

## IN THIS EDITION

### COVID-19 Updates

### HIPMC Quarterly Partner Meeting

### LGBTQ+ Inclusion and Housing Workshop

### Health Study

### Blood Pressure Education



**COVID-19**  
Vaccine Event  
Updates



Join the  
**Vaccination Event Alerts**  
to learn about neighborhood  
vaccination opportunities:  
<https://public.govdelivery.com/accounts/AZMARIC/signup/22506>



**HEALTH IMPROVEMENT  
PARTNERSHIP OF  
MARICOPA COUNTY**  
[www.hipmc.org](http://www.hipmc.org)

**COVID-19 cases are surging in Maricopa County** Now is the time to prioritize your health.

While all three available COVID-19 vaccines are considered safe and effective, the FDA gave a new level of approval this month to the Pfizer vaccine. This full approval affirms what public health experts have been saying and what studies have shown for months: the vaccine is safe and effective at preventing COVID-19 and especially at preventing hospitalizations and deaths from the virus, including the Delta variant.

### COVID-19 RESOURCES

**Vaccine sites**

**Vaccine safety facts and FAQs**

**Testing sites**

### **Video: A personal story loss due to COVID-19**





# HIPMC Virtual Quarterly Partner Meeting Recording

Thank you everyone who attended the HIPMC Quarterly Partner Meeting. Engagement was good during the breakout rooms.

Save the date for our next meeting:  
November 4th, 2021  
10:00AM - 11:30AM via Zoom

If you missed the meeting click [HERE](#) to watch the recording.



[Past Meetings - Minutes and Materials](#)

To watch last HIPMC Virtual Quarterly Partner Meeting please visit  
[HIPMC Meeting Archives](#)

# LGBTQ+ Inclusion and Housing Workshop

In this interactive workshop the Arizona Housing Coalition will review basic LGBTQ+ definitions and statistics, and best practices for LGBTQ+ inclusion in programming and staffing. You will also explore case studies related to housing.

Participants will leave with ideas to foster LGBTQ+ inclusion in their own workspaces immediately and throughout the next year.

**Facilitator: Wallace Hudson, one-n-ten**



**LGBTQ+ Inclusion  
and Housing**  
**Tuesday, September 14, 2021**  
**9:00 - 10:30 AM**  
**Online**  
**Sign up Now**

JPMORGAN CHASE & CO.

THANK YOU!  
Workshop sponsored by



**Join the  
Vaccination Event Alerts  
to learn about neighborhood  
vaccination opportunities:  
REGISTER HERE**

# HEALTH STUDY

## TIME4HEALTH STUDY

Have you ever wondered how your lifestyle habits relate to your health and well-being?

Help us find out!

### WHO?

We are looking for Hispanic women **with** and **without** Type 2 diabetes who have already passed menopause.

### WHAT?

We are trying to understand how lifestyle habits influence the daily variation of hormones associated with metabolic health.

### HOW?

You will be asked to complete a laboratory health screening at the ASU downtown campus, answer an online survey, collect saliva samples at home and wear a watch that tracks your sleep for 3 days.

**You can earn up to \$100 in gift cards!**

**Participation is voluntary**

Are you interested?

Contact us at 602-543-3327 or [time4health@asu.edu](mailto:time4health@asu.edu)



**Join the  
Vaccination Event Alerts  
to learn about  
neighborhood vaccination  
opportunities:  
[REGISTER HERE](#)**

# Blood Pressure Education-In Spanish!

**The American Heart Association will be hosting an awesome webinar about Understanding Blood Pressure coming up!**

**When: Wednesday, September 29th**

**Time: 11:30am and it will be all in Spanish!**

**The audience is the general community**



**REGISTER HERE**



American  
Heart  
Association.

**Únase a nosotros para una conversación comunitaria:  
Comprendiendo el problema de la presión arterial alta**



Dr. Cinthia Arredondo Paramo, DNP, FNP-C  
Mountain Park Health Center

Miércoles, 29 de septiembre  
11:30-12:30pm

**Regístrate aquí**

La presión arterial alta es uno de los principales factores de riesgo de enfermedad cardíaca y accidente cerebrovascular. Dr. Cinthia Arredondo, enfermera familiar del Centro de Salud Comunitario de Mountain Park, explicará qué es la presión arterial, por qué debe mantenerse por debajo de 120/80 y cómo alcanzarla. Como inmigrante ella misma, Cinthia dice que ha visto a muchas personas sufrir complicaciones de salud que podrían haberse prevenido si hubiera más educación y recursos. Ella comprende la importancia de la comunicación y quiere usar su habilidad como hablante nativo de español para ayudar a educar a la comunidad.

Patrocinado por:  arizona  
complete health.

If you want to share your information please email:  
[Alejandra.Zavala@maricopa.gov](mailto:Alejandra.Zavala@maricopa.gov) or [hipmc@maricopa.gov](mailto:hipmc@maricopa.gov)