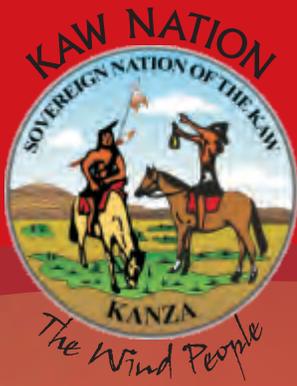


KANZA HEALTH CLINIC  
Fall 2013

# To Your Health



## AN OVERVIEW OF KANZA HEALTH CLINIC

Dental clinic · Pharmacy · Contract health services

Diabetes program · Women's health program · Injury prevention

Nursing services · Kanza Wellness Center



# Kanza Health Clinic

The Kanza Health Clinic delivers a continuum of quality-based clinical, educational and wellness programs for the tribal communities we serve. Through these services, we will raise our patients to their optimal health status, resulting in a productive quality of life.

Our mission is accomplished by a team of professionals committed to the core values of caring, excellence, respect and team concept in an environment of stewardship which recognizes our Native American Heritage.

## What the clinic offers

The Kanza Health Clinic is located in Newkirk, Okla., at 3151 E. River Road. It is an ambulatory clinic that has been providing health care for Native Americans since its inception of March 1998. It is located within the Pawnee Service Unit which encompasses Kay, Pawnee, Osage, Garfield, Grant, Noble and Payne counties.

When the clinic opened, it operated with five employees, but it currently has grown to a staff of more than 20 employees. It is operated

pursuant to Indian Health regulations and policies and is funded through the IHS compact.

## Patient eligibility

We extend our services to anyone who is a member of a federally-recognized tribe who has an active chart. We operate by appointment only and must be furnished with a copy of your CDIB card.

We reserve acute slots for same-day appointments. These appointments fill up quickly, and you must call at 8 a.m. on the day you are wanting to come in. There are no walk-ins.

The services provided are by a family practice physician. We also have a diabetic clinic, dental clinic and a women's health program. Our dental program opened in June 2010. To use the dental services you must be an established patient of the medical clinic. The dental clinic operates on appointments only.

## Important notice

In order to keep your chart active, you must have a visit in the medical clinic at least once every three years.



**"My goal is to ensure that excellent health care services are provided to the Native Americans we serve."**

**Jackie Dodson, B.A., M.S.M.**  
HHS Director

## Kanza Health Clinic hours

**Kanza Health Clinic**  
3151 E. River Road  
Newkirk, OK 74647

**Monday, Tuesday,  
Thursday and Friday**  
8 a.m. to 5 p.m.

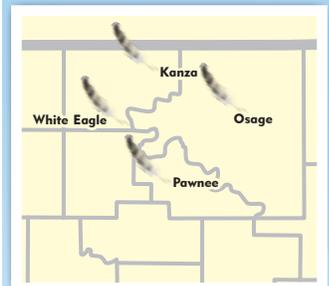
**Wednesday**  
8 a.m. to noon

**Minor surgeries**  
1 p.m. to 4 p.m.  
[closed to the public]

**Phone 580-362-1039**  
**Fax 580-362-2988**  
**or 580-362-1405**

[www.kawnation.com](http://www.kawnation.com)

Click on 'Departments and services,' then click on 'Kanza Health Clinic'



## Other tribal health care clinics

**White Eagle Health Clinic**  
580-765-2501

**Pawnee Health Center**  
918-762-2517

**Osage Health Clinic**  
918-287-4491



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**KANZA HEALTH CLINIC**

**TO YOUR HEALTH · FALL 2013**

# Business office

We hope everyone had a nice, relaxing summer. The Kanza Health Clinic staff has been busy acclimating to their responsibilities relevant to the Electronic Health Record.

The employees of the Business Office all wear several hats and are cross-trained in the different areas of job responsibilities. I am very proud of these employees as they all work together to get the jobs done and work well together as a team.

## Medicare Part D enrollment

It is about the time of year to begin Medicare Part D enrollment which begins Oct. 15 through Dec. 7. This is your time to sign up for a drug plan or to switch plans that best fit your current pharmacy needs.

During this time, we review all drug plans in which our Medicare beneficiaries are currently enrolled, working with the contracted drug companies and reviewing changes in our patients' medications. This is a very large reimbursement for our pharmacy.

Although it is not mandatory for you to sign up for a plan, it is encouraged if your income is under a certain amount and we can get Social Security to pay your premium. It also helps you if you're getting drugs that we do not carry on our formulary and you are paying a large amount for a certain drug.

## New coding, billing system

The billing staff is gearing up for ICD-10, which will be implemented by October 2014. This is the way of coding services to our insurance companies. Training will be taking place to get staff ready for this change.



## Insurance Exchange sign-ups

Insurance Exchange will be a monumental task which begins Oct. 1. This is part of the Affordable Care Act which is being implemented. Staff will be attending training to assist our patients with the sign-up process. Native Americans are exempt but encouraged if they fall within the criteria to receive their premium paid for by the State.

We also assist with Sooner Care enrollments. If anyone needs help applying or re-certifying, the staff will be happy to assist you.

As you can see, 2013 has been a lively year for our clinic. Our patients are our priority, and we are here to help you meet your needs. My door is always open to help you get the answers you need.

*Debbie Lewman*  
Office Manager

## Business Office contacts

### Sooner Care

Lea Blenz  
Jackie Bannister

### Insurance Exchange

Lisa Rose  
Jackie Bannister  
Debbie Lewman  
Lea Blenz  
Sue Whitley

### Medicare Part D

Sue Whitley  
Debbie Lewman



# ACA: The Affordable Care Act and how it helps the American Indian and Alaska Native

For too long the American Indians and Alaska Natives have faced significant barriers to accessing affordable health insurance. These barriers have contributed to significant health problems:

- ▶ American Indians/Alaska Natives were almost twice as likely as whites to die from diabetes in 2006.
- ▶ American Indians/Alaska Native adults are more likely to be obese than white adults and they are more likely to have high blood pressure, as compared to white adults.
- ▶ The Indian health system experiences high vacancy rates in health care providers: 26 percent for nurses, 24 percent for dentists, and 21 percent for physicians.

## What does the new health care law do for Americans?

The new health care law forces insurance companies to play by the rules, prohibiting them from dropping your coverage if you get sick, billing you into bankruptcy because of an annual or lifetime limit, or soon, discriminating against anyone with a pre-existing condition.

Under the new law, insurance companies are already banned from denying coverage to children because of a pre-existing condition. In 2014, they are banned from discriminating against anyone with a pre-existing condition such as cancer and having been pregnant. The new Pre-Existing Condition Insurance Plan in every state offers an option to people who have been locked out of the insurance market because of a pre-existing condition like cancer or heart disease. Already, 50,000 Americans who were uninsured due to a pre-existing condition have accessed affordable coverage through the Pre-Existing Condition Insurance Plan.

Other benefits to the new law include:

- ▶ Bans insurance companies from imposing lifetime dollar limits on



health benefits; this will free cancer patients and individuals suffering from other chronic diseases from having to worry about going without treatment because of their lifetime limits. The new law also restricts the use of annual limits and bans them completely in 2014.

- ▶ Provides new coverage for young adults. Insurance companies are now required to allow parents to keep their children up to age 26 on their insurance plans.

- ▶ Permanently reauthorizes the Indian Health Care Improvement Act. This authorizes Congress to fund health care services for AI/AN through the Indian Health Services. The law also expands and authorizes new programs in the Indian Health Service to improve the health of all AI/AN.

## What does the new law do for the American Indian and Alaska Native?

ACA offers protections and benefits specific to Native Americans. The law increases access to coverage (specialist, treatments, etc.) without having to use Contract Health Services (CHS) dollars. The AI/AN joining new insurance plans have the freedom to choose from any primary care provider and OB-GYN in their health plan's network, without a referral. This expanded coverage will provide more revenue for Indian Health Services (IHS), Tribal, and Urban Indian organization (I/T/U) programs. It will extend to tribally-operated facilities the ability to recover costs from third party

payors and provide more services.

The ACA decreases costs and increases coverage for American Indians and Alaska Natives. Affordable Insurance Exchanges are one-stop marketplaces where consumers can choose a private health insurance plan that fits their health needs. Starting in 2014, they will offer to the public the same kinds of insurance choices members of Congress will have. The new law provides middle-class tax credits to families to help pay for private health insurance. And it expands the Medicaid program to families of four with incomes of up to \$29,000. The new exchanges, tax credits and Medicaid expansion will result in as many as 600,000 American Indians and Alaska Natives becoming eligible to get coverage.

Key Affordable Care Act (ACA) provisions specific to Native American participation in health exchanges:

- ▶ AI/AN will benefit from more frequent enrollment periods. AI/AN will be able to enroll monthly. They will not be required to enroll only during the open enrollment period.

- ▶ No cost-sharing for Native Americans with income at or below 300 percent of the federal poverty level (FPL) approximately \$69,150 for a family of four.

- ▶ No cost-sharing for services provided to a Native American individual by I/T/U or Contract Health Services.

- ▶ Native Americans who are eligible to receive services through Indian Health Services can also enroll in the exchange, thus resulting in greater health care coverage.

• • •

Enrollment for the Health Insurance Exchange begins Oct. 1, 2013. The Kanza Health Center business office staff is ready to answer your questions and help you with your insurance enrollment process. Contact us at 580-362-1039.

*Jackie Dodson  
Health Director*



# Kanza Dental Clinic



The Kanza Dental Clinic has been very busy this year. Dr. Richard Jackson joined our team in May 2012. We applied for and received a dental grant. With this grant, we've been able to provide fluoride, sealants, radiographs, dental cleanings, and, most important, oral health education for our native children.

A partnership was formed with Delta Dental of the Oklahoma Oral Health Foundation. They provided a dental van for our team to reach out to other tribes in our service area. This area includes Kaw Nation, Ponca Nation, Tonkawa Tribe and Otoe-Missouria Tribe.

Oral health is very important to our overall health. A toothache can cause infections to get into our bloodstream, causing a life-threatening case. More children miss school because of a toothache than any other illness.

Our staff is equipped to help teach proper brushing, flossing and use of a Waterpik to help ward off dental

decay. It is recommended by the American Dental Association that teeth should be brushed a minimum of twice a day.

A soft-bristled toothbrush should be used. The medium and hard bristle toothbrushes will tear up your gum tissue. The food that you remove with your toothbrush is soft, so there is no need to scrub your teeth with vigorous strokes. A gentle circular motion should be used when brushing.

Brushing should last two full minutes to effectively clean your teeth. With young children, we recommend that the parent or caregiver let the child brush first using a one-minute timer. Then, the parent helps brush the child's teeth for another minute.

Once the child is eight years old, it is sufficient for the parent to check for areas the child missed and let the child remove the plaque.

It has been a wonderful journey working with the Kaw Nation this year. We look forward to continuing to teach and grow in our dental clinic for 2014.



**Dental clinic open**  
Monday, Thursday, Friday 8 a.m. to 4 p.m.  
Tuesday 8 a.m. to 5 p.m.  
Wednesday 8 a.m. to 3 p.m.

**By appointment only at 580-362-1944 or by leaving a message after office hours.**

**Dental procedures by the dentist are done Tuesdays and Wednesdays.**

**Cleanings by the dental hygienist are performed from Monday through Thursday.**

**If unable to keep your appointment, please give at least 24 hours notice.**



**Richard M. Jackson Jr., DDS**  
Dentist



**Tracie Moya**  
Dental Hygienist



**Alayna Rose**  
Dental Assistant



**Miranda Teeters**  
Dental Assistant

# Pharmacy



**Neal Smith, D.Ph.**  
Pharmacist



**Debbie Williams**  
Pharmacy Tech



**Joni Birdwell**  
Pharmacy Tech

Kanza Health Clinic patients, the pharmacy staff hopes everyone is having a safe and healthy year. As most of you are already aware, the clinic is in the process of converting to Electronic Health Records (EHR). This process will take some time and we ask for your patience during this transition.

We would like to take this opportunity to give you some tips to get your prescriptions filled promptly and accurately. The pharmacy is open from 9 a.m. to noon and from 1 p.m. to 5 p.m. on Mondays, Tuesdays, Thursdays and Fridays. On Wednesdays, it closes at noon.

You can call during regular business hours or leave a message if you call when the pharmacy is closed. When phoning in prescription refills, you should specify your name and either the name of the prescription or the prescription number (located above your name on the bottle label).

The pharmacy requests that you allow 24 hours to get your prescription orders ready before coming for it. By following these simple steps, it will save confusion and ensure you will get all medications.

We suggest that you keep a list of your

medications with you in case of an emergency. If you need a list of your current medications, we will be happy to provide one for you. We get many requests from outside doctors or emergency rooms for patients who don't know what their current medications are.

Since the pharmacy is not open 24 hours, seven days each week, having a list with you can save time for you and physicians, especially in an emergency. Please give us any insurance information you have as soon as possible. This will also expedite the prescription-filling process.

The pharmacy can only fill prescriptions written by physicians inside the clinic, unless you are referred to an outside physician by the clinic. We are allowed to fill emergency-room prescriptions as long as the prescription is for a medication on our formulary.

We strive to serve our patients in the most efficient manner possible and appreciate your help in allowing us to do so. It has been a pleasure to serve you, and we look forward to continuing our relationship.

*Neal Smith, Pharmacist  
Joni Birdwell, Pharmacy Tech  
Debbie Williams, Pharmacy Tech*



# Contract Health Services

Contract Health Services can be very confusing. It is difficult to know when you need a referral, when you need an order from the nurse or when you need to use your Pawnee Benefit Program Package card.

One of the most important things to remember is that you must have a referral for every outside appointment, whether it is with a physician, a specialist or a diagnostic testing center. Here are some ways to help you understand services provided outside of the clinic and what to do if you receive a bill from that provider.

Kanza Health Clinic nurses can fax orders from Dr. Dona Veal to Ponca City Hospital for X-rays or certain labs. If you receive a bill from one of these visits, please bring or mail it to the Kanza Clinic. These bills are paid by us through Kaw Nation.

Pawnee Benefit Program Package (PBPP) will only cover emergency room visits, surgeries, chemotherapy, radiation and various other procedures done in the hospital. You must notify PBPP within 72 hours of an emergency room visit. Services received at the emergency room must meet PBPP guidelines. All other Ser-

vices should be approved by PBPP prior to appointments. If you cannot reach PBPP using the toll-free number on the back of the card, call 1-918-762-6512 or 1-918-716-6502. Any bills you receive from any of these services should be mailed to Pawnee Service Unit, Attn: PBPP, 1201 Heritage Circle, Pawnee, OK 74058.

Contract Health Service referrals are any outside services ordered by Dr. Veal requesting payment through Indian Health Services. All of these visits require new referrals. This includes all first-time appointments and all follow-up appointments. If you need any follow-up appointments, give copies of documentation or appointment cards to Kanza CHS as soon as

possible. Any bills you receive from any of these services should be mailed to Pawnee Service Unit, Attn: CHS, 1201 Heritage Circle, Pawnee, OK 74058.

To check the status of your CHS referral, follow the directions on the audio note card you received in the mail. This is an automated system at the Pawnee Service Unit that will let you know if your referral was approved, who will be scheduling your



**Sue Whatley**  
Contract Health and  
Patient Benefit Coordinator

appointment and what number to call if you have not heard anything within 10 days. Check two weeks prior to each appointment to ensure your referral was approved. If you have not received a card, or have lost your card, contact Kanza CHS to receive a new or replacement card.

Unfortunately, not all CHS referrals are approved. If your referral was denied, you can file an appeal with the Pawnee Service Unit, contact Kanza CHS to see if referral can be resubmitted or make an appointment with Dr. Veal to discuss any other options.

If you have any other questions, or if I can be of service, contact me at 580-362-1039.

*Sue Whatley  
Contract Health and  
Patient Benefit Coordinator*

## Pawnee Benefit Program

The Pawnee Benefit Program has three primary features: hospital inpatient, emergency room and surgery. It does not provide payment for doctor's office visits or outpatient diagnostic testing.

A true emergency is defined as a condition that could lead to loss of life or limb. Non-emergency is not covered by the Pawnee Benefit Program.

**Who is eligible for services?** Patients who reside in the Pawnee Service Unit, which includes Kay, Osage, Pawnee, Payne, Garfield, Noble and Grant counties.

**How do you sign up for the program?** A medical chart must be established active and updated at Pawnee or Pawhuska IHS. Applications can be obtained at the Kanza Clinic which will list the documents needed to apply for Pawnee Benefit.

Call Pawnee Benefit within 72 hours once services have been rendered at 800-452-3588 or 918-762-6500.

**Important notice:** Pawnee Benefit is not an insurance for Native Americans.





# Diabetes Program

Kaw Nation's Special Diabetes Program for Indians is a grant funded through Congressional legislation and administered by Indian Health Services Division of Diabetes Treatment and Prevention. This grant uses evidence-based and community-driven strategies to address diabetes treatment and prevention.

This program has represented a significant contribution from the federal government since 1997. The SDPI program is up for review by Congress this year, so contact your senator and representative to speak of the need for continuing SDPI funding for future Native Americans.

Diabetes is one of the most serious and devastating health problems for Native Americans. The SDPI grant gives our tribal community the resources and tools we need to both prevent and treat diabetes.



American Indians have the highest prevalence of diabetes among all U.S. racial and ethnic groups. This funding has led to real advances in many areas of diabetes research while creating treatments and cures that benefit all Americans living with diabetes.

The Kaw Nation Diabetes Program provides treatment for Type 1 and Type 2 Diabetes. We offer diabetes prevention, weight management and self-management education classes. On Friday mornings, the diabetes coordinator prepares a nutritional breakfast, after fasting labs are obtained. A registered dietician will review meal plans

and labs, focusing on cholesterol, weight management, blood pressure and blood glucose control.

An annual comprehensive diabetic foot exam is completed at this time by the diabetes coordinator. Diabetic shoes

## What is diabetes?

Diabetes is having too much sugar in the blood. Your body changes the food you eat into blood sugar. Body cells and muscles use blood sugar for energy.

Some people cannot get the blood sugar into cells and muscles. The sugar stays in the blood, leading to high blood sugar. High blood sugar for long periods of time can cause problems with your eyes, kidneys, feet, heart and gums.

Controlling your blood sugar will help you avoid these problems.

## Types of diabetes

There are two major types of diabetes: Type 1 and Type 2. In Type 1 diabetes, the pancreas does not make insulin. Insulin is a hormone that helps the blood sugar get into your body cells and muscles. People with Type 1 diabetes need insulin shots to stay alive.

Most Native Americans who have diabetes have Type 2 diabetes.

In Type 2 diabetes, your pancreas makes insulin, but may not make enough. Also your body cells and muscles may not allow insulin to do its work, allowing the blood sugar to get high.



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are provided for high risk feet in collaboration with a local podiatrist. The diabetic team completes needed immunizations, PPDs, flu and pneumonia vaccines.

We supply the patient with a Contour glucose meter, diabetic supplies, diabetic medications and a blood pressure monitor. The patients are also given incentives, such as pedometers, water bottles, exercise attire and a three-month prescription for the Kanza Wellness Center.

The diabetic program participates in screenings at many area health fairs, the Title VI program every third Thursday of each month, and quarterly CCDF and school education programs.

Education on nutrition, prevention and overall health is provided during the annual Native Youth Preventing Diabetes camp every June. This camp provides registration, meals, transportation and lodging for 10 youths ages 8-12 from our service area to attend a week-long youth-directed program designed to prevent diabetes.

The Kaw Nation Diabetes Program also hosts annual events like the health fair one-mile fun walk every September, contributing exercise garments to 100 participants that complete the one-mile walk for diabetes and the Diabetic Update Meeting in December, which hosts a speaker and 100 diabetes members to a catered dinner with speeches addressing diabetes in our community.

The SDPI grant currently supports 240 Native Americans diagnosed with diabetes, and educates many more people in our service area. This funding provides diabetes education and awareness to the whole community.

## Diabetes Program cooking demonstration

**Oct. 15 at 10 a.m.**  
**For details, contact**  
**Ruthie Arie**  
**580-362-1039**



### Q&A with diabetes coordinator Ruthie Arie

**What is your experience treating diabetes?**

I worked at South Central Kansas Regional Medical Center in Arkansas City, Kan., in long-term care. It's pretty prevalent there in the community. I've been a nurse for 13 years.

**In your service at Kanza Health Clinic, what do you think is the primary link between public health and diabetes control?**

Teaching all generations about diabetes and the awareness of it, having regular checkups with your

doctor and symptoms to be aware of.

**How do you encourage people with diabetes to maintain a proper diet?**

Choosing healthy lifestyles, healthy foods to eat, main food groups. We're doing education on how to eat, what to eat and exercise.

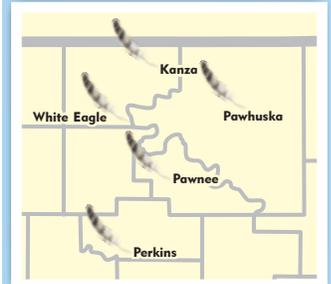
**How important to you are relationships with patients?**

It's very important. It's sensible to ask questions and come back with more information and more teaching.





Pass on the  
tradition of  
good health



Contact your clinic to  
schedule an  
appointment with the  
Kaw Nation Women's  
Health Program

**Kanza**  
580-362-1039

**White Eagle**  
580-765-2501

**Pawnee**  
918-762-2517

**Pawhuska**  
918-287-4491

**Perkins**  
405-547-2473

# Kaw Nation Women's Health Program

Our program began its 13th year on June 30. We enjoy the program so much, and the staff is so compatible and dedicated to the program.

All 50 state health departments; Washington, D.C.; six territories and 13 tribes have the program. We recognize Breast Cancer Awareness the month of October, Cervical Cancer in January and Colorectal Cancer Month in March with brochures, posters and recognition of the staffs of each clinic. We attend health fairs and other events in the area to promote our program.

On Sept. 13, we will take part in the Kaw Nation Community Appreciation Day at Pioneer Park in Ponca City. We also invite you to our annual Kanza Health Fair on Sept. 20 at the Johnnie Ray McCauley Building in Newkirk, Okla. Come by our booth at these events.

Our program has women schedule for their well-woman exam at Kanza



Clinic. The well-woman exam includes a breast exam and may include a pelvic exam and pap test. For those 50 and older, a colorectal cancer screen is recommended.

We provide screening for breast and cervical cancer risk factors which includes personal history, family history, smoking, alcohol usage, height and weight for Body Mass Index and high-risk assessment. During and after the exam we provide teaching on self-breast exams, healthy diet and exercise; other health promotion and illness prevention.

The Centers for Disease Control recommends that women begin have a pap test every three years from age 21 to 64. All women, starting in their 20s and 30s, are recommended to have a clinical breast exam every three years.

For women ages 40 and older, an annual clinical breast exam and mammogram are recommended by the American Cancer Society. If the

The Women's Health Program is not limited to the clinics above. It also partners with your nearby clinic to provide screening and diagnostic health services throughout the service area.

The Kaw Nation Women's Health Program does not discriminate on the basis of age, race, sex, religion, national origin, language, education, marital status, sexual orientation, gender identity, HIV status or disability.

Ask if you are eligible for our program.

Examinations are performed by a female nurse practitioner/CDC screener.



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results are not normal, then this lady would be referred for further follow-up or diagnostic work and possible treatment.

Ladies, for your health, be sure to call and make your appointment today.

Lisa Allton and Mary Tinsley collect and analyze data [Minimal Data Elements (MDEs)] to characterize screening, diagnostic follow-up, and treatment efforts; monitor data collection and analysis efforts; report results to the Centers for Disease Control and Prevention (CDC); and use results for program improvement.

Lisa sends the MDEs to the CDC. Kaw Women's Health has had a 0-percent error rate on every submission to date.

LaDonna Haven and Mary Tinsley screen eligible Native American women for KWH. They screen at four area clinics, including the Kanza Health Center, Pawnee, Pawhuska, White Eagle and Perkins Family Clinic, providing early breast and cervical cancer detection. The program is funded by Center of Disease Control. One of the program goals is to ensure these ladies receive the appropriate treatment and timely diagnostic services.

We also work closely with the Oklahoma Breast Care Center to service some of the clinics with a mammogram van. The next mammogram for our Kanza Clinic is scheduled for Oct. 28.

This been an amazing journey to witness the women we have been able to serve are taking care of their health for themselves and their families.

## The BEST protection is EARLY detection



**Lana Nelson**  
Project director  
lana.nelson@ihs.gov

Lana has been employed with Kaw Nation since March 1998, where her first position was the business office manager of the Kanza Health Clinic.

In January 2002, Lana took the position as project director for the Kaw Women's Health Program where the main focus is early detection and prevention of breast and cervical cancer.

After attending Northern Oklahoma College in Tonkawa for two years, Lana graduated from Southwestern College in Winfield, Kan., with a Bachelor of Science in business quality management.

**Mary Tinsley**  
Nurse practitioner

Mary is a family nurse practitioner and has worked for the Kaw Nation Women's Health Program since February 2002.

**LaDonna Haven**  
Administrative assistant

LaDonna resides in Braman with her husband, Jeff, and has four children, Danielle, Brandon, Carl and Caleb.

She is a member of the Braman Volunteer Fire Department. She is an Emergency First Responder.

LaDonna holds an Associates of Science degree from Northern Oklahoma College. She is originally from Ari-

zona and is a member of the Navajo Tribe.

"I believe it was fate that landed me here with the Kaw Nation to work side by side with such extraordinary people and a compassionate program such as the Kaw Women's Health," LaDonna says.

**Lisa Allton**  
Data manager

Lisa started with the Kanza Health Clinic as a medical receptionist in March 1999.

Lisa has been the IHS-RPMS site manager and IT support for the Kanza Health Clinic and data manager for the Kaw Nation Women's Health Program.

Lisa is a Kaw tribal member.



Find and download brochures on various women's health concerns and our quarterly digital newsletter online.

Go to [www.kawnation.com](http://www.kawnation.com). Click on 'Departments and sevicees,' then click on 'Women's Health Program.'

The Kaw Nation Injury Prevention Program consists of numerous programs, such as the Child Car Seat Program, All-Purpose Safety Items, Elder Fall Prevention Program and the Fire Safety Program.

The mission of Injury Prevention Program is to promote injury prevention as a whole and to help provide safety items to help prevent the injuries and providing resources for individuals.



# Kaw Nation Injury Prevention Program

Over the years, the Injury Prevention Program has continued to dispense child car seats, smoke alarms, carbon monoxide detectors, fire extinguishers, fall prevention items and weather radios. Tribal members or tribal organizations seeking information regarding these programs should contact program coordinator Tabatha Harris.

Child car seats are dispensed by appointment. When scheduling an appointment, allow 15 to 30 minutes to meet with Tabatha.

The Injury Prevention Program hosted a Question, Persuade and Refer (QPR) Training in regards to suicide prevention. The Injury Prevention Program continues to work with Native American youth groups by providing presentations regarding sub-

stance abuse, suicide prevention, bullying, and injury prevention.

The Injury Prevention Program continues to support and encourage the laws regarding motor vehicle safety and child car seat safety.

The Injury Prevention Program also hosted a Youth Drug and Alcohol Awareness presentation for Native American youth. At this event, Jake Roberts of Ponca Nation Counseling Services served as the keynote speaker, talking about making good life choices.

The Injury Prevention Program then used the Simulated Impaired Driving Experience (SIDNE) to provide an intoxicated driving experience. This shows youth the risk factors, and how to recognize if an adult is driving impaired.



**Tabatha Harris**  
Program coordinator  
tharris@kawnation.com

Tabatha Harris has been with Kaw Nation since August 2012 as the Injury Prevention program coordinator. The Injury Prevention Program at Kaw Nation serves Tonkawa, Kaw and Ponca tribal citizens.

A member of the Choctaw Nation, Tabatha graduated from Oklahoma State University in Stillwater with a Bachelor of Arts in political science and a minor in sociology. She serves as a national officer for the First National Native American Women Sorority, Alpha Pi Omega, and is an active member of the Delta Pi chapter.

Tabatha worked for the Payne County Youth Services in Stillwater for two years as a Youth Guidance Specialist. Tabatha also worked for the Iowa Tribe of Oklahoma for two years as a Tribal Youth Program Mentor/Tutor. Her experience comes from working with ICW, DHS, OJA, SafePlace and other social service agencies.

Tabatha is a member of Oklahoma Indian Missionary Conference, where she attends and volunteers at local OIMC churches. Originally from Idabel, Okla., she resides in Ponca City, Okla.

**Monday thru Friday  
8 a.m. to 4 p.m.**

**3151 E. River Road  
P.O. Box 474  
Newkirk, OK 74647  
Office 580-362-1045  
Fax 580-362-1945**





### Fall prevention and elder safety

Falls among adults 65 and older are the leading cause of injury death. They are also the most common cause of nonfatal injuries and hospital admissions for trauma [CDC, 2006].

That is why we would like to lower the number of elder falls within the Kaw, Ponca and Tonkawa tribes.

How are we going to do this? By determining the needs of home safety/fall risk reduction items based on the outcome of home assessments done by us. Risk reduction items include: grab bars, elevated toilet seats, toilet rails, shower chairs and shower heads.

You don't have to suffer a fall before you make that call. Any Kaw, Ponca and Tonkawa tribe member age 65 or older with a valid CDIB and living in the Kay County area is eligible.

Here are a few steps you can take to protect yourself against the risk of falling:

► **Exercise regularly.** Exercise programs increase strength and improve balance.

► **Review your meds.** Ask your doctor or pharmacist to review your medicines — both prescription and over-the-counter — to reduce side effects and interactions.

► **Check your vision.** Have your eyes checked by an eye doctor at least once a year.

► **Light it up.** Improve the lighting in your home.



### Carbon monoxide detectors

In the 2012-13 grant year, we have provided 30 Kaw homes with functioning carbon monoxide detectors.

Carbon monoxide is a colorless, odorless, highly poisonous gas; it is formed from incomplete combustion of carbon or carbonaceous material such as gasoline. Because it is impossible to see, smell or taste, CO can kill you before you know it's in your home.

The leading cause of accidental CO poisoning is auto exhaust, followed by unvented poorly installed, poorly maintained and misused gas cooking appliances and furnaces. If you haven't yet received your CO detector, contact our office to schedule an appointment to pick one up.

The Kaw Nation Injury Prevention Program offers carbon monoxide detectors, smoke alarms, fire extinguishers and first aid kits, as well as education in home fire safety. To be eligible for the program, you must be an enrolled member of the Kaw, Ponca or Tonkawa tribes and have a valid CDIB.



### Fire safety on tribal lands

House fires are the leading cause of death and injury due to fire in the United States. Too often, once a fire starts in a rural area, it is hard to control, and it burns down houses in its path.

American Indians living in rural communities have an increased risk of injury and death due to fires.

Smoke alarms save lives. Place smoke alarms outside of sleeping areas, the living room and kitchen. They should be installed approximately 20 feet from any fire hazard. Designate someone in the house to press the test button to test the alarms once a month.

Photoelectric alarms, like the one pictured above, are best, as they do not sound an alarm due to common kitchen steam.

The Kaw Nation Injury Prevention Program offers smoke alarms, fire extinguishers, carbon monoxide detectors and first aid kits, as well as education in home fire safety. To be eligible for the program, you must be an enrolled member of the Kaw, Ponca or Tonkawa tribes and have a valid CDIB.

**Kaw Nation Injury Prevention Program**

**Injury Prevention Program**

Through this program we are striving to...

- Reduce the number of events which have the potential to cause injury
- Reduce the number of injuries that occur
- Reduce the severity of injuries and optimize the outcomes in our Native American communities

The Kaw Nation Injury Prevention Program was established in September 2000. This program is federally funded through the Indian Health Service Tribal Injury Prevention Cooperative Program, or TIPICAP. The annual goal is to provide expanded and enhanced injury prevention services to Native Americans of the Kaw, Ponca and Tonkawa Tribes who reside in the Native Service Area - Kay County, Oklahoma.

In the year of the program our main focus areas are:

- Vehicle safety.** This encompasses driver safety, car seat assessments and safety while in operation of a motor vehicle. This includes car seat education and testing, and both and injury checkpoints in cooperation with the Oklahoma Highway Department and the Oklahoma Highway Department.
- Home fire safety.** This entails assessment and equipment installation, including fire and smoke alarms, fire extinguishers and carbon monoxide detectors.
- Fall prevention targeting older tribal members.** We offer seminars and workshops with demonstrations, presentations and classes to reduce the risk of falls, preventions and fall-related conditions to prevent falls. Literature, home safety and risk assessments, and fall prevention equipment are available.

To be eligible for our services, you must be an enrolled tribal member from either the Kaw, Ponca or Tonkawa tribes, with a valid CDIB.

Preventing injuries among Native Americans since 2000

Access us online at [www.kawnation.com](http://www.kawnation.com). Click on 'Departments and Services,' then 'Injury Prevention.'



# Flu vaccination



**Flu shots are now available for people 18 years old and older at the Kanza Health Clinic.**

**Children's flu vaccines will arrive soon.**

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every season is different, and the influenza virus can affect people differently. Even healthy people can get very sick from the flu and spread it to others.

Everyone who is at least six months of age should get a flu vaccine this season. It's especially important for some people to get vaccinated. Those people include:

- ▶ People who are at high risk of developing serious complications like pneumonia if they get sick with the flu.
- ▶ People who have certain medical conditions, including asthma, diabetes and chronic lung disease.
- ▶ Pregnant women.
- ▶ People 65 years and older.
- ▶ People who live with or care for others who are at high risk of developing serious complications.

A flu vaccine is needed every year because flu viruses are constantly changing.

The flu vaccine is formulated each year to keep up with the flu viruses as they change. Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine.

The flu vaccine protects against three influenza viruses that research indicates will be most common during the upcoming season. Three kinds of influenza viruses commonly circulate among people today: influenza B viruses, influenza A (subtype H1N1) viruses, and influenza A (subtype

H3N2) viruses. Each year, one flu virus of each kind is used to produce the season flu vaccine.

An annual flu vaccine is the best way to reduce the chances that you will get seasonal flu and lessen the chance that you will spread it to others. When more people get vaccinated against the flu, less of it can spread through our community.



# MAKE HEALTHY TRACKS

# 2013 KANZA HEALTH FAIR

Friday, Sept. 20 at 9 a.m.  
Lunch at 11 a.m.



## FUN WALK

8:30 a.m.  
**FREE** Hoodies  
to the first 100



## OBI BLOOD DRIVE

Johnnie Ray McCauley Building  
3251 E. River Road in Newkirk  
[1 mi. E of the stoplight]

## FREE HEALTH SCREENINGS DOOR PRIZES

Oklahoma Lions Mobile Health Screening Unit  
and MobileSmiles Oklahoma on site

# EVERYONE WELCOME

For more info, contact Lana Nelson · P.O. Box 474 · Newkirk, OK 74647  
580-362-1039 x207 · Fax 580-362-1467 · [lane.nelson@ihs.gov](mailto:lane.nelson@ihs.gov)

# Good nutrition



A person should consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars, salt and alcohol.

Choose a variety of fruits and vegetables each day. Limit total fat to 20-35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts and vegetable oils. When choosing meat, poultry, dry beans and milk products, make choices that are lean, low fat or fat free.

Nutrients are components of food that are indispensable to the body's functioning. They are used to build and maintain body cells, regulate body processes and supply energy.

#### The body requires six kinds of nutrients:

- ▶ Water
- ▶ Vitamins
- ▶ Proteins
- ▶ Fat
- ▶ Carbohydrates
- ▶ Minerals

Your daily diet should include a variety of foods because no single food supplies all these nutrients and because many nutrients work together. Many individuals receive enough nutrients, but too many calories, fat and sodium and not enough fiber.

It is important to eat well-balanced meals and snacks throughout the day to maximize your energy and brain power.

#### The suggested daily servings are:

- ▶ Grains — 6 ounces
- ▶ Vegetables — 2½ cups
- ▶ Fruits — 2 cups
- ▶ Milk products — 3 cups
- ▶ Meat and beans — 5½ ounces

One of the best ways to ensure you are receiving all the essential nutrients your body requires is to make smart choices from every food group, find balance between food and physical activity and get the most nutrition out of your calories.



## Shingles and you

Shingles, also known as herpes zoster, is a painful blistery skin rash caused by the varicella zoster virus, which also causes chickenpox. Ninety-eight percent of adults in the United States have had chickenpox. Only someone who has had chickenpox (or rarely its vaccine) can develop shingles.

The chickenpox virus never leaves the body. It remains dormant inside your body, and can become reactivated at any time in the form of shingles, no matter how healthy you feel.

Shingles can surface when you least expect it. Typically, a shingles rash appears on one side of the face or body and lasts two to four weeks with the pain lessening as it heals. For about one in five people affected, the severe pain continues once the rash is completely healed.

This is called post-herpetic neuralgia. Symptoms besides pain include fever, headache, chills and upset stomach. Rarely, a shingles infection can lead to pneumonia, hearing problems, blindness, brain inflammation or death.

You cannot catch shingles from another person with shingles. Occasionally, a person who has never had chickenpox or its vaccine could get chickenpox from someone with shingles.

A live weakened vaccine was licensed in 2006 for people age 50 and older. It is given as a single shot to help prevent shingles. In clinical trials, the vaccine reduced the risk of developing shingles by about 50 percent. If a person still gets shingles, the vaccine reduces pain by about 67 percent.

### What can you do to protect yourself?

Get vaccinated. One out of every three adults will get shingles in their lifetime. One in four will experience some complication.

Your immune system can weaken with age. As a result, your chances of developing shingles increase as you age. Therefore, the CDC recommends that eligible people ages 60 years and up get vaccinated.

The vaccine does not protect everyone. Some who get the vaccine may still get shingles. It also will not cure shingles or shorten the duration of the illness if you have it. The most common side effects include redness, pain, itching, swelling and warmth at the injection site.

You should not receive the vaccine if you are allergic to any of its components, including neomycin and gelatin, have a weakened immune system, take high doses of steroids, are pregnant or plan to become pregnant or have had the pneumonia vaccine in the last four weeks.

The Kanza Health Clinic currently carries this vaccine for eligible patients age 60 and older. However, due to the high cost of the vaccine, we may not always be able to carry it. Check to make sure the vaccine is available before scheduling an appointment to receive the vaccine.

You may also schedule an appointment with the physician or speak with one of the nurses to further discuss all contraindications, side effects and whether you should receive the injection.



# Kanza Clinic and nursing services

**Kanza Clinic provides innovative, comprehensive care of the highest quality and strives to exceed the expectations of the Native American community we serve.**

**Our staff prides themselves in providing excellent customer service and health care. We adhere to compassion, confidentiality, dignity, respect, equality and integrity.**

The nurses provide professional nursing services that benefit patients and families. They study and improve the way they provide tests and treatments. The nurses work closely with our physician to evaluate the plan of care for each patient.

We also constantly work to improve our customer service — that's a major focus for all of the Kanza Clinic staff.

All services require an order or approval from the physician. Some of the services we provide are:

- ▶ Childhood and adult immunizations
- ▶ Medication injections
- ▶ Lab draws
- ▶ In-house lab testing for hemoglobin, hemoglobin A1c, lipid profile, INR, glucose, urinalysis, rapid influenza, rapid strep and pregnancy testing
- ▶ Wound care and dressing changes
- ▶ Suture and staple removal
- ▶ Electrocardiograms
- ▶ Tympanogram and audiograms
- ▶ Pulmonary function testing
- ▶ Respiratory treatments
- ▶ Physician referrals



## Making your health our priority

**Are you ready to make a commitment to your health?**

**We are ready to guide you and inspire you to better health and to a better life.**

**There is no single act to enhance resistance to illness, and increase longevity better than exercise. Come be part of the amazing transformations happening every day.**

**Come and improve your quality of life.**

Time and again, it has been proven that the best way to improve overall health and reduce illness is to exercise. The staff at the Kanza Wellness Center is highly trained and dedicated to helping you reach your fitness goals.

Our facility features state-of-the-art cardio equipment, free weights and weight machines to provide an endless variety of choices to tailor a program for you.

Additionally, we offer personal training and a variety of classes, all at no extra cost.

The Kanza Wellness Center also features a heated indoor pool open year-round. We keep the temperature at about 86 degrees, warm enough for recreational swimmers and aquatics classes, but cool enough for lap swimmers.

The water provides an excellent way to stay in shape, while lessening the impact on the joints. This makes aquatics the perfect choice for older adults looking to improve their health through exercise.

We offer a water cardio class for elders and an aquatic boot camp for those looking for a challenge. We provide the equipment, you provide the dedication.



**Ryan Smykil**  
Kanza Wellness Center Manager

Use of the facility is open to the public and free to Kaw tribal citizens. We offer discounts for non-native elders and military personnel.

We have also partnered with the Kanza Health Clinic and Diabetic Program to offer therapeutic memberships at no cost for program participants.

We invite you to come see our facility and make exercise an integral part of your life.



By joining the Kanza Wellness Center, you are making a commitment to your health. There are many services you will have at your disposal, including state-of-the-art equipment in our cardio and fitness rooms.

**Other features include:**

- Cable TV and sound system
- Indoor heated pool
- Event facility rentals
- Fitness literature well as many other features.



**Aquatic services**

Our state-of-the-art aquatic center is open Monday through Saturday. We offer exercise programs for your fitness and recreational needs. We also host swimming lessons and lifeguard certification classes. We also hold open swims. Check with the schedule online for pool times throughout the week.

Our pool, gym and Education Room are available for rent for parties and events. Contact us at 580-362-1444 for details.



**McCauley Gym**

The J.R. McCauley Gymnasium is the perfect place for your next event. The gym has a kitchen that can be used as a concession stand and bleachers that seat 175. Whatever your event may be — a meeting, birthday party or family reunion — we have the facility to hold it.

For more information, contact us at 580-362-1444.



**Wellness Center hours**

**Monday-Thursday**  
7 a.m. to 9 p.m.  
Pool opens at 8 a.m. on Mondays only

**Friday**  
7 a.m. to 8 p.m.

**Saturday**  
8 a.m. to 1 p.m.

**Sunday**  
Closed

**3201 E. River Road  
Newkirk, Okla.  
580-362-1444**

**Tribal and non-tribal members welcome**



**Kanza Wellness Center offers fitness classes ranging from water cardio to kickboxing to a mini boot camp. All fitness levels are accepted at all classes.**

**For information on classes, availability and times, call 580-362-1444 or go to our web page, [www.kawnation.com/wellnesscenter](http://www.kawnation.com/wellnesscenter).**



698 Grandview Drive  
P.O. Box 50  
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www.kawnation.com

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STIGLER, OK 74462

## from the *chair* Kaw Nation

Dear friends:

For 15 years, the Kanza Health Clinic has helped improve the lives of Kaw tribal citizens and other Native Americans in the area. From the nursing services to the Women's Health Program, the clinic's wide variety of programs addresses many health concerns.

Jackie Dodson and her staff are dedicated to promoting the well-being of our families. They take care of the people who visit them and work together to help patients function well.

Physical wellness is essential to a happy life. We all must be aware of our bodies' conditions in order to carry on at full strength.

— *Guy Mumroe*  
*Chair, Kaw Nation*

