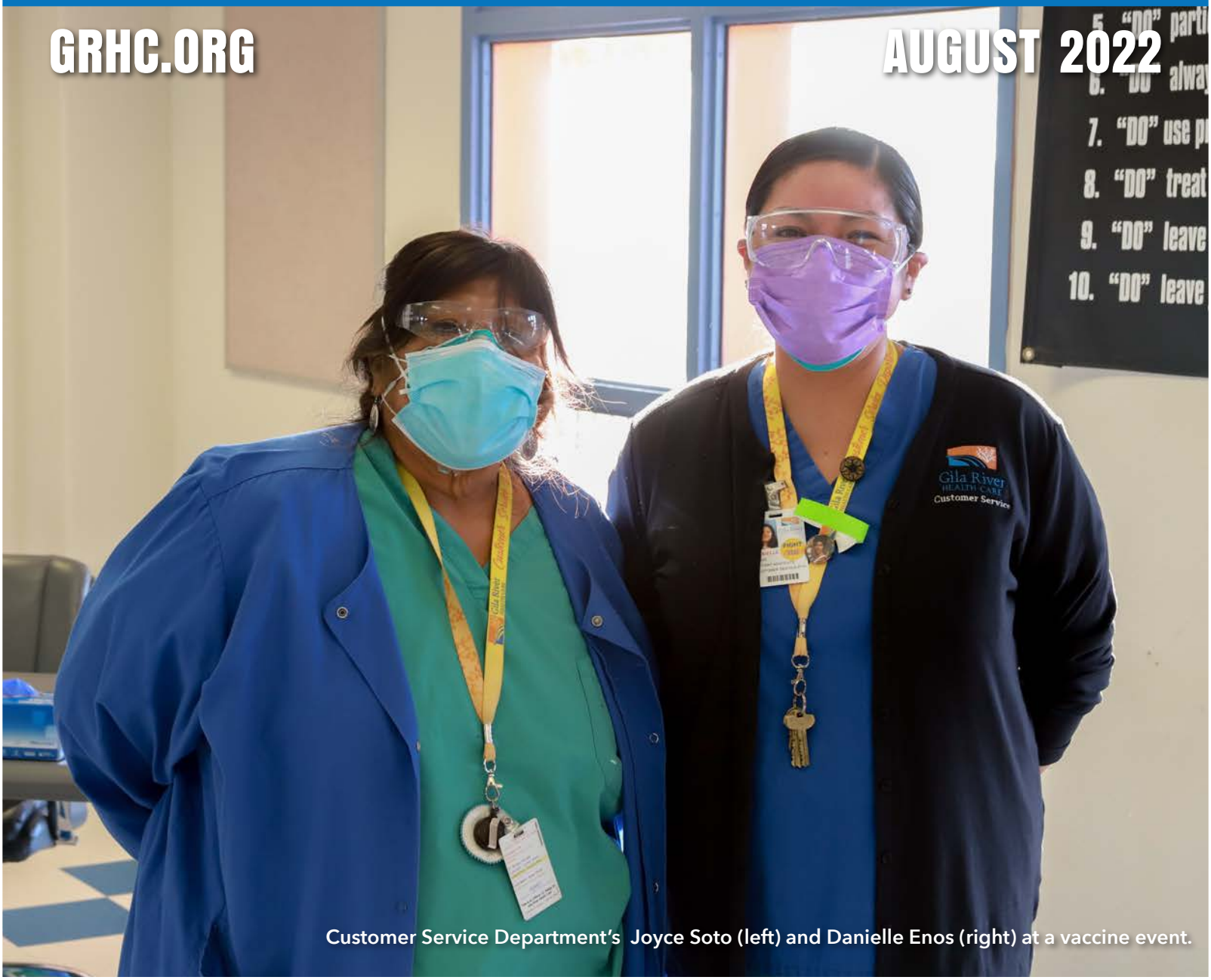
COVID-19 NEWSLETTER
FOR COMMUNITY ELDERS

GRHC.ORG

AUGUST 2022



Customer Service Department's Joyce Soto (left) and Danielle Enos (right) at a vaccine event.

THIS MONTH'S ISSUE INCLUDES:

- COVID-19 VACCINE AUGUST CALENDAR
- PHYSICAL THERAPY CONSTRUCTION UPDATE
- FAMILY PLANNING MOBILE UNIT AUGUST CALENDAR
- SIGNS OF METHAMPHETAMINE ABUSE ... AND MORE!

Reminder!

Gila River Health Care's
Administrative Offices, Outpatient Clinics,
and Pharmacy will be

CLOSED

LABOR DAY

Monday, September 5th

NATIVE AMERICAN DAY

Friday, September 16th

For any information on services open
during the holiday, please call
GRHC's main line (520) 562-3321.

Approved: 7/25/2022

Healthy Kids & Families

COVID VACCINE LOCATIONS

8/1	**District 1 Service Center** *9 am - 3 pm*
8/2	**District 1 Service Center** CANCELLED *9 am - 3 pm*
8/9	**District 2 Service Center** *9 am - 3 pm*
8/15	**District 3 Service Center** *9 am - 3 pm*
8/16	*District 3 Service Center* *9 am - 3 pm*
8/23	**District 4 Service Center** *9 am - 3 pm*
8/29	**District 5 Service Center** *9 am - 3 pm*
8/30	**District 5 Service Center** *9 am - 3 pm*

You may also visit a GRHC Primary Care Department for vaccines.

Walk-in or schedule an appointment by calling (602) 528-1482.

Scan for Vaccine Information

COVID-19 GENERAL INFORMATION

GRHC COVID-19 HOTLINE
(520) 550-6079

GRHC.ORG/HUB

Gila River HEALTH CARE

Ak-Chin Indian Community

Healthy Kids & Families

Ak-Chin Indian Community
COVID TESTING DATES

July 26th & 27th
5 pm - 7 pm

August 23rd & 24th
5 pm - 7 pm

September 20th & 21st
5 pm - 7 pm

Ak-Chin Multipurpose Justice Complex, Maricopa, AZ 85139

COVID-19 GENERAL INFORMATION

GRHC COVID-19 HOTLINE
(520) 550-6079

GRHC.ORG/HUB

5 THINGS TO KNOW & SHARE!

1 New GRIC Executive Order #15

Executive Order No. 15 regarding the Coronavirus Pandemic includes important information about schools opening for the new school year, a temporary suspension of dance permits (within the Community), and continued preventative measures.

2 Learning Requirements for Students to Begin In-Person Learning - July 2022

All schools located within Gila River Indian Community will reopen based on the approved re-opening plan by the Education Standing Committee & Health and Social Standing Committee.

3 EO #15: Temporary Suspension on Dance Permits

GRIC issues temporary suspension of dance permits under Title 8 of Gila River Indian community code.

COVID-19 GENERAL INFORMATION

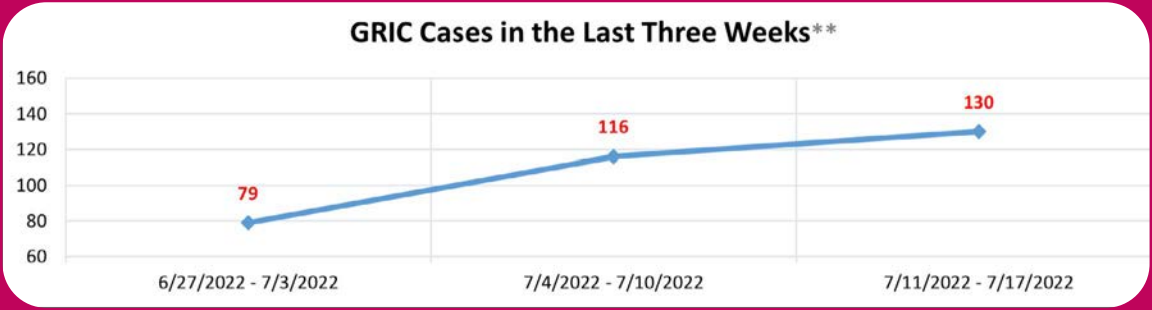
GRHC COVID-19 HOTLINE: (520) 550-6079
HOTLINE HOURS: 8 am - 6 pm, 7 days a week.

Week of: 7/18/2022

4 GRIC COVID-19 Case Counts

COVID-19 cases within GRIC have increased over the past three weeks. Please be aware and follow prevention protocols.

LINK: FULL DATA REPORT FOR GRIC COVID-19 CASES



5 988 New Crisis Line

The Substance Abuse and Mental Health Services Administration (SAMHSA) has released its new suicide and crisis line.

If you or someone you know needs support, **CALL OR TEXT 988** or chat ***988 Suicide & Crisis Lifeline*** connects you with a trained crisis counselor who can help.

There is hope.

If you or someone you know needs support now, call or text **988** or chat **988lifeline.org**

988 SUICIDE & CRISIS LIFELINE

Scan for Vaccine Information

GRHC.ORG/HUB

Gila River HEALTH CARE

Behavioral Health Services

SIGNS OF METHAMPHETAMINE ABUSE

- ❒ **Mood swings**
- ❒ **Inconsistent sleeping patterns which may induce delusions**
- ❒ **Poor dental health**
- ❒ **Social withdrawal**

For more information, help, or virtual meetings, please visit:

www.crystalmeth.org/cma-meeting-directory/

https://cm-anon.org/

If you or anyone you know is struggling with Methamphetamine abuse and needs support, please call Behavioral Health Services:

(520) 562-3321 ext. 7100

Gila River Indian Community Crisis Line
1-800-259-3449
Call 24 hours a day for immediate help.

National Suicide Prevention Lifeline
1-800-273-8255

Gila River HEALTH CARE

Behavioral Health Services

SIGNS OF ALCOHOL ABUSE

- ❒ **Continuing to drink despite issues with family or work**
- ❒ **Having to drink more often than before**
- ❒ **Being unable to stop drinking**
- ❒ **Continuing to drink even though it makes you feel depressed or anxious**

For more information, help, or virtual meetings, please visit:

www.aa.org

www.al-anon.org

If you or anyone you know is struggling with alcohol abuse and need support, please call Behavioral Health Services:

(520) 562-3321 ext. 7100

Gila River Indian Community Crisis Line

1-800-259-3449

Call 24 hours a day for immediate help.

National Suicide Prevention Lifeline

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Gila River HEALTH CARE

Behavioral Health Services

SIGNS OF OPIOID ABUSE

- ❒ **The inability to control Opioid use**
- ❒ **Lack of hygiene**
- ❒ **Drowsiness or nodding off**
- ❒ **Frequent flu like symptoms**

For more information, help, or virtual meetings, please visit:

https://www.na.org

https://nar-anon.org

If you or anyone you know is struggling with narcotic abuse and needs support, please call Behavioral Health Services:

(520) 562-3321 ext. 7100

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1-800-259-3449
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National Suicide Prevention Lifeline
1-800-273-8255

Gila River HEALTH CARE

Behavioral Health Services

AUGUST 2022

(520) 610-5406 | GRHC.ORG/BHS | BHSprevention@GRHC.ORG

COVID Anxiety and Stress Helpline: (602) 528-7122

Scan the QR code then click the link to register!

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Active Parenting of ages 0-5 8/2, 8/3, 8/4 (9a - 11a)	3	4 Online Learning: Stress and Self-Care (11a - 12p)	Opioid & Stimulant Awareness Month Long Activities Overdose Awareness Run Social Media Challenge
8 Online Learning: Alcohol (1p - 2p)	9 Online Learning: Current Drug Trends (11a - 12p) Online Learning: Healthy Relationships (3p -4 p)	10 Online Learning: BHS Peer Support (11a - 12:30p) QPR Suicide Prevention (1p - 2p)	11 Online Learning: Meth (11a - 12p)	
15 Active Parenting (General) 8/16, 8/17, 8/18 (9a - 11a)	16 Online Learning: Parenting as Prevention (11a - 12p) QPR Suicide Prevention (12p - 1p)	17 Online Learning: Fentanyl (1p - 2p) Self-Care Family Paint Night (6p-7p)	18	19 Online Learning: Tobacco 1p - 2p Gila River Prevention Coalition Meeting (10a-11a)
22 Read Aloud & Play Time 5:30p - 6:30p QPR Suicide Prevention (1p - 2p)	23 Online Learning: Stress and Self-Care 2p - 3p	24	25 Online Learning: Digital Wellness (11a - 12p)	26
29	30 Online Learning: Alcohol (1p - 2p)	31 Online Learning: Opioid Safety & Narcan (1p - 2p) Online Learning: Domestic Violence Awareness(5p - 6p)		

To receive an Elder Care Package, Call Shayla at (520) 610-3445

National Suicide Prevention Lifeline: 1-800-273-8255

Gila River Indian Community CRISIS HOTLINE: 1-800-259-3449

Opioid and Stimulant Awareness Month

Join our webinar series to help prevent overdose and raise awareness!

#endoverdose

AUG 10 11AM-12:30PM	AUG 17 1PM- 2PM	AUG 31 1PM- 2PM
Meet Peer Support	Fentanyl	Opioid Safety & Narcan

FOR MORE INFO, CONTACT:

lyazzie@grhc.org (520)610-2394

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National Suicide Prevention Lifeline
1-800-273-8255

This publication was made possible by grant number H79TI081709 from SAMHSA. The views, opinions and content of this publication are those of the author and do not necessarily reflect the views, opinions or policies of SAMHSA or HHS.

Gila River HEALTH CARE

HAND, FOOT & MOUTH DISEASE FAQS

What is and what causes hand-foot-and-mouth disease?

- Hand-foot-and-mouth disease is caused by a virus
- The illness usually doesn't last more than a week
- Hand-foot-and-mouth disease is common in children but can also occur in adults
- Occurs most commonly in the summer and fall

What part of the body does this virus usually affect?

- It usually causes painful red blisters in the throat, on the tongue, gums, roof of the mouth, inside the cheeks and on the palms of the hands and on the feet

Signs and symptoms:

- Fever, headache, muscle aches, sometimes a sore throat, stomach ache or feel sick to their stomach (nausea)
- Half of the children with this disease can have no symptoms
- Sometimes kids can feel "hot" but have no other symptoms. The fever usually last about 3 days then disappears

How is the disease spread from one person to another?

- It can be spread by poor hand washing and from droplets sprayed in the air when someone coughs or sneezes
- It can also be spread in the stool (bowel movements) if someone does not wash their hands after changing a diaper or after going to the bathroom
- People who are infected are the most contagious the first week they are sick

How can I prevent hand-foot-and-mouth disease?

- Remind everyone in the family to wash their hands often especially after using the bathroom and before meals
- Kids who are sick with this should stay home from school 3-4 days
- Take your child to the doctor if they have:
  - Fever higher than 100.4 for infants younger than 6 months, and if older, a fever higher than 102
  - Poor appetite, vomiting, trouble feeding, diarrhea, difficulty breathing, neck stiffness, severe headache, and unusual sleepiness
  - Offer plenty to drink to avoid dehydration and plenty of rest

For more information, call your Primary Care Provider at (520) 562-3321

Gila River HEALTH CARE

FAMILY PLANNING MOBILE MEDICAL CLINIC

ALL SERVICES ARE CONFIDENTIAL

Our Clinical Services are for both men & women:

- Family Planning counseling and education
- STD testing and treatment
- HIV testing and counseling
- Birth control and pregnancy education
- Well-Woman exams
- Pap smears and breast exams
- GYN diagnosis and treatment
- Emergency contraception
- Prenatal and postpartum care
- Preconception counseling
- Prevention counseling and education

We are flexible. Let us know what time works best for you!

****The mobile unit is not handicap accessible.****

AUGUST 10	**Ak-Chin** *By The Clinic* **... 9 am - 4 pm**
AUGUST 11	**District 2** *Multipurpose Bldg.* **...8:30am - Noon**
AUGUST 11	**GRHC** *Under Awning* **...1 pm - 4:30 pm**
AUGUST 17	**District 7** *Multipurpose Bldg.* **...9 am - 3 pm**
AUGUST 18	**GRHC** *Under Awning* **...8 am - 4:30 pm**
AUGUST 23	**District 5** *Multipurpose Bldg.* **...8:30 am - 4 pm**
AUGUST 24	**District 6** *Treatment Center* **...Appointment Only**
AUGUST 25	**District 4** *Multipurpose Bldg.* **...8:30 am - 4:30 pm**
AUGUST 31	**District 6** *Komatke (by KHC)* **...9 am - 4 pm**

SUBJECT TO CHANGE WITHOUT NOTICE

CALL OR TEXT (520) 371-0132 | *grhc.org/familyplanning*

Gila River HEALTH CARE

Optometry Department

We care about your eyes!

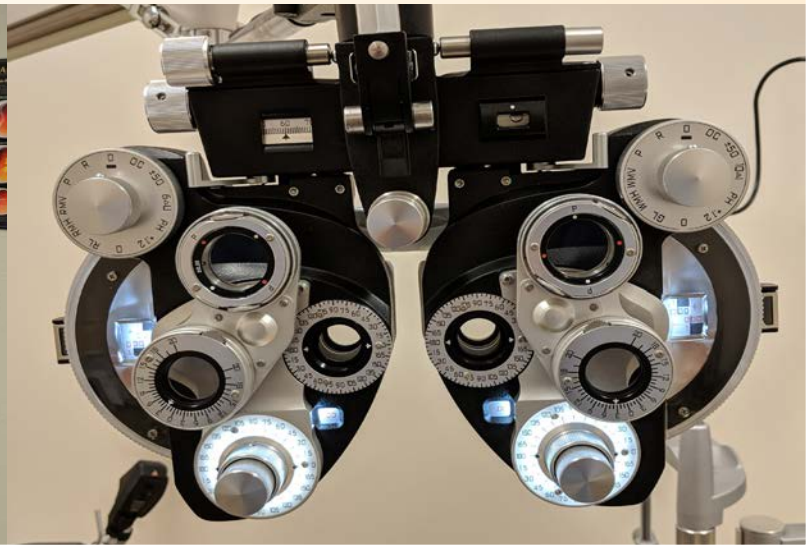
Please call to schedule your eye exam or to check for same day appointment availability.

Komatke Health Center
17487 S Health Care Drive
Laveen, AZ 85339
520-550-6012

Hau'pal (Red Tail Hawk) Health Center
3042 W Queen Creek Rd.
Chandler, AZ 85286
520-796-2690

Hu Hu Kam Memorial Hospital
483 West Seed Farm Road
Sacaton, AZ 85147
520-562-3321 Ext. 7365

Scan to watch a video about detecting diabetic retinopathy



Gila River HEALTH CARE

"WE CONTINUE TO GROW!"

HHKMH Physical Therapy Expansion

Hu Hu Kam Memorial Hospital
Physical Therapy Expansion & New Therapy Pool Update
Estimated Project Date of Completion: September 2022

A remodel of the existing 6,025 square foot area and an additional 4,025 square foot addition to Physical Therapy is currently underway. Once construction is complete, patient treatment space will be increased by 40%. The newly renovated patient treatment areas will include new restrooms/showers and a new physical therapy area and therapy pool.

If you have any questions, please contact Dave Samples, Planning Design & Construction at (520) 562-3321 Ext. 1272.

FREQUENTLY CALLED EXTENSIONS

Hu Hu Kam Memorial Hospital - Main Number: (520) 562-3321

Behavioral Health	Ext. 7100	Life Center	Ext. 7940
Customer Service	Ext. 1177/4017	Optometry	Ext. 7365
Dental	Ext. 1209	Pharmacy Refill Line	Ext. 1270
Imaging	Ext. 1232	Physical Therapy	Ext. 1230
Infusion Clinic	Ext. 1219	Podiatry	Ext. 1258
Inpatient Clinic	Ext. 1218	Primary Care	Ext. 1495
Laboratory	Ext. 1220	Women's Clinic	Ext. 1400

Komatke Health Center - Main Number: (520) 550-6000

Behavioral Health	Ext. 6008	Optometry	Ext. 6012
Customer Service	Ext. 6609	Pharmacy Refill Line	Ext. 1303
Dental	Ext. 6015	Physical Therapy	Ext. 6213
Imaging	Ext. 6044	Podiatry	Ext. 6025
Laboratory	Ext. 6016	Primary Care	Ext. 6000
Life Center	Ext. 6470	Women's Clinic	Ext. 6110

Hau'pal (Red Tail Hawk) Health Center - Main Number: (520) 796-2600

Audiology	Ext. 2965	Laboratory	Ext. 2651
Behavioral Health	Ext. 2620	Life Center	Ext. 2657
Customer Service	Ext. 2619	Optometry	Ext. 2690
Dental	Ext. 2682	Physical Therapy	Ext. 2715
Imaging	Ext. 2655	Podiatry	Ext. 2664
Infusion Clinic	Ext. 1219	Primary Care	Ext. 2697
Inpatient Clinic	Ext. 1218	Women's Clinic	Ext. 2693

Behavioral Health Services - Main Number: (602) 528-7100

COVID Anxiety and Stress Helpline	(602) 528-7122
Gila River Indian Community Crisis Line	1 (800) 259-3449
National Suicide Lifeline	1 (800) 273-8255

District Service Centers

District 1	(520) 215-2110	District 5	(520) 315-3441
District 2	(520) 562-3450	District 6	(520) 550-3805
District 3	(520) 562-3334	District 7	(520) 430-4780
District 4	(520) 418-3661		