Az CRH Highlights

Marketplace Open Enrollment for 2022

You can enroll in or change 2022 Marketplace health insurance right now. The 2022 Open Enrollment Period runs through Saturday, January 15, 2022. AzCRH staff members, Maria Losoya, Gabriela Sanchez, Dina Suarez, and Project SHARE volunteers are certified assisters working to increase health insurance coverage for populations served by the rural health care system. Or visit: http://coveraz.org/connector/ Helpline 1-800-377-3536
Followup - National Rural Health Day 2021

► This year National Rural Health Day received the first-ever Presidential Proclamation from the Biden White House.

► Meet Arizona's 2021 Community Star, Darlene Melk, MD, FAAP, Chief Medical Officer at Chiricahua Community Health Centers, Inc. in Douglas!

► In case you missed it, PDFs are available for our National Rural Health Day webinar: Arizona Primary Care Office: HPSAs & Loan Repayment Programs

Ronald S. Weinstein, MD, 1938-2021

We lost wonderful leader, colleague and friend with the passing of Dr. Ron Weinstein, Director of the Arizona Telemedicine Program, on December 3, 2021 at the age of 83. A celebration of his life will be held on Sunday, January 16th 2022 from 1:00 PM to 3:00 PM at the Health Sciences Innovation Building (1670 E Drachman St, Tucson, AZ 85721). Recently, with the Covid-19 pandemic serving as an innovation accelerator and over one billion telemedicine visits in 2020, the ATP successfully advocated for the passage of landmark "Telehealth Omnibus" legislation by the Arizona State Legislature which was signed into law by Arizona's Governor in May of 2021.

Agnes Attakai joins National Rural Health Association's Health Equity Council

AzCRH staff member, Agnes Attakai was selected for the National Rural Health Association's Health Equity Council with a mission to improve well-being for rural underserved populations.

Congratulations, Agnes!
Call for Nurses – Opportunity to Share Impacts of COVID-19

The **AZ CEAL Consortium** is currently recruiting nurses from diverse backgrounds to present their perspectives through a 90-second video, sharing the following information:

- **Title** (do not include name)
- **Work Environment** (do not include workplace)
- **How has COVID-19 impacted your professional/personal life?**
- **End with:** “This is why I believe it is important why YOU should get vaccinated…”

If interested, please contact Ahmed Sadeq, MPH at Sadeq.Ahmed@mayo.edu.

Gratitude and Workforce Resilience

As burnout increases among healthcare and other essential workers, it is ever more important to express gratitude this holiday season. **AzCRH’s Advancing Health Equity, Addressing Disparities (AHEAD AZ)** project hopes to raise awareness about the counteracting effect resilience can have on workplace burnout. The connection between practicing gratitude and increased resilience among healthcare workers is one that cannot be ignored. Gratitude as instrumental to achieving equanimity is supported by extensive research. Studies on its **benefits** document ways in which actively showing appreciation can lead to personal well-being including strengthening positive emotions, improving health, and lowering stress—all of which have implications leading to greater resilience.

A **survey** conducted this past spring revealed that of 1,327 frontline healthcare workers in the US, 55% reported mental and physical exhaustion from chronic workplace stress. Survey data also show that healthcare workers providing direct care to COVID-19 patients are more likely to experience depression, anxiety, and
mental distress. An article from The Greater Good Science Center, UC Berkeley illustrates the mitigating effect that practicing gratitude can have on burnout. The article references several studies, one in which researchers asked 1,575 healthcare workers to write a brief letter of gratitude to someone who had shown them kindness. Results demonstrated that emotional burnout was significantly reduced for these workers up to a week later.
» Click below for examples and resources employers can implement to support their personnel in the practice of expressing gratitude.

Read more

Az CRH NEWS

Nov 17, 2021 : President Biden’s Proclamation for National Rural Health Day
Nov 02, 2021 : Indian Country ECHO Launches New Website
Oct 31, 2021 : Changing Hospitals' Not-For-Profit Status "Important Decision for a Community"
Oct 24, 2021 : It's been nearly a year. Why aren’t more Arizonans vaccinated?
Oct 24, 2021 : Obamacare enrollment in Arizona rose by 40,000, with more gains likely
Oct 22, 2021 : Reframing Public Health Crisis Resilience; Dr. Mona Arora
Sep 09, 2021 : Moonshot, Upshot, Hot Spot, Bullshot
Aug 18, 2021 : Chat About MAT Podcast - AzMAT Mentors Program and Center For Rural Health

UPCOMING RURAL EVENTS

Feb 1 2022 : 2022 Arizona Rural & Public Health Policy Forum
Feb 6 2022 : 2022 Rural Health Care Leadership Conference
Feb 6 2022 : 35th Annual Rural Health Care Leadership Conference
Apr 1 2022 : 18th Annual American Indian Disability Summit
Apr 20 2022 : 2022 12th Annual Statewide Symposium in Support of Service
Members, Veterans & Their Families
Oct 24 2022: 2022 NARHC Fall Institute

FUNDING OPPORTUNITIES

HHS COVID-19 and Health Equity Impact Fellowship – January 4. The U.S. Department of Health & Human Services (HHS) will offer a monthly stipend and health insurance allowance for a fellowship opportunity in Washington, DC. Participants will conduct policy research and analysis on topics such as social determinants of health, health equity, access to services for at-risk populations, the impact of COVID-19, maternity care, and the HIV population. Eligible applicants are U.S. citizens with a Master’s or Doctoral degree within the last five years or currently pursuing in the following disciplines: social and behavioral sciences; life, health, and medical sciences; communications and graphic design; mathematics and statistics; other non-science and engineering fields, such as decision-making and risk analysis.

National Health Service Corps Loan Repayment Programs – Extended to February 3. Three programs will award more applicants this year with an historic $800 million in funding from the American Rescue Plan. Loan repayment programs play a critical role in supporting clinicians in rural communities, with more than 30 percent of the funds going to rural applicants. The NHSC Loan Repayment Program awards up to $50,000 in exchange for a two-year commitment to provide primary medical, dental or mental/behavioral health care at approved sites in high-need, underserved areas. The NHSC Substance Use Disorder Workforce Loan Repayment Program provides up to $75,000 in exchange for a three-year commitment to health care professionals who provide substance use disorder treatment services. Providers in rural communities may apply to the NHSC Rural Community Loan Repayment Program, which awards up to $100,000 for three years of service. The original due date for applications was December 16.

USDA Farm and Food Worker Relief Grants – February 8. The U.S. Department of Agriculture (USDA) will make awards ranging from $5 million to $50 million to state agencies, Tribal entities, and nonprofits with experience in providing support or relief services to farm workers. Applicants for farmworkers or meatpacking workers support may request more than the maximum amount when they demonstrate they
are a national organization with capacity to deliver funds in excess of $50,000,000 across multiple states and in partnership with smaller farmworker or meatpacking worker organizations. In 2022, workers will apply to receive funds from recipients of these grants.

**RECOMMENDED RESOURCES**

**Spread the Word About Vaccine Boosters.** HHS released new resources – posters, flyers, videos, and talking points – to help promote the extra protection from COVID-19 boosters. All vaccinated adults aged 18+ are eligible for a booster. Search by zip code to find nearby [locations providing adult and pediatric vaccines and boosters](https://www.vaccines.gov) for COVID-19 and the flu at vaccines.gov.

**CDC Tracking Rural Vaccination Rates.** The Centers for Disease Control and Prevention (CDC) recently added metro/non-metro vaccination data to its COVID Data Tracker website. Users can select total population vaccinated or select different age groups (≥ 12, ≥ 18, ≥ 65) as well as a line graph of vaccination rates, by the [six urban-rural classifications](https://www.cdc.gov) used by the National Center for Health Statistics. The site also measures rates of vaccination by the [CDC Social Vulnerability Index](https://www.cdc.gov), which uses U.S. Census data on categories like poverty, housing, and vehicle access.

**Nominations Sought for Indigenous Health Equity Committee – deadline extended to January 7.** The HHS Office of Minority Health is building an advisory committee for [the Center for Indigenous Innovation and Health Equity](https://www.hhs.gov), a new initiative that began in September. The Tribal Advisory Committee will have 16 delegate positions, one from each of the 12 geographic areas served by the Indian Health Service and four national at-large member positions.

**Surveying the Experiences of Transgender People.** In 2015, the National Center for Transgender Equality conducted the largest survey examining the lives of transgender people. More than 27,000 respondents from all 50 states, the District of Columbia, American Samoa, Guam, Puerto Rico, and overseas military bases [answered questions about their experiences](https://www.hhs.gov) with social determinants of health.
such as education, employment, family life, health care, housing, and interactions with the criminal justice system. Information from the survey fills in some of the large gaps in research and provides critical tools for researchers, policymakers, and advocates seeking to eliminate disparities. Though it’s estimated that at least three million LGBT people live in rural America, there remains a need for data from rural areas. To that end, the National Center for Transgender Equality asks for volunteers living in rural areas to sign up for the 2022 US Transgender Survey.