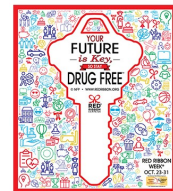




The RTC Bulletin

2017 Red Ribbon Week
October 23-31



Staff members talking with groups of students at the Whiteriver Elementary School.



Students from Cradleboard Elementary going through the bags they received, which had RRW information, a Frisbee, water bottle, stickers, and a pencil pouch.



Keoni talking to a group of students at JFK School.

The National Red Ribbon Campaign is the oldest and largest drug prevention program in the nation reaching millions of young people during Red Ribbon Week, October 23-31 each year. Today, the Red Ribbon serves as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities. Since that time, the campaign has reached millions of U.S. children and families.

As the Rainbow Treatment Center continues to make its push to educate and create awareness on drug and alcohol abuse to the younger generations, we connected with the local schools to conduct presentations for students in the 3rd through 6th grades. In total, nine staff members worked with over 1,000 local youth. The schools that Rainbow Treatment Center partnered with

were Seven Mile Elementary, Whiteriver Elementary, Cradleboard Elementary, and John F. Kennedy Elementary Schools. Dishchii'bikoh Elementary will be scheduling for a future date.

It was a remarkable first go round for RTC and Red Ribbon Week. The message that was shared with the youth was for everyone to "Count on them to be DRUG FREE." Although as simple as a message it can be, it is one of the most empowering and inspirational messages our youth's minds could have absorbed. Certainly the impact of our work has seen positive immediate results; the long term impact is one that we truly hope creates change in our communities. RTC will continue to build on this positive message as it powers forward working with all age demographics of the reservation.

Submitted by Keoni Hill

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**HAVE THE HEART
OF A HERO.
DON'T USE DRUGS.**

Events

RTC Float places 1st in the 92nd Tribal Fair and Rodeo Parade



RTC's float for the 92nd Annual Tribal Fair & Rodeo.



Some of the RTC staff waiting for the parade to start. Staff walked alongside the float passing out goodies and snacks.



Water bottles, stress balls, basketballs, and fans were amongst some of the items passed out.



The design that sparked the idea for the float, which were printed on the t-shirts that were given



The Apache Helicopter was a big hit with the crowd as it made it's way down the parade route.

Each year the Rainbow Treatment Staff come together and help to make this an eventful and successful outreach during the Tribal Fair and Rodeo. This is the second year in a row the RTC Float has received 1st place in it's category. Thanks to all those who helped assist in getting the Apache Helicopter assembled. All departments came together to gather all the different materials needed to get the float completed. There was many hours put into getting this task done, right down to the day of the parade. Early Saturday morning, staff gathered to put on finishing touches. As the parade started, the float was escorted by RTC Staff all armed with a bag completely full of incentives and goodies to be given out along the parade route. Several vehicles followed with staff to make sure the

goody bags were refilled. There was plenty to hand out for both adults and children.

The parade was only one of several events that RTC took part in. There was also an informational exhibit in the Exhibit Hall that was on display for the duration of the fair. On the opening night of the Fair, staff went out to the Thunder on the Mountain Bullbash to hand out incentives. The following 2 days, at both Junior Rodeos, food scrambles were sponsored by RTC where the youth made a race for fruits, snacks, and juice packs.

It was a busy time for all involved with the fair festivities but it was all truly appreciated. Thanks to RTC's amazing teamwork, it was a complete success!

Other Events:

September - Native American Heritage Month

Social Dances were held in McNary (9/8), Cibecue (9/15), & Whiteriver (9/21). Each of the social dances were open to the public and had singers along with crown dance groups to perform for the crowd in attendance. There was also a traditional meal served with soda, coffee, and water.

Sept. 23-24 the 2nd Annual Coed Softball Tournament sponsored by RTC was held at the Canyon Day Softball Fields. 12 teams entered with no entry fee to pay and awesome awards given to the placing teams. The prizes consisted of Camouflage Microfleece Jackets, DriFit

Continued on next page...



Health and Wellness Corner

Have Yourself The Most "Happiest & Healthiest of Holidays"

Winter holidays is a favorite time of the year for many! These times can also be some of the hardest times of the year to stay healthy and focused when it comes to your body. I have put together some health & wellness holiday tips just for you. It's time to get a jump start on some smart planning & preparation for the holiday hustle & bustle. Why not get a head-start into the New Year by trying something new? Why not start a whole new, healthier lifestyle as a family tradition? Most importantly, why not change the usual stressful holiday and turn it into a healthier & happier one let alone a guilt free one? The following tips will not only benefit you, but your family as well. It might even save you a little bit of cash to bring into the New Year! Wouldn't you like a fun-filled holiday with less stress, family teamwork, and more energized than ever?

Start your holiday early by applying some of these stress free holiday tips:

- **Save "\$" & Shop Smart** by making shopping lists & keeping a budget to avoid over spending on unnecessary items. Stay focused by sticking to your *needs* over *wants*.
- **Get enough rest** by sticking to your regular sleeping routine. Try not to shorten your sleep by staying up late for last minute preparations. By getting enough rest, you will increase your energy for more fun and festivities later.
- **Let It Go.** Some things just won't get done, and so by allowing yourself to "let it go" will allow you to move forward with a positive attitude. Just take deep breaths & tell yourself, "It is ok" "Some things just aren't meant to be" "Everything will be okay". Adding more of your own positive affirmations should help you to "let it go".
- **Stay Hydrated** by drinking enough water and adding more soups to your meals.
- **Keep warm.** Don't delay the holiday fun by catching a cold.
- **Healthier food choices.** Eat more fruits & veggies, and don't skip meals to avoid overeating and give in to unhealthy fast foods. Eat fewer sweets, and snack on fresh fruits instead.
- **Lessen the workload** in this very busy month by scheduling family members for daily household chores such as cooking, cleaning, wood chopping, food prepping, etc.
- **Get the Family Involved** in holiday gift wrapping & decorating. This will not only involve team-building efforts by lessening some work load but also teach the family to become more appreciative of all the work that goes into giving gifts.
- **Make it fun** by playing games, karaoke, listening to holiday music, crafts, reading a book together with your family, having a movie night, Christmas light watching, and many more...
- **Self-Care** by taking time-out for some self-care to rejuvenate, rehydrate, & re-energize your system to stay active and enjoy the holiday festivities to its fullest.

By Kona Beatty

Other Events continued...

Half Zip Jackets, Pullovers, & Long Sleeved Shirts.

Halloween Festivals

The month of October ended with Halloween Festival/Carnivals for the public in Cibecue and Whiteriver. There was games, prizes, trunk or treat, topped off with food for all in attendance. Cibecue had their hayrides, while Whiteriver's event had pony rides. These festivals had a huge turnout with many in attendance, enjoyed by both the staff and public.

Events & Outreach Dept. set up for the annual Headstart trunk or treat handing out snacks, stickers, coloring books, and crayons to over 1,000 students and public coming through.



"Do something today, that your future self will thank you for."

*Helping those who struggle with
Substance Abuse since 1976.*

RTC Website Coming Soon!

Rainbow Treatment Center offers a variety of services. Please feel free to stop in during our business hours or call any of the #s below for more information.

**Business Hours (excluding Holidays):
8:00 A.M. to 5:00 P.M.**

Current RTC Address
301 W. Ponderosa St.
P.O. Box 1790
Whiteriver, AZ 85941
(928) 338-4858

Outpatient Building
306 Bengay Dr.
Whiteriver, AZ
(928) 338-4853

Cibecue RTC
293 E. Rodeo Dr.
(928) 332-2305

Fax #: (928) 338-1987

**Tune into KNNB to
catch the RTC talk
show.**

**Dec. 6th &
Dec. 10th at 10am
And every other
Wednesday
thereafter**

Welcome Aboard!

New employees who have joined the RTC team.

- Gabriel Adley - *Kitchen Aide*
- Lauren Alchesay - *Behavioral Health Tech*
- Kearny Bonito - *Behavioral Health Tech*
- Dora Caddo - *Receptionist/Office Aide*
- Roseanne Cosay - *Receptionist/Office Aide*
- Anna Johnson - *Kitchen Aide*
- Preeo Johnson - *Human Resource Coordinator*
- Eliza Lupe - *Behavioral Health Tech*
- Johnathan Lacapa - *Behavioral Health Professional*
- Julius Lupe - *Events Assistant*
- Cheryl Patterson - *Behavioral Health Tech*
- Patrick Perry - *Janitor/Support Services Assistant*

Café Gozhóó & Kitchen Staff assists with the Grand Opening of the Phoenix Indian School Visitor Center



Chef Chris, Jameson, Clarion, Chef Nephi, Dorcus, and Rashada take a moment to take a group picture with their banner at the Visitor's Center.

On Saturday, October 14th, 2017, Café Gozhóó was invited by the Native American Connection, along with the Phoenix Indian Center, to join in on the Phoenix Indian School Visitors Center Grand Opening. The Café Gozhóó staff along with a couple of the RTC Kitchen cooks prepared a menu of "Ancestral Knowledge & Indigenous Foods" to present for sample tastes.

Their menu included:

Western Apache Seed Mix

(Sunflower Seeds, Pinon, Pumpkin Seeds, Acorn, Parched Corn, & Amaranth)

Three Sisters Saute

(Harvest Corn, Autumn Hard Squash, Anasazi Beans, Sage, & Agave)

Autumn Pumpkin Chili

(Roasted Pumpkin Chili with Black Beans, & Anasazi Beans)

Agave and Chili Roasted Butternut Squash with Quinoa

Beverages

Western Apache Wild Tea & Agave

Hibiscus & Prickley Pear Juice

Harvest Melon Aqua Fresca

The samples and drinks was available for taste to all in attendance. Chef Nephi was also given an opportunity to address the public and speak on behalf of Café Gozhóó.



Dorcus handing out bowls of Chili and various drinks.



Roasted Butternut Squash



Western Apache Seed Mix

**Rainbow Treatment Center will be CLOSED on
Thursday & Friday, January 4-5, 2018
for their staff development.**