

SMOKE FREE SIGNALS NEWSLETTER

This is a free notification service that provides the latest on commercial and traditional tobacco news, events, topics and successes.

Friday, January 6, 2022



MISSION AND CORE VALUES

TO PROVIDE COMMERCIAL TOBACCO SECONDHAND SMOKE AWARENESS AND RESOURCES TO NEW MEXICO TRIBAL COMMUNITIES, IMPROVING HEALTH OUTCOMES

WELCOME TO OUR BIWEEKLY NEWSLETTER

Smoke Free Signals would like to welcome you to our January biweekly newsletter. We strive to provide content about secondhand smoke prevention and free resources that will support your smoke-free and vape-free initiatives.

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FREE Resources

A Commercial Tobacco-Free New Year

With the new year in full swing, it's time to begin thinking of your health. If you or know someone who smokes at home, it's important to take the necessary steps to keep your family and yourself safe from commercial tobacco. Secondhand smoke and aerosol can play a negative role in your health, especially if commercial tobacco products are used in and around your home.

If you or know someone who is trying to quit, there are resources to begin the quitting journey. Call [1-800- QUIT NOW](tel:1-800-QUIT-NOW) (1-800-784-8669) today for resources and support. The New Mexico Quitline offers FREE help to quit all commercial tobacco and vaping products.

FREE Options Include:

- ◇ 24/7 Support
- ◇ Personal Quit Plan
- ◇ Self-Help Materials
- ◇ Unlimited Sessions with a Trained Quit Coach
- ◇ Gum, patches or lozenges, while supplies last
- ◇ Shipping mailed directly to the registered participant
- ◇ Specialized services for youth and also for pregnant women

Benefits with Working with a QUIT COACH:

- ◇ Quitting At Your Own Pace
- ◇ Conquering Your Urges to Smoke
- ◇ Using Quit Mediations
- ◇ Becoming a Nonsmoker
- ◇ Utilizing and Gaining Trust in a Program with 25 Years of Research

[CLICK HERE TO BEGIN YOUR QUITTING JOURNEY](#)

Mass-Reach Health Communication Intervention Campaign

Smoke Free Signals is recruiting participants to serve as models and representatives from their respected Tribal communities and participate in a mass-reach health communication intervention campaign. The purpose of the campaign is to spread awareness about the sacred use of traditional tobacco as a protective factor and the danger of commercial tobacco use and secondhand smoke, while recognizing the cultural continuance of New Mexico Indigenous communities.

Providing Secondhand Smoke Protections in Tribal Communities

SMOKE FREE SIGNALS MODEL APPLICATION

Application Deadline: **January 31, 2023**

Applications can be sent by mail or email.
Mail to: Keres Community Health, 2700 San Pedro Dr. NE, Albuquerque, NM 87110
Email to: JConcho@keresnm.com

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Application Content:

2	Campaign Purpose	4	Application Questionnaire
3	Model Application Form	6	Photo/Media Release Form

Smoke Free Signals | 505-837-2104 | www.SmokeFreeSignals.com

Participation in the campaign will include a professional photography session, \$100 stipend reimbursement, travel reimbursement to and from the photoshoot location, traditional tobacco vs. commercial tobacco education packet, and snacks/water on day of photoshoot. Please note that photos taken during the photoshoot will be used on paid outreach media (i.e., posters, billboards, magazine ads, newspapers, etc.). [CLICK HERE](#) for application.

Please reach out to Josiah Concho for an application or questions at JConcho@keresnm.com.

Smoke Free Signals Tribal Health Program and Organization Highlight

Would you like to have your health program, department, organization, or services highlighted in the Smoke Free Signals' biweekly newsletter? Smoke Free Signals would like to share your updates, projects, and other initiatives with our listserv and networks. This opportunity will allow your organization to gain attention and allow other health programs to gain ideas, reach out for collaborations, and be inspired. Email Josiah at JConcho@keresnm.com to learn more about this highlight opportunity.

FREE Resources

FREE Window Decals

Everyone shares the same air. Why not share the Smoke-Free and Vape-Free cause with others! Keep your home and vehicle safe by letting others know that your home and vehicle are Smoke-Free and Vape-Free. Request your **FREE** window decal at [**SmokeFreeSignals@gmail.com**](mailto:SmokeFreeSignals@gmail.com)



This is a
Smoke-Free and
Vape-Free Vehicle



This is a
Smoke-Free and
Vape-Free Home

Smoke Free Signals Education Videos

The Smoke Free Signals Secondhand Smoke and Tobacco Education Video Series is available on the Smoke Free Signals website. The videos can be shared with students, friends, and family, and community members. If you would like to request a USB-drive of all Secondhand Smoke and Tobacco Education videos, please email SmokeFreeSignals@gmail.com.

To watch Smoke Free Signals' Education Video visit:
<https://www.smokefreesignals.com/education-videos>

FOLLOW US ON SOCIAL MEDIA!



Stay active with Smoke Free Signals by following us on our Social Media platform! We keep our page current with the latest news, activities, and initiatives. We also share prevention tips and facts about the dangers of secondhand smoke. Stay up-to-date with Smoke Free Signals TODAY and follow us on Facebook **@Smoke Free Signals!**

If you would like to unsubscribe from the Smoke Free Signals' biweekly newsletter, please email JConcho@keresnm.com to be removed from the listserv directory.