with language and culture Elder teachers as well as through consultation with groups of fluent Elder speakers who have advised KCLC on lessons they identified as most critical for the children.”
JoAnn states that the results at KCLC are evident: “...children have been observed talking to each other in Keres, singing, dancing, & participating in village life, & are identifiable by their respectful behavior and age-appropriate fluency...The health of our language is directly linked to the health of our people. Embedded in our languages are all the ways our people sought to have a healthy, harmonious, balanced way of life with one another & the living world and lands. As Pueblo people, we have a responsibility to our children & ancestors to continue our beliefs & lifeways and strengthening our language helps us to do so.”

Alas, we could not acknowledge all the native language programs or native language speakers working hard to promote learning. Thank you to all the individuals and organizations that strive to enrich the culture and better the health of our communities through language!

Article Submitted by Chad Thompson, MD
Photos courtesy of KCLC

November is Diabetes Awareness Month

Diabetes means there is too much sugar in the blood. The blood always has some sugar in it, because the body uses sugar for energy. But too much sugar in the blood is not healthy.

Did you know?

• The body makes insulin.
  Insulin is important because it helps move sugar from the blood into the cells for energy.

• There are different types of diabetes.
  Type 2 diabetes is the most common.
  Type 2 diabetes happens when the body does not use insulin well and does not make enough insulin. This leads to high blood sugar.

Symptoms of High Blood Sugar

Symptoms can be severe or mild. Some people may not have any symptoms.

- Blurred vision
- Increased thirst
- Tired most of the time
- Frequent urination
- Increased hunger
- Unexplained weight loss
Your Flu Vaccine Protects Me
My Flu Vaccine Protects You

- The flu vaccine is safe. You can’t get the flu from a flu vaccine.
- Pneumonia and flu are a leading cause of death among Native elders.
- Please get a flu vaccine each year to protect you and your family.

Learn more at www.cdc.gov/flu or call 1-800-CDC-INFO