

American Indian & Alaska Native Commissioned Officers Advisory Committee Newsletter

Winter 2019





PROTECT. PROMOTE. ADVANCE.

What Is The AIANCOAC?

The function of the AIANCOAC is to provide advice and consultation to the Surgeon General on issues related to professional practice and activities of American Indian and Alaskan Native personnel (Commissioned Corps or Civil Service). The AIANCOAC provides similar advisory assistance to the Minority Officers Liaison Council (MOLC) and, upon request, to Agency and/or Program Heads of the Public Health Service (PHS) and to non-PHS programs that routinely use PHS personnel.

The mission of the U.S. Public Health Service Commissioned Corps is to protect, promote, and advance the health and safety of our Nation. As America's uniformed service of public health professionals, the Commissioned Corps achieves its mission through rapid and effective response to public health needs, leadership and excellence in public health practices, and advancement of public health science.

Mission Of AIANCOAC

The American Indian/Alaska Native Commissioned Officers Advisory Committee (AIANCOAC) was created by the Surgeon General and the Public Health Service (PHS) through the Minority Officers Liaison Council (MOLC) and is to advise and serve on issues relating to the professional practice and the personnel activities, Civil Service (CS) and Commissioned Corps (CC), of the American Indian and Alaska Native professional. Working in collaboration with the MOLC, the AIANCOAC provides similar advisory assistance, upon request, to the Operating Divisions (OPDIVs) or Staffing Divisions (STAFFDIVs) of the Public Health Service, and to non-PHS programs that routinely use PHS personnel.

The MOLC is comprised of the four Core Minority Advisory Groups (CMAGs): American Indian/Alaska Native Commissioned Officers Advisory Committee (AIANCOAC), Black Commissioned Officers Advisory Group (BCOAG), Asian Pacific American Officers Committee (APAOC) and Hispanic Officers Advisory Committee (HOAC).

Editor's Note

LCDR Verdaleen Denetdale, Diné, (Navajo)



Hello AIANCOAC!

We are excited to showcase the Fall/Winter 2019 AIANCOAC Newsletter. The workgroup and contributors have successfully provided six editions since 2017. The newsletter is an opportunity to showcase our American Indian and Alaska Native officers in their health professional careers and highlight their many accomplishments. The newsletter has demonstrated that individuals from many different American Indian tribes are serving within the United States Public Health Service.

Native American Heritage Month occurs in November every year and we are paying tribute to the ancestry and traditions of all American Indians in Indian Country. It is with the strong heritage of our ancestors that we continue to strive for our highest potential to succeed in the activities that we do. As American Indians, both our resilience and traditional values have enabled us to persevere in our local communities. Our tribal identity, language, traditions, stories and spirituality allow us to demonstrate our strengths in our everyday accomplishments. In this

edition, we are able to showcase the work of American Indian/Alaskan Native officers and highlight the achievement of their projects.

The newsletter also showcases the recently promoted AI/AN officers. Congratulations to all the USPHS Officers who were promoted in 2019! Your hard work and achievements are well recognized.

If you have any questions, comments or would like to submit photos or articles, please feel free to email me at verdaleen.denetdale@ihs.gov.

Inside This Issue

Mission of AIANCOAC	1	Back to School	11
Editor's Note	2	AIANCOAC Supports One Another	11
Message from the Chair	3	Public Health Opportunity	12
Weight Loss Support Group	4	OBC-113	13
Celebrating AI & AN Heritage Month	5-6	Keeping Tobacco Sacred	14
Special Assignment Service Award	7	Changing Winds: Public Health and Indian Country	15-16
A Good Day for a Run at Northern Navajo	8	The Strength of Diné Women	17
2019 USPHS Promotion Ceremony Photos	9	AI/ANCOAC Culture Committee Create Honor Song	18
Killer Whale COA Adopts a Highway	10	2019 USPHS Promotion List	19
Upcoming Meetings/Trainings	10	Members & Advocates	20



A Message From The Chair

CDR Dodson Frank (Seminole/Creek)

Hesci (Hello)

Over the past two years, I have been blessed to serve as your Chair. I have had the privilege of observing the men and women who truly make our CMAG and beloved Corps great. You are the secret to the Corps' success by filling much needed clinical positions and essential public health leadership roles with numerous agencies across the country. I have great confidence that your ongoing service will continue to make our people and Nation proud.

During my tenure, I have been fortunate to have met and spoken with some of you. I have always come away impressed by the flexibility and tremendous capability you possess to accomplish the Mission, no matter what the challenge. If we continue to adhere

to our Core Values, Leadership, Service, Integrity, and Excellence, the Corps will not only survive but prosper in the years to come. As the artist Vincent Van Gogh once said, "Great things are done by a series of small things brought together."

It has been an honor to serve as your AIAN

COAC Chair. I thank you for your service to our Nation, particularly for your service to the underserved population that includes my family and friends. Lastly, I ask you to keep our fellow servicemen and women standing watch in your thoughts during this holiday season.

In Officio Salutis,
CDR Dodson Frank
Seminole/Creek



Weight Loss Support Group Success

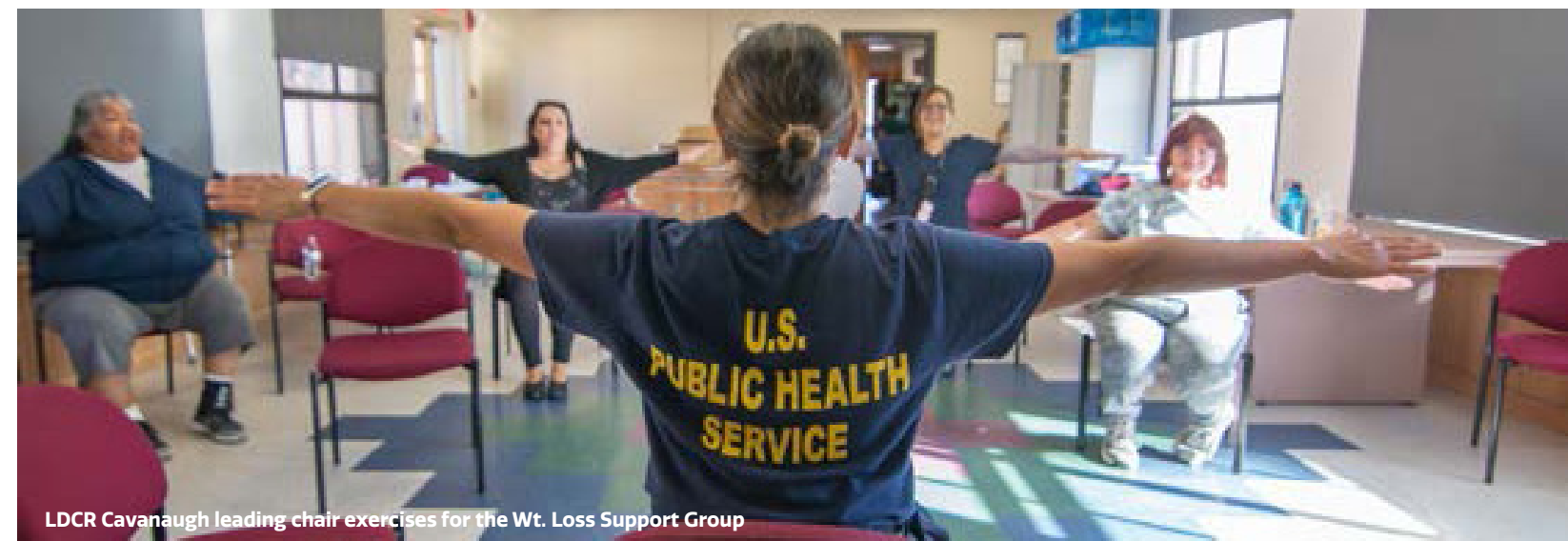
Submitted by LCDR Casey Cavanaugh

(Western Shoshone from Duck Valley Indian Reservation in Owyhee, NV)

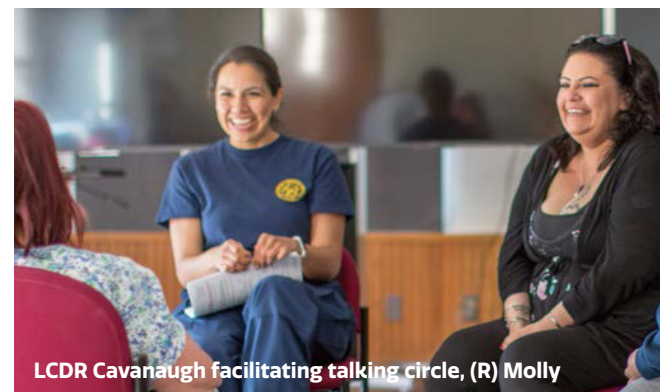
The Weight Loss Support Group is a program at Phoenix Indian Medical Center, designed to help patients who are struggling with weight loss and who want support as they travel through their weight loss journey. The group is facilitated by CDR Marilyn Sale, Registered Nurse, and Kimberly Barry, Registered Nurse from Diabetes Center of Excellence (DCOE) and LCDR Casey Cavanaugh, Registered Dietitian from Nutrition Services. The group originally started in 2014 with only a behavioral health specialist, registered nurse, and registered dietitian.

The Weight Loss Support Group meets every Thursday from 8:30AM -10:30AM in the Library Conference Room. Once a month (1st Thursday of the Month) there is an evening group that meets from 6PM-8PM. The participants are first weighed on a Tanita body composition scale that provides information about fat mass, fat percentage, fat free mass, total body water, etc. Then, they engage in 30-45 minutes of low intensity chair exercises, followed by a 10-20 minute mindfulness meditation, and then a sharing circle ensues. In the sharing circle, participants share stories and experiences related to personal struggles

they've have during their weight loss journey. Lastly, a health or nutrition lesson is provided by the facilitators and participants learn about strategies or evidenced-based tips for their continued weight loss. Most recently, the facilitators have sought approval from the VA to utilize the MOVE Curriculum which is an evidence-based self-management program focusing on health and wellness. Patients and employees alike enjoy coming to the weekly classes. Every participant has a success story to tell. Last year, over a dozen patients participated in the daily support classes and they had a combined weight loss of 275lbs!



LDCR Cavanaugh leading chair exercises for the Wt. Loss Support Group



LDCR Cavanaugh facilitating talking circle, (R) Molly



Participant in the weight loss group meditation

Celebrating American Indian and Alaska Native Heritage Month

Submitted by CDR Geri Tagliaferri (Ojibwe Nation)

The first record of celebration on American Indian Day dates all the way back to May of 1916 in New York. A member of the Blackfoot Nation, Red Fox James, rode horseback from state to state to get endorsements from 24 state governments to establish a day of honor for Native Americans. Further recognition was created in 1990, when President George H.W. Bush signed a joint congressional resolution designating November as "National American Indian Heritage Month." In 1994, following additional proclamations, this celebration was revised and renamed to American Indian and Alaska Native Heritage Month.

Observing American Indian and Alaska Native Heritage Month means celebrating the many contributions of the Native Americans, some of which many people are not even aware of. For example, lacrosse was an indigenous stick ball game that Native Americans played hundreds of years ago! We also celebrate foods, such as wild rice and fry bread, that are native to this country and whose origins came from the native people. This is a time to celebrate the diverse languages among the Native American and Alaska Natives in our country. As a tribal member of the Ojibwe Nation, I have seen the decline of native speakers. I always seek opportunities to teach family members words

from my native language, just as I have been taught by my relatives. For example, the Ojibwe word for blueberry pie is one of the longest words in our language: "miini-baashkimi-nasigani-biitoosijigani-bakwezhigan" – that word is a real mouthful, but well deserved for blueberry pie.

Please take a moment this month to say "miigwech"—"thank you" in my language—to the Native Americans and Alaskan Natives for their contributions that make this nation what it is today. I would also like to acknowledge and celebrate the Native American and Alaskan Native Commissioned Corps Officers who serve and contribute to the USPHS mission every day.



Great Grandfather of CDR Geri Taligafferri Canoe races back in the 1920s in Wisconsin

+ Native Heritage Month Photos +

1. L to R: RADM Sylvia Trent-Adams, LCDR Angela Battese (Comanche/ Prairie Band Potawatomi CDR Joseph Jones
2. CDR Joseph Jones (Kaw and Otoe-Missouria)
3. L to R: Erica Lalo, LCDR Kay L. Andrews (Hopi)
4. L to R: Daughters of LT Kernell: Kaycee Kernell, Raylen Kernell, LT Sara Kernell, Muscogee (Creek) and Seminole
5. L to R: CDR Robin Goodwin (Comanche), Family of CDR Goodwin: Kyleigh Davidson, Linda Smith
6. L to R: CDR Loretta Haven, Sonsiila Begaye, Jayven Begaye, Jay Begaye
7. Demi Haven (niece), Noelle Woody (nephew's daughter), CDR Loretta Haven
8. L to R: LT Jamie Liao (Navajo), LT Charisse Holiday (Navajo), LCDR Casey Cavanaugh, Newe (Shoshone), LT Sandra McCabe (Navajo)
9. CDR Joyce Oberly, (Osage/Comanche)

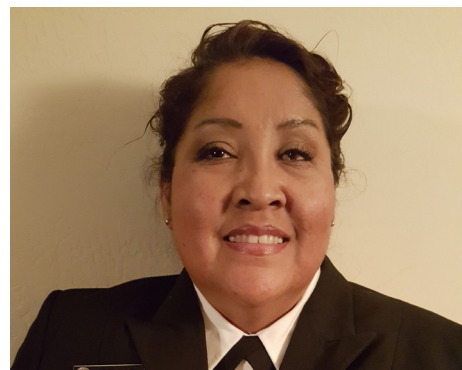


Special Assignment Service Award

Submitted by CDR Robin Goodwin (Comanche)

All elected members of a Professional Advisory Committee can qualify to receive a Special Assignment Service Award based on service of 30 consecutive or non-consecutive days on a detail, as set forth in CCPM Subchapter CC23.5, INST 5,6,7, or 8, to a special program initiative of other Federal or State agency.

AI/ANCOAC Voting Members Awardees for Special Assignment Ribbons



CDR Velliyah Craig-Beauvais

Agency: Indian Health Service
Duty Station: Phoenix Indian Medical Center, Phoenix, AZ
Category: Pharmacy
Tribe: Diné (Navajo)



CDR Dodson Frank

Agency: Indian Health Service
Duty Station: Oklahoma City Area Office, Oklahoma City, OK
Category: HSO
Tribe: Seminole/Creek)



CAPT James Warner, MD

Agency: United States Coast Guard
Duty Station: Air Station Clearwater, FL
Category: Medical
Tribe: Ho-Chunk Nation



CDR Robin Goodwin

Agency: Indian Health Service
Duty Station: Lawton Indian Hospital, Lawton, OK
Category: Health Services
Tribe: Comanche



CDR Lynette Wasson

Agency: Indian Health Service
Duty Station: Santa Fe Service Unit, Santa Fe, NM
Category: Pharmacy
Tribe: Diné (Navajo)



LCDR Melissa Schossow

Agency: Indian Health Service
Duty Station: Winslow Indian Health Care Center, Winslow, AZ
Category: Therapy
Tribe: Diné (Navajo)



LCDR Samantha Smith

Agency: Indian Health Service
Duty Station: Pinon Health Center, Pinon, AZ
Category: Dietitian
Tribe: Diné (Navajo)

A Good Day for a Run at Northern Navajo

Submitted by LCDR Robbin Tanner (Navajo)

On May 7, 2019, 18 local participants joined in the Surgeon General's 5K and Virtual Walk/Run at Northern Navajo Medical Center (NNMC) in Shiprock, New Mexico. These participants contributed their time and commitment to being physically active. They included U.S. Public Health Service Commissioned Officers, NNMC staff, and members of the community. Setting up this event locally was a great way to virtually involve the community in conjunction with the annual USPHS symposium. Registration brought in a few more people who decided to join this event for a quick morning run before their afternoon workout at the Partners for Wellness Center. Each participant received a USPHS button to wear. A short welcoming address was shared as a reminder to bring awareness to our country's affliction with Addiction, Mental Health, and Obesity. Running or walking for one of these causes gives motivation in moving towards a healthy goal to

strive for, as well as, focus on a cause to which one might have significant ties. This annual event held "virtually" was great for actively involving our local community in a national event to promote better health and fitness. One elder participant mentioned how committed she is to being active and joining this local event was a fun way to start her morning! Another one of our last minute entries came in first place. It was a perfect morning for this event and a great participant turnout!





2019 USPHS Promotion Ceremony Photos



Killer Whale COA Adopts a Highway

Submitted by LCDR Adele Davis
(Choctaw Nation of Oklahoma)

One misty evening in Juneau, Alaska, five dedicated officers walked a mile of the North Douglas Highway improving the environment by picking up trash. This act of service was part of the Adopt-A-Highway event sponsored by the Killer Whale Commissioned Officers Association (COA).

In attendance were Indian Health Service (IHS) Officers from 3 regional areas (Juneau, Anchorage, and White River, Arizona) and 2 categories (Pharmacy & Dental). Adopting a highway is a great public service activity that incorporates social interaction, good exercise, and beautification of our roadways and towns. The Department of Transportation (DOT) reports that 51.2 billion pieces of trash is left on US roadways equating to 6,729 pieces of liter per mile.

The Killer Whale COA with its small core of dedicated officers has been maintaining this stretch of highway since 2014 and sponsors clean up events at least 3 times a year.

The Killer Whale COA tips and tricks for highway clean-up:

- Dress for the weather (layers and comfortable shoes)



- Ensure highway safety with road cleanup signs and bright safety apparel (often provided by your local DOT)
- Gather your supplies: Trash bags, gloves, hand sanitizer, grab it claw (optional but recommended)
- Park your cars in safe areas and always be prepared for emergency situations (First Aid Kit, Narcan, etc.)
- Be aware of local dangerous wildlife and be prepared (i.e. Bear spray in Alaska! We did get attacked by a wild dog...)
- Bring a sense of Fun and good Cheer and take lots of pictures!!

The Killer Whale COA encourages all officers and COA branches to give back to our earth by adopting their own stretch of highway! If interested in this type of service activity, contact your local DOT to see what opportunities are available!

Upcoming Meetings/Trainings for Health Professionals

Submitted by LCDR Lindsay Edwards, PharmD, BCPS (Eastern Band of Cherokee Indians)

February 18-21, 2020
6th International Meeting of Indigenous Women's Health
Albuquerque, NM

May 17-19, 2020
11th Annual NIHB National Tribal Health Summit
Omaha, NE

April 14-16, 2020
Native Women and Men's Wellness and Diabetes Prevention Conference
San Diego, CA

June 15-16, 2020
11th Annual Native American Healthcare Conference
Temecula, CA

June 15-18, 2020
55th USPHS Scientific & Training Symposium
Glendale, AZ

June 29 - July 1, 2020
3rd Annual National Native Research Training Conference
Temecula, CA

Back to School

Submitted by LT Bobi D. Tallman,
Written by Matthew Budder

As the summer ends, local schools are preparing for another year of great classroom teaching. Kenwood Public School, located on the Mayes/Delaware County line in Oklahoma, is one school we'd like to highlight. Kenwood is a small school district providing education to grades K-8, averaging about 90 enrolled students. The Kenwood School student demographic consists of approximately 98% Native American students, most being Cherokee.

LT Bobi Tallman, Claremore Indian Hospital Nurse and Care Manager, was a guest at Kenwood's annual Open House. The event provides students, parents and grandparents the opportunity to meet staff, teachers, and school administration. Prior to the school tour, a cook-out-style meal was provided to approximately 95 students, families, staff and guests.

LT Bobi Tallman gave a speech to inspire students and parents. She shared personal background information, triumphs and hurdles she conquered to get where she is today. She also provided information on a few of our health programs available, where she, personally, works with patients and anyone who is interested. Other guests at the open house were the Boys and Girls Club of Delaware County and Cherokee Nation "SoonerCare" (state Medicaid program) employees.



LT Tallman performing presentation to Kenwood, OK students.

A mission group from Missouri provided 100 backpacks full of school supplies for the students. In addition, the nurses at Pryor Hillcrest Hospital provided disinfectant wipes, hand sanitizer, and additional school supplies to the students. It was an overall enjoyable event.



Greetings AIANCOAC! If you are interested in learning more about Public Health, and even more specifically, Public Health in American Indian/Alaska Native (AI/AN) communities, the Johns Hopkins Public Health Training Certificate for American Indian Health Professionals (PHTC) Program through the Center for American Indian Health (CAIH) is an excellent program to consider. My Public Health journey with Johns Hopkins started in 2017. I applied for the program, received a scholarship from CAIH, and was awarded to take one public health course in Baltimore, MD at the Johns Hopkins Bloomberg School of Public Health. After my first course, I was 100% engaged and committed to completing all the courses to receive my Certificate of Public Health. Being a part of the Hopkins CAIH family has been so rewarding both personally and professionally. Over the 2 year program, I met so many influential and motivating AI/AN students from all over the country and have learned so much from incredible Johns Hopkins faculty. The program creates a space where students are able to freely share their Indigenous perspective as it relates to healthcare in our Native communities. The program fosters interdisciplinary approaches to public health through a range of class group discussions, presentations, article readings, and engaging lectures from Indigenous faculty members from the United States and Canada. I'm thankful for the opportunity to be a part of such an amazing program and hope you find this information insightful and helpful.

The Johns Hopkins Center for American Indian Health for-credit Certificate is made up of three core courses plus five electives, totaling 18 credits. If you enter a degree program at the School of Public Health, those credits, once successfully completed, can be applied and many times students can transfer those credits to graduate programs at other universities. The courses are held at the Johns Hopkins Bloomberg School of Public Health in Baltimore during the Summer and Winter Institute. There is a list of all their courses, with descriptions, and when they're offered, which can be viewed here: <http://caih.jhu.edu/training/course-offerings/>. Any questions? Please contact Olivia Trujillo at 410-955-6931 or otrujil2@jh.edu (Baltimore office).

AIANCOAC Supports One Another

Submitted by CDR Velliyah Craig-Beauvais, Diné (Navajo)

It's not uncommon to encounter American Indian or Alaska Native officers who have not heard of the AIANCOAC. It's important to meet with these individuals as we invite everyone to join in our conversation, as we need each other to grow. We gather each month to share stories and ideas, to support each other's efforts and strengthen officership. The Mentoring and Career Development Subcommittee provides monthly guidance on professional and non-professional activities, mobility, and keeping up with important

documents. In addition, junior officers may seek to be matched with a mentor if needed, which also gives senior officers the opportunity to be mentors. We recently held a roundtable consisting of officers sharing their stories of their unique journeys as officers and individual values they obtained. This gave many people insights on the advantages of mobility and participation. If you are interested in getting a mentor, or want to be one, please inquire with us as soon as possible.

We have many senior officers available in all categories willing to assist you in order to prepare for promotion readiness. If you have documents that you could use help with, please do not hesitate to inquire with our subgroup to help you. It's always best to seek out our services sooner rather than later so the person looking at your documents can have ample time to review and provide quality input. We will soon provide a Promotion presentation (date to be announced). Together, as AIANCOAC, we can learn, grown and achieve.



Dr. Naomi Lee, Dr. Joshua Allison-Burbank, Dr. Timian Godfrey, Dr. Shannon Saltclah, and Dr. Kyle Hill. All received their Training Certificate for American Indian Health Professionals at Johns Hopkins Bloomberg School of Public Health in July 2019.

Dr. Shannon Saltclah in attendance for the American Indian Health Professionals at Johns Hopkins Bloomberg School of Public Health in July 2019.





1. LT Perry
2. L to R: LT Perry, RADM. Taylor, LT Chapman
3. L to R: LT Perry, LT Chapman

OBC-113

Submitted by LT Arrol Perry (Navajo)

Yá'át'ééh! My name is Arrol Perry. Currently, I am completing my PGY-1 residency with Indian Health Service (IHS) at the Santa Fe Indian Hospital. I am from St Michaels, Arizona located on the Navajo Nation. This past spring, I graduated from Midwestern University in Glendale, Arizona with my Doctor of Pharmacy degree or PharmD. I am very passionate and excited to start my career as a licensed pharmacist especially serving my American Indian/Alaskan native communities with IHS.

Recently, I attended and graduated from officer basic course (OBC) in OBC class 113. This was an amazing and life changing opportunity for me. It feels very rewarding to finally be part of the United States Public Health Service (USPHS) Commissioned Corps. All the dedication, determination, and time has finally paid

off, now I am proudly in uniform as an officer.

I was confined to the southwest region of the United States (US) for most of my life, as I grew up on the Navajo reservation and completed all of my post-secondary education in Arizona. This opportunity allowed me for the first time to be on the east coast of the US. I was able to experience the DC metropolitan area, and visit various memorials and art exhibits.

At OBC training, I was able to network with fellow officers in various agencies like the CDC, IHS, and FDA. It was so great to build relationships and make connections. My squad, Squad 3, were very honored to receive the award for Honor Squad! This experience also brought all of the IHS Commissioned Officer residents closer

together. My experience led me to set high expectations for me to challenge myself in order to become a successful Commissioned Corps Officer. I ultimately want to make an impact on our native communities.

A big highlight of the OBC was when RADM Brandon L. Taylor pinned LT Chapman and me during our pinning ceremony. We embodied and represented our American Indian communities. It was also very nice to meet LT Chapman from Kayenta, AZ. In pharmacy school, I was the only American Indian in the college of pharmacy, so it was nice to meet another Diné community member! To this day, I reflect back on these experiences and remember how grateful I am to be part of the USPHS Commissioned Corps.



Keeping Tobacco Sacred

Submitted by CDR Velliyah Craig-Beauvais (Navajo)

At this year's Diabetes in Indian Country conference in Oklahoma City, Oklahoma, AIANCOAC member CDR Velliyah Craig-Beauvais presented "Take Control by Eliminating the #1 Self-Limiting Health Risk Factor: Commercial Tobacco". This is one of many presentations that she has given to promote keeping traditional tobacco sacred and eliminate commercial nicotine abuse. Her messages consisted of education about the differences between traditional and commercial tobacco, the behavioral and physical components of commercial nicotine dependency, as well as basic descriptions of brief though intensive tobacco interventions. In these presentations, she typically talks about how both nicotine replacement medication and counseling can enhance successful rates of quitting. Com-

mercial tobacco use is the number one self-eliminating health risk factor negatively impacting our American Indian/Alaska Native adolescent and adult patients today.

Currently, CDR Craig-Beauvais is the Clinical Director of the Nicotine Cessation clinic at Phoenix Indian Medical Center (PIMC), the largest Indian Health Service facility in the United States. She supervises 16 Nicotine Cessation Pharmacy Experts who provide intensive medically proven intervention practices. These providers surpass the National Quit Rate of 19-23%, helping many patients quit at PIMC (58% quit rate), as well as the Yavapai Apache Healthcare Center (72% quit rate), 100 miles north of metropolitan Phoenix.

With the AI/AN population being the highest ethnic population affected by commercial tobacco, she is very active to do her part in eliminating this dependency to improve overall wellness. As a result, she is a certified Nicotine Cessation instructor for providers, Marketing Chair of the Nicotine Cessation Services Workgroup (NCSAW) Training Resources Recognition Program (TRiP) and Advisory Committee Member on the Arizonans Concerned About Smoking (ACAS) workgroup. Her goal is to take every opportunity to eliminate the #1 self-eliminating health risk factor adversely affecting our patients and peers.



Changing Winds:

Public Health and Indian Country

Submitted by CAPT Carmen Clelland, (Cheyenne and Arapaho), Wendy F. Holmes, and Louise E. Shaw

“Today we are again evaluating the changing winds. May we be strong in spirit and equal to our father of another day in reading the signs accurately and interpreting them wisely.”

The National Congress of American Indians, 1960s

On September 21, 2019, the David J. Sencer CDC Museum at the Centers for Disease Control and Prevention in Atlanta welcomed more than 1,000 visitors to the opening day of the Changing Winds: Public Health and Indian Country exhibit. Three years in the making, Changing Winds celebrates the contributions of American Indians and Alaska Natives (AI/AN) to public health. Aligning good health and wellness with the traditional

ways of knowing is at the forefront of culture, language, and practices across AI/AN communities—both rural and urban.

The spark of the idea for the Changing Winds exhibit came from a Navajo woman, who suggested that CDC spotlight American Indians in public health. That simple suggestion started CDC’s endeavor of collecting firsthand stories that align good health

and wellness with AI/AN traditions. Beginning in 2017, CDC solicited stories, carefully reviewed each one, visited Indian Country where the stories took place, talked to members of AI/AN communities, and listened to their stories about the impact of Native culture and traditional practices on health. CDC then wove the stories, artifacts, and documents into this compelling Changing Winds exhibit.



Changing Winds Title Wall



Thunder Valley Powwow Sweat

The storytelling in Changing Winds is especially poignant, given the fundamental role storytelling has in AI/AN communities, and how it is helping to maintain their good health and wellness. The exhibition features these five stories:

- “Sin Nombre Hantavirus and the Navajo Nation—1993 and Today” is an examination of the historic 1993 “mystery disease” investigation that brought together Navajo public health leaders, traditional medicine, CDC, and other federal and state public health professionals to identify a previously unknown hantavirus. Today, Navajo Nation is working closely with CDC on Hantavirus pulmonary syndrome prevention and control strategies.
- “Making a Difference: The Čanlí Coalition and Smoke-Free Policies on the Cheyenne River Reservation” chronicles the heroic efforts of multi-generational activists to pass comprehensive smoking policies on the Cheyenne River Reservation in South Dakota, and the Coalition’s

continuing efforts to reclaim the use of sacred tobacco, such as čanšáśá (pronounced cha-SHAH-shah) used by Lakota people in tribal ceremonial practices.

- “Children Are Sacred: Family Spirit Home Visiting Program” presents the culturally informed home visiting program designed for, by, and with American Indian families. Developed in the mid-1990s at the Johns Hopkins Center for American Indian Health in partnership with Navajo Nation, as well as the White Mountain and San Carlos Apache tribes, the program now reaches more than 125 rural and urban tribal communities and three non-tribal communities across 20 US states. This story is complemented by an installation of cradleboards representing various tribal traditions.
- “Thunder Valley Community Development Corporation: Creating Ecosystems of Opportunity” presents the inspiring story of a group of young people on the Pine Ridge Reservation in

South Dakota. Twelve years ago, they envisioned a new type of tribal community that addressed issues of housing, education, poverty, food equity, and reclamation of Lakota arts and culture. Now Thunder Valley is realizing its vision.

- “Powwow Sweat” is a series of videos produced by the Coeur D’Alene tribe in Idaho. The fun videos encourage people to exercise by moving to traditional steps led by tribal members.

The health and wellness of AI/AN people is a complex challenge. With cultural practices, traditional teachings, and modern solutions, however, the future is bright for AI/AN communities and their continuing story in our nation’s history. Learning from our elders and applying their wisdom is essential to “reading the signs accurately and interpreting them wisely.”

Changing Winds: Public Health and Indian Country is open to the public through May 1, 2020.



The Strength of Diné Women

Submitted by CDR Janet Hayes, Diné (Navajo)

In the Diné (Navajo) way of life, women nurture, support and provide guidance in order to create a harmonious balance in the family structure. Traditionally, Diné women bring forth ideas and hold a variety of leadership roles. These roles occur in the home, with extended families or within the community. Diné women have always been at the core of social and economic control in their family and lead a strong position. Diné culture is traditionally a matrilineal society, meaning that one's clan identity is originated from the female. In an introduction, a Diné person will first introduce him/herself by naming the maternal clan first, followed by the paternal clan. Changing Woman, the ultimate deity of the Navajo traditional religion, represents the many roles a woman takes on in her lifetime. Changing Woman also created the first Navajo clans and guidelines for living and created the matrilineal clan system.



In celebration of Native American & Alaska Native Heritage Month, some of the Diné women officers of the USPHS Commissioned Corps at Northern Navajo Medical Center, Shiprock, NM gathered to display their native Diné traditional attire. As they wear many hats as an officer and as health professionals (or as a mother), at the end of the day, they are reminded as Diné women their work is never done.

AhéHee' (Thank You!)

L to R: LCDR Shealyn Lucero (Navajo), CDR Janet Hayes (Navajo), CDR Kari Wato (Navajo), LTJG Melendy Caboni (Navajo), LCDR Robbin Tanner (Navajo)

2019 USPHS Promotion List

Submitted by CDR Janet Hayes, (Navajo)

Congratulations to the new promoted officers for 2019!

RADM Brandon Taylor

Agency and Duty Station: Indian Health Service, Headquarters, Rockville, MD
Category: Pharmacy
Tribe: Seneca Cayuga Nation

CAPT Michael Bartholomew

Agency and Duty Station: Administration for Children and Families, Office of Refugee Resettlement, Washington, DC
Category: Physician
Tribe: Kiowa

CAPT Jennifer Giroux

Agency and Duty Station: Indian Health Service, Great Plains Area Office, Aberdeen, SD
Category: Physician
Tribe: Rosebud Sioux

CAPT Dana Hayworth

Agency and Duty Station: Indian Health Service, Clinton Indian Health Clinic, Clinton, OK
Category: Nurse
Tribe: Eastern Shawnee Tribe of Oklahoma/Cherokee Nation

CAPT James Warner

Agency and Duty Station: United States Coast Guard, Air Station Clearwater Medical Clinic, Clearwater, FL
Category: Physician
Tribe: Ho-Chunk Nation, Wisconsin Winnebago
*EPP

CDR Dodson Frank

Agency and Duty Station: Indian Health Service, DCPS, Oklahoma City, OK
Category: HSO
Tribe: Seminole/Creek

CDR Rolanda Frank

Agency and Duty Station: Indian Health Service, Gallup Indian Medical Center, Gallup, NM
Category: Engineer
Tribe: Diné (Navajo)

CDR Rachelle Green

Agency and Duty Station: Indian Health Service, Fort Yuma Health Center, Winterhaven, CA
Category: Pharmacy
Tribe: Choctaw

CDR Janet Hayes

Agency and Duty Station: Indian Health Service, Northern Navajo Medical Center, Shiprock, NM
Category: HSO
Tribe: Diné (Navajo)

CDR Seneca Smith

Agency and Duty Station: Indian Health Service, Pawnee Indian Health Center, Pawnee, OK
Category: HSO
Tribe: Muscogee (Creek) Nation and Alabama-Quassarte (Tribal Town)

CDR Shannon Lowe

Agency and Duty Station: Indian Health Service, Haskell Indian Health Center, Lawrence, KS
Category: Pharmacy
Tribe: Chickasaw

LCDR Verdaleen Denetdale

Agency and Duty Station: Indian Health Service, Northern Navajo Medical Center, Shiprock, NM
Category: Dietitian
Tribe: Diné (Navajo)

LCDR Kenneth Stearns

Agency and Duty Station: Indian Health Service, Western Oregon Service Unit, Salem, OR
Category: Pharmacy
Tribe: Chickasaw Nation

LCDR Robbin Tanner

Agency and Duty Station: Indian Health Service, Northern Navajo Medical Center, Shiprock, NM
Category: Nurse
Tribe: Diné (Navajo)

LT Sara Kernell

Agency and Duty Station: Indian Health Service, Lawton Service Unit, Lawton, OK
Category: Nurse
Tribe: Muscogee (Creek) and Seminole

AIANCOAC Website:
<https://dcp.psc.gov/osg/aiancoac/>

AIANCOAC Leadership

Chair | **CDR Dodson Frank** Seminole

Vice Chair | **LCDR Shannon Saltclah** Diné (Navajo)

Secretary | **LCDR Kenneth Stearns** Chickasaw Na-
tion

Treasurer | **LCDR Karsten Smith** Cherokee & Creek

Senior Advisor | **CAPT Dana Hayworth** Cherokee Na-
tion and Eastern Shawnee Tribe

AIANCOAC VOTING MEMBERS

CAPT	Warner, James	2017-2019	CDR	Craig-Beauvais, Velliyah	2019-2021
CDR	Goodwin, Robin	2017-2019	CDR	Hayes, Janet	2019-2021
LCDR	Davis, Adele	2017-2019	CDR	Henson, Mike	2019-2021
LCDR	Lucero Karly	2017-2019	CDR	Frank, Dodson	2019-2021
LCDR	Saltclah, Shannon	2017-2019	CDR	Wasson, Lynette	2019-2021
LCDR	Smith, Samantha	2017-2019	CDR	Wato, Kari	2019-2021
LCDR	Stearns, Kenneth	2017-2019	LCDR	Beardslee, Amber	2019-2021
CDR	Cummins, Carol	2018-2020	LCDR	Denetdale, Verdaleen	2019-2021
CDR	Freiberg, William	2018-2020	LCDR	Junes-Harvey, Juliane	2019-2021
LCDR	Smith, Karsten	2018-2020	LCDR	Schossow, Melissa	2019-2021

AIANCOAC ADVOCATES

CDR	Bartholomew, Michael	2017-2019	LT	Holiday, Charisse	2018-2020
CDR	Tagliaferri, Geri	2017-2019	LT	Kernell, Sara	2018-2020
LCDR	Dele, Lessina	2017-2019	LT	LaMere, Jennifer	2018-2020
LCDR	Weise, Karla	2017-2019	CAPT	Hayworth, Dana	2019-2021
CAPT	Giroux, Jennifer	2018-2020	CDR	Nichols, Cara	2019-2021
CDR	Lowe, Shannon	2018-2020	CDR	Ruano-Rossil, Jorge	2019-2021
CDR	Maxon, Jeff	2018-2020	CDR	Sampson, Lindsay	2019-2021
CDR	Meredith, Maury	2018-2020	CDR	Smith, Jonathan	2019-2021
LCDR	Battese, Angela	2018-2020	LCDR	Edwards, Linsdsay	2019-2021
LCDR	Lucio, MacArthur	2018-2020	LCDR	Johnson, Kristi	2019-2021
LCDR	Sampson, Docia	2018-2020	LCDR	Standing Soldier, Tasha	2019-2021
LCDR	Smith, Seneca	2018-2020	LT	Valdez ,Brian	2019-2021
LCDR	Uttchin, Venus	2018-2020			

**AIANCOAC Newsletter
Workgroup**

Editor in Chief
LCDR Verdaleen Denetdale

Copy Editors
CDR William Freiberg
CDR Shannon Lowe

Editors
CDR Shannon Lowe
LCDR Lindsay Edwards
LCDR Nancy Scheraga
LCDR Venus Uttchin
LCDR Erica Zimprich
LT Sara Kernell
LT Abigail Petrulis

Contributors
CAPT Carmen Clelland
CDR Velliyah Craig-Beauvais
CDR Carol Cummins
CDR Dodson Frank
CDR Janet Hayes
CDR Robin Goodwin
CDR Geri Tagliaferri
LCDR Casey Cavanaugh
LCDR Adele Davis
LCDR Lindsay Edwards
LCDR Shannon Saltclah
LCDR Robbin Tanner
LT Arrol Perry
LT Bobi Tallman
Wendy F. Holmes
(Agency: Center for Disease Control)
Louise E. Shaw
(Agency: Center for Disease Control)

**Photo Credits– Native American Heritage
Month**

CDR Robin Goodwin
CDR Loretta Haven
CDR Janet Hayes
CDR Joseph Jones
CDR Joyce Oberly
LCDR Jay L . Andrews
LCDR Angela Battese
LCDR Casey Cavanaugh
LT Sara Kernell

Photo Credits– USPHS Ceremony

RADM Brandon Taylor
CDR Janet Hayes
LCDR Donovan Darwin

American Indian & Alaska Native Commissioned Officers Advisory Committee Newsletter



Winter 2019