



## May 2025 Newsletter

**Mission statement:** The mission of the AACIHC is to advocate for increasing access to high quality health care programs for all American Indians in Arizona.

### At-a-Glance

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### Director's Note

Greetings everyone!

Hope everyone is doing well as we enter soon into the official start of summer. June is also health awareness month for many health topics, one of which I would like to share with you...Alzheimer's and Brain Health Awareness. June is set aside to raise awareness of Alzheimer's. Understanding risk factors and prevention strategies can help to reduce the risk of this progressive neurological (brain) disorder.



**Dr. John Molina**

*Director, Arizona Advisory  
Council on Indian Health Care*

Changes seen with Alzheimer's are memory loss, inability to solve problems, confusion with time or place, and changes in behavior that eventually lead to a person's inability to perform their normal daily activities. The risk of developing Alzheimer's increases with age, most people being over the age of 65. However, young adults can also get Alzheimer's, but it is less common. Practicing good brain health may lower the risk of getting Alzheimer's. These daily brain practices include keeping your brain active by learning a new skill or taking classes on a topic of interest, regular exercise or body movements to increase flow of blood to your brain, not smoking, controlling any blood pressure and diabetes problems, eating healthy foods that are low in fat, maintaining a healthy weight and getting enough sleep. Our Native American people recognize the importance of living a healthy and holistic lifestyle, by understanding the interconnectedness of physical, mental, social and spiritual wellbeing, which can also contribute to good brain health. For more information on Alzheimer's and Brain Health visit:

<https://www.alz.org/abam/overview.asp>.

As always, I hope you find this month's newsletter informative and helpful. Our staff are always available to serve as a resource for any question(s) you may have, so please do not hesitate to contact us. In the meantime, we all wish you a very happy and safe summer...stay hydrated!

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## AACIHC Agency Updates

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### Intern Highlight



# Intern Highlight

*"Ya'át'ééh. Naakai dine'é nishlį́. Tábaqhá bashishchiin. Kinyaa'áanii dashicheii. Honágháahnii dashinalí. Hello, my name is Diedre' Goodluck. I am of the Mexican Clan, born for the Edgewater Clan, my maternal grandfather is of the Towering House Clan and my paternal grandfather is of the One Who-Walks-Around Clan. I am Dine' (Navajo) and originally from Coalmine Mesa, Arizona in the Western Navajo Agency. I am a recent graduate of the Master of Public Health- Indigenous Health track program at Northern Arizona University. My Applied Practice Experience as a Policy Analyst Intern with the Arizona Advisory Council on Indian Health Care centered on addressing health system gaps impacting Tribal communities, where I supported efforts to promote health equity through policy advocacy and culturally grounded public health education.*

*I look forward to continuing my work at the intersection of research, advocacy, and systems change to support the health and well-being of Tribal nations. I am passionate about advancing community-led initiatives, strengthening Tribal public health systems, and expanding educational access for Indigenous students. In my free time, I enjoy traveling, attending live shows and concerts, and sewing traditional skirts. "*

## Diedre's Contributions:

- Developing educational materials to help tribal community members identify safe and licensed sober living homes
- Creating an advocacy brief for tribal leaders and policy stakeholders that emphasized the need for culturally informed oversight of recovery services.

## Diedre' Goodluck

Northern Arizona University - Masters of  
Public Health, Indigenous Health Program



AMERICAN INDIAN  
HEALTH-AHEC

## AIH-AHEC Supports A Sports Injury Clinic at Hopi Jr/Sr High School

On Tuesday, May 28th, the American Indian Health - AHEC partnered with Hopi Health Care Center and Hopi Jr./Sr. High School to host a Sports Injury Clinic for coaches. The clinic was designed to improve injury

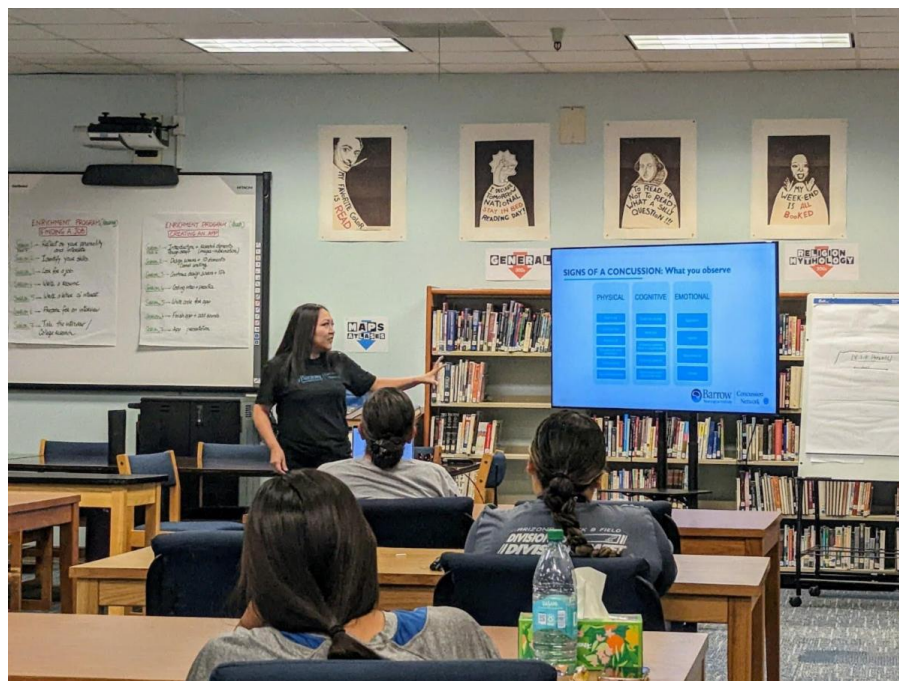


prevention, assessment, and immediate care strategies for student athletes.

This special event was organized by AIH-AHEC intern Aisley Axtell, a student in the Sports Science & Performance Programming program at Arizona State University, as part of her commitment to advancing health education in tribal communities.

Held at Hopi Jr./Sr. High School, the session welcomed nine school coaches who participated in an engaging, hands-on training led by:

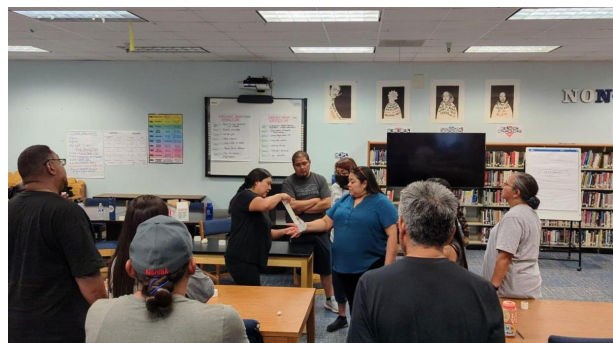
- Dr. Yvette Brown-Shirley, MD (Barrow Brain Injury & Sports Neurology Center)
- Alyssa Fredericks, Athletic Trainer
- Alexandra McLafferty and Jihan Fajut, AIH-AHEC Scholars and NAU PT students



Key topics included:

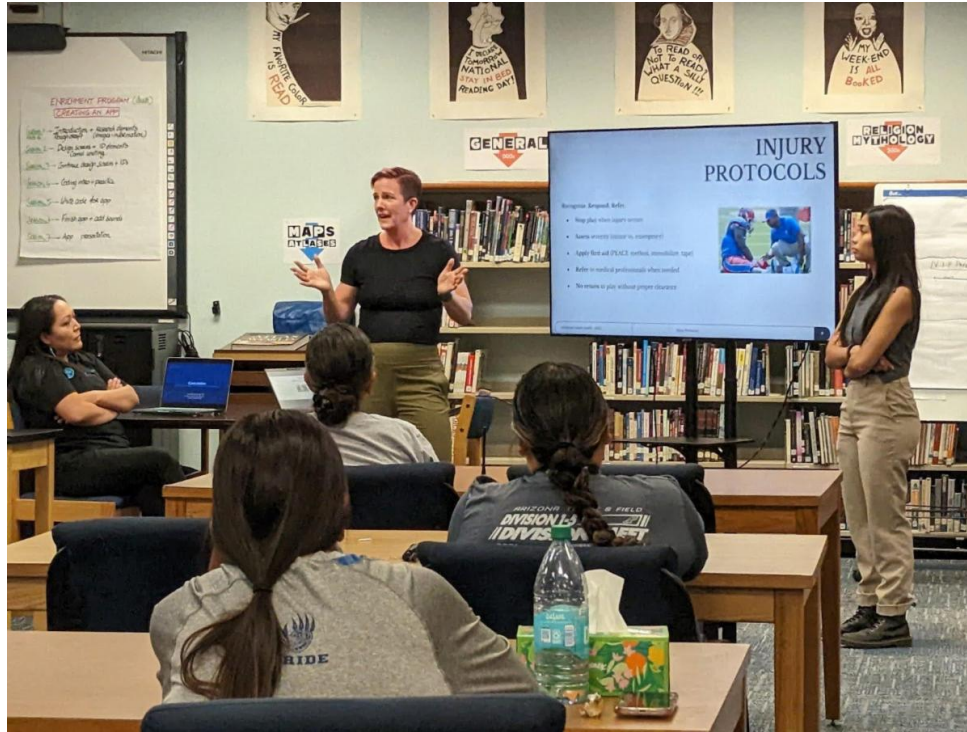
- ✓ Emergency protocols and injury severity
- ✓ Concussion awareness and return-to-play rules
- ✓ “Stingers” and when to seek emergency care
- ✓ Hands-on taping/wrapping practice
- ✓ Cultural considerations
- ✓ Importance of pre-season conditioning

Coaches play a vital role on and off the field—supporting, guiding, and protecting student athletes. This clinic empowered coaches with tools,





protocols, and a two-page injury cheat sheet to ensure student safety. This clinic reflects AIH-AHEC's ongoing commitment to health education efforts guided by tribal requests. Our work supports tribal communities through projects that bridge healthcare, education, and student development.



## Want to learn more about AIH-AHEC?

Contact Brooke Rector, AIH-AHEC Coordinator, at  
[Brooke.Rector@aacihc.az.gov](mailto:Brooke.Rector@aacihc.az.gov)

## Legislative Updates



Every year, the AACIHC identifies and tracks legislative bills that may have a potential impact on the American Indian health care system in Arizona. Please see the information below on the bills we are currently tracking:

[www.aacihc.az.gov](http://www.aacihc.az.gov)

The AACIHC identifies and tracks legislative bills that may have a potential impact on the American Indian health care system in Arizona. Please scan the QR code to see the bills we are currently tracking!

If you have any questions regarding AACIHC's Policy Initiatives, please reach out to: Corey Hemstreet, Legislative Specialist |  
Email: [corey.hemstreet@aacihc.az.gov](mailto:corey.hemstreet@aacihc.az.gov)



## Tribal Health Advisory Workgroup (THAW)

### Upcoming THAW Meetings

We invite you to join the Tribal Health Advisory Workgroup (THAW) community—a tri-agency collaboration between the Arizona Department of Health Services (ADHS), the Arizona Health Care Cost Containment System (AHCCCS), and the Arizona Advisory Council on Indian Health Care (AACIHC). THAW is dedicated to strengthening State-Tribal partnerships and ensuring meaningful Tribal input in public health and health care planning across Arizona.

THAW Objectives



- **Support and Enhance Collaboration:** Strengthen partnerships between state agencies, Tribal Nations and leaders, Indian Health Services (IHS)/638 Tribal facilities, Tribal Regional Behavioral Health Authorities (TRBHAs), and Urban Indian Organizations (UIOs) to ensure coordinated Tribal health initiatives.
- **Ensure Meaningful and Diverse Input:** Provide a platform for Tribal voices to shape health-related programs, policies, and services in a timely and impactful manner.
- **Facilitate Information Sharing:** Promote the exchange of information, feedback, and insights between state agencies, Tribal Nations, UIOs, TRBHAs, and IHS/638 facilities to improve health outcomes for Tribal communities.

**Sign Up Now** to receive THAW updates and stay informed on all our initiatives, register here: <https://lp.constantcontactpages.com/sl/sHg5urD>

## Sign Up for AACIHC News Updates & Newsletters!

[Sign Up Here!](#)

Stay up to date and access more information about our agency! Click or scan the QR Code below to learn more!



# AACIHC's Office Location



**Arizona Advisory Council  
on Indian Health Care  
AHCCCS | 801 E. Jefferson  
Street, MD 4600  
Phoenix, AZ 85034**

**Office #: (602) 542-5725**

*The AACIHC, utilizing its knowledge of Indian healthcare issues and tribal sovereignty, serves as a resource for Tribal governments and the State of Arizona, and supports prevention, training, education, and policy development as the keys to meeting the unique health care needs of the Arizona Indian population.*

**AZ Advisory Council on Indian Health Care  
602-542-5725**

Visit the AACIHC  
website

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