“Adahodilzin - Role of Diné Women”

Come join us for an evening workshop on Adahodilzin - Role of Diné Women with presenters Rosalín Smith and Darlene Foster. This workshop will include the responsibility of the Diné woman within the family and her role in protecting her children. This workshop will also include Kinaaldá, healthy aging, healthy relationships and the traditional aspects of hair-tying.

Rosalín Smith is a mother and a grandmother. She is Ta’neeszhahii, born for Dibé lizhiní, Tábááhá are her cheií, and Honágháahnií are her nálí. She is from T’iis Nideeshgíih Newcomb and currently employed with the Indian Health Service Intensive Care Unit for the past 3 years. Before that she was employed with BHP Billiton for 27 years. She is a member of the Navajo Interpreter Association, an organization formally established to preserve and protect the accurate interpretation and translation of the Navajo language into English. In 2004, she assisted in helping the Newcomb Chapter become the first Chapter in the State of New Mexico to become Local Governance Act Certified Chapter.

Darlene Foster is Tódích’i’i’ní, born for Tlé’ógo, her cheií are Hashtl’ishnii, and her nálí are Kinyaa’ánní. She is a mother of 3 and has 2 stepsons. She was born and raised in Casamero Lake, NM. Darlene works for Navajo Nation Police Department. She has been a Police Officer for 21 years and started out in Crownpoint, NM but is currently stationed in Shiprock, NM.

Contact: Judy Wolfe 505-368-6304, or Randy John 505-368-7463

Restoring & Celebrating Family Wellness Committee: Shiprock Chapter, Community Volunteers, Health Promotion/Disease Prevention, Navajo Nation Division of Behavioral & Mental Health Services, Office of Environmental Health, Shiprock Law Enforcement, NNMC Sexual Assault Care Coordination, NNMC ICU, Office of Diné Youth-Shiprock Agency, San Juan Collaboratives for Health Equity/Indian Country Grassroots Support, Tse’Daa K’aan AmeriCorps, Teen Life, San Juan County Partnership/Diné Bahozo Coalition, Dream Diné Charter School, Healthy Hunger Free Kids Act Demonstration Project, Healthy Native Communities Partnership, Johns Hopkins University Center for American Indian Health, Healing Circle Wellness Center, Shiprock Farmer’s Market, Together Growing Our Dreams (T-GOD).

We are committed to strengthening families and nurturing positive changes in our communities.