

# NEWSLETTER

## SMOKE FREE SIGNALS

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

Friday, October 30, 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 breeze has finally come! As winter gets closer, Smoke Free Signals would like to welcome you to our October 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** Our Breath is Sacred: Asthma and Secondhand Smoke

**3** Community Health Leader Application Announcement

**4** **ANNOUNCEMENT**

**5** **FREE RESOURCES!**

## Our Breath is Sacred: Asthma and Secondhand Smoke

Tribal communities across Indian Country believe that breathing is a gift. According to stories, songs, and prayers of respected tribal communities, breath is sacred. Preventing secondhand smoke exposure in the home, vehicle, and workplace is important to keep your lungs healthy and most importantly, sacred. Avoid the dangers of developing lung diseases and triggering individuals who have asthma, by not using commercial cigarettes in your home, vehicle, and workplace.

### What Is Asthma?

Asthma is a chronic disease that affects the lung's airways. When a person has an asthma attack, the airways swell which makes it harder to breathe. The airways get narrow and a limited amount of air enters the lungs. Individuals with asthma may have a build-up of mucus due to cells in the airways producing more than usual. An asthma attack can be triggered when something irritates the airways. In most cases, tobacco and secondhand smoke exposure triggers asthma attacks. There is no cure for asthma, but it can be managed with proper medical attention.

### Symptoms Of An Asthma Attack:

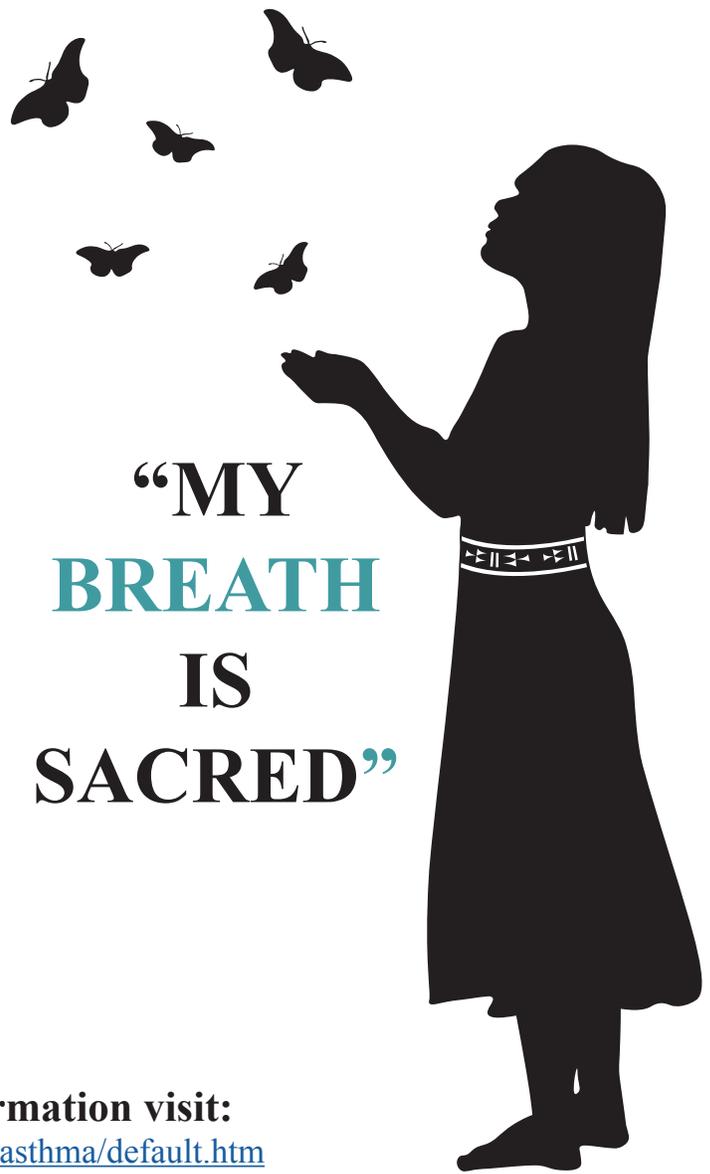
- ◇ Coughing
- ◇ Shortness of Breath
- ◇ Trouble Breathing
- ◇ Wheezing
- ◇ Tightness or Pain in the Chest

**For more information visit:**

<https://www.cdc.gov/asthma/default.htm>

<https://www.cdc.gov/asthma/triggers.html>

“MY  
BREATH  
IS  
SACRED”



# 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.



## 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.

### Eligibility:

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

**Deadline to apply:**  
November 20, 2020

### More Info:

Smoke Free Signals  
smokefreesignals@gmail.com

### Benefits of being a CHL:

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

**DEADLINE TO APPLY:**  
**November 20 , 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.

## 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>

# ANNOUNCEMENT

## New Mexico Allied Council on Tobacco CONTEST

Support New Mexico Allied Council on Tobacco and spread some kindness by participating in the *Spread the Kindness Video Contest!* Enter a short video for a chance to win a FREE Ipad! All you have to do is focus your 60 second video on *Friendship, Comedy, and Living a Commercial Tobacco Free Life.* Submit your video and contact information to [Devona@ChronicDiseasesNM.org](mailto:Devona@ChronicDiseasesNM.org).

As part of our fundraiser we are hosting a Facebook contest for the best 60-second video based on our event theme: Celebrating World Kindness Day.

**Spread the Kindness Video Contest! - Win an iPad!**

	<p><b>Who?</b> ALL AGES WELCOME</p> <p><b>WHAT?</b> Enter a short video for a chance to win a FREE Ipad!</p> <p><b>HOW?</b> Video themes: <i>Friendship, Comedy, Living a Commercial Tobacco Free Life!</i>          Submit an original, creative video up to 60 seconds long reflecting a special friendship, comedy act, or why tobacco prevention is important to you!          SUBMIT YOUR VIDEO &amp; CONTACT INFO TO: <a href="mailto:Devona@ChronicDiseaseNM.org">Devona@ChronicDiseaseNM.org</a>          No obscene language or images          One video per contestant          Need not be present to win          Questions? Contact Devona at <a href="mailto:Devona@ChronicDiseaseNM.org">Devona@ChronicDiseaseNM.org</a></p> <p><b>WHEN?</b> Contest starts Oct 1st and closes October 31st          Winning video will be announced at the NM ACT RAFFLE Fundraiser Event November 13th, 2020 at 3:00 pm via Zoom          Winning video will be posted to the NM ACT Website and Facebook site</p> <p><b>WHERE?</b> NM ACT RAFFLE Fundraiser Event, November 13<sup>th</sup>  <a href="https://newmexicoact.org/nmaction-leadership-awards-raffle/">https://newmexicoact.org/nmaction-leadership-awards-raffle/</a></p> <p><i>Zoom Info: To be provided at a later date</i></p>	 <p><b>Win an iPad!</b></p>   <p><i>iPad donated by: POWERON TECHNOLOGY SERVICES</i></p>
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For more information please contact:  
[Devona@ChronicDiseasesNM.org](mailto:Devona@ChronicDiseasesNM.org).

# 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)

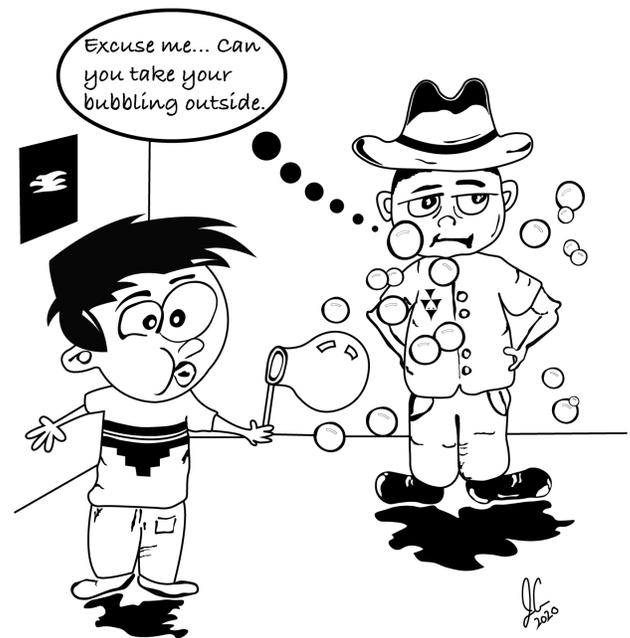


This is a  
Smoke-Free and  
Vape-Free Vehicle



This is a  
Smoke-Free and  
Vape-Free Home

## COMIC: Remember Your Air Is My Air



## 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!](https://www.facebook.com/SmokeFreeSignals)

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)