

AUGUST-SEPTEMBER 2007

# Healthy Spirit

NEWSLETTER OF INDIAN HEALTH CARE RESOURCE CENTER OF TULSA



## HEALTHY BACK-TO-SCHOOL TIPS

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# HEALTHY BACK-TO-SCHOOL TIPS

Source: Federal Citizen Information Center

## **Healthy Nutrition**

Eating right will help provide the nutrients needed to have energy, build strong bones, and fight diseases and other conditions. Pay attention to what and how much your kids eat. A change in eating habits may be an early warning signal for other problems.

## **Afterschool Snacks - Plan Them, Don't Ban Them!**

Unfortunately nearly one-fourth of kids' daily energy intake comes from nibbling between meals. Much of this nibbling is on prepackaged snack foods, which are high in calories and low in nutrients. But snacking itself isn't necessarily bad. Young children actually need snacks. Their stomachs are small, so they often can't get all the nutrients they need in a day through meals alone. It's not always easy to persuade your kids to eat healthy snacks and their snacking habits aren't going to change overnight, but here are a few snack-time tips:

- Offer similar choices. Instead of ice

cream or pretzels, offer your child frozen yogurt or soda crackers.

- Provide variety. Be sure to select snacks from a variety of food groups so your kids won't be bored with their snack choice.
- Be creative. Dress up fruits and vegetables – offer celery with peanut butter, or carrots with a low-fat dip.

## **Food Allergies**

According to the Food and Drug Administration, up to 6% of children in the U.S. under age 3 have food allergies. They are less common in adults but, overall, food allergies affect nearly 4 million people. Along with milk, eggs, wheat, soy, and shellfish, peanuts are among the most common foods that cause allergies. For some kids, food allergies can cause only minor discomfort, like a little tingling in the mouth. But for others they can be severe, causing difficulty breathing, for example. Try to work with your child's school to find ways your child can be supervised to prevent contact with allergenic foods. Find out who would give your child treatment and

discuss your child's allergies with that person, making sure that they have any necessary medications and medical information.

## **Fruit Juice - Friend or Foe?**

Although juice does contain some healthy nutrients, it's high in calories and it may contribute to weight gain and tooth decay if consumed in excess. Some juice drinks, even those with 100% juice, have more calories than sugary carbonated beverages do. Juice also lacks the healthy fiber that whole fruit has. Note: The American Academy of Pediatrics recommends that children drink no more than two 6-ounce servings of fruit juice a day.

## **Get Moving**

It is recommended that children and adolescents participate in at least 60 minutes of moderate intensity physical activity most days of the week. Kids can choose any type of moderate or higher intensity physical activity, such as brisk

walking, playing tag, jumping rope, or swimming, as long as it adds up to at least one hour a day. Work with your child's school to ensure the activity is age appropriate and, to ensure safety, provide protective equipment such as helmets, wrist pads, and knee pads to prevent sports injuries.

For children and adolescents, regular physical activity has beneficial effects on the following aspects of health:

- Weight
- Muscular strength
- Bone mass
- Anxiety and stress
- Self-esteem

## ***Combined Community Family Club & Native Nations Youth Council Kick-Off set for Sept. 13***

Indian Health Care Resource Center of Tulsa would like to extend a back-to-school invitation to your family and local Indian youth. IHCRRC will kick off the fall 2007 school year for our Community Family Club and the Native Nations Youth Council with a combined meeting. The event will be held Thursday evening, September 13, 2007 from 6:45 to 8:30 pm at the Tulsa Parks Central Community Center, located at 1028 E. 6th Street in Centennial Park.

The Community Family Club provides a friendly atmosphere to promote socializing and fun activities for the whole family. All generations are welcome – from the youngest to the eldest family members. Parents will enjoy the opportunity to share common experiences and support one another.

Family Club activities help connect kids with their Native culture and promote skills for success in school and life. The Community Family Club program design was developed by Camp Fire U.S.A., which has a long history of offering quality youth development programs for school age girls and boys.

The Native Nations Youth Council is for Indian youth ages 14-18 and is

## ***Backpack Safety***

- Pack light – a backpack should never weigh more than 10 to 20 percent of the student's body weight.
- Organize the pack to make use of all compartments and pack heavier items closest to the center of the back.
- Choose a pack with wide, padded shoulder straps and a padded back.
- Always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles and may increase curvature of the spine.

affiliated with the United National Indian Tribal Youth (UNITY) network. The Native Nations Youth Council focuses on community service, cultural heritage, environment, and healthy lifestyles. It is a great opportunity for Native youth to get involved with your community and other Tulsa area Native youth.

Both programs help Native youth develop positive character and life skills. Members can learn how to work with other Native people, build strong and lasting friendships, develop greater self-esteem and self-confidence, contribute to Native America, and make a difference. We invite all area Indian youth and families to get involved with their Native community by becoming a part of either the Community Family Club or the Native Nations Youth Council.

We would love to see you at our back-to-school combined Indian youth programs meeting. Refreshments will be provided and there is no cost to join or to participate in either of the two groups. If you would like to attend this event, please call Kevin Heeney or Taylor Thompson at (918) 588-1900 ext. 2268 or Alison Arrington at ext. 2216.

## HEART SAVERS

### Calendar

**MONDAY WORKSHOPS ♥♥**  
**AT ERICA'S KITCHEN** – We will present a cooking demonstration **every other Monday from 11 am-12 pm**. Come get some hands-on experience with cooking meals and learn how to cook more heart healthy. Food-related items may be given away!

**August 20 - Recipe Makeover!** Submit your recipes to Erica if you want your recipe to be modified! We will review how to makeover old favorites and, of course, taste a few.

**Sept. 10 - Tasty Frozen Treats** - A popular repeat lesson. Come learn how you can make low carbohydrate treats the whole family will enjoy.

**Sept. 24 - Football Party Fav's** - Surviving the season can be tricky with all the high fat and carbohydrate snacks. Let's learn some snack ideas that both fans and their heart will love.

**GROUP CHAIR EXERCISE ♥♥**  
**Tues. @ 11:00 am and 5 pm, Wed. @ 11:00 am.** Get together for a sit and fit workout! Chair exercise is ideal for those who have back and knee problems or just don't feel ready for more advanced exercise.

**WED. SUPPORT GROUP ♥♥**  
Stacy Berg leads a support group **every other Wednesday at 1:00 pm**. Come and meet others in Heart Savers! This group is an interactive, solution-oriented meeting. This time will include discussion, various topics, and experiential activities.

**GET ACTIVE! POTLUCK ♥♥**  
This healthy heart potluck is only for members who are participating in the Get Active Challenge. **6 pm, Mon. Aug. 27.**

**Class locations:**  
♥ Main Clinic @ 550 S Peoria  
♥♥ Satellite Clinic @ 1630 S Main  
♥♥♥ The Center @ 8th & Utica

# SoonerCare for Kids Oklahoma's Free Health Insurance Program



SoonerCare is Oklahoma's free health program for families that can't afford to buy health insurance. With SoonerCare, your children can see a family doctor

without any office visit fees. SoonerCare will also pay for prescriptions, dental and vision care, behavioral health and substance abuse treatment, and hospital emergency care. Visits to medical specialists, including speech, hearing and language disorder services, are also covered by SoonerCare.

financial eligibility for SoonerCare and Medicaid programs.

## How to enroll for SoonerCare

If you want to enroll your child for SoonerCare health care benefits, you will need to complete an application and submit it to DHS. At Indian Health Care Resource Center, our eligibility workers are available to help you sign your children up for free SoonerCare health insurance. Our eligibility workers can help you fill out and submit the application. Our eligibility staff is located in the main clinic lobby. You can reach the eligibility staff by calling 382-1219.

## SoonerCare Insurance – Choosing your doctor

After your eligibility is confirmed by DHS, you will receive a white SoonerCare medical identification card in the mail from the Oklahoma Health Care Authority. You will use this card as long as you are eligible for Medicaid benefits.

## SoonerCare Income Eligibility Levels

for children, pregnant women, family planning and cancer treatment

Size of family	Family Income	
	Per Month	Annually
1	\$1,575	\$ 18,889
2	2,111	25,327
3	2,648	31,765
4	3,184	38,203
5	3,721	44,641
6	4,257	51,079

Children under the age of 19 can get free SoonerCare health insurance if their parents qualify, based upon generous family income guidelines. Newborns are automatically eligible for SoonerCare if mom qualifies for prenatal SoonerCare. Pregnant women who qualify for SoonerCare will receive complete prenatal, delivery and post partum maternity care, including vision and dental care.

The Oklahoma Health Care Authority (OHCA) is the state agency that administers SoonerCare and the Medicaid program in partnership with the federal government. The Oklahoma Department of Human Services (OKDHS) determines

When you enroll your child in SoonerCare, you will also need to pick a primary care doctor who will help coordinate your children's medical care. Indians in Oklahoma have a choice of SoonerCare doctors and have the right to use the doctors at Indian Health Care Resource Center or any Indian Health Service (IHS) or tribal medical facility.

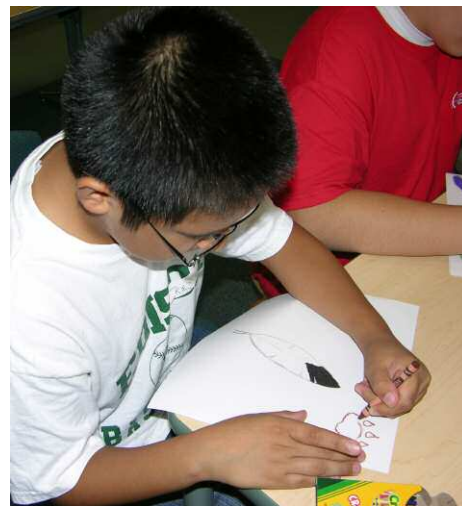
Indian Health Care is a full partner in

Oklahoma's SoonerCare program. Our health center is the perfect choice for you and your family to receive personalized, comprehensive health care. Our physicians are well-qualified to serve as your SoonerCare primary care physician. We offer the convenience of "one-stop shopping" for all of your family's medical, pharmacy, dental, vision and counseling needs.

## Remember to add health check-ups to your child's back-to-school list

Along with buying pencils, backpacks and new clothes, getting ready for school includes getting health checkups. Most parents are familiar with the need to make sure childhood immunizations are up-to-date. This is especially true for children entering pre-school and kindergarten classes. Although immunizations are important, health professionals urge parents to get a comprehensive well-child exam for your student. At a minimum, youth athletes will often need to get a sports physical.

A well-child health visit provides an opportunity for your child to get a vision and hearing screening along with a traditional medical exam. These screenings are especially important for young children, who may not know whether or not they can hear or see adequately. If your child is listening to the television or music at a very loud volume or turns his or her head to favor one ear over the other when conversing, it may be a sign of hearing loss. If your child wears



glasses, you will want to visit the optometrist to make sure that the prescription is current. Finally, don't forget your child's teeth – call your dentist to make an appointment to schedule a routine dental exam. Call 588-1900 today to schedule your child's immunization and well-child check-up appointments at Indian Health Care Resource Center of Tulsa.

## Well-baby and well-child health check-ups

Babies, kids and teens need to get regular check-ups to help them stay healthy. Seeing a health care provider on a regular schedule, even when feeling well, may help prevent serious health problems in the future. Children and teens should use these preventive health care services.

### What does a SoonerCare well-child exam include?

Your child's doctor, physician assistant, or nurse practitioner will give the exam. Whoever performs the exam will check:

- The overall physical condition of your child to see if he or she is growing well
- Ears and eyes
- Teeth
- Diet
- Immunizations (shots)
- Lab tests (if needed)
- Health and developmental history
- A physical exam

The exam will also provide an opportunity for you to discuss any concerns you may have about your child's health. Your child's health provider will provide helpful advice about health issues for you and your child.

## Recommended SoonerCare well-baby and well-child exam schedule

This table shows the recommended schedule for regular well-care prevention visits

Babies	Toddlers	Children age 2 to 5	Older Children (age 6 to 21)
Birth	15 months	2 years	Every other year until 21 years old
2 months	18 months	3 years	
4 months		4 years	
6 months		5 years	
9 months			
12 months			

# Fruits & Veggie Nutrition

Source: CDC "How Many" brochure



Every step taken towards eating more fruits and veggies helps you and your family be their best. Eating fruits and vegetables may reduce your family's risk of many diseases. The federal Dietary Guidelines for Americans recommends eating more fruits and vegetables than any

other food group.

You probably already know that a healthy diet includes a variety of fruits and vegetables. Most are lower in calories and higher in fiber than other foods. As part of a healthy diet, eating fruits and vegetables instead of high-fat foods may

make it easier to control your weight.

Compared to people who eat only small amounts of fruits and vegetables, those who eat more generous amounts – as part of a healthy diet – are likely to have reduced risk of chronic diseases. These diseases include stroke, type 2 diabetes, some types of cancer, and perhaps heart disease and high blood pressure.

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, or white onions.

For more variety, try new fruits and vegetables regularly. Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases. Some of these nutrients may also be found in other healthy foods. Eating a balanced diet and making other lifestyle changes are key to defending your body's good health.

In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs and nuts, and is low in saturated fats, trans fats, cholesterol, salt, and added sugars.

## Farmers' Market in the Park

Get your fresh Oklahoma-grown vegetables, fruit, herbs and Oklahoma-raised meat every Thursday across the street from Indian Health Care. The Pearl Farmers' Market is open Thursday evenings, from 4 to 8 pm at the east end parking lot of Centennial Park, on the southwest corner of 6th St. and Peoria.

### Regular vendors you will find at the Pearl Farmers' Market

- **Creekside Plants and Produce / Blakely Family Farm Meats** offers Porter peaches, blackberries, tomatoes and eggplant. All natural pork, beef, and lamb meats are also sold free of steroids and hormones.



# the pearl farmers market

- **Bristow Farmers' Market** – 109 N. Main St. in Town Square of Bristow, 9 am to noon, Saturdays.
- **Cherry Street Farmers' Market** – 15th St. and Peoria Ave. in Tulsa, 7 to 11 am, Saturdays.
  - **Cherry Street Farmers' Market on Brookside** – Westlake Ace Hardware parking lot at 41st St. and Peoria Ave. in Tulsa, 8 am to noon, Wednesdays.
  - **Collinsville Farmers' Market** – corner of 12th and Main Streets in Collinsville, 8 to 11 am, Wednesdays and Saturdays.
  - **Downtown Tulsa Farmers' Market** – Williams Green at 3rd St. and Boston Ave, 10:30 am to 2 pm, Tuesdays.
  - **Jenks Farmers' Market** – Pedestrian Bridge, near the RiverWalk Crossing in Jenks, 7 am to noon, Saturdays.
- **Muskogee Farmers' Market** – Fifth Street and Okmulgee Ave., in front of Civic Center in Muskogee, 8 am to noon, Wednesdays and Saturdays.
- **North Tulsa Farmers' Market** – 2620 E. 56th St. North, 8:30 am to 12:30 pm, Saturdays.
- **Owasso Farmers' Market on Saturdays** – Rejoice Church parking lot at U.S. 169 at 106th St. North in Owasso, 8 am to noon, Saturdays.
- **Owasso Farmers' Market on Wednesdays** – Owasso YMCA, 8300 Owasso Expressway, in Owasso just off U.S. 169, 8 am to noon, Wednesdays.
- **Pearl Farmers' Market** – Centennial Park, southwest corner of Sixth St. and Peoria Ave. in Tulsa, 4 to 8 pm, Thursdays.
- **Stillwater Farmers' Market** – Strickland Park, 309 N. Main St. in Stillwater, 8 am to 1 pm, Saturdays.

- **Fresh Country Vegetables.** Por Yang sells beautiful heads of cabbage, tomatoes, cucumbers, okra, peppers, squash, basil and more.
- **Mushroom Planet** offers maitake, king oyster, lion's mane, oysters and shiitake. A high source of protein and minerals!
- **Natural Farms** offers free range chicken, their own all-natural low-cholesterol beef, and organic pork, and lamb. They also offer local honey, with the comb! Yum!
- **Well Bread Bakery** offers 100% whole wheat bread.
- **Tillie's** sells old fashioned peanut brittle and pecan brittle made with Oklahoma nuts.
- **Palace Cafe's Catering** offers fresh salsa, hummus, salmon pate, and grilled chicken and veggie dinners.
- Terri at **Bohemia Catering** sells various selections, including vegetarian dishes, pastas, chicken marsala, a variety of pizzas, lemon bars, honey caramel pecan squares, monster brownies and toffee.
- Tulsa-based **Topeca Coffee** has fresh-roasted beans from their El Salvador plantation and iced coffee to go.
- A variety of local artists and artisans, such as **Bath Deva** sell handmade soaps, adirondack chairs, earrings and more.
- **Carissa Pankey**, owner of 3 Ps in a Pod, offers handcrafted soaps, and bath and body products using essential oils and herbs. Native American recipes, traditions and wisdom are incorporated into her products. Carissa also offers Farrell Bakery breads.

## Shop for healthy foods at any of these area Farmers' Markets

Locally grown food is delicious, nutritious, and healthy for you! Shop throughout the week at any of the following farmers' markets located throughout northeastern Oklahoma.



Sharon sells her mushrooms from the **Mushroom Planet** at Tulsa area farmers' markets.



IHCRC staff (left to right): Stephen Shoemaker, PhD, Carmelita Skeeter, Dianne Hughes and Edward Rogers.

## ***IHS recognizes Indian Health Care with awards***

Thursday, July 26, 2007, the National Cowboy & Western Heritage Museum in Oklahoma City was the beautiful location for the fourth annual Oklahoma City Area Indian Health Service Area Director's Awards Banquet. This annual event recognizes individuals and health teams who have helped advance the goal of the Indian Health Service to ensure comprehensive health services are provided in a culturally competent manner to American Indian and Alaskan Native people.

The Indian Health Service (IHS), an agency within the Department of Health and Human Services, is responsible for providing federal health services to American Indians and Alaska Natives. The provision of health services to members of federally-recognized tribes

grew out of the special government-to-government relationship between the federal government and Indian tribes.

Individuals working at federal Indian health, tribal health and urban health (I/T/U) facilities within Kansas, Texas and Oklahoma were recognized at the awards ceremony for excellence in job performance, length of service and achievement.

Area Director John Daugherty, Jr. commented at the ceremony, "Throughout my career as the IHS Area Director of the Oklahoma City Area, I have been continuously impressed by the diligence and breadth of expertise of Indian Health Service, tribal and urban health employees." Mr. Daugherty personally distributed 104 individual awards to each of the recipients and another 46 group

awards to each of the group leaders.

Three employees at Indian Health Care Resource Center of Tulsa received an Area Director's Award at this year's ceremony.

IHCRC CEO Carmelita Skeeter was recognized for 30 years of service with a Length of Service award. Stephen Shoemaker, PhD, IHCRC Director of Human Services, was awarded the Exceptional Performance Clinical award. And Edward Rogers, IHCRC Credentialing and Volunteer Coordinator, received a Peer Recognition award.

For the past three years, IHCRC Clinic Administrator Dianne Hughes, has served on the Oklahoma City Area Director's Award planning committee.



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## **IHCRC Board urges Congress to reauthorize the Indian Health Care Improvement Act**

The Board of Trustees of Indian Health Care Resource Center of Tulsa urges prompt action by Congress to reauthorize the federal Indian Health Care Improvement Act (IHCIA) with the passage of current legislation (HR 1328 and SB 1200).

Approval of the IHCIA will modernize and improve the quality of the federally supported Indian health care delivery system. Since its initial passage in 1976, the IHCIA has provided the programmatic and legal framework for the Indian Health Service (IHS) to carry out its trust responsibility for Indian health. The IHCIA is the law under which health care is administered to serve American Indians and Alaska Natives.

Reauthorization of the IHCIA will address the large disparities that currently exist between the status of Indian health care and that of the rest of the country. Consider the following:

- The infant mortality rate is 150% greater for Indians than that of Caucasian infants.
- Indians are 2.6 times more likely to be diagnosed with diabetes.
- The life expectancy for Indians is nearly six years less than the rest of the US population.
- The suicide rate for Indians is 2.5 times higher than the national average.
- Health care expenditures for Indians are less than half the amount spent on health care for federal prisoners.

Reauthorization of the IHCIA will address the health disparities that are experienced by Indian people. It will enhance the ability of Indian health programs to attract and retain qualified Indian health care professionals and will also help address health facility needs.

Since 1992 when the Act was last reauthorized, the American health care delivery system has been revolutionized while the Indian health care system has not. In mainstream America, health care has moved out of hospitals and into the community. There is an expanded focus on prevention and health promotion to

address national priorities of diabetes, cardiovascular disease and obesity. A continuum of care is being promoted to help coordinate and integrate the prevention and treatment of mental health, substance abuse, domestic violence, and child abuse services into comprehensive behavioral health programs. We are proud of the work that urban Indian health programs, tribal health systems and the IHS have done to incorporate these same innovations into the reauthorization of the IHCIA.

The reauthorization of the IHCIA has special importance for the Tulsa and Oklahoma City urban Indian health programs. As Indian Health Service Urban Demonstration projects, both of Oklahoma's urban health organizations have steadily grown to offer comprehensive programs of outpatient care ever since they were made Demonstration programs by the IHS in 1987. The IHCIA contains key language that ensures the organizational stability and reliable federal funding for the two Oklahoma urban health programs.

Reauthorization of the IHCIA is overdue. Typically, Congress uses the reauthorization process to take a fresh look at major laws every five to seven years to update, modernize and refresh them so that they reflect the evolution of conditions and needs. It has been 14 years since the Congress last performed a comprehensive review of the IHCIA. Reauthorization proposals have been introduced in the last three Congresses, but none have passed. It is time to do so.

After returning from its August recess, Congress needs to extend the life of the IHCIA authorization and by passing legislation that reflects both current needs of Indian health and the modern methods of health care delivery and systems enjoyed by most Americans.

*Note: Portions of this article were adapted from materials developed by the National Indian Health Board. For more information on the IHCIA, visit the NIHB website at [www.nihb.org](http://www.nihb.org).*

## **Indian Health Care hours of operation**

### **Medical Services hours:**

Mon., Tues., Wed., Fri. 8 am - 5 pm  
Thurs. 10 am - 7 pm  
1st Wed. of the month the Medical clinic opens at 1 pm (closed in morning for staff meeting)

### **Human Services hours:**

Mon. - Wed. 8 am - 6 pm  
Thurs. 10 am - 7 pm  
Fri. 8 am - 5 pm  
1st Wed. of the month the Human Services clinic opens at 1 pm (closed in morning for staff meeting)

### **WIC Nutrition hours:**

Mon. - Fri. 8 am - 4:30 pm

### **Pharmacy notice**

All patients must have a government issue photo ID to pick-up controlled substance prescriptions. It is an Oklahoma state law as of Feb. 1, 2007.

## **Same-day / fast track appointment policy**

When you come to the clinic for a same-day or fast track appointment we will do our best to work you into the schedule based on the following:

- The sickest people are seen first – patients are not seen on a first come first seen basis.
- One problem exam will be addressed – you are being seen for one problem only, for an illness that came on suddenly.
- Time limitations – a same-day appointment does not allow time to talk about prescription refills or other issues. A walk-in appointment will be seen as soon as a provider is available if you are able to wait. We may not get to all walk-ins in a day; however we will do our best to serve all walk-ins.

## **Scheduled appointments**

Let us know if we can help you in scheduling a future appointment. Scheduled appointments allow the time for you to be seen for other problems including prescription refills. Thank you for understanding and being patient. We are doing our best to see as many patients as possible. Busy daily schedules do not allow us to schedule all requests for a same-day appointment.

### General Clinic calendar:

Closed September 3 – Labor Day

### IHCRC Native Nations Youth Council meetings

Open to all Native youth ages 13-18 years old. Meetings are generally scheduled on the last Monday of each month. In addition to the monthly meeting, various community activities are scheduled from time to time. Contact Taylor Thompson or Clayton Tselee at 588-1900, ext 2268 (M-F, 8 am to 2 pm) for more information on the Youth Council or to verify meeting dates/locations.

### IHCRC Camp Fire Community Family Club meetings

Camp Fire Community Club Meeting location will be announced at a later date. If you have any questions about what Camp Fire Community Club is about please call Alison Arrington at 588-1900 ext 2216.

### Circles of Care meetings

The Circles of Care Advisory Board meeting is held on the second Monday evening of each month. Contact Dr. Bartgis at (918) 588-1900, ext. 2241 for more information.

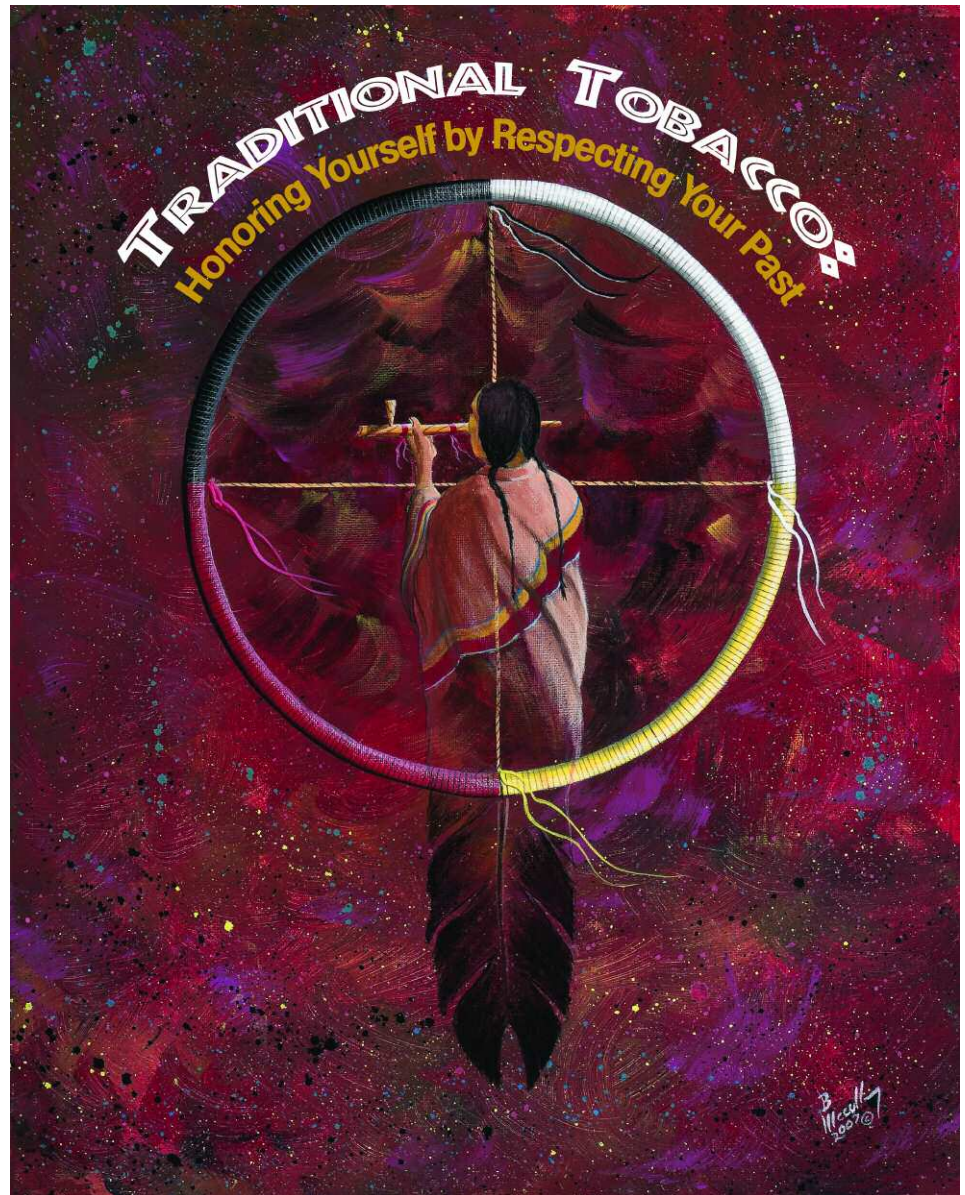
### Circles of Care Youth Drum Group Practice on Thursdays

The Circles of Care Youth Drum Group meets every Thursday evening at the Youth Services of Tulsa Youth Activity Center, located at 311 S. Madison (two blocks north and west of Indian Health Care Resource Center). An informal dinner is served at 6 pm; drum practice begins at 6:30 pm and ends at 8 pm. Contact Michelle Gourd (918) 588-1900, ext. 3287 for more information.

### Healthy Snacks Club

Satellite Clinic @ 1630 S Main. For more information contact Kelli Wilson at 588-1900 Ext. 2276. Kids and families welcome.

# Traditional Tobacco Special Event set for Saturday, September 15



The Traditional Ties tobacco program of Indian Health Care Resource Center of Tulsa, Inc. will host a special educational event in September to highlight the differences between traditional Native tobacco and commercially manufactured and marketed tobacco. This event is thought to be the first of its kind in Tulsa. Entitled “*Honoring Yourself by Respecting Your Past,*” the special event will be held Saturday September 15 from 1 pm to 4 pm at the Tulsa Parks Central Community Center (located at 1028 E. 6th St, across the street from the main IHCRC clinic facility). The special event

is free and open to the public.

As shown in the agenda sidebar and speaker summaries, the event will educate the attendees about various informative topics on Native American traditional tobacco and commercial tobacco. Presentations will be given by local experts Bill Breckinridge (Muscogee Creek Nation), Crosslin Smith (United Keetoowah Band of Cherokee) and Cynthia Tainpeah (Muscogee Creek Nation). In addition to the three speaker presentations, a Native drum group performance and basket weaving activities will be held. All participants

will receive a free t-shirt and will be eligible for various prizes, including a \$100 gift certificate to the Tulsa Park and Recreation.

The three featured Native speakers are nationally recognized for their knowledge of traditional tobacco. With their individual stories and perspectives, each of the speakers will honor the sacred ceremonial and medicinal role traditional tobacco holds in Indian culture, contrasting it with the deadly effects of commercial tobacco. Attendees at the event will also learn about the monetary role tobacco once played in trade among tribal nations – again in contrast to its current status as a retail product that has been found to be hazardous to your health.

A healthy lifestyle free from the abuse of commercial tobacco products is the goal of IHCRC's Traditional Ties Tobacco Program. The Traditional Ties tobacco cessation program is tailored to the needs of Native American people. All ages participate in cessation programs, including youth, pregnant women, adults and elders. Native American families become healthier by reducing the exposure of babies, children and youth to second-hand smoke in the home and community, and by reducing the number of nicotine-related illnesses among elders and adults. IHCRC uses its American Legacy Foundation "Circle of Friends" grant to reach out to prenatal smokers and mothers who expose their children to second hand smoke. However, all American Indian women and men who would like to quit using commercial tobacco products are welcome to attend our classes.

We have all heard the statistics that American Indians and Alaska Natives have the highest smoking rates of any racial or ethnic population in the United States. The national average for current smokers is 25%, while nearly 40% of Native American adults and 50% of Indian youth smoke. As with any unhealthy lifestyle, smoking has its consequences. The American Legacy Foundation states that one in every three smokers will die of a smoking related

illness. We are becoming increasingly aware of those who have died early because of their smoking. With our high rates of smoking in Indian country and a high rate of new smokers everyday, we can expect to see more who will die of commercial tobacco related diseases. Don't let this become a new tradition.

For more information about the September 15 tobacco special event or Indian Health Care Resource Center of Tulsa's tobacco cessation programs, please contact Christi Schultz, IHCRC Traditional Ties Tobacco Program Coordinator at (918) 588-1900 ext. 2244 or via email at [cschultz@ihcrc.org](mailto:cschultz@ihcrc.org).

## ***Traditional Tobacco Agenda Special Event – Sept. 15, 1-4 pm***

1:00 pm

### ***Bill Breckinridge***

#### ***Topic: Presenting Tobacco 101 – Respect for Nature***

Bill Breckinridge is a Muscogee (Creek) Nation Citizen who lives and works on his great grandmother's allotment near Leonard, Oklahoma. He has over 18 years experience in nursery and greenhouse plant production. As an independent scholar, Bill has spent decades learning about Native American plants. Tobacco and its cultural significance have been an area of special interest since he was a little boy. Over the last several years Bill has given presentations about Native tobacco to many groups. Bill's experience in the plant industry led him to create an open pollinated tobacco plant with genetics from several native varieties. He has given seed for this "Muscogee Tobacco" to hundreds of interested gardeners. He has also given tobacco for many years to dances, sweat lodges, and other worthy groups.

1:30 pm

### ***Crosslin Smith***

#### ***Topic: Presenting Traditional Tobacco Use – Respect for the Creator and others***

Crosslin Smith, member of a traditional Keetoowah family, says the Keetoowah Society is best known as the keepers of God's Eternal Flame. A spiritual healer, or "medicine man," he uses traditional methods and medicines passed down through generations of teachings through the Cherokee language. Cultural knowledge and lifelong practice of traditional principles sustain the Cherokee way of life. He has discovered a universality of elements of the Keetoowah doctrine. He was a keynote participant in the Earth Day celebration in Washington, DC in 1999 and is an internationally recognized lecturer on Native American wisdom. He is presently a spiritual healer using the traditional methods of a medicine man in Vian, Oklahoma.

2:00 pm Intermission-food, vendors, registration for door prizes

2:45 pm

### ***Cynthia Tainpeah***

#### ***Topic: Presenting Traditional Tobacco vs Commercial Tobacco – Respect for yourself and future generations.***

Ms. Tainpeah, a full-blood Muscogee (Creek) tribal member, is Program Manager for the Muscogee (Creek) Nation Tobacco Prevention Program. Through her work with her tribe, she has worked with county, state and federal agencies, including the Centers for Disease Control and Prevention, to address tobacco use among diverse populations in communities through coalition building, community planning, and outreach. Through the "Second Wind" Smoking Cessation Training, Cynthia has been instrumental in increasing awareness of the health effects of commercial tobacco use among American Indian people, while respecting the ceremonial use of tobacco. Cynthia not only shares her passion with her tribe, but works along side numerous other tribes to help them start their own tobacco programs.

3:15 pm Circles of Care Youth Drum Group performance, basket weaving activities and drawing for door prizes

# **The Facts about Domestic Violence:** Stop the Silence!

By Jami Bartgis, PhD, Circles of Care Project Coordinator

Domestic violence happens all too often in our community and only 50% of all cases in Oklahoma are ever reported to law enforcement. The unfortunate reality is that victims may not be receiving the help they need! Domestic violence is defined as violence within a home. But definitions of domestic violence include physical, sexual and emotional abuses as well as such things as stalking, threatening harm and other controlling behavior that results in harm to the victim.

According to the Centers for Disease Control and Prevention (CDC), the consequences of domestic violence are very serious. Generally, people who experience multiple events of violence suffer more serious consequences than those that experience an isolated incident. Consequences go beyond the physical injuries and impact a person's mental health in the form of increased depression and anxiety. Social problems include victims being more isolated from social support and strained relationships due to problems with intimacy and lack of trust. Consequences can also involve greater risk for other health problems including substance abuse, engaging in high-risk sexual behavior, and eating-related disorders.

We often think about the consequences for someone who is a victim of domestic violence. However, we don't often discuss the devastating affects on children and youth who see domestic violence in their home. These young people are also victims as their lives are impacted in very serious ways. Research conducted at the University of Michigan (Graham-Bermann, 1994) indicates that over 50% of all school-age youth that are living in domestic violence shelters show high levels of anxiety and post-traumatic stress disorder. Younger children may blame themselves for the violence and carry guilt. They may also show behavior

changes such as withdraw from others, they may become clingy, have problems with sleeping or eating, whining and physical complaints. Older youth may show conduct problems (getting into trouble at school or with the law), dropping grades, problems with friends,

substance abuse, and violence toward others in addition to anxiety.

There are many risk factors that increase the chance that a person will be a victim of domestic violence. Risk factors reported by the CDC include being female, younger age, heavy substance use

## **The National Coalition Against Domestic Violence reports the following statistics for the state of Oklahoma:**

- **Nearly 20% of all Oklahoma high school students have been victims of physical violence by a boyfriend or girlfriend as compared to 9% nationwide.**
- **The rate of dating violence for Oklahoma 9th graders is more than three times the national average.**
- **The National Clearinghouse for Defense of Battered Women report that nearly three-quarters of incarcerated women in Oklahoma report being physically abused at some point in their life.**
- **Nearly 1,600 rapes are reported each year in Oklahoma but the Sexual Victimization of College Woman Institute estimates that 4,806 Oklahoma college/university females alone experience rape each year.**
- **12% of female Oklahoma high school students have been forced to engage in intercourse or sexual activity.**
- **Oklahoma currently ranks 10th nationally for the number of females murdered by males. 91% of perpetrators were known by the victim.**
- **Native American women in Oklahoma are twice as likely to be victims of domestic violence as the average American woman.**

(alcohol or drug), high-risk sexual behavior, witnessing or experiencing violence as a child, unemployment, being an American Indian or African American woman, being a woman who has a higher education level than her male partner, being a man having a different ethnicity from his female partner, or being a woman who has a verbally abusive, jealous, or possessive male partner.

The CDC also reports risk factors that increase the chance that a person will be violent towards their partner or family member. A person is more likely to be at risk for abusing their partner if they have low self-esteem, heavy substance use (alcohol or drug), depression, anger, prior history of being abusive, having few friends or being isolated from others, unemployment, financial stress, being overly dependent emotionally on their partner, belief in very strict gender roles, or being a victim of physical or psychological abuse (consistently one of the strongest predictors). It is also important to know that some women also abuse their male partners, which is likely to be seriously under-reported.

The good news is that there is hope and a way out of the cycle of domestic violence. No one has the right to physically injure or threaten you. Although there are many people who believe that physical violence between partners is a private matter, the reality is that physical violence is a crime. If you are a victim of domestic violence remember that you are not alone, you are not the cause of someone else's violent behavior, you have the right to get help, and you have the right to protect yourself and your children. With help, families can break the cycle of domestic violence and have the chance to live a healthy life.

If you or someone you know is in an abusive relationship and wants help, stop the silence! Indian Health Care Resource Center is here for you to provide care and support. Our health center has a multidisciplinary health staff of physicians, pediatricians, a developmental pediatrician, child and adult psychiatrists, six clinical psychologists and two social workers who are all available to help you.

**For more information about treatment options available at Indian Health Care Resource Center, contact the Behavioral Health Department at (918) 382-1241. Other resources include:**

**National hotlines:**

National Domestic Violence Hotline: (800) 799-SAFE  
National Sexual Assault Hotline: (800) 656-HOPE

**Oklahoma hotlines:**

Oklahoma Coalition Against Domestic Violence and Sexual Assault (405) 524-0700  
Oklahoma Child or Adult Abuse Hotline: (800) 522-3511

**Tulsa hotlines:**

Police: 911  
Domestic Violence Intervention Services (DVIS): (918) 585-3143  
Call Rape: (918) 744-7273  
Adult Protective Services (Elder Abuse): (918) 581-2106  
Child Welfare (DHS) Tulsa County (Child Abuse): (918) 581-2011



## **Chris Hill receives award at Dream Keepers annual banquet**

One of Indian Health Care Resource Center's own, Chris Hill, received a special award at the 2007 10th Annual Dream Keepers Annual Banquet. Chris, who serves as a Circles of Care Community Coordinator, received the Moscelyne Larkin Cultural Achievement Award. The Greater Tulsa Indian Affairs Commission presented this award to Chris in recognition of his many contributions to the Tulsa Indian community to organize cultural

activities to benefit Indian youth.

Currently, Chris has several projects underway, including a regular program of community stomp dances and the Circles of Care drum group. The stomp dance is open to everyone of all ages. The Circles of Care drum group is focused on youth and teaches pow-wow etiquette, culture and history of the songs. If you see Chris around the clinic or out in the community, please be sure to congratulate him on this outstanding achievement.



## **Mammograms: Knowledge is Power**

Schedule your mammogram today by calling 588-1900, OPTION 1. Women over 35 without health insurance who qualify for Indian Health Care's sliding fees can receive a free mammogram. This service is made possible through a grant from the Susan G. Komen for the Cure.

***Call now, you have nothing to lose and everything to gain.***

## **Indian Health Care Resource Center Board of Trustees**

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## **Pharmacy wait times reduced**

## **Survey results and observations**

*By Justin Postier, DPh, Director of Pharmacy*

On March 19, 2007, the pharmacy department of Indian Health Care Resource Center initiated a patient survey to determine the typical wait time experienced by patients waiting for prescriptions to be filled. Recent changes had been made by pharmacy staff to shorten and improve the patient experience. The survey was developed to gather the patients' opinions of current and previous wait times. Comments were also solicited as to what patients considered to be a reasonable wait time.

The pharmacy department received 266 completed surveys over 23 days. A total of 173 patients picked-up refills, and 93 patients picked-up new prescriptions following their appointment. During the survey period, a 34% improvement in the wait time related to new prescriptions was achieved, and 72% improvement of the wait time related to refills was achieved. The average wait time for refills dropped from 44.8 minutes to 12.5 minutes. The wait time for new prescriptions was reported to have dropped from an average of 55.2 minutes to 36.3 minutes. With the recent changes, the pharmacy department has been able to meet or exceed the reported reasonable wait time for 68% of the new prescription patients and 88% of the refill patients.

On June 5, 2007, the pharmacy repeated the study to determine if the improvement had been sustained. A total of 350 patients completed the surveys over the next 11 days. A total of 170 patients picked-up refills and 180 patients picked-up new prescriptions following their appointment. The patients reported a

43% improvement of their wait time for new prescriptions and an 84% improvement in their wait time when picking-up refills. The average wait time reportedly improved from 53.2 minutes to 30.1 minutes on new prescriptions and 30.5 minutes to 4.9 minutes on refills.

During the second survey period, the pharmacy department was able to meet or exceed their reported reasonable wait time on 72% of patients receiving new prescriptions and 98.8% of patients visiting the clinic to purchase refills.

The positive results were reinforced by the comments that 87 patients wrote on the back of their surveys – 85% of the comments received were positive. Most negative comments were related to new patients standing in line after their name was called for pick-up. This may be relieved by the upcoming clinic expansion. The relocation of the pharmacy pick-up window could provide the room for two separate lines for refills and new prescriptions that could be visible from the patient waiting area. This is under consideration with the planning committee.

Overall, the changes made in pharmacy operations have yielded a very positive response. The wait time, when picking up prescriptions, decreased for both new and refill prescriptions. The waiting area is now less crowded. Most importantly, staff and patients have responded positively. IHCR and the pharmacy staff plan to conduct a follow-up survey on October 1, 2007 with a comparable sample size and identical questions.

# Better dental health for your child – Seal out tooth decay

By M. Chaser, DDS

When it comes to your health, prevention is always better than treatment – and prevention is a big key to the health of your child’s teeth. One preventive method that can be applied at a dental office is sealants. Sealants are used to help prevent decay on the chewing surface (rough surface) of teeth by sealing over the tiny grooves and depressions. Sealants are a great way to put extra power behind your prevention program.

The likelihood of developing pit and fissure (chewing surface) decay begins early in life and it is important that children be seen early to determine if it is the appropriate time to have sealants placed. Properly applied and maintained sealants are extremely helpful in preventing pit and fissure decay. Here are answers to common questions asked by parents and children about dental sealants.

## What are the key ingredients to preventing tooth decay?

- Twice daily brushing with an ADA accepted fluoride toothpaste (i.e. Colgate, Crest)
- Brushing for 2 minutes each time
- Flossing once a day (this is how you clean in between your teeth)
- Eating a balanced diet and limiting snacks

## What other techniques can be used to strengthen prevention programs?

One excellent technique is dental sealants. Sealants protect the vulnerable chewing surfaces on the back molar teeth where toothbrush bristles cannot easily reach down into the tiny grooves and depressions.

## What is a sealant?

A sealant is a plastic material that is usually applied to the chewing (top) surfaces of the back teeth. The sealant acts as a barrier, protecting enamel from plaque and acids. It also causes a smoother surface which makes it easier to clean with your toothbrush.

## How are sealants applied?

The procedure to apply dental sealants to your child’s teeth is simple and fast. To properly place a sealant, a dentist must be able to keep the tooth dry. The chewing surface of the tooth being sealed must have erupted and that the child must be of an age where he or she can provide some degree of cooperation.

First, the teeth to be sealed are thoroughly cleaned and conditioned. The dentist then “paints” the sealant (plastic material) to the chewing surfaces of the

teeth. A special blue light is then used to harden the sealant.

## How long do sealants last?

Sealants can last several years and hold up well under normal chewing forces. They may need a reapplication but during regular checkups the doctor will check the condition of the sealants and decide if they need to be reapplied.

## Who are sealants for?

Primarily, sealants are placed on children and teenagers’ teeth because the potential to develop pit and fissure decay begins early in life. Children should get dental sealants as soon as their permanent molars are fully erupted. Usually the permanent first molar comes in around the ages 5-7 and the second permanent molar erupts between the ages of 11-14. There are also times that a dentist may determine that a young adult would benefit from the placement of a sealant.

Sealants help provide an additional line of defense against tooth decay, but always remember to follow the key prevention strategies – brush twice a day for two minutes at time with fluoridated toothpaste, floss, and serve healthy meals and snacks. Doing this will keep the smooth surfaces of your teeth decay free.

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# How I spent my summer vacation . . .



## L to R: Camp Scrapbook Photos

Kids had lots of fun, learned about nutrition and kept active at Indian Health Care Resource Center's Basketball, Wellness Adventures, and Sports and Recreation camps. Others camps offered this summer included Healthy Trails and Choices. To see more camp photos, visit the [www.ihcrc.org](http://www.ihcrc.org) website.



## **INDIAN HEALTH CARE** **RESOURCE CENTER OF TULSA**

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