

SMOKE FREE SIGNALS NEWSLETTER

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

Friday, September 18, 2020



MISSION AND CORE VALUES

TO PROVIDE COMMERCIAL TOBACCO SECONDHAND SMOKE AWARENESS AND RESOURCES TO NEW MEXICO TRIBAL COMMUNITIES, IMPROVING HEALTH OUTCOMES

WELCOME TO OUR BIWEEKLY NEWSLETTER

The cold temperatures have arrived! With the fall season arriving, Smoke Free Signals would like to welcome you to our September biweekly newsletter. We strive to provide content about secondhand smoke prevention and free resources that will support your smoke-free and vape-free initiatives.

HIGHLIGHTS

2

Keeping Tobacco Sacred
During COVID-19

3

Community Health Leader
Application Announcement

4

FREE RESOURCES!

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

Keeping Tobacco Sacred During COVID-19

The COVID-19 pandemic have made its way through many tribal communities in the United States. When each tribal community prepared its own guidelines to protect its members, many tribal communities closed down. As recommended by state and health officials, many tribal communities enacted a stay-at-home order. This concept of “stay-at-home” meant more for American Indian families. Due to family dynamics in Native communities, many homes were multigenerational. Working and attending school at home has given many families the opportunity to reconnect with their traditional language, culture, and food.

Among many opportunities offered during this pandemic, tribal community members can utilize this time to teach family members about traditional values and knowledge about tobacco. Whether it's sharing stories about tobacco or hiking with family to look for herbs, it's important to maintain cultural knowledge among tribal communities. In efforts to prevent secondhand smoke from commercial tobacco, it is necessary for tribal communities to pass on their respect for traditional tobacco.

What Can You Do To Teach Your Family About Traditional Tobacco

- ◇ Share stories about the tobacco plant.
- ◇ Sharing songs.
- ◇ Taking a walk and looking for different herbs.
- ◇ Speak with an elder about tobacco knowledge.
- ◇ Make an offering and teach family members about the importance of it.
- ◇ Bundle tobacco and store it
- ◇ Share the traditional names for tobacco/tobaccos.

For more information visit:

<https://keepitsacred.itcni.org/tobacco-and-tradition/traditional-tobacco-use/>

Community Health Leadership Program

The Community Health Leadership Program is seeking tribal or tribal-serving organizations to apply for this exciting opportunity! Community Health Leaders will be able to design and implement a policy action plan tailored to their community or organization, and earn \$2,500! The advocacy goal will be focused on secondhand smoke, secondhand aerosol, and commercial tobacco prevention.

DEADLINE TO APPLY:
September 30, 2020

BENEFITS

- ◆ Earn money towards milestones achieved
- ◆ Gain community health advocacy skills
- ◆ Access to letters of recommendations
- ◆ Opportunity to help your Native community and/or organization.



Community Health Leadership Program

The Community Health Leadership Program is seeking tribal or tribal-serving organizations to apply for this exciting opportunity! Community Health Leaders (CHL) will be able to design and implement a policy action plan tailored to their community/ organization. The advocacy goal will be focused on secondhand smoke, secondhand aerosol, and commercial tobacco prevention.

Benefits of being a CHL:

- Earn money towards milestones achieved
- Gain:
 - Community health advocacy skills
 - Letters of Recommendations
- Opportunity to help your Native community

Eligibility:

- Interest with working in commercial tobacco prevention
- Motivated
- Excellent communication
- Knowledgeable about tribal/ organization's community & policy protocols

Deadline to apply:
September 30, 2020

More Info:

Smoke Free Signals
smokefreesignals@gmail.com

ELIGIBILITY

- ◆ Interest with working in commercial tobacco prevention
- ◆ Motivated
- ◆ Excellent communication
- ◆ Knowledgeable about tribal or organization's community and policy protocols.

To access applications and for more information visit:

<https://www.smokefreesignals.com/chlp>

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

FREE Resources

FREE Window Decals

Everyone shares the same air. Why not share the Smoke-Free and Vape-Free cause with others! Keep your home and vehicle safe by letting others know that your home and vehicle are Smoke-Free and Vape-Free. Request your **FREE** window decal at [**SmokeFreeSignals@gmail.com**](mailto:SmokeFreeSignals@gmail.com)



**This is a
Smoke-Free and
Vape-Free Vehicle**



**This is a
Smoke-Free and
Vape-Free Home**

FOLLOW US ON SOCIAL MEDIA!



Stay active with Smoke Free Signals by following us on our Social Media platform! We keep our page current with the latest news, activities, and initiatives. We also share prevention tips and facts about the dangers of secondhand smoke. Stay up-to-date with Smoke Free Signals TODAY and follow us on Facebook [**@Smoke Free Signals!**](#)

If you would like to unsubscribe from the Smoke Free Signals' biweekly newsletter, please email [**JConcho@keresnm.com**](mailto:JConcho@keresnm.com) to be removed from the listserv directory.

Smoke Free Signals | 505-837-2104 | [**www.SmokeFreeSignals.com**](http://www.SmokeFreeSignals.com)