

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, September 17, 2021



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 September biweekly newsletter. We strive to provide content about secondhand smoke prevention and free resources that will support your smoke-free and vape-free initiatives.

HIGHLIGHTS

2 **Casino Worker Sacrifices Health For His Job**

4 **Basic Tobacco Intervention Skills Certification for Native Communities VIRTUAL Training**

4 **Community Health Leadership Program**

5 **FREE RESOURCES!**

Casino Worker Sacrifices Health For His Job

Read Mike's Danay's Testimonial About Working in a Smoke-Filled Casino.
Courtesy of [American NonSmoker's Rights Foundation](#)

"I started working as a casino dealer in the summer of 2003, when the shiny new casino opened in Atlantic City. I knew when I started that smoking was allowed in NJ casinos and this was something we were required to deal with. I was young (mid20's) and not really bothered by secondhand smoke. I was diagnosed with asthma as a child and remained asthmatic into adulthood. I use an Advair inhaler daily and have a rescue inhaler that goes everywhere with me. As the years went by, I grew to hate the stink of secondhand smoke but was otherwise unphased by it.

About 10 years into my career my asthma

started to worsen. This would be more noticeable on days I was scheduled in a smoking section. I missed a few months of work recovering from foot surgery. Those months my asthma symptoms were extremely mild and practically nonexistent. I remember my first day back after my layoff. The stench of cigarette smoke brought all the feelings back. My throat was sore, my voice was weakened, and breathing was labored. Over the next several years, I would do anything I could to switch my schedule so that I would not be forced to deal in a smoking section. This was becoming difficult as many dealers were also trying to avoid smoking sections.

In 2019, after 16 years of dealing, I went to the HR



department to inquire about my situation. I asked them if I could have a no-smoking accommodation—this means that I would not be scheduled in smoking sections due to my medical condition. Of course, a doctor's letter outlining my condition was required and I surprisingly was able to receive this accommodation. I should have done this years ago! The HR department in my casino was very helpful. They told me if I were scheduled in a smoking section to visit them, and they would switch me out of there.

While my casino management was able to accommodate me, they alluded to the fact that I should not tell the other dealers about my circumstance. I complied with their veiled request and told nobody. While this accommodation helped, a nonsmoking section of a casino is still very smoky. When the pandemic shut the casinos down in March of 2020, we were not working for nearly 4 months. Coming back, I (and most other dealers) thought that the silver lining in this pandemic is that smoking in casinos would finally be banned for good. How naïve we were. By this time, I had left that shiny no-longer-new casino in Atlantic City after 17 years for a shiny new casino in Pennsylvania to be closer to home. After more than a year of smoke free

dealing, my breathing had improved greatly. I thought there was no way they could ever bring that disgusting secondhand smoke back to the casinos after all we have been through. Still, I wanted to be proactive about it. So, around May of 2021, I visited the HR department of my new casino in PA and asked them for an accommodation. They told me that they were not sure if smoking would ever return but they would work with me. I supplied them with the necessary doctor's letter (like before) and felt good that I had covered my bases. On July 2, 2021, I came to work and felt like I just got punched in the stomach. My table had ash trays all over it. There was a sign on my table that said, "designated smoking section." I wanted to vomit. I rushed into HR on my first break. There was

ZERO warning from management, no email, no plan, no outline for staff to follow, just ash trays everywhere. The people in HR did not even know that smoking had returned to the casino. They told me they would talk to the scheduling department to inquire about my accommodation. But in the meantime, I would have to work my scheduled spot. It was a rough day. If not for a 2-year-old daughter and my family, I may have walked out and resigned that day. The next day, HR told me that the scheduling office would "try" to work with me, but being a new casino, they did not have a precedent for this accommodation. Since then, I have been scheduled in a smoking section twice. One day I was able to switch with somebody, and the other day I called in sick. I am currently looking for other options for my career path."

Read more of Mike Danay's story at:

<https://no-smoke.org/pennsylvania-casino-worker-sacrifices-health-for-his-job/?eType=EmailBlastContent&eId=9863b698-650e-4d9b-a2e9-08b12f421554>

Community Health Leadership Program

Smoke Free Signals is accepting applications for its annual Community Health Leadership Program. Earn \$2,500 to support secondhand smoke protections and education in your community. This unique program has flexible time requirements, and very minimal reporting. We want to make it easy for you to focus on the important work at hand – not on paperwork!

Apply now at:

<https://www.smokefreesignals.com/chlp>

DEADLINE TO APPLY: September 30, 2021

BENEFITS

- ◇ Earn money towards milestones achieved
- ◇ Gain community health advocacy skills
- ◇ Letters of Recommendations
- ◇ Flexible Hours and Light Reporting
- ◇ Opportunity to help your Native community and/or organization.

ELIGIBILITY

- ◇ Interest with working in commercial tobacco prevention
- ◇ Excellent communication
- ◇ Knowledgeable about tribal or organization's community and policy protocols.

Basic Tobacco Intervention Skills Certification for Native Communities VIRTUAL Training

Tuesday, November 30 - Thursday, December 2, 2021 from 1:30 PM - 4:00 PM (MT)

This Tobacco Intervention training is culturally tailored to distinguish between the use of traditional and commercial tobacco in Native American communities and emphasize evidence-based techniques to increase the rates of successful interventions resulting in the cessation of commercial tobacco use. Click [here](#) to register and learn more.

Evidence-based interventions that encourage *quitting* and prevent youth smoking continue to be *underutilized*.
— a Report of the Surgeon General, 2014

Be A Lifesaver!

Program Basic Tobacco Intervention Skills Certification for Native Communities

Date: Nov. 30, Dec. 1 & 2, 2021

Time: 1:30 pm – 4:00 pm (MT), Each day

Location: Virtual Training

Instructors: Janna Vallo, Theresa Clay, Reiko Yazzie

To register: <http://db.aastec.net/sttc/reg.html>

For information contact: Reiko Yazzie at 505.228.3514 or ryazzie@aaihb.org

NEW TIME

FREE Resources

HIGHLIGHT: Smoke Free Signals Education Videos

The Smoke Free Signals Secondhand Smoke and Tobacco Education Video Series is now complete. All education videos will remain 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. Listed below are the themes for each video.

- ◇ **Video 1:** Chemicals In Secondhand Smoke
- ◇ **Video 2:** Cost Savings
- ◇ **Video 3:** Tobacco Cessation & Resources
- ◇ **Video 4:** Smokeless Tobacco
- ◇ **Video 5:** Thirdhand Smoke
- ◇ **Video 6:** Secondhand And Thirdhand Smoke And Pets
- ◇ **Video 7:** Reasons To Quit
- ◇ **Video 8:** Targeted Marketing
- ◇ **Video 9:** Predatory Marketing
- ◇ **Video 10:** Tobacco Myths And Facts
- ◇ **Video 11:** Nicotine Addiction
- ◇ **Video 12:** Nicotine Poisoning
- ◇ **Video 13:** What Are E-Cigarettes?
- ◇ **Video 14:** Flavored Tobacco: Menthol
- ◇ **Video 15:** Flavored Tobacco
- ◇ **Video 16:** Secondhand Aerosol Exposure
- ◇ **Video 17:** Policy Change 101
- ◇ **Video 18:** Dee Johnson Clean Indoor Air Act
- ◇ **Video 19:** How Can You Use Policy To Protect Loved Ones?
- ◇ **Video 20:** COVID-19, Smoking, and Vaping
- ◇ **Video 21:** INSPIRE
- ◇ **Video 22:** Smoking And Diabetes
- ◇ **Video 23:** Commercial Tobacco Is Not Traditional
- ◇ **Video 24:** How To Protect Our Traditions From Secondhand Smoke
- ◇ **Video 25:** How To Protect Our Children From Secondhand Smoke
- ◇ **Video 26:** Protect Yourself And Loved Ones From Secondhand Smoke: Vehicles
- ◇ **Video 27:** Protect Yourself And Loved Ones From Secondhand Smoke: Homes
- ◇ **Video 28:** Why Plan A Smokefree & Vapefree Event

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

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



**This is a
Smoke-Free and
Vape-Free Vehicle**



**This is a
Smoke-Free and
Vape-Free Home**

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!](https://www.facebook.com/SmokeFreeSignals)

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.