



# TOCC Times

## Communications Week

### "Stay Home, Stay Safe"

Arizona is beginning to open up with movie theaters, restaurants and some schools headed back in person. It is in this time that we take extra care of ourselves and each other.

### What you'll find:

Covid 19 - Reminders **P.1**  
Mon, Tues, Wed **P.2**  
Thurs **P.3**  
Fri **P.4**



### Tohono O'odham Nation Health Care (TONHC)

COVID-19 Situation Update: October 14, 2020

T-Ñukuda Ha'icú Cihāñig

This is a rapidly evolving situation. Information is based upon data as of October 14, 2020 at 7:00 and may change as more data becomes available.

#### COVID-19 Data among Members of Tohono O'odham Nation (TON)

Total Cases	Percent Positive Tests This Week	Recovering	Recovering (%)	Deaths
555	5%	437	79%	28

#### COVID-19 Contacts Interviewed

1,453

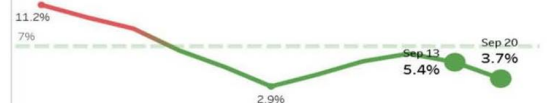
#### Pima County COVID-19 School Reopening Benchmarks Not Met (10/8/20)

##### Benchmark Not Met

- 1 a) ☒ Decline in cases: **Not Met** OR  
1 b) ☒ Less than 100 cases per 100,000 individuals for two consecutive weeks: **Not Met**



- 2) ☒ Two consecutive weeks with percent positivity below 7%: **Benchmark Met**



- 3) ☒ Two consecutive weeks with hospital visits for COVID-like illnesses in the region below 10%: **Benchmark Met**



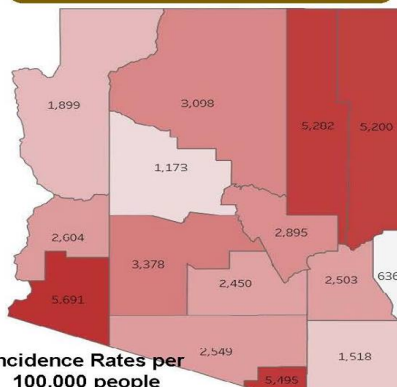
Incidence rate is the number of new cases of COVID-19 in the population over a specified period of time. This allows comparison of areas with different population sizes. Population size is from <http://www.tonation-nsn.gov/districts/> (Fall 2016), accessed 8/26/20.

#### COVID-19 Cumulative Incidence Rate among TON members residing on the Tohono O'odham Nation

2,650 per 100,000

#### Arizona

3166 per 100,000



Incidence Rates per 100,000 people

TONHC Situation Update 10/14/2020 7:00  
Wear a mask, physically distance, and wash your hands to protect Tohono O'odham Nation

## Motivation Monday

Set your week up for success by listening to The Daily Boost Podcast about Self Communication!

## TRY IT TUESDAY

For Try It Tuesday, take a moment to LISTEN. In order to become a better communicator, we must be able to listen to what is being said. If you have a response before the person is done speaking, you aren't going to properly respond. If you are speaking while somebody else is speaking, you are not listening. So today, try just listening intently and become a better communicator.

## WELLNESS WEDNESDAY

With the digital age upon us and with COVID forcing everything online, communication skills are decreasing. Instant gratification, lack of patience and lack of empathy are all on the rise. How do we find a way back to effective communication? Engage and empathize! Watch this video and find out more!

# MOTIVATION MONDAY

## Listen to The Daily Boost Podcast

This week is national communication week. So start Monday off by setting yourself up for success. Listen to the Daily Boost Podcast on Self Communication. We cannot be effective communicators if we can not communicate effectively and positively with ourselves first!

<https://podcasts.apple.com/us/podcast/daily-boost-daily-coaching-and-motivation/id207251905?i=1000488957351>

# TRY IT TUESDAY

## 1. Learn to listen

This is advice given in theatre and improvisation classes. If we expect you to react properly to what is said to you, then you have to give it the correct attention. The hard part is to be able to both focus both on listening and preparing your answer. If you don't want to forget an idea you just thought about when listening, you can ask for a moment, write it down quickly and focus back on your interlocutor. It can only lead to a healthier discussion.

**Don't wait  
for opportunity.  
Create it.**

Related post: [CommunicationSkills365.info/13-tips-to-improve-your-listening-skills-for-better-communication](https://CommunicationSkills365.info/13-tips-to-improve-your-listening-skills-for-better-communication)

# WELLNESS WEDNESDAY

## Watch this Ted Talk on Communication

This video talks about the 6 communication truths that everyone should know. Watch and find out how to become a more effective communicator in the digital age.

<https://www.youtube.com/watch?v=zvcbn6WtJvQ>

# THERAPUTIC THURSDAY

## “I” Statements

During sensitive conversations it can be easy to unintentionally place blame or to feel blamed. The goal of these conversations isn't to make the other person feel bad but to resolve a problem. Feelings of blame quickly derail a conversation away from its original intention, and turn it into an unproductive argument.

Using “I” Statements will reduce the likelihood that you come across as blaming during sensitive conversations. Additionally, “I” statements are a good way to practice speaking assertively because you will be forced to take responsibility for your own thoughts and feelings.

An “I” statement should be formatted like this:

“I feel \_\_\_\_\_ when you \_\_\_\_\_”

An example might be:

“I feel worried when you don't tell me you'll be home late.”

Or

“I feel upset when you don't do the dishes

A great way to add on to these statement is with “because” & “what I would like to see”

For example:

“I feel frustrated when you don't get your report in on time because I have to turn in my report with your information. I would like to see you get your reports in on time”

Or

“I feel happy when you get all your work done because now we can spend more time together. I would love to watch a movie with you. (positive version)

An I statement serves several purposes. It emphasizes the “why” of the issue and becomes either less accusatory or positive reinforcement.

## THERAPUTIC THURSDAY

Find times to use an “I” statement with either your partner, roommate, child or coworker. These can either be positive or negative but they make a great way to give information without placing blame on the other person and take ownership of our feelings.



## Fitness Friday

Do this Fitness Friday workout and use your communication skills to post how you feel to TOCC Wellness Facebook page!

## FITNESS FRIDAY

# The Dirty Dozen

➔ **12 exercises, 12 reps.**  
**Do as many rounds as you can in 30 minutes.**

- 12 Squat Jumps**
- 12 Air Jacks**
- 12 T- Pushups**
- 12 Lie-Down, Stand Ups**
- 12 Plank Jacks**
- 12 Lunges**
- 12 Reverse Lunges with Knee Lift**
- 12 Plank Knee-to-Elbow**
- 12 Verticle Leg Crunches**
- 12 Split Squat Jumps**
- 12 Frog Squats**
- 12 Tricep Dips**

GO AS FAST AS YOU CAN  
WITHOUT SACRIFICING FORM!



[www.nutritiousseats.com](http://www.nutritiousseats.com)

# GREAT JOB ON YOUR WELLNESS WEEK!