



Secondhand Smoke Protections in Tribal Communities

Mission and Core Values

To provide commercial tobacco secondhand smoke awareness and resources to New Mexico tribal communities, improving health outcomes.

Respect, Culture, Family Responsibility to Community, Humility, Health, Love, Empowerment, Sustainability, and Community

Community Success

Ramah Navajo 8th Grade Rite of Passage Empowerment

Twenty five eighth graders filled the Pine Hill School gymnasium on May 23, 2018 along with their family, friends, and loved ones to join in celebration for the 8th Grade Rite of Passage Ceremony.

[Smoke Free Signals](#) Outreach Coordinator, Jovian Henio, attended the ceremony as guest speaker. Jovian's messaging, usually centered around secondhand smoke protections and empowering environmental policy change, was modified to be what he felt the students really needed to hear.

Jovian, a Pine Hill HS alumni, encouraged the students as they continue into their next phase of education and the importance of education, not only within the classroom, but outside as they continue in life.



Jovian used the acronym **EMPOWER** to encourage students and audience members to make positive change in their lives and in the community:

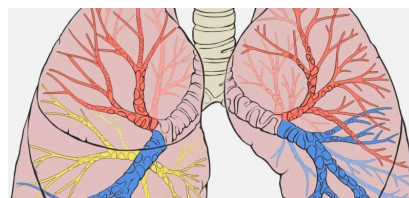
- E** - Education - You will always be continuously learning, even once you leave the classroom.
- M** - Make a Plan - Take what you learn to make a plan and set goals for yourself.
- P** - Practice - Everyone has skills and assets. If you want to get better you must put in the time to hone those skills.
- O** - Outcome - the results of education, making a plan, and practice.
- W** - Work - You must be constantly working. Working to change and improve your plan and to improve your skills.
- E** - Empower others by positive words of encouragement.
- R** - Respect - Respect yourselves, those around us, and the environment.

Tobacco in the News

Keep Breathing: Maintaining Healthy Lungs

The top recommendation for healthy lungs from the American Lung Association is to never smoke cigarettes. Beyond that, they say to avoid exposure to air pollution and other contaminants, prevent infections and get regular check-ups. Some of those are easier to follow than others.

Lung cancer remains the second leading cause of death among America Indians and Alaska Natives. In this edition of [Native America Calling](#), they talk with health experts about some simple ways to protect the organs responsible for the one of the most basic functions that sustains life.



Event Calendar

Community Health Summit: The Lifecycle of Commercial Tobacco



Who should attend: All interested in beginning or strengthening their commercial tobacco prevention and cessation programs

When: Wednesday, June 20, 2018
10:30 AM to 3:00 PM

Where: The Pueblo of Acoma Tribal Auditorium

How to register: <https://nmiahealthsummniteventbrite.com>

All who participate in the full training will receive a certificate of completion and be **eligible for 4 self-select CEUS for CCHWs.**

Travel stipends are available on a first registered, first served basis.

Lunch will be provided.

Contact Lesley Stephens with any questions at lstephens@keresnm.com or 505-314-5467

What now?

We encourage you to read all the articles in this and upcoming newsletters, and to share and forward these emails to people within your network to help keep everyone up to date!



This is a free notification service that provides the latest on commercial and traditional tobacco news, events, topics and successes.

View an archive of past newsletters [here](#). Sign up to receive future newsletters [here](#).

Smoke Free Signals | 505-837-2104 | smokefreesignals@gmail.com | www.SmokeFreeSignals.com

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