



# TIPCAP NEWS

June 2019

Newsletter for the Tribal Injury Prevention Cooperative Agreement Program (TIPCAP)

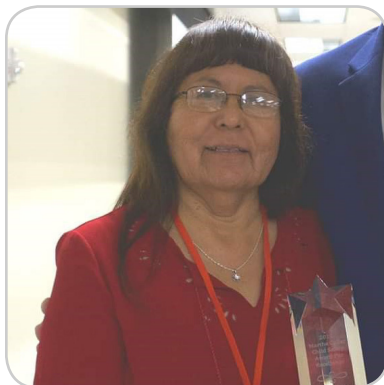
## TIPCAP TEAM MEMBERS HONORED WITH AWARDS

Many of our TIPCAP colleagues were recently recognized for their service and dedication to injury prevention. Join us in celebrating their contribution to the field and their communities.

*Read more on page 9*



Monte Yazzie



Toni Short



Bonita Paddyaker



David Bales

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# Storage Space Sparks Big Changes for IP Program

Ak-Chin Indian Community explains how increased storage capacity helps the flow of home assessments



Marc Matteson, Ak-Chin Indian Community Injury Prevention (IP) Coordinator, has a lot on his plate—from conducting numerous home assessments to keeping track of home improvements to coordinating installations. Storage of home assessment materials was a burden that impeded the program's ability to install home modifications efficiently. In April, the IP program was able to purchase a storage unit to store home assessment modification and other IP program materials. "I get that it sounds like not a big deal," Marc says with a laugh. "But this actually does a lot to improve the flow of our home assessments and the IP program as a whole." The storage unit is a big step up. "Before we had a little corner full of this and that, and now we have a nice big mobile mini," Marc says.

The storage unit will hold car seats, grab bars, shower chairs, light bulbs,

tools, and other items relating to the IP program's activities. The unit allows the IP program to streamline its home improvement process and even cut costs. "We are able to keep a lot more in stock now that we have our own storage facility," Marc says. Because of this increased storage capacity, the IP program can purchase items in bulk, including car seats and home modifications. "The vendors will usually give you a price break [when buying in bulk,]" he explains.

“ I think this shows that something that may seem small can have a big impact on day-to-day operations.”

The work flow of installing home improvements is greatly improved—Marc explains that the IP program

has implemented an organized system to keep track of home improvement materials: the maintenance team checks out materials to do home installations, allowing the IP program to keep track of what items are in use. "Before, we held materials at the maintenance department and the inventory was more scattered," Marc says.

The IP program has been doing home assessments since 2010 and the team has been anticipating this storage unit for years. The unit comes at a time of great change—the program is in the process of hiring its own injury prevention specialist. "I'm excited that the new person will be able to keep track of materials more easily," Marc says. "I think this shows that something that may seem small can have a big impact on day-to-day operations. It's going to allow us to help more members of our community."

## Helmet Provided by IP Program Protects Local Cyclist

Feliciano Cruz Jr. has long been dedicated to distributing helmets at community events as part of his work as the Injury Prevention Coordinator for the Pascua Yaqui Tribe of Arizona. Recently, he was made aware of his work's impact by a community member who suffered a bicycle crash. Feliciano is committed to providing education and safety equipment to tribal community members. "If it's predictable, it's preventable," he says.

Below is Iris Coronado's testimony to the importance of helmets.



*Hello. My name is Iris Coronado, and I am a member of the Pascua Yaqui Tribe of Arizona and a cyclist with our community cycling team. I have had numerous near accidents while riding my bike; however, I did have an unexpected and possible head injury while riding near a wash on some slippery terrain. My tires slipped, causing me to fall head first into some rocks. Fortunately, I always use my helmet, and thankfully, my face and brain are in one piece! I am grateful to Feliciano Cruz, the Injury Prevention and Safety Specialist, for the helmets that were provided to cyclists in Team Yaqui! Thank You.*



## Fall Prevention Event Highlights Winter Safety

All attention was on fall prevention at the Ponca Tribe of Oklahoma's recent fall prevention awareness event, organized by Jocelyn Jackson, the Injury Prevention (IP) Coordinator. The event, held at the Ponca Tribe Senior Center, aimed to provide education and resources to Tribal elders regarding fall prevention. The event featured multiple presentations, including "Winter Fall Prevention and STEADI," presented by Captain Holly Billie, Program Manager of the IHS IP Program, as well as "Winter Blues," presented by Jake Roberts, M.S., a Licensed Professional Counselor with the White Eagle Health Center in Ponca City, Oklahoma. The presentations highlighted the importance of seniors taking extra measures to be safe in winter conditions. A meal was provided by the senior center to the 30 Ponca Tribal seniors in attendance.

Jocelyn took advantage of the captive audience to offer free smoke detectors and home evacuation plans through Oklahoma ABLE Tech, an Oklahoma-based organization that provides assistive technology to community members. Nine Ponca Tribal seniors signed up for these

offers and ABLE Tech is now in the process of installing these safety items.

The IP Program distributed free safety bags containing incentives donated by partners including the White Eagle Health Center Pharmacy and the Lowe's of Ponca City, OK. Incentives included flashlights, lotion, event planners, pamphlets about fall prevention and winter safety, among other items.

To gauge the effectiveness of the event, Jocelyn distributed evaluation forms after the presentation. Of the 30 participants, 22 filled out the forms and left comments about their experiences. Overall, the feedback was positive and pointed to the importance of fall prevention education for older adults. As explained by one elder, "I fell a few months ago for the first time and information on what to do at that moment is critical. So, I got some good tips today. Thank you."

Jocelyn hopes that the presentation helped start a conversation about fall prevention amongst Tribal seniors. She plans to host another presentation in Year 5 with even more fall prevention presenters.

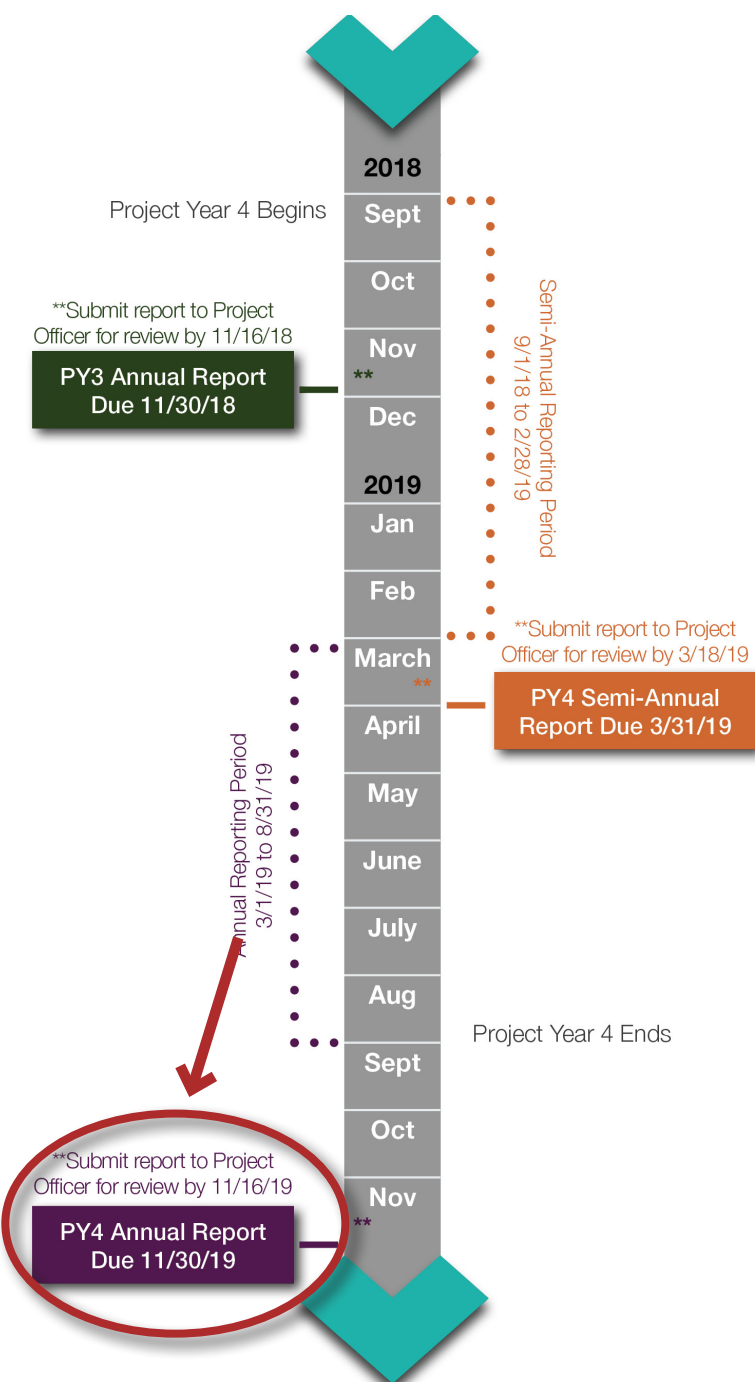
Top down: Captain Holly Billie (IHS) presenting; Jocelyn Jackson (Ponca Tribe of OK) speaking with elders; Jake Robert (White Eagle Health Center) presenting; Tribal seniors enjoying meal provided by the Ponca Tribe Senior Center.

# NOTICE BOARD: Reports

## Part I and Part IIA Sites:

- Annual Reports due for Project Officer review **Nov. 11**
- Deadline for submission to GrantSolutions.gov is **Nov. 30**

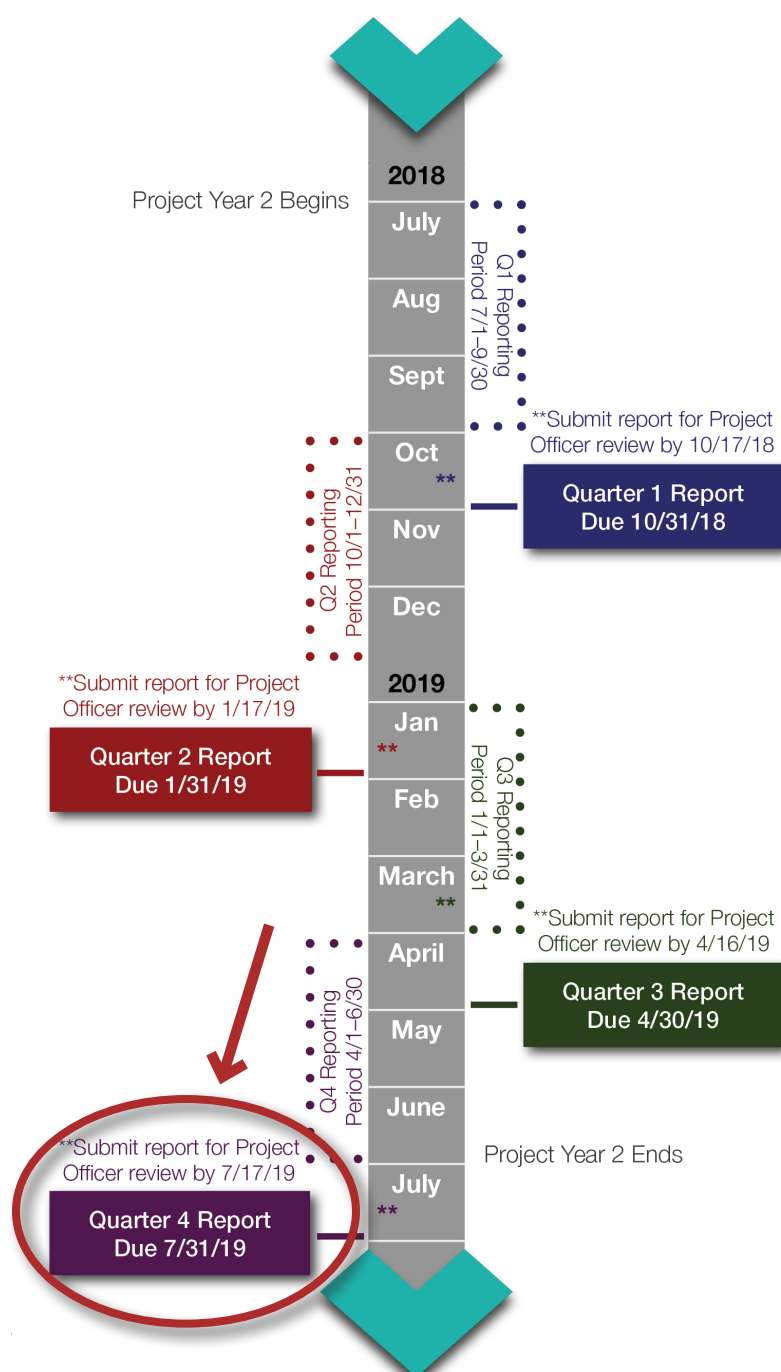
## TIMELINE: Part I & Part IIA Sites



## Part IIB Sites:

- Quarter 4 Reports due for Project Officer review **July 17**
- Deadline for submission to GrantSolutions.gov is **July 31**

## TIMELINE: Part IIB Sites





# Transportation Initiative Puts a **STOP** to Unsafe Driving

The Pueblo of Jemez Safe Transportation Initiative (STI) has been ongoing for the past two years. The success of the program points to the power of collaboration and enforcement in making a local impact—the initiative’s focus on pedestrian safety has sparked changes in bus routes and signage and initiated a community conversation about safety. Antonio Blueeyes, Pueblo of Jemez Injury Prevention Coordinator, explained the steps the initiative took to establishing new norms around safety and shared his thoughts about the way forward.

## Assessment and Collaboration

The group first conducted community seat belt surveys and monitored stop signs, speed limit, and pedestrian-crossing road signs. The team observed locations at different times of day regularly. The findings suggested that changes were necessary to keep community members safe—drivers were not stopping at stop signs, speeding over the speed limit, and passing school busses at bus stops.

The IP program initiated the formation of a safety coalition within the existing Injury Prevention Coalition. Among the invited members were representatives

from the roads department, local law enforcement, public health experts, senior center staff, IHS representatives, and representatives from other programs. The safety coalition focused on pedestrian safety and included tribal leaders, like the first lieutenant governor. “We had all the surrounding schools participate, and we made it mandatory for all bus drivers to come to the meeting,” Antonio said. “We got everyone’s input, brainstormed, and it all started from there.”

## Action

Phase one of the program was creating designated school bus stops—the team eliminated unnecessary stops to streamline the bus routes and decrease the number of pedestrians at high-traffic times of the day. “We also had the bus drivers all go in one direction to avoid making too much traffic for both the busses and the pedestrians,” Antonio added.

The group also installed bus stop signs and different speed limit signs. While there have been no changes in laws, Antonio noted that law enforcement increased enforcement of speed limits, stop signs, and not passing busses at bus stops.

Phase two of the project will involve

upgrading the bus stops to make them more visible. Benches and shade structures will be installed at the designated stops in the coming months.

## Feedback and The Way Forward

So far, feedback has been overwhelmingly positive from parents and bus drivers alike. “Things are working really smoothly now,” Antonio says. “The bus drivers haven’t seen one person pass them since instating these measures.”

Antonio is enthusiastic about the future of the Safety Transportation Initiative. His goals are two-pronged—to keep his community members safe and change drivers’ mindsets about safety on the road. “Our final goal is to have a safer environment for our pedestrians,” he explained. “We have a mindset of ‘it’s a reservation—we can drive however we want.’ But it’s 2019, so we want people to know that the laws pertain the same as if you were to go into the city. Overall, it’s about keeping our children safe, our pedestrians safe.”

When asked what advice he would have to communities interested in kick-starting a similar initiative, Antonio said: “Gather the people you think that can work with you, involve the important members of the community, and just keep pushing forward.”

*Please  
welcome*

## TIPCAP's newest Tribal Injury Prevention Coordinators



### Chibuzor Abasilim (RMTLC)

Chibuzor Abasilim is an Injury Epidemiologist at the Rocky Mountain Tribal Leaders Council. He holds a degree in Physical Therapy from Obafemi Awolowo University, Nigeria and a Master's in Public Health degree from the University of Illinois at Chicago.

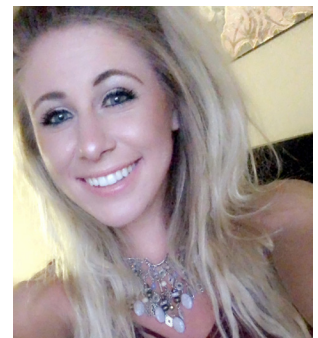
Chibuzor practiced physical therapy for over three years in Nigeria before pursuing graduate studies and a career in public health. He started his physical therapy career as an Intern at the National Hospital Abuja, Nigeria. During his internship he worked in several settings and was involved in Nigeria's WHO Polio Surveillance Program. He contributed to data collection and reporting of acute flaccid paralysis cases in the hospital. Chibuzor then went on to practice at a local health department and private clinic.

Chibuzor is passionate about chronic disease and injury prevention. His research interests include environmental and injury epidemiology, cardiovascular disease, and cancer surveillance. Chibuzor is especially interested in primary prevention, disease surveillance, and development of public health interventions in disparate populations. Chibuzor also enjoys long distance running, cycling, and traveling.



### Kindra Ryals (Washoe Tribe)

I am Kindra Ryals, the new Injury Prevention Program Coordinator for the Washoe Tribe of Nevada & California. I grew up and have lived in Reno, NV for 24 years now as well as played softball all the way into collegiate level. I have just recently graduated from University of Nevada, Reno with a bachelors degree in Public Health. I chose Public Health because it surrounded the broad spectrum of everything I want to do. My mission has been to be the supporter or influence behind someone's success within their own lifestyle and health. This role that I have taken on encompasses everything I have hoped to do with my career, and I hope to be successful and create a major impact. I am ready to hang up the cleats, step out of the classroom, and succeed with any opportunity given within my role as an Injury Prevention Program Coordinator.



# ***Moving for Better Balance*** **Classes Show Great Potential for Fall Prevention**

Wichita and Affiliated Tribes offers 12-week  
Tai Chi course to tribal elders

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The Wichita Injury Prevention and IHS Diabetes Program joined together this past fall to put on Tai Chi Moving for Better Balance classes at the Wichita Administration on Aging (AOA) building. The classes were available for Wichita Elders as well as any Wichita AOA participants. The classes were held September 4, 2018 through November 17, 2018. Each class occurred twice per week for 12 weeks. The length of each class was typically 60 minutes. As explained by Tiffany, the TIPCAP Injury Prevention Coordinator for Wichita and Affiliated Tribes at the time, “The class was offered to our elders as an evidence-based program. It’s proven to reduce falls and improve fitness.”

Wichita and Affiliated Tribes is a TIPCAP Part IIA grantee. Objective 2 of the program’s work plan is to decrease the number of trip/fall hazards in the homes of elders by 15%—from 58% baseline to 43%. The objective specifically targets elders aged 55 and up who are Wichita tribal members and AOA participants.

“We knew that it wasn’t enough to just focus on the homes,” Tiffany said. “Fall prevention is about fitness, too—we are providing balance and strength exercise to our target population.” As Tiffany leaves her post as Injury Prevention Coordinator this month, she reflected that the Moving for Better Balance class was a highlight of her time as Injury Prevention Coordinator. “I enjoyed working with our elder population and I was happy to be able to bring this class to them to help improve balance and strength,” she said.

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enough to just focus on  
the homes,” Tiffany said. “Fall  
prevention is about fitness, too.”

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## White Earth Car Seat Program Expands Reach in Community

Home visits, education opportunities, and billboards help to increase awareness of car seat program

**Cyndy Rastedt, Injury Prevention Coordinator, White Earth Band of Chippewa Indians**

White Earth Public Health has had the opportunity to grow the car seat program by adding a home visiting car seat program. Within the Tribal Health Division there are nurses who specialize in Maternal Child Health services. These nurses who make up White Earth's "LIFE Program" provide home visiting services to promote positive health and well-being outcomes to our families on the reservation. This program provides services to pregnant women as well as mothers of children under the age of two.

In addition, many nurses in the Health Division have attended the Techni-

cian training to better serve the families for the White Earth Reservation. This training has been valuable for the nurses as they are able to reach more people and provide car seat education. Recently, LIFE nurses had the opportunity to provide car seat education for mothers at Oshki Manidoo. This education session led to six mothers being educated on car seat safety and eleven children receiving appropriate car seats. Oshki Manidoo does not have any staff members that are certified to provide car seat education, so they are very appreciative that nurses are able to provide this information to their families.

Additionally, there are billboards posted on the reservation, which has positively impacted the program. The billboards are in well-trafficked areas

where people will see the message repeatedly and help to raise awareness for this very important public safety issue. Cyndy estimates that 3,300-5,000 people have seen the billboards so far!



# *Recognizing the accomplishments of our TIPCAP team members*

## **Monte Yazzie receives IHS Director's Award**



Monte Yazzie, TIPCAP Coordinator for Salt River Pima-Maricopa Indian Community, was honored with the 2019 IHS Director's Award. Monte was recognized for his work in fostering both internal and external relationships to help achieve TIPCAP goals and objectives. In order to provide the critical intervention-based services to his underserved community, he assembled a team of passionate individuals with the intention of addressing the risk factors that contribute to the injuries that burden the community of Salt River. Through his coalition- and partnership-building activities, he was able to foster relationships with programs across multiple public health disciplines. The result was the establish-

ment of programs and projects aimed at addressing Elder falls, childhood injuries, and Traumatic Brain Injuries.

## **Toni Short honored with Safety Award of Excellence**

Antoinette "Toni" Short, Apache Tribe of Oklahoma Health Program Director and TIPCAP Injury Prevention Coordinator, was honored with the 2019 Martha Collar Safety Award of Excellence. The award honored Toni's career in injury prevention and her involvement in State, Federal, and Tribal organizations throughout the state of Oklahoma. Toni has completed courses in Injury Prevention Levels I and II as well as the IHS Injury Prevention Program Development Fellowship.

"The late Martha Collar was one of our strongest advocates for child passenger safety for Oklahoma," Toni said. "[She was] such a beautiful and hard forerunner for the children's safety. This was her passion and she was a wonderful person. I was so very honored to get this award after 16-18 years [of service.] I had the privilege to work with this beautiful woman when I started my career in CPS!"



## Bonita Paddyaker recognized for 19 Years of Service



Bonita Paddyaker was honored for over 19 years of working in injury prevention. Bonita's career has mainly focused on motor vehicle crash injury prevention. Her numerous accomplishments include organizing multi-agency pre-prom crash events, an event that has grown in size each year; establishing a car seat check station at the Comanche Nation; securing several TIPCAP and BIA grants for the Tribe; and completing the IHS Injury Prevention Fellowship. Bonita also served her community through the Oklahoma City Bombing and the May 3, 1999 tornado. As put by David Bales, LCDR, "Bonita is a very caring injury prevention advocate. She will be missed by many."

## David Bales named Rural Technician of the Year

LCDR David Bales, Injury Prevention Specialist, Oklahoma City, Area, IHS, received the Safe Kids 2019 Rural Technician of the Year award at the Martha Collar Tech Reunion in Bethany, OK. LCDR Bales has served as a child passenger safety (CPS) technician for five years and recently became a CPS technician proxy. He coordinated over 20 CPS checkup events across Oklahoma, Kansas, and Texas, resulting in over 500 car seats checked for proper installation. He has also assisted two tribes in successfully forming the first tribal Safe Kids Coalitions in the IHS Oklahoma City Area. David shows incredible dedication to injury prevention and child passenger safety and has an enormous impact on his communities.



## TIPCAP team members begin IHS IP Fellowships

Three of our fellow TIPCAP team members have begun their fellowships in the IHS IP Fellowship Program. They had their first in-person kick-off meeting in Atlanta at the beginning of June.

- Jordan Vandjelovic, IHS Injury Prevention Specialist, Billings Area Office, former TIPCAP Coordinator and current TIPCAP Project Officer
- James Isaacs, IHS Sanitarian, Pawnee Oklahoma, TIPCAP Project Officer
- Monte Yazzie, Salt River Pima Maricopa Indian Community, TIPCAP Coordinator

*Congratulations and thank you all for your service!*

## TIPCAP Annual Workshop

**July 22,  
2019**

**Denver,  
Colorado**



Workshop for Part I Sites. Part II Sites invited, but not obligated.  
\*Please email [Jenn Russell](mailto:Jenn.Russell@hhs.gov) to confirm attendance at the workshop.

## AI/AN Conference

**July 23-25,  
2019**

**Denver,  
Colorado**



## National Conference on American Indian/Alaska Native Injury and Violence Prevention

*Bridging Science, Practice, and Culture*

Register for the conference by July 15 & book the hotel by July 1  
<https://web.cvent.com/event/79dd0217-54a7-41f9-a50e-fb77a3dc4f73/summary>

### Injury Prevention Trainings

#### Introduction to Injury Prevention (Level 1)

Aug. 20-22, 2019 in Nashville, Tennessee

#### Intermediate Injury Prevention (Level 2)

Aug. 6-8, 2019 in Billings, Montana

Check the IHS website for more info:

<https://www.ihs.gov/injuryprevention/training/>

### Injury Prevention Conferences

#### Kidz in Motion Conference\*

Aug. 22-24, 2019 in Orlando, Florida

\*Aug. 21, 2019 join the all-day, pre-conference workshop with TIPCAP's Monte Yazzie  
<http://kidzinmotion.org/conference-rates/>

#### Safe States Alliance Annual Meeting

Sept. 11-13, 2019 in Atlanta, Georgia

<https://www.safestates.org/page/AnnualMeetings>

## **New!** GrantSolutions trainings will be held on a regular basis

The training sessions will be live webinars and will provide a demonstration of the system's functions and their use. Webinars will be held:

- 2nd Wednesday each month - Grantee training (for TIPCAP Coordinators) (90 minutes)
- 3rd Wednesday each month - Program Office training (for Project Officers) (90 minutes)

GrantSolutions training sessions start at 10 AM and 1 PM, Eastern time.

To attend a live webinar, please contact [Paul Gettys](#), indicating the date and time you would like to attend. Provide your name, organization, number of attendees with you, and phone number. You will be provided the webinar connection information by reply e-mail.



### **New Resource Available!**

The Albuquerque Area Southwest Tribal Epidemiology Center (AASTECC) is excited to announce the creation of the Tribal Injury Prevention Resource Center (TIPRC). The TIPRC provides technical assistance, training, resources and tools for motor vehicle safety to tribes, tribal organizations and programs nationwide. This program serves all American Indian/Alaska Native tribal and urban communities across the country.

The TIPRC mission is to provide technical assistance and training to promote the implementation of evidence-based best practices in motor vehicle safety throughout Indian Country with the goal of reducing injuries and fatalities associated with motor vehicle crashes.

<https://www.thetiprc.com/>

# TIPCAP CONTACT LIST

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## Alaska Area

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## Albuquerque Area

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## Billings Area

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## California Area

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## Great Plains Area

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