

TRIBAL INJURY PREVENTION COOPERATIVE AGREEMENT PROGRAM (TIPCAP)

TIPCAP NEWSLETTER SEPTEMBER 2013

Maniilaq Association

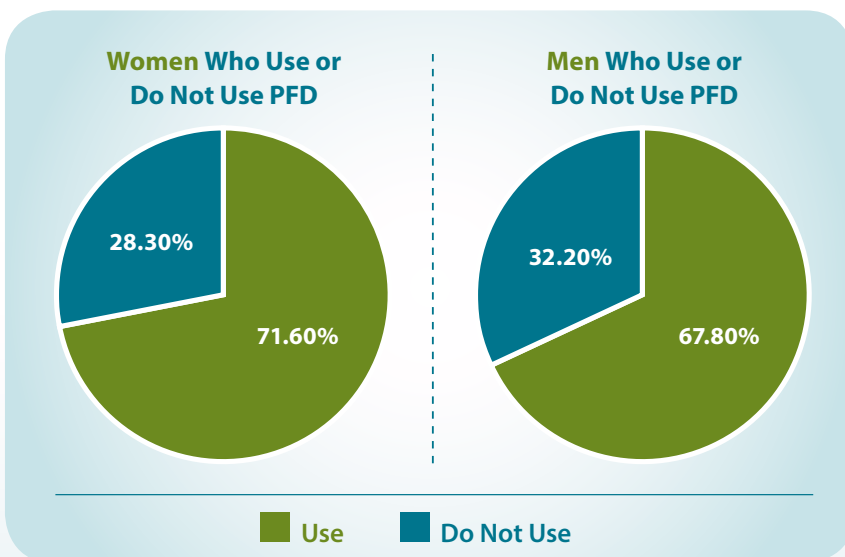
The Maniilaq Association has been providing injury prevention services to residents of rural Northwest Alaska for more than 30 years. Don Fancher is responsible for injury prevention activities in 12 villages in Alaska's NANA region, and one of the major activities of his programs is to increase education about drowning risks in the region and to promote the use of personal safety equipment. To assess the program, Mr. Fancher conducted a survey of personal safety equipment use in all NANA region villages in 2011. The survey was distributed at high traffic areas, including stores, post offices, and local Native headquarters. Between 1,100 and 1,200 surveys were completed, and the collected data were shared with each community health aid. As seen in Figure 1, a notable finding was that respondents reported a high use of personal flotation devices (PFDs). Data collected from the survey showed that, overall, 71.6 percent of women and 67.8 percent of men surveyed use personal flotation devices or life jackets, while 28.3 percent of women and 32.2 percent of men surveyed do not use a personal flotation device or life jackets.



Donald Fancher, Injury Prevention Coordinator, Maniilaq Association Community Health Services

continued on page 2

Figure 1: Use of Personal Flotation Devices in the NANA Region



CONTENTS

Maniilaq Association.	1
A Message from Nancy Bill	3
Elder Fall Prevention Program Uses Excel Database for Data Collection	4
Manokotak Tribal Council Promotes Personal Flotation Devices (PFDs). . . .	5
The Kokhanok Wellness Committee Works to Reduce Elder Falls.	6
Norton Sound Health Corporation Safety Fair Event and Youth Camps	7
Boating Safety Education	8
California Rural Indian Health Board Conducts National Standardized Child Passenger Safety Course	10
Indian Health Council Strives to Build a Coalition.	11
Free Car Seat Inspections and Help for Parents Part of Nationwide Effort to Save Kids' Lives	12
New Faces at TIPCAP	13
Technical Assistance Center Resources . .	14
The 2013-2014 TIPCAP Advisory Committee	15
TIPCAP Contact List.	16

Greetings to the Tribal Injury Prevention Cooperative Agreement Program Team!

We present to you the TIPCAP September 2013 Newsletter. Every quarter, we highlight program successes from each TIPCAP area. This quarter's newsletter features highlights from the TIPCAP Alaska area, which includes Bristol Bay Area Health Corporation, Maniilaq Association, Norton Sound Health Corporation, South East Alaska Regional Health Consortium, and Tanana Chiefs Conference.

Maniilaq Association

Continued

A life vest loaner program called “Kids Don’t Float” was implemented in many Alaskan communities, including Maniilaq. This is a joint effort involving the State of Alaska, the Department of Natural Resources, the Office of Boating and Safety, and local and Federal agencies. The program provides big wooden boxes of life vests for community use across multiple sites in Alaska. There are several postings of life jacket stations throughout the Maniilaq community. Pictured are postings from two areas: NANA offices and Swan Lake. With no specific time limit on use, these life vests can be used until the community member wants to return them. Communities involved in subsistence whaling prefer to use white floatcoats. In the winter of 2012–13, several “Kids Don’t Float” sites were given coats from the United States Coast Guard, which saved the Maniilaq Association some money.



Signs for the float loaner life jacket stations of the “Kids Don’t Float” program located in the Kotzebue community.



Kotzebue children wearing life jackets as a part of the “Kids Don’t Float” Program.



Alaska Natives boating while wearing white floatcoats, a drowning preventive measure that allows boaters to be easily camouflaged. (Photo provided by the Alaska Native Tribal Health Consortium.)

FACING THE CHALLENGE AHEAD FOR TIPCAP

A MESSAGE FROM NANCY BILL, THE IHS INJURY PREVENTION PROGRAM MANAGER



I want to thank you all for your part in the great accomplishments in Year 3 of TIPCAP. TIPCAP's progress is making a difference in many ways. Services are far-reaching to the most rural and remote sites of American Indian/Alaska Native communities.

In Year 4 we will be able to evaluate the implementation phase of the applied strategies. Several sites have already reported increases in seat belt usage from established baseline data. Motor vehicle injuries and fatalities are on a decrease in American Indian/Alaska Native communities.

The Fall Prevention initiatives continue to create new partners in the clinical, exercise (strength/balance), and home safety issues of elders. The July 2013 issue of the Indian Health Service Primary Care Provider (<http://www.ihs.gov/provider>) focuses on fall prevention. The Primary Care Provider's article discusses the need for a comprehensive approach due to the multi-factorial nature of elder falls. The article also features a call to action on diabetes and fall prevention. Communications between the health systems and community in a fall prevention program for elders continues to be an important aspect of successful initiatives. As injury prevention advocates, TIPCAP has a key role in bridging the communication gaps between the clinical and community programs in fall prevention. TIPCAP serves as a catalyst for change to integrate a comprehensive approach to fall prevention.

TIPCAP Year 4 will be challenging with the limited resources due to Federal budget sequestration. Let's not be defined by the impacts of the budget but instead by how we work through the next year.

TIPCAP is unique in serving the American Indian/Alaska Native communities in injury prevention. The work is not always easy and is at times very challenging. We do know your work is important in saving lives. Your work helps us focus on ending the injury disparities in American Indian/Alaska Native communities.

Thank you, TIPCAP Coordinators, for taking the lead in injury prevention!
Ahe'bee'

Nancy M. Bill

MPH, CHES; CAPT USPHS

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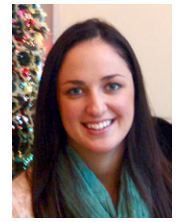
Greetings from Southeast Alaska Regional Health Consortium

ELDER FALL PREVENTION PROGRAM USES EXCEL DATABASE FOR DATA COLLECTION

One of the services provided at SEARHC is the Elder Fall Prevention Program, which promotes elder fall prevention through education, environmental evaluations, eye health, medication reviews, and strength and balance. Their injury prevention (IP) project is focused on one main activity: elder fall prevention. They continue to work on making homes safer and gathering elder fall data.

This year, one of the main program goals is to improve the collection and analysis of data for the Elder Fall Prevention Program to support project evaluation. Previously, the program used a paper-based system to collect data. However, it was difficult to track information because of the change of coordinators over the reporting period. Nonetheless, the team was challenged with finding a way to streamline and organize the data that we have collected over the last three years. With support from the Econometrica, Inc., Technical Assistance (TA) team, their program was able to find a resolution to this issue.

Econometrica's TIPCAP TA team made a significant positive impact within the program by creating a logic model to simplify and organize the data collection strategies. The TA team provided specialized assistance with developing a database in Microsoft Excel for the "Home Safety – Elder Fall Prevention Checklists."

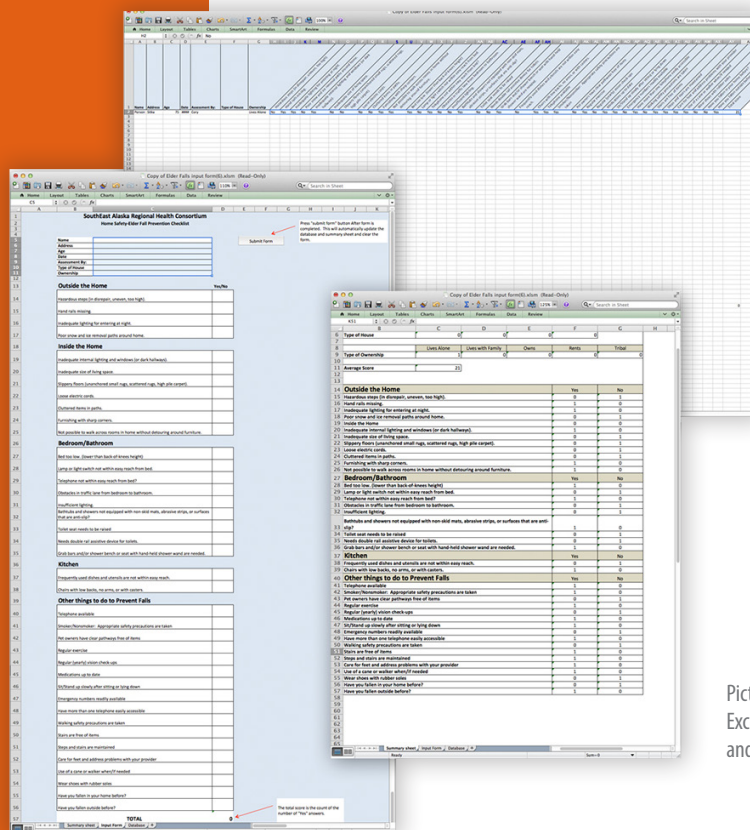


Corynna Welsh,
Injury Prevention
Coordinator, Southeast
Alaska Regional Health
Consortium

The team was able to successfully input more than 80 individual Home Safety Checklists throughout their communities into a simple, organized Microsoft Excel database, which calculates the averages and sums of all data into a single document.

They can apply this tool to other evaluative elements of their program,

including the exercise, mobility, and strength program: WELL-Balanced (Wise Elders Living Longer). Additionally, the data input forms have made it easy to represent the progress their clients have made with their mobility, strength, and balance measurements. They look forward to sharing their new data collection tools with other programs that are collecting similar types of data and are interested in learning about implementing the tools.



Pictured are examples of the new Excel forms for Input, Summary, and Database.

Bristol Bay Area Health

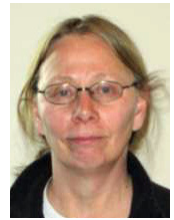
MANOKOTAK TRIBAL COUNCIL PROMOTES PERSONAL FLOTATION DEVICES (PFDs)

This program year, one focus of the TIPCAP Bristol Bay Area Health Corporation (BBAHC) is on boating safety education. The site continues to work on efforts to increase awareness and use of personal floatation devices (PFDs) in the Bristol Bay Area.

Every spring and summer, BBAHC Injury Prevention Program conducts classes on safe boating and the use, care, and fitting of PFDs. Following one of their classes, an individual shared the personal tragedy of a family member who drowned. This individual asked if the program could visit the communities and help conduct these training classes. The individual indicated that their community needed donations to purchase more PFDs in order to provide for those who needed them.

Other communities are adopting similar plans to encourage proper wear and use of PFDs. For example, in support of their Kids Don't Float program, the Manokotak Tribal Council sent \$500 to the BBAHC. They asked the BBAHC team to assist with the purchase of PFDs for the students at their school. They also decided that the students would be able to keep the properly fitted PFDs. The Tribal Council felt that this was a very important project, as Manokotak is a fishing community and they utilize skiffs to travel to fishing areas. The Manokotak Tribal Council expressed that the money used to purchase PFDs for the youth was well-spent.

The BBAHC Injury Prevention Program is pleased to assist the Manokotak Tribal Council as they promote and encourage these lifesaving efforts. As requested, Mary Clark, IP Coordinator, traveled to Manokotak to instruct on safe boating and the use, care, and fitting of PFDs. She instructed the youth on PFD care and ensured that the PFDs fit properly. BBAHC successfully distributed 18 PFDs to the youth.



Mary Clark,
Injury Prevention
Coordinator, Bristol
Bay Area Health
Corporation

THE KOKHANOK WELLNESS COMMITTEE WORKS TO REDUCE ELDER FALLS

One of Bristol Bay Area Health Corporation program objectives is to implement a mini-grant program to fund the six Iliamna Area Wellness Committees to conduct injury prevention activities. Mary Clark, IP Coordinator, was invited to meet with the Kokhanok Wellness Committee, which is one of the six committees in the Iliamna Lake Subregion, to determine possible community injury prevention projects. During the meeting, she highlighted the high rate of slip, trip, and fall hazards within the Bristol Bay Region. She shared her experience of what could be done during the fall season in preparation for slippery times and provided the team with elder fall prevention ideas. She suggested putting sand in a 50-gallon container to use on roads and stairs. This method provides some traction in order to prevent slipping down the stairs. Her recommendation was highly praised. Following the meeting, the Wellness Committee engaged the youth to participate in this project to prevent elder falls. The committee decided to have the youth fill 5-gallon buckets of sand, cover them, and place them on elders' porches. Keeping the buckets covered allows the sand to dry so that it does not freeze. The sand would be easily accessible and could be spread down the stairs or ramps. In addition, elders would be given ice creepers for walking in the community to help further reduce elder falls. This activity was shared with Nondalton, also a BBAHC community. After learning about how the Kokhanok Wellness Committee is working with the youth to reduce elder falls, Nondalton adopted a similar program in their community. It is encouraging to observe other communities adopting similar plans. Mary Clark shared the steps she took to complete this project:



Mary Clark,
Injury Prevention
Coordinator, Bristol
Bay Area Health
Corporation

1. Listed all the elders in the community.
2. Collected shoe sizes for the ice creepers. It was important to determine if larger sizes were needed for use over larger winter boots (insulated bunny boots).
3. When they received the 5-gallon buckets, the youth filled them with sand and brought them to the elders' homes. The covered sand buckets were placed in porches and marked "Elder Falls Project—Sand." This clearly marked the buckets so that the elders knew their contents.
4. Requested that the Community Health Aide track the number of injuries related to Kokhanok elders slipping and falling on ice and snow.

Norton Sound Health Corporation

SAFETY FAIR EVENT AND YOUTH CAMPS

The goal of the Norton Sound Health Corporation (NSHC) program is to reduce injury in the Bering Strait region. The site continues to provide injury prevention education and trainings and promote transportation and home environmental safety. This year, NSHC has conducted several community events to promote safety and wellness, including the 2nd Annual Safety Fair, a Wellness Fair, and training and education at three of the community youth camps.

In May, the Annual Safety Fair, which was coordinated with the NSHC Injury Prevention (IP) Program, focused on bike helmet fitting, bike registration and safety, gun safety, and personal flotation device education. NSHC staff at the fair properly fitted 126 and distributed 91 bike helmets and gave away 48 life vests. The Alaska State Troopers' mascot Safety Bear, the National Rifle Association's Eddie the Eagle (gun safety), and Reflectorsaurus (pedestrian safety) participated in fair activities. About 240 fair attendants completed an NSHC Public Safety Quiz that would help guide the program with delivering safety messaging and education.

Kendra Takak, NSHC's IP Coordinator, has been very active with providing training and education resources on safety to the communities NSHC serves. She traveled to Shishmaref to provide an IP presentation on Outdoor Safety during Inupiaq Days and distributed S.O.S kits to the Shishmaref Search and Rescue Team. Additionally, NSHC was invited to conduct safety presentations at three youth camps: Camp Igaliq – Salmon Lake, Nome Youth Facility Camp, and Teller/Mary's Igloo Camp. Twenty-two youths from the region attended Camp Igaliq – Salmon Lake, which was unique because they had to fly and spend \$375 to travel to the camp. The youths participated in a safety challenge activity that Kendra facilitated. At Nome Youth Facility Camp (Youth Detention Center), 11 of the youths completed a safety quiz.

The Annual Safety Fair was a success, with the support of more than 81 volunteers and 32 groups or organizations and a grant from The City of Nome and Norton Sound Economic Development Corporation. Furthermore, it was a rewarding opportunity for the program to deliver safety presentations at the Youth Camps. The youths were interested in learning about all-terrain vehicle safety and how to avoid accidents. During the training sessions, the youths were highly engaged in various activities and very interactive with one another. They expressed interest in learning and understanding safety methods and techniques



Kendra Nichols-Takak,
Injury Prevention
Coordinator, Norton
Sound Health



Youth participating in
the Safety Challenge.



Annual Safety
Fair Flyer

The Tanana Chiefs Conference

BOATING SAFETY EDUCATION

One of the Tanana Chiefs Conference program objectives is to implement training for recognition of at risk-behavior. Education and training in the communities is an integral part of the overall scope of activities. This is designed to not only engage youth in prevention and boating and all water safety activities, but also to link the training with developing leadership skills that will translate well into other areas in which safety and injury prevention are highlighted.

On Tuesday, June 17, the State of Alaska Office of Boating, in collaboration with the Nulato Tribal Council, Nulato Life Project, and the Tanana Chiefs Conference Community Health Outreach Program, held a boating peer educators class in Nulato. This 2-day class covered the following topics: risky and safe behavior while on or near the water; the three stages of cold water immersion; the 1-10-1 steps and how to survive in a cold-water immersion event; how to choose a life jacket for its intended use; how to locate the manufacturer's label on a life jacket, making sure it is U.S. Coast Guard-approved; life jacket serviceability; how to wear a life jacket properly and how to check for proper fit; and the legal age requirements for life jackets. On Wednesday, June 18, four Tribal youth—William, James, Cimeon, and Elizabeth—presented information on the topic of boating to the community. The youth in the community received free life jackets, which were purchased by the Nulato Tribal Council.

Additionally, Tanana Chiefs Conference attended the Allakaket Culture Camp to participate in the State of Alaska Office of Boating Peer Educator Program on July 23–July 25, 2013. The setting for working with the teens was very different from that of other communities that received the boating safety education because it was located at a camp on the Koyukuk River. Most of the other trainings were held in a classroom setting, and the youth presented in a community hall, Tribal office, or rec center. There was a discussion on boating with the older youth, after which they would report to all in attendance after the morning and afternoon activities of the day. The youth were divided into groups and each group memorized one stage of cold-water immersion. The groups learned their stages, which were Cold Shock Response, Cold Incapacitation (swim failure), and Hypothermia (also known as 1-10-1). The youth also learned techniques to save themselves when submerged in cold water, such as the need to first control their breathing to prevent panic and hyperventilation, swim techniques to preserve body heat, and the importance of a life vest in saving lives. They presented the material to community members present during the afternoon snack time. In addition, Tanana Chiefs Conference worked with both older and younger youth on life jacket sizing and the appropriate fit for adults and youth. The Peer Leaders properly fitted children with life vests so that they would know how it felt and would understand the importance of asking for help with a life vest if they could not tighten it. They were educated on the Alaska laws regarding life jackets (i.e., one life jacket per adult in the boat, and children under the age of 13 must always wear a life jacket), how to check if the life vest is Coast Guard-certified, how to see what type of life vest it is, and the importance of not

The Tanana Chiefs Conference

BOATING SAFETY EDUCATION

Continued



Photos from the "Kids Don't Float" training.
Supplied by the CHOP Prevention Coordinator
for the Upper Tanana Sub-region.

overloading boats and setting a float plan. The youth presented this information to the community at the evening dinner. Overall, the training went well and the teens did great, even though they were nervous at presenting in front of such a large group of community members. The elders at camp did an amazing job of tying everything the youth learned back to the importance of staying safe while practicing cultural and traditional lifestyles.

Furthermore, the Tanana Chiefs Conference Community Health Outreach Program has partnered with the State of Alaska Office of Boating Safety to bring a new opportunity to their teens: the Kids Don't Float Peer Educator Program. The program provides a fun, interactive approach to injury prevention, survival in cold water, the importance of wearing a personal flotation device (PFD) that fits, and other safe water/boating practices. The focus is on guiding teens to grow as leaders in their communities. During the 2-day training, peer educators are trained on how to apply the Kids Don't Float curriculum in developing their own lesson plans. In their presentations to community youth and adults, teens promote three primary messages: (1) the three stages of cold water immersion and the 1-10-1 principle; (2) Alaska law: Any person under age 13 must wear a type I, II, or III U.S. Coast Guard-approved life jacket on the deck of a boat or in an open boat; and (3) the best type of life jacket is the one you wear and the one that fits. The training was offered in the Allakaket, Nulato, Northway, Eagle, Tanacross, and Tetlin communities. The course was well-accepted in each of these communities and is currently being rescheduled in other communities in the region. At Northway and Tanacross, the kids had fun learning in the Kids Don't Float 2-day trainings. They were engaged in the activities. When the kids had to present what they learned to the community, they were nervous, but once they got going, they took off with their presentations. The kids were very involved with the activities after each section of the presentation. This was a great experience for the Peer Leaders.

California Rural Indian Health Board

CALIFORNIA RURAL INDIAN HEALTH BOARD CONDUCTS NATIONAL STANDARDIZED CHILD PASSENGER SAFETY COURSE

On June 4–7, 2013, the California Rural Indian Health Board's (CRIHB's) Injury Prevention (IP) Coordinator, Julie Adams, taught a National Standardized Child Passenger Safety (CPS) course on the coast in beautiful Del Norte County. Sixteen students registered to attend, and 14 students arrived to take the course. All students passed the course, with an average score of 92%, and two participants scored 99%–100%. The teaching staff consisted of Julie Adams, IP Coordinator; Karen Santana, former CRIHB IP Coordinator; Sandy Walsh, Humboldt County Department of Public Health; and Adrianna Gibson, Tule River's IP Coordinator. Adrianna completed the first phase of her Instructor Candidacy.



Julie Adams,
Injury Prevention
Coordinator, CRIHB

Through networking and partnering with non-Tribal agencies, CRIHB was able to secure 10 car seats from the California Highway Patrol (CHP). One local CHP officer assisted with the car seat-fitting event hosted at the end of the training. The IP team also partnered with the Early Childhood Education department of Del Norte County's College of the Redwoods, and secured space to conduct the car seat-fitting station.

This was the third course held in the Yurok Tribal area over a three-year period, where approximately 17 students who serve American Indian and Alaska Native families have become CPS certified. The students who participated consisted of Yurok Tribal police officers, Head Start teachers and bus drivers, Yurok Tribal staff designated to conduct their newly developed Court Diversion Program, United Indian Health's and other surrounding areas' Community Health Representatives, Smith River Rancheria Social/Indian Child Welfare Act workers, and Del Norte County Child Care Council staff who teach positive parenting courses.

Adrianna Gibson demonstrated great teaching ability and was able to recognize those students in need of additional assistance. She also exhibited strong teaching skills by modifying her teaching style to meet the immediate needs of the students. Adrianna's second phase will take place in Tule River, where another course will be held later this summer, dates to be determined. The team is happy that Adrianna will be joining the elite team of CPS car seat Instructors very soon. Great job Adrianna!



Students at the National
Standardized Child Passenger
Safety course.

Indian Health Council

INDIAN HEALTH COUNCIL STRIVES TO BUILD A COALITION

Berent Lawton, IP Coordinator, has faced significant challenges in formalizing the coalition with representation from all nine Tribes. After 2 years of facing this challenge, the Indian Health Council (IHC) has successfully maintained a fully functional coalition with support from the Econometrica, Inc., Technical Assistance (TA) team. The TA team equipped IHC with effective strategies for building a functional coalition, and the program has successfully increased its membership.

In order to expand and increase awareness of the coalition, Berent mailed formal letters to the community and met with Tribal stakeholders face to face. He introduced himself and provided an overview about the IHC program and coalition. Through this approach, the coalition grew from 10 members in its first year to 23 members this year. However, at any meeting, they may have 8–10 attendees. The coalition includes representatives from nine Tribal communities in addition to members of Tribal law enforcement, the San Diego County Sheriff's Department, the Highway Safety Patrol, and the North San Diego Mothers Against Drunk Driving (MADD) chapter. These various stakeholders work closely together to reduce motor vehicle injuries and fatalities by increasing car seat, helmet, and seatbelt compliance. One of the coalition's current activities is the expansion of car seat classes to car seat checkpoints, also known as car seat clinics.

Through the coalition, IHC has been receiving invitations about community events and has connected with key stakeholders who are highly interested in improving relationships with Tribes and Tribal leaders. In addition, the program's community network has grown, and partnerships are being developed. The Tribes are cooperating effectively with the coalition and sharing information. They have been successfully collaborating with one another. From his experience building the Coalition, Berent has learned that it is important to have a strong team effort, to be persistent, and to "never give up" on the mission. While Berent has worked hard to overcome the challenges, the current program's success is a culmination of IHC Injury Prevention staff efforts over the years, both past and present.



Berent Lawton, IHC IP Coordinator, at the Paula Elder Health and Wellness Fair injury prevention booth.

Tuba City Regional Health Care Corporation

FREE CAR SEAT INSPECTIONS AND HELP FOR PARENTS PART OF NATIONWIDE EFFORT TO SAVE KIDS' LIVES



Free Car Seat Inspections and Help for Parents Part of Nationwide Effort to Save Kids' Lives.
Certified Technicians will check car seats; teach car seat safety on Child Passenger Safety Week.

Tuba City Regional Health Care Corporation, Division of Environmental Health Services, Injury Prevention Program announced that in September it will provide the public with free car seat inspections and education. As part of the National Seat Check Day, Certified Child Passenger Safety (CPS) technicians will be on hand to teach parents and caregivers how to choose the right car seats for their children and how to install them correctly.

"There's always danger on the road, every time you leave your home," said Jordan Begay, Injury Prevention Coordinator. "The best way to protect your child is to have him or her in the right seat for the child's age and size and to use that seat correctly. Even if you think you've gotten it right, come to our seat check event and know for sure. All parents want their kids to be safe, and this event will give them that peace of mind." Additionally, Jordan mentioned that motor vehicle crashes are still a leading killer of children age 1 to 13. He reminds parents that "children depend on them to keep them safe." He added, "Even if kids are in the right seat, sometimes they're not buckled in properly."

Sponsored by the U.S. Department of Transportation, National Highway Traffic Safety Administration (NHTSA), National Seat Check Day is part of Child Passenger Safety Week, September 15–21. This week is dedicated to helping parents and caregivers make sure their children ride as safely as possible every time they are in vehicles. Certified CPS technicians teach families how to correctly secure their child and give families the information they need to correct mistakes when using car seats, booster seats, and seat belts.

NHTSA recommends keeping children rear-facing as long as possible up to the top height or weight allowed by their particular seats. It is the best way to keep kids safe in cars. Once children outgrow the rear-facing car seat, they are ready to travel in a forward-facing car seat with a harness. After outgrowing the car seats, children should be placed in booster seats until they are big enough to use seat belts safely. The safest place for kids under 13 is in the back seat of the car. Information on car seat safety and how to find out about other car seat check events is available on the Tuba City Regional Health Care Corporation Web site.

NEW FACES AT TIPCAP



Eoin Boyd, IP Coordinator at Absentee Shawnee Tribe.

Absentee Shawnee Tribe Welcomes Eoin Boyd, IP Coordinator!

My name is Eoin Boyd. I am the new TIPCAP coordinator for the Absentee Shawnee Tribe (AST) in Norman, Oklahoma, for the Central Oklahoma region. For nearly two years, I worked for the tribe as one of the Primary Care Clinic's licensed practical nurses.

My responsibilities expanded to include the management of childhood immunizations, supply orders, and infection control, and the role of Safety Committee Chairman for the health system in 2012. Outside the clinic I work for Universal Home Health and Ross Hospice, as a per diem nurse, after work during the week and on the weekends, as needed.

I have continued my education and will graduate from Southern Nazarene University with my Master's in Business Administration in Health Care this October—and may I say I am extremely proud to have accomplished this feat! I work hard to succeed in every endeavor. I am passionate, dedicated, and driven, and see each day as a new opportunity to make a difference.

Sisseton Wahpeton Oyate Welcomes Martha Renville as their new IP coordinator!

The Sisseton Wahpeton Oyate of Lake Traverse Reservation is excited to have Martha Renville as their new IP coordinator. Martha brings years of experience working on tribal programs ranging from tribal education to meth and suicide prevention initiatives to TIPCAP. Other experience includes working as the first director of the Sisseton Wahpeton Oyate child support program when the tribe first received federal support for the program. During the summer of 2013 she worked on the National Indian Council of Aging's program for older adults focusing on work experience. Given the years of support, Martha has made many contacts and has broad social and professional networks; these networks give her access to numerous resources and innovative ideas to bolster Sisseton Wahpeton Oyate's injury prevention program. Martha is very excited to start working for the tribe again after a five year break and looks forward to helping the injury prevention program move forward and become sustainable.



Ciara Zachary, new TA provider for four TIPCAP sites – San Carlos Apache, Sisseton Wahpeton Oyate of Lake Traverse Reservation, Northwest Portland, and Northwest Washington.

Welcome Ciara Zachary, new TA provider!

Ciara Zachary, PhD, MPH is a new TA provider for four TIPCAP sites – San Carlos Apache, Sisseton Wahpeton Oyate of Lake Traverse Reservation, Northwest Portland, and Northwest Washington. She is very excited to use her skills as a public health evaluator to assist with projects ranging from developing a media campaign to analyzing falls prevention data. Before TIPCAP, Ciara worked as an evaluator for projects that aimed to increase mental health services to youth, increase high school completion, and increase the use of falls prevention programs at senior centers throughout the U.S. Additionally, she has experience in community-based participatory research and writing reports.

TECHNICAL ASSISTANCE CENTER RESOURCES

TIPCAP Life Events

Are you a new TIPCAP coordinator? Did you recently have a baby? Did you recently graduate from school? Did you recently receive an injury prevention certification? Did you recently get married? If you can answer "yes" to any of these questions, we would like to feature you in the TIPCAP Life Events section of the next newsletter. Please contact Mary Jo Vazquez at mvazquez@sundanceresearchinstitute.org or Oladoyin Idowu at oidowu@econometrica.com.

The following new resources are available from the TIPCAP Technical Assistance Team:

- An article entitled "Debunking the Myths of Older Adult Falls" by the National Council on Aging:
<http://www.ncoa.org/improve-health/falls-prevention/debunking-the-myths-of-older.html>
- An article entitled "Prevention of firearm injuries in children" by UptoDate. <http://www.uptodate.com/contents/prevention-of-firearm-injuries-in-children>
- Take Control of Your Health: 6 Steps to Prevent a Fall. See website for resources and information: <http://www.ncoa.org/improve-health/falls-prevention/take-control-of-your-health.html#sthash.lNhwjOe9.dpuf>
- Fall Prevention Awareness Day is SEPT 22, 2013. See website for resources and information: <http://www.ncoa.org/improve-health/center-for-healthy-aging/falls-prevention/falls-prevention-awareness.html>
- Active Aging Week, September 22-28, 2013. See website for resources and information: <http://www.icaa.cc/aaw.htm>
- Tribal Transportation Program Safety Funds are now available. The deadline is September 19th. See website for resources and information: <http://fh.fhwa.dot.gov/programs/ttp/safety/ttpsf-2013.htm>.

If you would like a copy of an aforementioned resource, please contact Mary Jo Vazquez at 301-657-9883 or mvazquez@sundanceresearchinstitute.org.



Mary Jo Vazquez,
TIPCAP Technical
Assistance Team

THE 2013-2014 TIPCAP ADVISORY COMMITTEE

The TIPCAP Advisory Committee meets every second Monday of the month by conference call to discuss and address current issues. The TIPCAP Advisory Committee serves as a vital link between TIPCAP grantees and IHS. Currently the committee is providing guidance in the planning for the upcoming 2014 TIPCAP Annual Workshop. Please feel free to contact your local committee member for discussion topics.



Nancy Bill, IHS Injury Prevention Program Manager



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