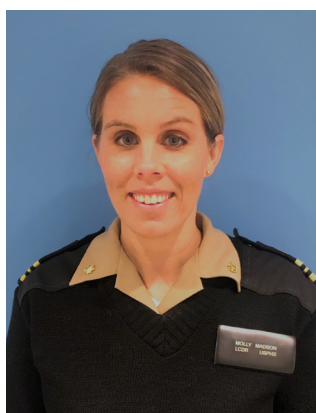




TIPCAP NEWS

September 2019

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



Molly Madson Moves to IHS Headquarters to Assist with TIPCAP

LCDR Molly Madson, REHS, MPH is the new Injury Prevention Specialist at IHS Headquarters in Rockville, Maryland and will be working with CAPT Holly Billie in the Injury Prevention Program. In this capacity Molly will provide oversight and guidance for TIPCAP. Molly will assist in bringing the currently funded 31 TIPCAP sites to a close and prepare for the next cycle in 2020-2024.

**Please join us in welcoming Molly
into this new role!**

Learn more about Molly in her bio on page 6

IN THIS ISSUE

1 ELDER CHAIR YOGA

Pyramid Lake Paiute Tribe

2 TEAM WORK, DREAM WORK

Reno-Sparks Indian Colony

3 SENIOR ATHLETES

AASTEC

4 TIPCAP NOTICE BOARD

Annual Reports due, plus new reporting timelines

5 STEPPING ON

Fond du Lac Band of Lake Superior
Chippewa Indians

6 MOLLY MADSON

Molly tells us more about her background

7 COLLABORATING FOR YOUTH

Choctaw Nation of Oklahoma

8 MOVING BEYOND THE CLINIC

Lake County Tribal Health Consortium

9 SUSTAINING PARTNERSHIPS

California Rural Indian Health Board

10 TAPPING POTENTIAL

Winnebago Tribe of Nebraska

11 CPS EDUCATION

Great Plains Tribal Chairmen's Health Board

12 CONFERENCE | WORKSHOP

Summary of the recent IP events

13 CALENDAR

14 TIPCAP CONTACT LIST



Elders in Pyramid Lake Praise the Yoga Chair Exercise Program

The Elder Fall Prevention Program at the Pyramid Lake Tribal Health Clinic offers a twice monthly yoga chair exercise program. The program helps elders to increase their balance, flexibility, and strength for fall prevention. The community-based exercise program is helping to address some of the barriers that elders in Pyramid Lake face when trying to make exercise a part of their daily life. Like many tribal communities, Pyramid Lake is rural. Many tribal elders live a great distance from organized exercise programs (e.g., gyms, fitness centers, or swimming pools), which requires elders to have access to dependable and affordable transportation. Additionally, many elders may live on dirt roads or in areas that do not have safe walking areas, like sidewalks. The bi-monthly yoga chair exercise program is intended to offer elders the opportunity to exercise as a community, but also teaches them about an exercise activity that they can do at home.

The yoga chair exercise program is led by Instructor Chelsie Eben, a Pyramid Lake Tribal member. Chelsie became involved in yoga through her work at the Tribal Day Care Program where yoga was taught to the young

ones. When offered the opportunity to receive additional yoga training, Chelsie went on to be trained for special needs children, those with scleroderma and arthritis, and elder needs. In addition to her contribution to the Elder Fall Prevention Program, Chelsie provides her services to the Pyramid Lake Tribal communities by offering yoga instruction for families, those with special needs, and coordinates home visits for the home bound.

The elders who have participated in the yoga chair exercise program really enjoy Chelsie's outgoing personality and hands on training. The

classes have a dedicated group of attendees, and although gift card incentives are given, the elders did not mention the gift cards as a reason for attending when asked in a survey. Their praise of Chelsie highlights the importance of the classes and the value of the instructor to their lives. Several elders also participate in other yoga classes.

“ I feel very blessed to have the opportunity to help my community,” says Chelsie.

Elders were asked,

Why do you attend the class?

I enjoy working out and stretching. It keeps me limber, and I enjoy Chelsie.

The exercises get the stiffness out of my body.

I come because I need the exercise. It helps my balance, and I enjoy it.

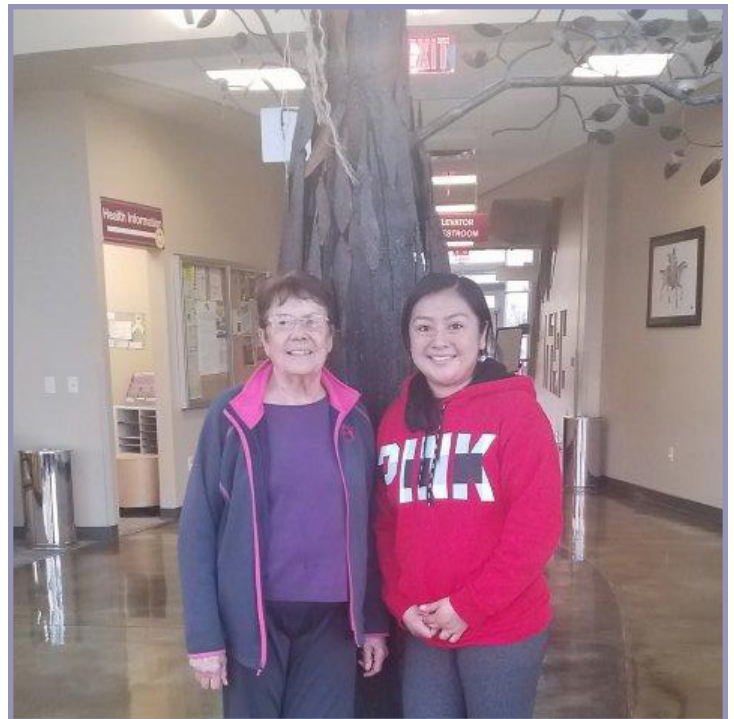
I come because it keeps me limber and keeps me moving. Also, I enjoy yoga with the seniors and visiting and enjoy the teacher.

As a senior, I enjoy the low impact yoga. I have noticed that I have more mobility and balance has increased.

Cross-Department Team Work Makes Patients Safer

Valentine Lovelace, Injury Prevention Coordinator at Reno-Sparks Indian Colony (RSIC), knows the value of strong partnerships for the health of patients and the success of the RSIC Injury Prevention Program. Thanks to a partnership with Vanessa Williams, a Diabetes Exercise Assistance and Certified Personal Trainer, Valentine was able to use her home assessment skills to make sure that the home of Mary Isgrigg, a member of the Reno-Sparks community, was safe in advance of a knee surgery. According to Valentine, Mary had been working with Vanessa for a couple of years to focus on strength training and improving gait. In preparation for the knee surgery, Vanessa referred Mary to Valentine's team in order to make sure that Mary's home would not pose any hazards to her safety after the surgery.

The visit went well—Valentine was able to identify problem areas and discuss home modifications with Mary. "Valentine and her team were very professional and knowledgeable about fall prevention precautions and the materials needed," Mary reported. "The girls were very pleasant and respectful," she added. Valentine was pleased with the results of the visit. "Collaboration and referrals from other departments benefit the patients greatly," she says. "Team work makes the dream work!"



Pictured: Mary Isgrigg (left) and Vanessa Williams (right).

Senior Athletes: Strength-Based Elder Fall Prevention



TRIBAL
INJURY
PREVENTION
PROGRAM



It has been a busy year for the Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC), Injury Prevention Program. This last spring and summer, AASTEC collaborated with local, regional, and national organizations to connect with as many seniors as possible to raise awareness around elder fall prevention, specifically among senior athletes.

In April, AASTEC was invited to participate in the 2019 Indian Game Day. This event is a collaborative partnership coordinated by the New Mexico Senior Olympics, Inc., the New Mexico Aging and Long-term Services Department, and the Santa Fe Indian School. The event took place April 24-25, 2019 at the Santa Fe Indian School, with 176 American Indian senior athletes. The AASTEC Injury Prevention Program shared information about AI/AN elder fall prevention, with the goal of connecting with AI/AN seniors in New Mexico. Sixtus Dominguez, AASTEC TIPCAP Coordinator, attended and disseminated information.

AASTEC was also working with Rebecca Morgan, the Elder Equity Project Coordinator of the National Indian Council on Aging (NICOA), and

Andrew Walker, Director of Health and Wellness at the National Senior Games Association (NSGA), to help create “Indian Day,” a whole day set aside to honor AI/AN elder athletes at the 2019 National Senior Games.

The Games is a 20-sport, biennial competition for men and women 50 and over. This year the Games were held in Albuquerque, NM from June 14-25 and marked the first time in the 32-year history of the NSGA that Indigenous peoples were consulted and included on the official agenda. Indeed, June 17, 2019 was a particularly special day of the Games. The dedicated “Indian Day” included the Village Health and Wellness Expo, where AASTEC had an exhibit booth. Many athletes stopped by the booth for information about elder fall prevention and AASTEC services at the Santa Fe Indian School and at the Albuquerque Convention Center.

Two short films were also premiered at the NSGA Indian Day. A 14 minute AASTEC Injury Prevention Film featured the AASTEC IP team instructing 5 Pueblo of Isleta Senior Olympic athletes on A Matter of Balance (MOB) and National Institutes of Health warm up exercises. During

the AASTEC Elder Fall Prevention film, elders in the audience were actively participating in the warm up exercises. The films were produced by the National Indian Council on Aging, Inc. and nDigiDreams, LLC. Besides being used to engage tribal members about the importance of warming up before exercising, AASTEC will also use the films for MOB Coach Recruitment and in MOB Coach Instruction certification.

A record number of 13,712 athletes from 50 states (plus an estimated 15,000 family members and friends) attended the Games. A total of 143 Native elders qualified and registered for the biennial games—a number that contributed to the event’s record-breaking year. This was also the first year the Games were held in New Mexico, which swept the games with 672 medals, the most medals of any state. Senior athletes set more than 202 new records.

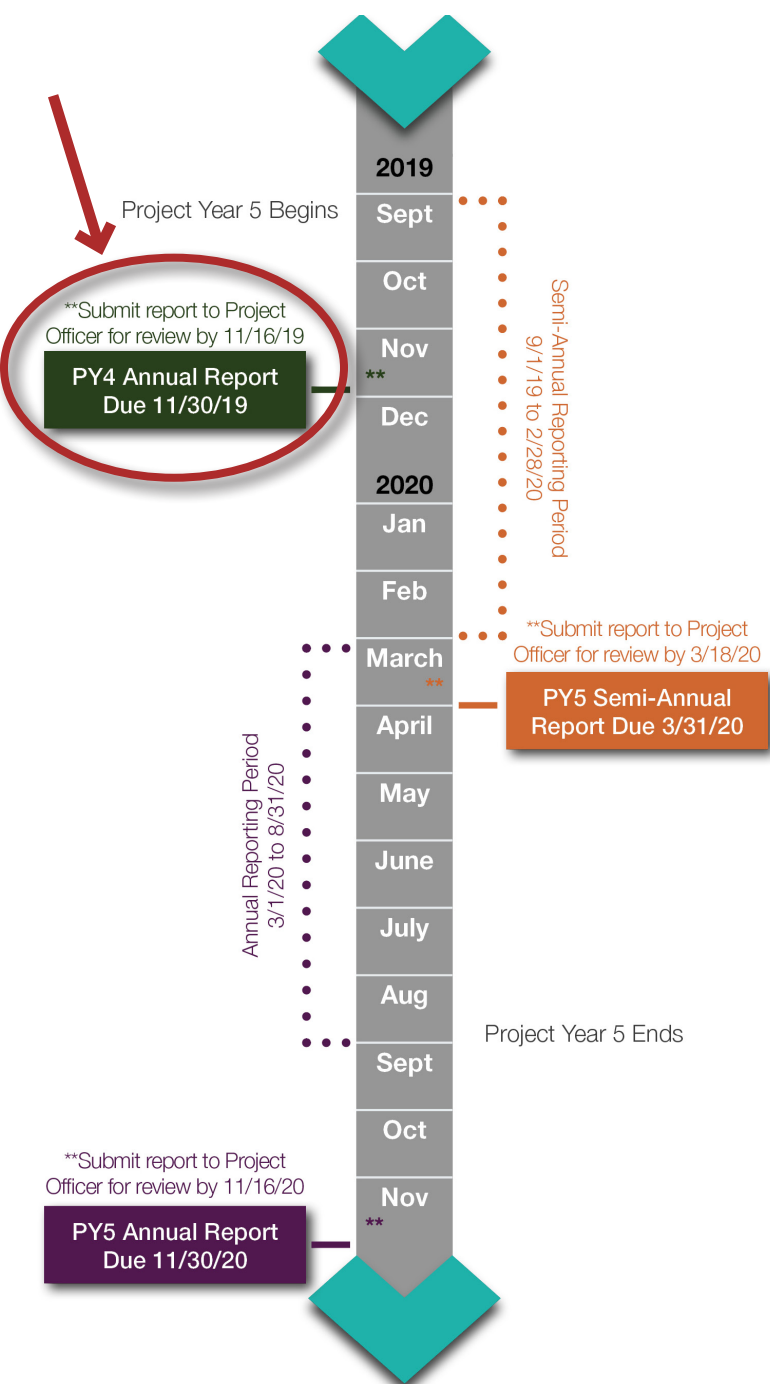
In summary, collaborations between local, regional, and national organizations helped AASTEC reach elders in their community and beyond, raising awareness around the importance of physical activity as a key part of fall prevention among Native elders.

NOTICE BOARD: Reports

Part I and Part IIA Sites:

- PY4 Annual Reports due for Project Officer review **Nov. 11**
- Deadline for submission to GrantSolutions.gov is **Nov. 30**

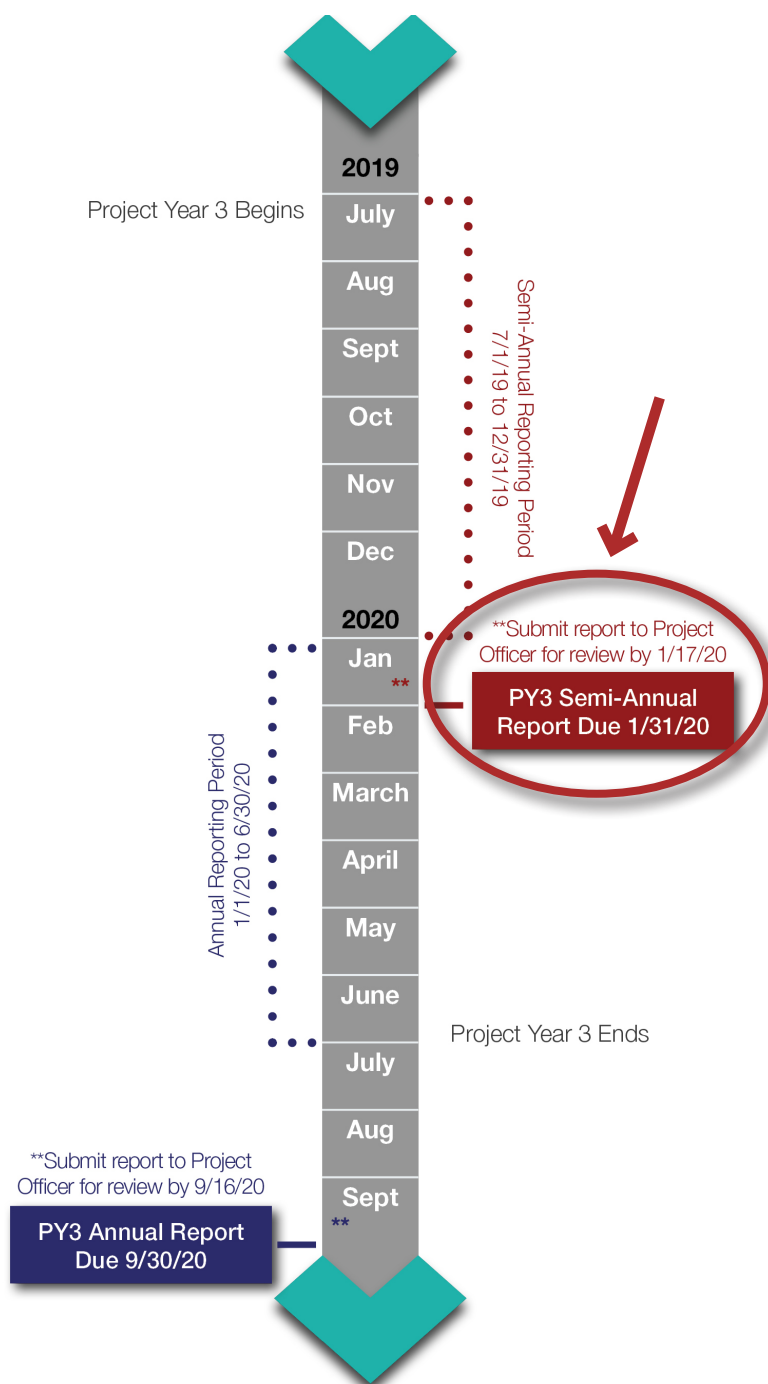
TIMELINE: Part I & Part IIA Sites



Part IIB Sites:

Please note the new reporting schedule based on semi/annual reporting

TIMELINE: Part IIB Sites



Stepping up collaboration on teaching Stepping On

Throughout KaRee Lockling's time as the injury prevention coordinator for the Fond du Lac Band of Lake Superior Chippewa Indians (Fond du Lac), she has found innovative ways to foster sustainability in the program. "Because we aren't a large tribe, it doesn't make sense for us to rely only internally," KaRee explains. "When I meet other people who work within the same field as me—when they have the same message and same goals—it just makes sense [to partner with them]."

One particularly productive coalition for KaRee has been Driving 4 Safe Communities, a Minnesota state funded traffic safety coalition. The group brings together diverse groups dedicated to the four E's: emergency response, education, enforcement, and engineering. In combination with partners at the tribal level, including tribal law enforcement and social services, KaRee has been able to take advantage of partnerships at many levels.

KaRee's nose for sustainability came in handy this past year when she was looking for a new fall prevention class to teach in the Fond du Lac community. "Beginning in 2014, we implemented six sessions of Matter of Balance," she says. "We needed something new."

KaRee had developed a partnership with the injury prevention coordinator at Essentia Health through coalition work. For a Trauma Center to be recognized as a Level I center,

the organization must have an Injury Prevention Coordinator. That person was already leading Stepping On, an evidence-based fall prevention program that originated in Australia and now has a base in Wisconsin. "Allison Nicolson reached out to me to develop a partnership where she would travel to teach the class in Fond du Lac and then I would travel to Duluth, where we have a satellite office," Karee says. "We split the class 50 percent community-at-large and 50 percent Fond du Lac Human Services Division clients."

The first Stepping On class was a success. "It was great to be able to team up with Allison," KaRee says. While the Stepping On and Matter of Balance curricula have their similarities, there are some differentiating factors. "In Stepping On, we don't do a lot of in-class exercises—PTs they come in and [participants] get a set of exercises to practice on their own," KaRee says. "It builds a sense of ownership. You don't come to class to exercise; you come to class to get the tools to keep yourself safe, whether that is exercise or environmental tools." There is also less language about fear of falling in the Stepping On curriculum, which KaRee felt was a benefit for her participants.

The partnership with Essentia Health is beneficial because both parties have "buy-in," KaRee explains. Through co-teaching Stepping On, Essentia Health gets to focus and

educate on fall prevention (necessary for a Trauma I provider system). "I get to have a partner that has a shared passion, goal, or incentive. That collaboration is key to my success because she is as dedicated to it as I am."

Moving forward, KaRee is excited to team up in October to teach another Stepping On class. In the meantime, KaRee and the participants from the past class have scheduled a group walk using the walking sticks the participants were gifted to encourage physical activity. KaRee will be busy promoting the upcoming October class during September, which is National Fall Prevention Month.

KaRee encourages other Injury Prevention programs to seek out hospital IP coordinators as potential partners. "If you have a large hospital system near you, especially if they're seeking to be a Level I or II, it is worth reaching out," Karee says. "You may have shared interest."

Stepping Up is an evidence-based fall prevention program approved by the U.S. Administration on Aging and the Centers for Disease Control and Prevention.

For more information:
<https://wihealthyaging.org/stepping-on-consumer>

LCDR MOLLY MADSON

Discusses her career and new position at HQ

Hi Everyone,

First of all, I am so honored and thankful to have been selected as the Injury Prevention Specialist at HQ, and I am very excited to work with all of you in this new role. TIPCAP has been a part of my career from the beginning. I began my career with IHS in 2007 as a student in the Commissioned Officer Student Training and Extern Program (COSTEP) in Billings, MT. After completing my undergraduate degree in Environmental Public Health from the University of Wisconsin-Eau Claire, I received a commission and was hired on as a field Environmental Health Officer (EHO) in Reno, NV. While in Reno, I was introduced to injury prevention and TIPCAP and decided to participate in the IHS Injury Prevention Epidemiology Fellowship with a project on increasing awareness and enforcement of a tribal primary seatbelt law. In 2012, I transferred to the IHS Albuquerque (ABQ) Area as the service unit EHO in Santa Fe, NM. I worked closely with the ABQ Area IP team members and the TIPCAP sites during my time there, and I loved the Pueblo communities and the New Mexican food.

In 2015, I accepted a position in the IHS California Area as the Redding District EHO and eventually served as the collateral duty IP Specialist. My work focused on addressing suicides in rural CA Tribes by reducing access to lethal means and implementing comprehensive gun safe programs into communities. Other injury prevention initiatives in the area included drowning prevention, motor vehicle and child passenger safety, poisoning and overdose prevention, bike safety, fire safety, older adult fall prevention, and playground safety. In 2018, I received a Master of Public Health degree from the University of Illinois-Springfield.

Although we miss the West coast, my family and I have been graciously welcomed to Maryland and look forward to building our home here!



Pictured: Molly with her family catching a Minnesota Twins games at Target Field in Minneapolis last spring.

Choctaw Nation Back to School Bash is a Blast!

Keosha Ludlow works with other youth organizations to present information about safety measures to prevent motor vehicle injury



This past August, the Choctaw Nation Injury Prevention (IP) Program participated in the annual Back to School Bash for youth in partnership with two other programs—the Children Matter Program with the Outreach Services Youth Division and the Chahta Himmak Pila Pehlich (CHHP), a Native Youth Initiative also known as the “Choctaw Future Leaders” Program. Representing the programs were Keosha Ludlow, Director of the IP Program, David Lindly, program specialist for the Children Matter program, and Hannah Wood, Director of the CHPP program. Together, the three community leaders conducted outreach and presented to the youth about safety. The IP Program makes a point to partner with CHPP each year, Keosha says. “It is a chance to outreach to more students.” The programs discussed safety measures that students can take to protect themselves on various modes of transportation, specifically focusing on back-to-school trips, traffic and bus stop directions, and distracted driving.

Keosha believes that the partnerships across the three programs was key to the success of the Back to School Bash. “Partnering with other youth programs under the

same umbrella in the outreach services division provides for an array of information as well as different atmospheres and setting for all the youth,” she says. In addition, the Bash was a chance for her to connect more with the youth in her community and for them to recognize her as an advocate for safety. “Attending the Back to School Bash helped us to be recognizable when we visit the students in a school setting. They’ll know us when we go to present and educate about our program.” Keosha strongly suggests partnering with other programs to connect with youth. “Branch out to other youth programs who may focus on other types of situations, such as a mentoring program, and you will be able to reach more students than your target schools.”

“ Partnering with other youth programs under the same umbrella ... provides for an array of information as well as different atmospheres and settings for all the youth,” says Keosha.

Lake County Tribal Health Consortium Expands Elder Outreach Services



Using TIPCAP funds, Lake County helps elders beyond the clinic by addressing health issues in their homes



Lake County Tribal Health Consortium utilized TIPCAP Part II funds to implement an elder falls prevention project for their patients. The addition of elder falls prevention fit well with the clinic's existing services. The outpatient clinic, which is comprised of six member tribes in Northern California, assisted elders by providing transportation, case management, advocacy, and education to manage health issues. The TIPCAP project added a fall prevention component to the existing services.

"The TIPCAP funds allow us to reach more people," according to Darnell Aparicio, TIPCAP Coordinator. "In the clinical format, we help people one at a time when they come to the clinic. This grant allows us to go out in the community more to assist them with their health issues in their homes."

The elder falls prevention project incorporates several interventions recommended by the CDC Compendium of Effective Fall Interventions, including medication reviews by primary care providers, exercise classes, and removing fall hazards in the home.

Services are typically initiated through patient visits, as Aparicio explains. "It starts with a referral process through our electronic health record system, RPMS. When the primary care provider sees a patient, they can refer them to me, and I do a home assessment of the patient's home using a checklist. If their home needs a modification, we modify it. We also encourage them to attend the tai chi or Matter of Balance courses that we provide."

As with many new projects, there

have been challenges. Shortly after the project began, a staffing vacancy meant Aparicio had to assume the TIPCAP Coordinator duties in addition to his existing role as the Outreach Supervisor/ Elders Case Manager. "It was an adjustment for me as I learned what the funds could be spent on. After the first year, I was able to use them more evenly throughout the year to avoid carry-over."

Quarterly reporting requirements implemented with the program also meant new forms to complete, but after the first few submissions, the process became routine. "I think reporting is a good thing because it pushed us to track our data better," says Aparicio. "It also helps us communicate how we are helping people in the community."



CRIHB Site Demonstrates Power of Partnerships and Sustainability

Julie Villa describes how strong partnerships can lead to more sustainable community activities

When Julie Villa talks about the Toiyabe Bishop Area Head Start, her voice rings with admiration and appreciation. “They’re community champions,” she gushes. “They are always outreaching and always working to better their communities. They have that ‘passion piece.’”

Julie’s partnership with the Toiyabe Bishop site started almost 5 years ago, when she reached out at the beginning of this TIPCAP cycle. She already had a partnership with a public health nurse at the clinic. “From there, I saw that there was a need and the potential for partnership with the Head Start,” Julie explains. “And my contact was able to refer me.” Julie also points out that she had an existing partnership with Jason Heimer—the site’s project officer at the time with whom Julie had taught numerous CPS classes—as well as Francis Parks, a staff member who had worked hard to put in place strong data collections systems. “That data was always collected and shared with me,” Julie recalls.

These days, the site needs little assistance from Julie in maintaining a strong program and active technicians. “They have not only provided me with a location to host our

four-day NTSA course, but also they have basically coordinated our [car seat] fitting stations. The technicians in that area stay active because they have students that are transitioning to kindergarten and the Head Start has certain programs that they ensure the kids do. They’ve been really awesome in doing the community outreach component,” Julie says. “I basically just show up and teach the class.”

“There are many programs with similar scopes of work as me, but they try to do it all on your own. If you partner and network, there is no reason for you to do it all on your own,” says Julie.

Julie is passionate about building partnerships amongst rural sites, and the Toiyabe area has been a key player in hosting other areas. “I’ve had the Bridgport Indian Colony, Duck Valley, Big Pine, and other surrounding areas come to the trainings

at the Toiyabe Bishop Area,” she says.

Julie also credits the success of the program to dedicated staff and invested community members. “They haven’t had a lot of staff turnover—they’ve had Ms. Mandy and Ms. Suzie for a long time. Not to mention that a lot of people that network and serve as resources—from tribal police to the clinic staff—have children or grandchildren that go to the school,” Julie says.

Julie believes that Toiyabe’s success is replicable with the right coordination and partnerships. “I’ve noticed that there are many programs with similar scopes of work as me, but they try to do it all on your own,” Julie muses. “If you partner and network, there is no reason for you to do it all on your own.” Julie points out that actively seeking out partnerships is important. “You have to be active—know your program, go out into the communities, share what you do, and ask people what it is that they do,” she says. With a laugh, she also added: “I would say also that it is important to stay active and never wait until the final two years to complete your activities.”

Car Seat Technician Training Event Highlights Community Potential

With two car tech trainings under her belt, Jennifer Straub, Injury Prevention Coordinator for the Winnebago Community, knows the components that make up a successful Child Passenger Safety (CPS) training. Jennifer wanted to take steps to make the training even more relevant to her community and to set up systems for sustainability.

Since the start of TIPCAP, Winnebago has seen tremendous progress in car seat use. And there is still room for growth. “When I started in this position in 2016, the car seat use rate was 21%. We are now at 34% car seat use,” Jennifer says. “When education is paired with car seat distribution, it has an empowering effect on the community. Parents and caregivers come to me often with questions and a desire to learn how to use their car seat.”

Prioritizing Cultural Relevance

Jennifer organized the third car seat tech training event in Winnebago in partnership with Jennifer Booge, Lead Car Seat Tech Instructor, and Kathleen Weckwerth, Car Seat Tech Instructor. The class was held at Winnebago Educare, the community’s Early Head Start and Head Start facility. Educare Winnebago is the first Educare School to serve Native American children and families. The school combines Educare’s best practices with activities that honor local culture and traditions. For example, children are taught in the

native Ho-Chunk language in addition to English.

Jennifer emphasizes that child safety is an opportunity for culture and injury prevention to share the same narrative. “My Winnebago community has an interest in cradle board use, and we are supporting parents transitioning their children from cradle board to car seat,” she says. “Native communities were and truly are ahead of their times in many areas of safety and healing. It is time we begin to acknowledge this and change the language from ‘evidence-based’ to ‘Native American evidence-based.’”

Positive Feedback

As explained by Brooke DeCora, a Young Child Wellness Partner, “I was skeptical about how car seats could require 3 days of training—but it did! And there’s so much more information out there! I’m glad I got the training and knowledge to be confident in installing my personal car seats and providing others with information.” Another participant complimented Jennifer’s commitment to the program. “Jennifer Straub has been instrumental in promoting and growing the CPS program in the area. She has dedicated much of her time to traffic safety, ensuring that the area’s young passengers continue to be a priority.”

The training participants leave with tools to educate others. “The newly certified technicians are dedicated to

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educating children, parents, and community members about the importance of correctly restraining their children and ensuring all adults wear their seat belts every time they ride in a vehicle,” Lead Instructor Jennifer Booge explains. “Children are our future, and we owe it to them to keep them safe.”

Building Capacity

Moving forward, Jennifer plans to add at least two car seat proxy positions to support the car seat tech instructors maintain current certification. With four more car seat technicians joining the CPS team of nine, creating these

positions will be critical to making that growth sustainable.

Jennifer identified a need for more car seat tech instructor proxies to sign off on car seat checks in tribal communities. “I have heard from many tribal employees who attended the car seat technician course but eventually lost the certification because they are unable to have someone sign off on their car seat checks,” Jennifer explains. She adds that it was too costly for the instructors to travel hundreds of miles to maintain the certificate. Frustrated, she began to look beyond Nebraska and found Jennifer Booge. “Soon, we will be at a capacity to certify our

own instructors and not have car seat tech trainings and certifications be a hindrance in our CPS efforts,” Jennifer says proudly. “While the work load does not lessen, it does get easier with more car seat techs.”

Sometimes, one key partner is all it takes to build sustainability. “Jennifer Booge has been there for Winnebago every step of the way for the CPS program,” Jennifer effuses. “She has been a great leader in the CPS field and continues to enhance training and safety in the many tribal communities she serves.”

Lunch-and-learn Sessions Become a Big Part of Educating Community on Safety

As the South Dakota August heat hit blazing highs, Becky Diehm, RN, a Great Plains Healthy Start Community Health Worker and Child Passenger Safety Technician saw an opportunity for education.

First, a community car seat event was held to educate community members about child passenger safety and proper car seat installation and use. Approximately 40 community members attended the car seat check, 12 car seats were checked for proper installation, and 8 new car seats were provided to community members in need.

A community lunch-and-learn following the car seat event covered additional topics on injury preven-

tion, including hot car safety, bike safety and use of helmets, and general safety topics. Becky did a powerful visual demonstration on how fast a car will heat up on a hot humid day. She placed a thermometer inside a car. Within 10 minutes, the car reached 130 degrees.

The demonstration took place in the Fort Thompson Head Start Parking Area. The lunch-and-learn was held at the Healthy Start Office in Fort Thompson.

The community lunch-and-learns are provided monthly by the Great Plains Healthy Start Program. “The lunch-and-learns have been very successful in bringing community members together to learn about a variety of

topics,” says Christy Hacker, the Great Plains Injury Prevention Coordinator. The program partners with IHS, the Crow Creek Family Enrichment Program, and Head Start to present on a wide variety of health and safety topics.

Becky reported that both the car seat check and lunch-and-learn were successful. She added that the car seat funds have been critical to creating opportunities for education in the community as well as preventing injury. “We are so thrilled having the TIPCAP car seats in our area where they are very needed. We have a few car accidents and children have been saved from harm due to this education.”

The 2019 Annual TIPCAP Workshop was held in conjunction with the IHS/CDC National Conference on American Indian/Alaska Native Injury Prevention in Denver, Colorado. Jenn Russell and Holly Billie share a brief summary of each of the events.

2019 TIPCAP Workshop

Jenn Russell, Project Director, CAIANH

The annual TIPCAP workshop was held July 22, 2019 and had over 30 attendees, including TIPCAP coordinators and staff from both Part I and II program sites, and IHS Injury Prevention colleagues. The agenda included several presentations from our IP partners at the CDC on evaluation and sustainability, and community-based programs for fall prevention, as well as a session on the Tribal Injury Prevention Resource Center, presentations from the Part I program Coordinators, showcasing their local injury prevention efforts, and activities supporting peer-to-peer networking. The evaluations show that on a scale from 1 to 5 (1 = "strongly disagree" and 5 = "strongly agree") workshop attendees gave all sessions a 4.4 average rating or higher. The group more than agreed that the sessions were clear and easy to understand, well organized, and provided useful information. When asked what they liked most about the workshop, more than half of the attendees (55%) commented that having the opportunity to network and learn from fellow TIPCAP sites, both Part I and Part II sites, was what they liked most.

Thank you to all who attended and participated! We look forward to seeing you in March 2020 when we hold our next workshop in Tampa, FL to coincide with the Lifesavers Conference. If you have any suggestions for the 2020 workshop agenda, please email me at jenn.russell@cuanschultz.edu.



Left: Jenn Russell welcomes the TIPCAP workshop attendees. Right: Eliza Flene leads a group activity.

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

Holly Billie, Injury Prevention Program Manager, IHS

The National Conference on American Indian and Alaska Native Violence and Injury Prevention, a first of its kind, was held on July 23-25, 2019. TIPCAP coordinators and project officers were among the 240 people who attended the conference. When asked about their experience, TIPCAP coordinators expressed appreciation for a conference focused on tribal issues and an opportunity to network with scientists and practitioners from across the country and Australia. The most frequent comment of conference attendees was "Let's do this again!"



Left: Conference attendees. Top right: Darnell Aparicio presents. Middle right: Monte Yazzie presents. Bottom right: Andrea Tsatoke and Isaac Ampadu.

FALL PREVENTION AWARENESS WEEK

SEPTEMBER 23 – 29, 2019

At the heart of this initiative is the message that *falls are preventable*. During Fall Prevention Awareness Week, fall prevention coalitions, health care providers, and senior service agencies work to raise awareness about the seriousness of falls and ways to reduce fall risk.

Visit the **Fall Prevention Center of Excellence** website for some ideas and resources to help you commemorate Fall Prevention Awareness Week: <http://stopfalls.org/news-events/fall-prevention-awareness-week/>

FALLS PREVENTION AWARENESS DAY

SEPTEMBER 23, 2019

The annual Falls Prevention Awareness Day raises awareness about how to prevent fall-related injuries among older adults. National, state, and local partners collaborate to educate others about the impact of falls, share fall prevention strategies, and advocate for the expansion of evidence-based community fall prevention programs.

Join **National Council on Aging** for its 2019 events. Visit the website for opportunities: <https://www.ncoa.org/healthy-aging/falls-prevention/falls-prevention-awareness-day/>

Injury Prevention Trainings

Introduction to Injury Prevention (Level 1)

Oct. 29-31, 2019 in Yakama, WA
Nov. 5-7, 2019 in Roseville, CA

Intermediate Injury Prevention (Level 2)

Nov. 19-21, 2019 in Albuquerque, NM

Check the IHS website for more info:

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

Injury Prevention Conferences

American Public Health Association's Annual Meeting and Expo

Nov. 2-6, 2019 in Philadelphia, PA

<https://www.apha.org/events-and-meetings/>

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