

MISSION STATEMENT

The mission of Sage Memorial Hospital is to provide quality healthcare for the Diné people with respect, unity, beauty, harmony in honor of K'é and the sacredness of life.

A publication from Sage Memorial Hospital

SAGE NEWS

VISION STATEMENT

Sage Memorial Hospital's vision is to enhance the Diné philosophy of life while delivering innovative healthcare.

SEPTEMBER to OCTOBER 2024



Bee lá'í'dljí (Together/Unity) | Hodíłzin (Sacred) | Hózhó (Beauty/Balance) | 'H'íłj (Respect)



Nursing Recruitment Initiatives at Sage Memorial Hospital



PHOTO - Sage Memorial Hospital Nurses prep rooms with various instruments, and supplies to be used during patient visits. | Photo by Keanu Mitchell

BY KEANU MITCHELL | MEDIA ASSISTANT

GANADO, Ariz. - Valerie Jensen is the Chief Nursing Officer of Sage Memorial Hospital (SMH) and she is currently in the process of recruiting nurses. Jensen is seeking nurses who show authenticity, accountability, integrity, and compassion. She appreciates open-mindedness, a constant willingness to learn, as well as someone who can see the big picture at SMH. "We're doing a lot of

great things here at Sage," said Jensen. "I'd like for this place to attract nurses who are looking to do something new."

SMH integrates Diné philosophy with nursing principles, "Nursing at the core is caring," said Jensen. "Not only taking care of a patient, but actually being caring and showing compassion." Jensen sees a connection between our culture and nursing, and how they can both work together so our nurses can do the best

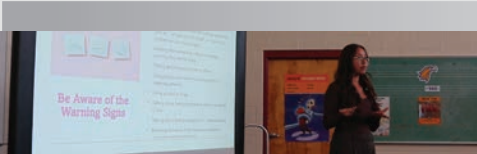
they can and help our patients get better.

Recruiting new nurses brings its own set of challenges, including finding specific types of nurses and attracting them to our rural area. "We don't have a typical infrastructure that would support new hires, especially new people from outside communities," Jensen added. "It is challenging because we are far from cities and specific resources."

Despite the challenges, Jensen

remains determined to overcome these obstacles and sees great potential for growth and expansion at SMH. "We're definitely looking at maximizing the new hospital and what we can do there," Jensen explained. "I'm currently working on rebuilding/strengthening the infrastructure that we have here for nurses."

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SAGE NEWS

THE NEWSLETTER OF
SAGE MEMORIAL HOSPITAL
FOURTH QUARTER FY 2024
(SEPTEMBER TO OCTOBER) NO. 04
PUBLISHED BY
SAGE MEMORIAL HOSPITAL
MARKETING AND PUBLIC RELATIONS
DEPARTMENT.

CHRISTIAN BIGWATER

DIRECTOR OF MARKETING AND PUBLIC
RELATIONS

KARL THOMPSON

MEDIA ASSISTANT
(STUDENT EMPLOYEE)

KEANU MITCHELL

MEDIA ASSISTANT
(STUDENT EMPLOYEE)

BOARD MEMBERS

DELORES J. NOBLE

CHAIRWOMAN

LINDA YOVELLA

VICE-CHAIR

VERONICA CLARK

SECRETARY/TREASURER

ANDREW SIMPSON

BOARD MEMBER

MAYBELLE KELEWOOD

BOARD MEMBER

CONTACT

P.O. BOX 457
US 191 & SR 264
GANADO, AZ 86505
+1 (928) 755-4500
INFO@SAGEMEMORIAL.COM

SOCIAL MEDIA

FACEBOOK.COM/SAGEMEMORIAL
TWITTER.COM/SAGEMEMORIAL
INSTAGRAM.COM/SAGEMEMORIAL

A Message from the Chief of Quality Management



LORI LIVINGSTON
Interim Chief of Quality
Management
Infection Control/Employee
Health Nurse
Sage Memorial Hospital

Keeping your loved ones healthy during their stay at Sage Memorial Hospital (SMH) is a priority. If you're visiting a friend or family member, it's important to be a good visitor and follow the basic principles of infection prevention. This is especially true during flu season.

According to the CDC (Center for Disease Control), influenza (flu) is a serious respiratory disease caused by influenza viruses, which can cause mild to severe illnesses, including cough, fever, sore throat, runny nose and muscle aches. Seasonal influenza activity can begin as early as October and continue to occur as late as May. It is reported, that the flu is associated with approximately 200,000 hospital admissions, and as many as 49,000 deaths annually in the United States. Everyone 6 months of age and older should get a flu vaccine.

You can stop the spread of influenza with these simple steps:

- Get vaccinated at SMH by making an appointment at the Outpatient Department.
- Avoid close contact with sick people.
- Wash your hands frequently with soap and water. If soap and water are not available, use an alcohol-

based hand rub.

- Avoid touching your eyes, nose and mouth.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue away after you use it and wash hands (hand hygiene).
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
- If you are sick with the flu or other respiratory illness, you should stay home for at least 24 hours after your fever is gone, except to get medical care or for other necessities. Do not return to work or school until you have been fever-free for 24 hours without the use of a fever-reducing medicine.

To reduce the likelihood of contracting influenza, it is highly recommended to get a flu vaccine. Those at increased risk for flu-related complications are especially encouraged to be immunized. These include persons with asthma or other lung disease, diabetes, heart disease, and any chronic medical condition or HIV infection. In addition, anyone over 65 years of age is encouraged to be vaccinated.

Vaccination can prevent severe complications from influenza and helps prevent the spread of influenza to high-risk individuals. Vaccination must be received in time to create immunity through the winter months. Resistance to infection takes approximately, two weeks to develop and lasts throughout the flu season. If you get the flu after being vaccinated, your symptoms are likely to be milder and last for a shorter time compared with people who were not vaccinated.

In addition to the flu vaccine, it is important to get a COVID-19 vaccine. COVID-19 vaccines are available at Sage Memorial Hospital for people age 6 months and older. You can get the COVID-19 and flu vaccines at the same time. More information about preventing the spread of flu is available from the Center for Disease Control and Prevention (CDC) website CDC - Preventing Seasonal Flu.

Recruitment

CONTINUED FROM PAGE 1



**VALERIE
JENSEN
DNP, RN**
Chief Nursing
Officer
Sage Memorial
Hospital

The hospital aims to incorporate best practices, achieve higher certifications, enhance skills, and improving patient care.

Additionally, new services, including OB and OR, will soon be available at the hospital.

One of Jensen's main goals is to create more opportunities for nurses within the

hospital. Opportunities such as career ladders, different levels of nursing, new positions, and higher education. She has already established the position of Director of Clinical Education and other nurse educator roles, emphasizing the importance of continuous learning for nurses. As Jensen states, "The more we learn, the better we can be as nurses."

To reach a wider pool of potential candidates, SMH is utilizing various media methods with the help of Director of Marketing and Public Relations Christian Bigwater. This includes expanding beyond the hospital's normal reach to attract even more qualified applicants.

For more information on nursing recruitment initiatives at Sage Memorial Hospital, interested individuals can visit the hospital's website at sagememorial.com/nursing

Sage Memorial Hospital Behavioral Health Team Presents Empowering Talk at Ganado High School



Photo - Marissa Kee, COPE Specialist at SMH speaks to the students of Ganado High School on the topic of suicide prevention.

BURNSIDE - On Oct. 9, the Sage Memorial Hospital (SMH) Behavioral Health team gave a presentation at Ganado High School, focusing on the importance of building a support network and taking care of oneself to prevent and overcome mental health struggles.

“Thank you guys for letting us come by and present to you this information,” said Marissa Kee, COPE Specialist at SMH. “It is a very serious issue I know there is a lot of stigma and taboo surrounding suicide.”

The presentation covered topics such as warning signs of suicide, how to talk to someone who may be struggling with suicidal thoughts, and the importance of self-care. The team emphasized the value of reaching out to friends and family members, as well as talking to a trusted adult or mental health professional.

“We want to help the person

immediately and effectively, so we need to recognize the warning signs and get the right people such as an adult or mental health professional there right away,” said Kee. “Because if we don’t help them immediately that’s when they could go through with suicide.”

The presentation concluded with a Q&A session where students had the opportunity to ask questions. The Sage Memorial Hospital Behavioral Health team hopes to continue promoting mental health awareness and provide support for students in need.

For more details, contact the SMH Behavioral Health Department. If you need help or want to talk to someone, please reach out to Marissa Kee at 928-755-4587 or marissa.kee@sagememorial.com, or Rebekah Johnson at 928-755-4574 or rebekah.johnson@sagememorial.com.



Integrating Artistry: Rugs as a Feature in SMH's New Hospital Design

GANADO, Ariz. - Sage Memorial Hospital (SMH) in Ganado, Arizona is known for providing quality healthcare services to the Navajo people. With their new hospital facility set to open soon, SMH is not only prioritizing medical care but also incorporating art and culture into their design.

The hospital's interior design will feature hand woven rugs by local Navajo weavers, celebrating the rich history, heritage and artistry of the Navajo people. Among these will be a collection of six handwoven rugs by Amy Begay from Rock Point, AZ. Begay is known for her detailed designs and traditional methods. She started weaving at the age of 5, inspired from watching her mother and grandmother weave.

Begay was asked to create a set of rugs for the hospital designed to symbolize the connection between the new facility's wings. Six rugs in total are on display along the corridor, metaphorically weaving the two buildings and departments together.

"Each piece is special and different, with no two exactly the same," said Begay. "Everyone tells its own story, capturing a unique moment."

Begay loves every piece that she created for Sage, but the one that stands out to her the most is the rug with the praying hands. "It's a symbol of hope and healing," she says. "The rug is located in the hospital's chapel and adds a sense of comfort and peace to the space."

Begay explains where she gets her inspiration, "I'm inspired from what is around me and from pictorial images. I then turn these experiences into Navajo designs for my rugs." Begay also draws inspiration and influence from the styles of other artists.

SMH CEO Melinda White explained that the rugs displayed throughout the hospital symbolize two key aspects: to represent weaving together the mission, vision, and values and weaving together everyone at SMH to create a beautiful picture. The rugs displayed throughout the hospital also symbolize unity, the journey of overcoming challenges, leading, and embracing innovation, all while honoring the Dine people's values.

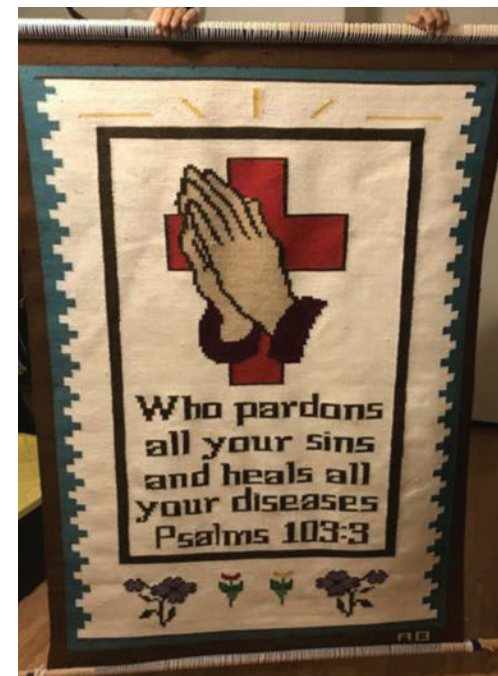


PHOTO-TOP Rugs displayed in main corridor of MOB and the main hospital

PHOTO-BOTTOM-LEFT -- Amy Begay stands beside one of her weavings.

PHOTO-BOTTOM-RIGHT - "Healing Rug"weaved by artist Amy Begay.



Celebrating Excellence: Congratulations to our employees of the month

Employee of the Month embodies Sage Memorial Hospital's core values, mission, and vision in every aspect of ones work. Their exceptional customer service skills, paired with compassion,

make them a standout role model within our organization. This award not only acknowledges their positive and resourceful contributions to enhancing customer service and

patient care, but also highlights their dedication to creating a supportive and welcoming environment for everyone they encounter. Their efforts have made a significant

impact, inspiring others to strive for excellence in their roles as well.



EMPLOYEE OF THE MONTH

August 2024

ANNABELLE WILLIAMS



Annabelle Williams, deserves recognition for making a positive impact in her role. She has a great customer service with all patients that walk through our department, she's very helpful and always answers any questions they may have. And not only our patients but staff as well. She's willing to share her knowledge. She is a true asset to our Organization.

SMH Mission, Vision, and Values are represented well with Annabelle Williams. SMH is appreciative of your service, Ahe'hee!



EMPLOYEE OF THE MONTH

September 2024

EIMEREN BUNYI



Eimeren is the Backbone of the Emergency Department. When someone is in need of help or assistance she always makes the time for them. Not just for this department but for everyone else. She has dedicated her time and effort for 3 years to SMH. She gives the upmost patient care to our community. She has stepped up to become our supervisor when the team needed someone to look up to. Eimeren also shares her experience and knowledge to our current ERT's and our students which encourages them to excel in their healthcare career. Always has a smile on her face that enlightens everyone's day. Knows her way around the ER inside and out. When the task needs to be done she never fails to accomplish it and have it done in a timely manner. She has an amazing personality and heart overall. Eimeren meets the criteria for employee of the month by giving excellent patient care satisfaction. That's what our goal is here, to ensure our patients get the best possible treatment and experience in the Emergency Room. When patients return to seek medical care they see Eimeren and they are well aware of her. They will give her a warm welcome and express their chief complaint with no trouble since they are comfortable with her. That's what makes her an amazing nurse to our department. To know our patients feel they're in good hands.

SMH Mission, Vision, and Values are represented well with Annabelle Williams. SMH is appreciative of your service, Ahe'hee!



Sage Memorial Hospital Delivers 1,479 Vaccines at 3-Day Flu/COVID Event

GANADO, Ariz. - Sage Memorial Hospital announces the success of its 2024 Mass Flu/COVID Event, held from October 17-19, 2024, during which a total of 1,479 vaccines were administered.

The event began with two days dedicated to vaccinating students from various local schools, including GUSD - Ganado Unified School District, KDLO - Kin Da Lichii Olta, and GSCS - Greasewood Springs Community School. On the last day, the vaccine event opened to the community where members of the Navajo Nation and nearby towns were able to receive the flu and COVID-19 vaccines.

Trevaia Fowler, Mass Vaccination Planning Section Chief, expressed gratitude for the community's commitment to health. "It's great to see our community not just taking part but also leading the way in preventive healthcare."

For more information on Sage Memorial Hospital's vaccination events and services, please visit www.sagememorial.com/flu.

PHOTO - Nurse administering flu shot at Sage Memorial Hospital's 2024 Mass Flu/COVID Event



SMH and Navajo Nation Breast and Cervical Cancer Prevention Program host walk/run to raise awareness

GANADO, Ariz. - On Oct. 21, Sage Memorial Hospital (SMH) Wellness Center teamed up with the Navajo Nation Breast and Cervical Cancer Prevention Program (NNBCCPP) to raise awareness about breast and cervical cancer. The event took place at the Sage Memorial Wellness Center, drawing approximately 30 community members who joined a walk/run. Attendees received t-shirts and educational materials to help spread the word about cancer prevention.

Delila Begay, a case management specialist with NNBCCPP, expressed her appreciation to the wellness staff for their partnership in organizing this significant event. "I'd like to say thank you to the wellness center staff for collaborating with us to take on this event," Begay stated. "Enjoy yourselves and thank you for coming out."

October marks Breast Cancer Awareness Month, a time to highlight the importance of awareness and proactive health measures through screenings. On Oct. 22, NNBCCPP offered mammogram screenings via their mobile health unit at the SMH campus. These screenings are

crucial in detecting abnormalities early, thereby improving treatment outcomes. Additionally, cervical cancer screenings were also available to the community.

The collaborative event between SMH and NNBCCPP was not just about raising awareness; it was also about coming together as a community to support those who are affected by these types of cancers. By participating in the walk/run, community members showed their solidarity with breast and cervical cancer patients and survivors.

"We have health education material here, so take it home with you after you're done with your run," Begay encouraged attendees. "If you have any questions, we'll be here. Have fun and thank you for being a part of this event."

The success of this event could not have been possible without the partnership between SMH and NNBCCPP. Both organizations remain committed to providing accessible and quality healthcare for the Navajo Nation community.

PHOTO-TOP - Staff from the Navajo Nation breast and cervical cancer prevention program were on site to answer questions and give information.

PHOTO-MIDDLE - Delila Begay, case management specialist Shows her support for breast and cervical cancer prevention.

PHOTO-BOTTOM - Participants lineup at the start of the fun run route, showing their support for breast and cervical cancer prevention.



Highlight Article: Celebrating the Service of Andrew Simpson



ANDREW SIMPSON
Board Member
Sage Memorial Hospital

GANADO, Ariz. - The Sage Memorial Hospital (SMH) wishes to acknowledge and honor Andrew Simpson's years of dedicated service and immeasurable contributions to the community as his term on the Board approaches its conclusion in December 2024.

Simpson started his term on the Board in 2006 and has been an integral part of shaping the future of SMH. His deep understanding of local needs and unwavering commitment to public service have made him a valuable asset to the organization.

Some of his notable achievements include:

New Hospital Groundbreaking and Completion

Strategic direction in planning and completion of a new hospital facility, which now provides expanded services and improved healthcare access for the community.

Launch of New Services

Implementation of healthcare services customized to address the unique needs of the community.

Re-branding Initiative

Re-branding of the hospital, introducing a new logo and refining the mission and values to better reflect the organization's commitment to service and excellence.

638 Association Membership and Collaboration

Membership with the 638 Association, opening the door to networking and collaborations with other healthcare facilities.

"Andrew Simpson has been a remarkable leader and an asset to Sage Memorial Hospital," said Melinda White, CEO of SMH. "We will always be grateful for his dedication to improving and addressing our community's needs."

Biography

Andrew Simpson is a dedicated leader and public servant and has served on the Sage Memorial Hospital Board of Directors since 2007, contributing to great advancements in healthcare services and infrastructure. A United States Marine Corps Veteran, Simpson brings a disciplined and resilient approach to his roles, fostering collaboration and strategic growth. As a four-term Council Delegate for the Navajo Nation Council (1986 to 2003) and President of the Steamboat Chapter, his leadership and insights have continuously benefited his community.



Sage Memorial Hospital
NAVAJO HEALTH FOUNDATION

BOARD OF DIRECTOR

CLOSING DATE: OPEN UNTIL FILLED

Sage Memorial Hospital is seeking applications for one (1) Board of Directors.

Four (4) year term: December 2024 - November 2028

POSITION SUMMARY:

Board Members support the work of SMH and provide mission-based leadership and strategic governance. While day-to-day operations are led by SMH Chief Executive Officer (CEO), the Board-CEO is a partnership, and the appropriate involvement of the Board in providing oversight and guidance to the CEO is both critical and expected. Board members will maintain confidential and privileged information at all times.

MINIMUM QUALIFICATIONS:

The Board will consider the following qualification in the selection of Directors:

- Must have reached the age of 21;
- Must be an enrolled member of the Navajo Nation **AND** a voting member of one of the eight (8) communities: Ganado, Kinlichee, Wide Ruins, Klagetoh, Cornfields, Greasewood, Steamboat or Nazlini.
- Must have obtained at least a bachelor's college degree or an equivalent;
- Must have 2 years of employment or Board service experience in business, medicine, government, law, management, or related fields.
- Applicant cannot be a former employee of SMH within the past five (5) years.
- Applicant cannot be a current Chapter official or an elected official of the Navajo Nation, State, or County government. Such restriction does not prohibit service as an elected school board member.
- Must not have been convicted of (or entered a plea of guilty or no contest to) any felony criminal offense or to any misdemeanor offenses involving crimes of violence, dishonesty or alcohol/drugs within the last ten years;
- Applicants need to demonstrate an ability and willingness to be available and participate in the duties of being a board member, including consistent attendance of meetings locally and out of state to support the mission and goals of the hospital.

APPLY NOW

If interested, please submit a completed application on our website at sagememorial.com, and upload current Resume and Letter of Interest, Driver's License, Certificate of Indian Blood, Voter's Registration Card and any applicable documents.

Application can be hand delivered or mailed to:

SAGE MEMORIAL HOSPITAL
ATTN: ADMINISTRATION
P.O. BOX 457
GANADO, ARIZONA 86505

-SCAN ME-



www.sagememorial.com

The Navajo Health Foundation/Sage Memorial Hospital is a drug/alcohol free, EOE/AA/Navajo Preference/Navajo Veteran Preference Employer. To access our online application portal please visit www.sagememorial.com/careers/ contact Human Resources at (928) 755-4861 for additional details.

Interview with Todd Gilbert on Code Stroke



TODD GILBERT
ED RN
Supervisor
Sage Memorial
Hospital

GANADO, Ariz. - Sage Memorial Hospital (SMH) recently interviewed Todd Gilbert, ED RN Supervisor at SMH regarding the protocol for Code Stroke.

Q: What is the code stroke?

A: Code stroke is when a patient comes in with symptoms related to a cerebral vascular accident (CVA). We call a code stroke which in term gets the patient definitive clinical treatment in a timely manner, so we can help them with the symptoms

that's going on. Basically, there's two types of strokes, there is a stroke where you have a clot in your brain or you have a bleed in your brain. If it's a bleed, then we transfer them to a higher level of care, a different facility to help treat that bleed. If it is a clot in their brain or what's called an ischemic stroke, then we give them medicine called alteplase to help break up that clot. That's basically what we're trying to do with a code stroke, is getting that patient faster, safer, quicker, definitive care.

Q: What are the most important things about the code stroke?

A: The most important thing is trying to get that patient taken care of clinically, getting them that medicine, or getting them to a higher level of

care if that's needed. A stroke could be very debilitating to a person, so we're trying to alleviate that and get them the medicine that they need to help with that stroke.

Q: Are there any improvements that could be made to the stroke code?

A: There is always improvement, we're trying to get faster at what we're doing, there is a time frame from the time that a patient arrives in our emergency department to the time that they're given thrombolytics, or alteplase, or TPA, and we're trying to do that within 45 minutes. We have to go get a CT done which is a cat scan, we have to get the labs done, and we have to get an assessment to make sure that we can give the patient this medicine. We have to do all of that

within 45 minutes, so we're trying to string line our processes in order to make that happen.

Q: Is there anything you would like to add?

A: This is a huge benefit to the community because previously before we started this process, they would have to go to different facilities in order to receive the medication, and they would be outside that 45 minute window. So now we can do that here, we can give them that medicine in a timely manner to help the patient lessen their symptoms of a stroke, and hopefully not turn into a debilitating disease process.

Community Turns Out for Sage Memorial Hospital's Halloween Event

BY KARL THOMPSON | MEDIA ASSISTANT

GANADO, Ariz. - On Oct. 31, Sage Memorial Hospital (SMH) hosted a trunk or treat event for the community from 2pm-5pm in front of the SMH Wellness Center.

A total of ten departments from SMH came together and utilized team work to create a festive safe environment for families to enjoy.

Healthcare workers took their creativity to another level and was evident through themes and Halloween decor presented at each booth.

SMH employees wore costumes and had plenty of candy to offer. Multiple families and children flocked to the trunk or treat event with smiles and laughter all around.

Community members and parents expressed that the event was a fun experience and had some positive feedback. One participant, Kora, expressed her gratitude: "I guess I appreciate everything you guys do... for the little kids to go trick or treating here. Again, we really appreciate it."

PHOTO - Various photos from the Trunk-or-Treat event. | Photos by Karl Thompson

