Banner University Medicine Neonatal Abstinence Syndrome Program Thrives

Banner University Medicine has expanded the services of its Family Centered Neonatal Abstinence Syndrome Care Program with the opening of the MOMs Clinic (Mothers Over Medicine) program. The MOMs clinic was developed to help pregnant, soon-to-be mothers learn new parenting skills. Continued on page 6

Local Road Work Alerts

A few local road work projects are underway in the San Tan Valley and Queen Creek area. Commuters should take note. Continued on page 5

Arizona’s Waterfowl, Quail Seasons Flying Bye

There’s still time for Arizona hunters to take aim at some of the best wing-shooting opportunities the state has to offer — but the clock is ticking. Continued on page 17

MVD Helps You Get Ready For Tax Time

The dawn of a new year also means tax season is bearing down and the Arizona Department of Transportation Motor Vehicle Division is ready to help customers with 2019 fee and tax information. Continued on page 9

Freestone Recreation Center Grand Reopening

New year. New you. New Freestone. Join us at the grand reopening of Freestone Recreation Center on Saturday. Continued on page 7

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Local Road Work Alerts
A Few Projects Underway In The San Tan Valley And Queen Creek
By San Tan Times Staff

Roadwork will start on Hunt Hwy between Johnson Ranch Blvd and Copper Mine Rd on January 14th thru January 23rd. Work will be on northbound shoulder/bike lane and should not affect traffic. Please drive with caution.

Roadwork will begin on Gantzel Rd near the Ocotillo Rd intersection on January 15th. Work will include a speed reduction and lane closure for northbound travel and northbound right turns will be limited from Gantzel Rd onto Ocotillo Rd. Plan for extra travel time and drive with caution.

Cloud Rd is closed at Rittenhouse Rd until 1/24 for utility installation. This closure is part of the Rittenhouse Rd improvement project to enhance transportation. For more information: ★STT

January 15 - 17, 2019
San Tan Valley Weekday Weather

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<th>Wednesday</th>
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Banner – University Medicine
Neonatal Abstinence Syndrome Program thrives through partnerships
Resulting in more than $3M in savings in health care costs
By, Banner Health

Banner – University Medicine has expanded the services of its Family Centered Neonatal Abstinence Syndrome Care Program with the opening of the MOMs Clinic (Mothers Over Medicine) program.

A part of the Family Centered Neonatal Abstinence Syndrome Care Program, the MOMs clinic was developed to help pregnant, soon-to-be mothers learn new parenting skills to help ease their newborns withdrawal symptoms from exposure to opioids.

The program also provides education and resources to help parents create safe, stable, nurturing relationships and environments for their children. Babies who have been exposed to opioids and some other medications/drugs in utero often suffer withdrawal symptoms in the several days after birth. Withdrawal symptoms can include uncontrollable crying, tremors, vomiting, diarrhea, difficulties with sleep, and other autonomic disturbances.

Babies can develop withdrawal from exposure to heroin and prescription painkillers like Oxycontin, Vicodin and Dilaudid. Babies also can experience withdrawal from exposure to Methadone, Subutex and Suboxone, which are used to treat substance dependence. This is how Kellie Dow, a mother of three, learned about the program.

Dow was prescribed opioid painkillers after knee surgery in 2010 and became dependent upon them. She sought help and quit using opioids in 2016. To help her cope with withdrawal symptoms and to keep from relapsing, Dow is prescribed Methadone for relapse prevention and receives relapse prevention counseling from Cope Community Services’ Substance Abuse Treatment Program.

Two years ago, a friend of Dow’s at Cope became pregnant and was provided information on the MOMS Clinic at Banner – University Medicine. The friend opted out of the program and had her baby at another Tucson hospital. The baby was in the hospital for six weeks after delivery and received no specialized care for withdrawal.

Dow was on birth control but became pregnant and remembered her friend’s experience. Dow’s coach at Cope recommended she call the MOMs Clinic to learn more about the program. Dow was 20 weeks pregnant at the time and convinced herself to call Joy Subrin, the MOMs contact at Banner – University Medicine OB-GYN clinic.

Subrin is a certified integrative health and lifestyle professional at Banner – University Medical Center Tucson and leads the OB-GYN outpatient clinic social work department. The Banner-UMC Maternal Fetal Medicine OB-GYN team

Continued on page 10
Freestone Recreation Center Grand Reopening  
Saturday, January 18th  
From 9am - 12pm  
By Gilbert Parks and Recreation

New year. New you. New Freestone. Join us at the grand reopening of Freestone Recreation Center on Saturday, January 18th, 2020. This event is free and open to the public.

Everyone is welcome at Freestone Recreation Center! Unlike exclusive membership health clubs, you don’t need to be a member to visit and enjoy our 50,000 sq. ft. state-of-the-art recreation facility. At Freestone Recreation Center, everybody is a part of the Freestone Family!

Activities include:  
• Centennial Membership Special  
• Facility Tours  
• Giveaways  
• Vendors  
• Zumba Dance Party from 9:30am-10:15am- Back to the future themed! Wear what you THOUGHT we would be wearing in the year 2020 and have some fun dancing the morning away with our Freestone Zumba instructors.  
• Kiddy Korner open during the event  
• 1141 Tween Center open during the event  
• Climb for Time- Do you think you’re the fastest climber in Gilbert? We will be awarding prizes for the fastest climbers in each age group!  
• Dance and Tumble Sample Classes for Youth from 9:30am- 11:30am  
• Group Exercise Demo Classes  
  • Yoga from 9:30am-10:15am  
  • Cardio Drumming from 10:30am- 11:15am

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Wednesday’s Sudoku Puzzle

Enter digits from 1 to 9 into the blank spaces.
Every row must contain one of each digit.
So must every column, as well as every 3x3 square.
MVD Helps You Get Ready For Tax Time
2019 Vehicle Fee And Tax Information Now Available
By Arizona Department of Transportation
Continued from page 1

The dawn of a new year also means tax season is bearing down and the Arizona Department of Transportation Motor Vehicle Division is ready to help customers with 2019 fee and tax information.

Vehicle owners can go to www.servicearizona.com and quickly get their vehicle fee and tax information by clicking on the “Vehicle Fees/Taxes Paid 2019” link listed on the home page. The service is free.

“MVD is happy to provide this service to help make the tax season a little bit easier,” said MVD Stakeholder Relations Manager Jennifer Bowser Richards. “Getting the information in one place that’s easy to print out or copy electronically is a lot easier than going out to the garage and then making copies of your registration papers.”

All vehicles, including autos, trucks, ATVs, trailers, street-legal golf carts, among others will have the information available.

More information:
www.servicearizona.com

The vision of the Arizona Department of Transportation Motor Vehicle Division is to “get Arizona out of line and safely on the road”. Dedicated MVD employees, Authorized Third Party providers and offering more services online help MVD achieve this vision. ★STT
Banner – University Medicine Neonatal Abstinence Syndrome Program thrives through partnerships

Continued from page 6

and Subrin have helped to bring in a more integrative approach to the prenatal care model at Banner – University Medicine, helping women in recovery have healthier pregnancies and babies.

The Family Centered Neonatal Abstinence Syndrome Program was established by M.Y. Bader, MD and Lisa Grisham, neonatal nurse practitioner, to advance the care of babies born with NAS (neonatal abstinence syndrome). Because of the program’s success, it has been adopted by hospitals throughout the state. Other Banner facilities in Phoenix are also beginning to manage infants modeled after the Family Centered Neonatal Abstinence Syndrome Care Program in Tucson.

Babies who are born with neonatal abstinence syndrome are hospitalized for an average 22-24 days at a cost of $45,000 to $90,000 per baby.

For comparison, the average cost for a newborn delivery and hospitalization is about $3,500. Families participating in the program remain in the Neonatal Intensive Care Unit on average five to seven days. This program began in the summer of 2017 and subsequently, the MOMS clinic began in 2019.

To date, 56 infants have been discharged home from Banner – University Medical Center Tucson receiving an average of six days of hospital care versus 22 days, resulting in more than $3 million in savings in health care costs due to decreased length of stay.

“This level of care has become more integrated, by working in collaboration with community programs in Tucson, such as Cope, CODAC, Community Medical Services and Connections Health Solutions,” said Grisham.

In addition, the clinic draws upon a team of physician experts from OB-GYN, neonatal intensive care, psychiatry, social work and community partners to build a judgement-free, compassionate network of support for the soon-to-be moms. The clinic also provides education regarding baby care and strategies for self-care through healthy pregnancy education, community sobriety support, positive coping techniques and peer support.

The clinic also offers individual and group support. Group support includes high quality, small group discussions that work to build and strengthen trust and relationships. A typical office visit normally takes 15 minutes. These group discussions last 90 minutes.

“We are changing the conversation on substance use disorders and we are training the next generation of doctors in the process,” said Subrin.

Dow and her new baby Maverick, who is now 3 months old, are doing well with the support her husband Michael and their other two children: Austin who is 11 years old and Noah who is 3 years old.

“I wish this program would take off everywhere. There should be a program like this in every hospital in the state. I can’t emphasize enough how incredible and compassionate the doctors, nurses, case workers and other team members are at Banner. They never once made me feel bad for my choices and circumstances,” said Dow.

★STT
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Positions including:
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• census takers

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A partial job description for Enumerators is below.

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• Use automated smart phones or laptop computers to conduct job activities.
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• Update address lists and maps.
• Validate address and map updates for quality purposes.
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Arizona Department of Revenue Enhances Customer Service With Kiosk Option
By Arizona Department of Revenue

Arizona taxpayers have another option when filing and paying electronically on the state’s tax system.

The Arizona Department of Revenue (ADOR) has introduced self-service kiosks in both its Phoenix and Tucson locations. Kiosks are already available for use by taxpayers at the department’s East Valley office in Mesa.

“The kiosk option enhances customer service by giving taxpayers another choice for electronically filing and paying their taxes,” said Arizona Department of Revenue Director Carlton Woodruff. “Together with the acceptance of credit cards in all department lobbies, the self-service kiosks provide yet another convenience for our customers to better serve them.”

Both improvements were implemented by the department in 2019.

Taxpayers check in with the lobby receptionist to be assigned to an available kiosk, which is private, secure and designated staff are available to assist taxpayers as needed.

ADOR’s walk-up kiosks, which the department feels enhances customer service, gives taxpayers a self-service option in addition to the agency’s Customer Care Call Center and in-person assistance at its offices in Tucson, Phoenix and the East Valley.

ADOR kiosks are available during regular business hours, Monday to Friday, from 8 a.m. to 5 p.m.

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Make a Tax Credit Donation Today!
By Queen Creek Unified School District

The State of Arizona Extracurricular Activities Tax Credit Donation offers a way for QCUSD schools to raise additional money that directly impacts student education by providing opportunities for activities such as: after school and summer programs, field trips, music, athletic programs, and much more!

The program, provided for under A.R.S. 43-1089.01 allows a tax credit for up to $200 annually (filing individually) or $400 annually (filing married jointly) in support of extracurricular activities. The tax credit reduces your tax liability to the state of Arizona, dollar for dollar, while also reducing your taxable income to the federal government, for your donation.

The deadline for donating money is April 15, following the year of the taxes for which you wish to apply the donation to. For example, if you wish to take the tax credit for your 2019 tax year, you have until April 15, 2020, to make a donation.

Queen Creek Unified School District students benefit directly from these donations because the money may only be used for student-focused activities that enhance their educational learning environment.

Qualified activities include:
• Extracurricular activities and field trips
• Character education programs
• Standardized testing fees for college credit or readiness offered by a widely recognized and accepted educational testing organization (such as the SAT, PSAT, ACT, advanced placement and international baccalaureate diploma tests)
• Preparation courses and materials for standardized testing

★SIT
There's still time for Arizona hunters to take aim at some of the best wing-shooting opportunities the state has to offer — but the clock is ticking.

The general waterfowl season in the “Mountain Zone” (Game Management Units 1-5, 7, 9, 11M, 12A, and those portions of Units 6 and 8 within Coconino County) ran through Sunday, Jan. 12. The general season in the “Desert Zone” (Game Management Units 10 and 12B through 46B, and those portions of Units 6 and 8 within Yavapai County) closes Sunday, Jan. 26.

Ducks, including mergansers, coots and common moorhens (gallinules); white geese (snow, blue and Ross’); and dark geese (Canada and white-fronted) are legal wildlife in both zones. Scaup was able to be harvested in the Mountain Zone through Sunday, Jan. 12, and in the Desert Zone through Sunday, Jan. 26.

Quail hunters have until Sunday, Feb. 9, to get out and chase the state’s three main species — Gambel’s, scaled and Mearns’. The general bag limit is 15 quail per day in the aggregate, of which no more than eight may be Mearns’ quail. The general possession limit is 45 quail in the aggregate, of which no more than 15 Gambel’s, scaled or California quail in the aggregate may be taken in any one day. The 45-quail possession limit may include 24 Mearns’ quail, of which no more than eight may be taken in any one day.

As a reminder, all hunters 10 and older must possess a valid Arizona hunting or combination license. Those 18 and older also must possess an Arizona Migratory Bird Stamp ($5) to hunt waterfowl. Also, hunters 16 and older must possess a Federal Migratory Bird Hunting Stamp to hunt waterfowl. Licenses and state migratory bird stamps can be purchased on the department’s website at: www.azgfd.com/License

All hunters play an important role in conservation. Wildlife and Sport Fish Restoration Program (WSFR) funds are comprised of excise taxes collected on the sale of hunting and fishing equipment (including 11 percent on ammunition), the benefit of which comes right back to Arizona for habitat improvements, shooting ranges, boating access and more.

For more information about hunting in Arizona, visit: www.azgfd.com/Hunting

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Wildlife Of The East Valley
Rod Small’s Visual Journey
By, Rod Small
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