**Where are you these days? What are some things you are working on at work or in the community?**

I graduated with a Masters in Public Health with concentration in Education and Health Promotion in New Mexico State University. I accepted a new position with the Health Education Center for Wellness as a health system specialist since May 2022. This new position covers different activities, including HIV care, data collection and monitoring. I help to analyze and identify areas that are doing well but also areas that are having challenges. I also help to overcome different problems such as not having a reliable address for medication delivery….

I am also working as a member of ………..I currently work with staff affected by burnout. I help to offer different topics including depression and anxiety and helping staff members to recognize that if they are better off they will be able to provide better care to patients. Last year we provide 30? visitsors with speech therapist, psychiatrists, nursing assistant, etc.

We also provide fun activities once a month such as decorating stuff….. I like to help staff to remember that it is ok to have time for themselves. For example: this moth we will have a Christmas fun day.

I also help to coordinate sessions with volunteer clinicians that provides individual and group mental health support. We also share the help resources that are available in the community. During the sessions we cover different topics such as how to ask for help, but also offering exercise activities, behavioral health couches, etc.

Once a year we have the appreciation event with the whole entire staff of the hospital. There are country and western dance, entertainment singers and traditional dances, and we offer lunch or dinner.

During covid, we brought traditional ceremonies. We have a Hogan on site that we used and offer Navajo cleansing ceremony to people to practice traditions. In this ritual a person is purified through the use of sand, water and plants. It helps to remove any type of negative energy from a person and restore balance. It helps to bring wellness and healing to our staff.

**Anything you want to plug?**

* During my PHD program, I was hired as graduate assistant and had the opportunity to participate in a study during Covid about the effects of covid on Navajo people. We facilitate a group and askied two questions: “how does covid affected you?” and “what were the challenges during covid?” I really enjoy be part of it, bringing people within their community coming together and hear their perspectives. Link to the article:
* Book to share?

**Any hobby, music, artwork, that is inspiring you these days?**

Walking with my dog. At the beginning he was afraid of people but now he is part of my family.