

KANZA HEALTH CLINIC
Fall 2014

To Your Health



AN OVERVIEW OF KANZA HEALTH CLINIC

Dental clinic • Pharmacy • Purchased referred care
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 that 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.

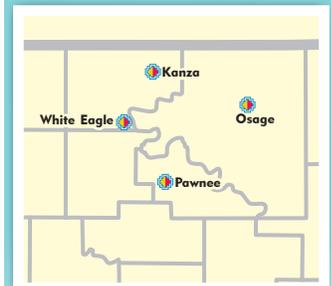
Wednesday
8 a.m. to noon

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

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

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Business office

This year started out hectic with many changes happening in the Business Office. We have expanded our staff, inventoried our processes and are making necessary changes to meet our patients' needs. We continue to look for innovative and creative ideas to enhance customer service.

We have added a data entry position, which is held by April McWilliams. Melissa Grubbs is our new receptionist. Rachel Westbrook has been hired as an insurance processor. Ryan Smykil is our clinical applications coordinator, which consists of enhancing and managing our Electronic Health Records. We welcome our new employees and encourage them to share their innovative ideas. Our goal for 2014 is to enhance our revenue and maximize patient benefits.

ICD-10 (new coding system for billing) has been pushed back to 2015. This will be a drastic change from the way we do our billing using ICD-9. Staff will be receiving training so that we can make a smooth transition. We will be changing our scheduling package before year's end



and will also be assisting with exemptions for the Affordable Care Act. We anticipate an active year with the ongoing changes.

I encourage our patients to use our clinic as a resource for any questions and concerns you may have as

health care is rapidly changing. Staff are well-educated and always willing to assist our patients. The Business Office staff wishes all of you a blessed and healthy autumn.

— Debbie Lewman
Business Office Manager

Electronic Health Records

The Affordable Care Act mandated that all health care facilities adopt and implement an Electronic Health Records (EHR) system. This system basically replaces the paper charts, medical history, and information concerning your health care visits the doctor has kept in the past and converts them to an electronic form. In many areas, paper is mostly eliminated as treatment plans, prescriptions, vitals, and diagnoses are directly entered into the computer. This information is stored securely and backed up seven times ensuring your information is always safe and available. The Kanza Health Clinic

works closely with our friends at the Oklahoma City Area Indian Health Service (IHS) to use, manage, upgrade, and improve this system.

For our patients, the use of this system increases the quality of care and service we provide. Nearly every aspect of the clinic is integrated into EHR. The physicians, nurses, pharmacists, diabetic program, women's health program, billers, and data entry all use the system in some fashion. Later this year, patient registration, purchased referred care, and our dental clinic will be fully integrated into the system, as well. This allows all departments

to be on the same page concerning your care. The result is a continuum of care that moves from department to department, and a higher quality of health care overall.

This higher quality of care extends outside the clinic doors. For those who are referred to other facilities for treatment, such as Pawnee, Pawhuska and other IHS sites, EHR allows your medical records to be securely transferred to that site. Results from treatments and tests are securely sent back to us. All that information combines to form one complete, continual health care record.

As the patient, you will also

have greater access to your medical records. Later this year, you will have the ability to view your records through a secure website. This will give you the ability to help your health care professionals better manage your health needs. Look for more information on this program in the fall and winter.

We are working hard to use these exciting new technologies to their fullest capacity, because in the end, it is all about your care. Thank you for allowing us to be your health care providers.

— Ryan Smykil
Clinical Applications Coordinator

Why do Native Americans need to have health insurance or file for an exemption?

Health insurance

For most uninsured Americans, if they do not sign up for health insurance they will face stiff penalties. For Native Americans, the decision can be complicated.

Native Americans do not pay for the health care they receive because they receive their health care at federally-supported Indian health facilities (IHS), tribal or urban Indian facilities.

So why would an American Indian or Alaska Natives sign up for reduced-rate insurance on the exchanges? Although American Indians/Alaska Natives are entitled to free health care, most Indian health facilities do not offer a full array of services.

When patients need major surgery or cancer treatments, for example, they are referred to specialists outside Indian facilities. Many of those referral claims are rejected; therefore, Indians are put at risk of either paying major medical bills themselves or doing without needed treatments.

Native Americans have poorer health and less access to health care than the rest of the U.S. population. Nearly half of all Indians have incomes low enough to qualify for Medicaid or to enroll in a health plan at a minimal cost or no cost at all.

Even optimistic advocates for Indian enrollment in the exchanges said “convincing tribal leaders and individuals to sign up could take years.”

The Affordable Care Act includes provisions for American Indians and Alaska Natives that make purchasing insurance on the exchange an even better proposition than it is for everyone else. They can sign up at any time — there are no open enrollment deadlines.

Tribal members with incomes below 300 percent of the federal poverty level (\$34,470 for an individual) are exempt from paying deductibles and copays, so they can purchase the



cheapest plans without worrying about out-of-pocket expenses.

All tribal members, no matter what income level, are exempt from out-of-pocket payments if they receive services from the Indian Health Services.

The Indian Health Care Improvement Act was amended when the ACA was signed. It is easier for Indian health facilities to accept payment from other insurers, including Medicaid, Medicare and private insurance. The new law also expands the types of services the facilities can offer and requires inclusion of behavioral health and substance abuse treatments.

For Indians enrolled in Medicaid, Indian health providers receive a fee-for-service that is much higher than other providers receive. In addition, they can collect fees from private insurers if Native Americans take advantage of the exchanges.

This will benefit Native Americans as it stretches the Purchased Referred Care dollars and enables more people to receive the care they need.

Health care exemption

If a person is an Indian health services (IHS) beneficiary, or eligible to be an IHS beneficiary, they will qualify for a hardship exemption. It is

strongly recommended that all Native Americans/Alaska Natives apply for an exemption. To obtain the hardship exemption, they must file an application through the marketplace.

To qualify for Indian status under ACA, some of the documents that will be accepted are tribal enrollment cards, CDIB/CIB cards, shareholder certificates for Alaska Native Village and Regional Corporations, and other documents issued by the tribe.

To qualify for the IHS-beneficiary hardship exemption, a person can obtain a letter from the Indian/Tribal/Urban (I/T/U) facility. They can submit the same documentation that they would need to submit to show that they qualify for services if they went to an I/T/U facility.

Needless to say, all of this can be overwhelming and a bit complicated. That is why Kanza Health Clinic staff has been working hard to receive training to help our patients with their enrollment and exemption applications.

We are prepared to answer your questions and assist you with your enrollment needs. Please contact Benefits Coordinator Jackie Bannister or Contract Health Services Coordinator Sue Whatley, and they will be happy to assist you.



Kanza Dental Clinic



Kanza Dental Clinic has a great staff ready to greet you with a smile. We are always striving to create a pleasant experience for each patient and future patients. We welcome new patients daily.

Our staff includes Dr. Richard Jackson, dental hygienist Brier Snow, Alayna Rose and Keli Billings as our receptionist/dental assistants. Our dentist and hygienist are in clinic on Tuesdays from 8 a.m. to 5 p.m., and Wednesdays 8 a.m. to 3 p.m. The hygienist is also available on Mondays, 8 a.m. to 4 p.m., and Thursdays, 8 a.m. to 3 p.m.

We are in our fourth year of providing dental services. We offer preventative and restorative services for children and adults.

We encourage parents to start their kids off right with regular dental checkups at age one. Seeing the dentist in the first year is critical to preventing dental disease. Your dentist can help you take the necessary steps for prevention and developing healthy oral habits for your child.

Delta Dental of the Oklahoma Oral Health Foundation has partnered with us once again. They provided a dental

van for our team to reach out to any child within our service area. This area includes Kaw Nation, Ponca Nation, Tonkawa Tribe, and Otoe-Missouria Tribe.

This year, our team did a plaque control study. We assessed children from our service area on their brushing skills and checked for decay. We had each child chew on a disclosing tablet. Then we could show that child where he/she was not brushing well.

We purchased, through a dental grant, Crayola electric toothbrushes. We were able to show the children how to remove plaque effectively. The kids loved the toothbrushes and we enjoyed our time with them.

Then we had the dental van come to each tribe and we were able to provide restorative and preventative services to those that needed it.

Restorative services included fillings and extractions. Preventative services included cleanings, X-rays, sealants, fluoride, and more brushing instructions.

Our goal for 2015 is to add dental services on Fridays. We look forward to continuing our growth in our dental clinic.

Our dentist and hygienist are in clinic on Tuesdays from 8 a.m. to 5 p.m., and Wednesdays 8 a.m. to 3 p.m. The hygienist is also available on Mondays, 8 a.m. to 4 p.m., and Thursdays, 8 a.m. to 3 p.m.

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



Richard M. Jackson Jr., DDS
Dentist



Brier Snow
Dental Hygienist



Alayna Rose
Dental Assistant



Keli Billings
Dental Assistant



Neal Smith, D.Ph.
Pharmacist



Klem Chandler
Pharmacist



Debbie Williams
Pharmacy Tech



Joni Birdwell
Pharmacy Tech



Pharmacy

The Kanza Pharmacy has made some exciting changes this past year. In addition to enlarging the pharmacy area, we have also added another pharmacist to our staff.

Klem Chandler received his Bachelor of Pharmacy and Doctor of Pharmacy degree from Southwestern Oklahoma State University. Klem has served the Kay County area as a pharmacist for over 35 years. Many of our patients may recognize Klem, as he is the pharmacist who opened the Kanza Pharmacy in 1996. We feel very lucky to have brought him back to help with our future expansion.

The pharmacy is still in the process of converting all patient records over the Electronic Health Records system. This process involves an interface between two computers system and we appreciate your patience while we make these changes. It is possible that during this time it may take us a little extra time in processing your prescriptions. We appreciate your patience.

Another point of note is that due to recent drug shortages, we may be making frequent brand changes with some of our generic medications.

This is a nationwide problem which results in medications looking different periodically. We will place green notification stickers on the prescription bottle that inform the patient that it is the same medication — it just looks different. We will also inform the patient of these changes when picking up their prescriptions.

The pharmacy is open from 9 a.m. to 5 p.m. Monday through Friday with the exception of Wednesday when we close at noon. The pharmacy is also closed from noon to 1 p.m. daily.

Patients can phone in their refills during normal business hours or leave a message during hours we are closed. We ask that you give 24-hour notice for all refills.

We also encourage our patients to give us either the prescription name or number to ensure they receive all the medications they need.

Our goal in the pharmacy is to make the transition to electronic health records efficiently and effectively. We also strive to give our patients quality, professional health care, and we appreciate the opportunity to serve them.



Purchased Referred Care

Purchased Referred Care and Patient Benefits Coordinator Sue Whatley and Patient Benefits Coordinator Jackie Bannister are available at the Kanza Health Clinic to help you in any way we can. You can stop by and talk with us regarding: Medicare, Medicaid, referrals, the Affordable Health Care Act, exemptions for the Affordable Care Act, becoming a patient at the Kanza Health Clinic, establishing a chart at the Pawnee Health Clinic, or signing up for the Pawnee Benefit Program Package.

Purchased Referred Care

Contract Health Services (CHS) is in the process of a name change. Our new name is Purchased Referred Care (PRC). The process will remain the same. To be eligible for a referral from Kanza Health Clinic: You must be an active patient at the clinic, live in the seven-county service area and have a chart established with Pawnee (this can be done at the Kanza Health Clinic).

Patients still have to have a referral for every outside appointment. Please make sure we are aware of all appointments at least two weeks in advance. Getting a referral is not a speedy process. First, we must have supporting documentation to show a referral is needed. Then Kanza Clinic physicians will write up the referral.

All specific information will be gathered and sent to Pawnee to be reviewed at the weekly committee meeting. If approved, Pawnee will fax everything to the appropriate provider, who will call you to schedule your appointment. If the referral is unmet, you will receive a letter in the mail from Pawnee, along with the information for an appeal.

If you receive a bill in the mail due to a referral, it should go to the Pawnee Health Center, Purchased Referred Care Department, 1201 Heritage Circle, Pawnee, OK 75048.



Dona Veal, M.D.

Pawnee Benefit Program Package

This program features hospital inpatient, emergency room, surgery, chemotherapy and radiation. A true emergency is defined as a condition that could lead to loss of life or limb.

They will not cover non-emergency services.

To be eligible for PBPP, you must reside in the seven-county service area which include Kay, Osage, Pawnee, Payne, Garfield, Noble and Grant counties.

Applications are available at the Kanza Health Clinic.

Sooner Care

Sooner Care is the Medicaid Program operated by the Oklahoma Health Care Authority. This program covers lower-income children, some adults with dependents and some disabled Oklahomans.

To be screened to see if you qualify, contact a

patient benefit coordinator at the Kanza Health Clinic.

Medicare

Kanza Health Clinic has two certified Medicare assistance program counselors, Sue Whatley and Jackie Bannister. If you are 64 or older and have

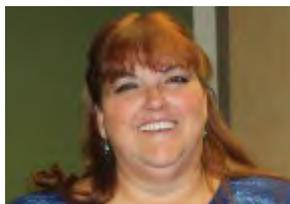
questions regarding Medicare, please contact us at any time.

Medicare Part D Prescription Plans

Medicare Part D open enrollment is October 15 through December 7. At that time, we will be contacting all of our Medicare patients to see if they need a plan or if the plan they have will still be covering their medications for the next year. This is very important, as these plans change every year and do not cover the same medications every year. Also, at this time, we will let you know about Extra Help applications for lower-income patients. This program will pay part or all of Medicare Part D premiums for those who qualify. We also have forms from the Oklahoma Department of Health that patients can fill out to see if they qualify to have their Medicare Part B paid by an assistance program.

Affordable Care Act

The Affordable Care Act is still making revisions, but we are involved in getting all the latest information. We also have paper applications for the exemption for Native American tribal members and the hardship exemption for Native American descendants. Please come by and complete your exemption before you file your income taxes.



Sue Whatley
Contract Health and
Patient Benefits Coordinator



Jackie Bannister
Patient Benefits
Coordinator



What to know about diabetes

Diabetes is a condition in which the body fails to produce insulin or does not properly use it. Insulin is a hormone that helps balance the amount of sugar, the body's main source of energy, in the blood. If left untreated, high levels of blood sugar can result in complications, such as blindness, heart attacks, strokes, kidney failure and limb amputations.

Diabetes is the seventh-leading cause of death by disease. 23.6 million people in the United States, or 7.8 percent of the population, have diabetes. Fifty-seven million people ages 20 and older have "pre-diabetes" or blood sugar levels that are higher than normal, but not yet diagnosed with diabetes.

There are three basic types of diabetes:

- ▶ Type 1 diabetes destroys the insulin producing cells in the pancreas.
- ▶ Type 2 diabetes causes the body to become insensitive to insulin and the cells of the body can no longer use insulin.

- ▶ Gestational diabetes is diabetes that occurs during pregnancy.

Risk factors are things that increase your chances of getting the disease. The risk of developing Type 2 diabetes increases with the number of risk factors such as:

- ▶ Over age 45
- ▶ Parent, brother or sister with diabetes
- ▶ Baby weight over nine pounds during pregnancy
- ▶ High blood pressure
- ▶ Physical inactivity
- ▶ Overweight or obesity
- ▶ High cholesterol

Symptoms may include:

- ▶ Frequent urination
- ▶ Excessive thirst
- ▶ Blurred vision
- ▶ Unusual weight loss
- ▶ Increased fatigue

Complications from diabetes can progress into many diseases such as:

- ▶ Heart disease and stroke. Both cause 84 percent of all deaths in

people with diabetes 65 years of age and older.

- ▶ High blood pressure. About 75 percent of people with diabetes have high blood pressures higher than 130/80.

▶ Eye disease. Diabetes is the leading cause of new cases of blindness in adults 20 to 74 years of age.

▶ Nerve disease. About 60 percent of people with diabetes have mild to severe nerve damage.

▶ Dental disease. Almost one-third of people with diabetes have severe periodontal disease.

Ways to reduce the risk of diabetes are:

- ▶ Eat a balanced diet.
- ▶ Take part in moderate physical activity for 30 minutes a day, five days a week.
- ▶ Lose weight, if you are overweight. Losing five to seven percent of your body weight, along with a low-fat diet and regular physical activity, can prevent or delay the onset of diabetes.



Make an appointment today

At Kanza Health Clinic, you can set up an appointment to meet with Registered Dietitian Nutritionist Julie Free, RDN/LD. She can be an integral part of your health care team. Find out science-based nutrition information on a number of topics, including diabetes, cardiovascular problems and high blood pressure. Learn how to eat healthful, great-tasting foods.

If you have digestive problems, learn how to eat so that you do not aggravate your condition with fried foods, too much caffeine or carbonation. Thinking about gastric bypass surgery or have had the surgery already? Julie can help meet the challenge of eating small portions of nutrient-dense foods that will help meet your needs.

If you have nutrition concerns while pregnant or while breastfeeding, learn how to get enough of the nutrients you need such as iron, vitamin D, fluoride and B vitamins. If you are planning on becoming pregnant, you can make sure your diet provides enough folate, especially in the first three months to prevent neural tube or spinal cord defects.

Childhood nutrition is also an important topic. Learn how to meet your child's needs for healthier eating, weight gain or weight loss. Julie is certified in adult weight management, and has worked over 12 years in this area. Learn how to make lifestyle changes for weight loss that will keep the weight off.

Learn how to eat smarter or to improve sports performance, whether you are running a marathon or working towards better fitness. Nutrition counseling can be tailored to you individually. If you are interested in nutrition counseling, please call the clinic to schedule an appointment. Times are available on Friday mornings.

If you enjoy group settings for nutrition information, then check out our cooking demonstrations and



grocery shopping tours. Cooking demonstrations are a fun way to learn how to cook healthy and sample new foods. The most recent cooking demo covered breakfast foods as we sampled smoothies and other items. The diabetic clinic has hosted two demonstrations and has one planned for this fall.

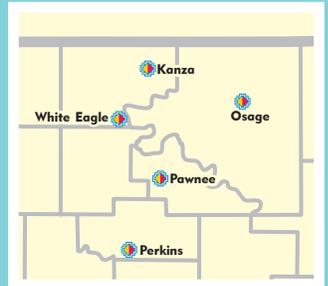
Shopping tours have also been done in small groups at a local su-

permarket. They are a great way to learn how to read food labels and shop smart and healthy. We learn about new products and answer your questions. The next shopping tour will also be scheduled in the fall. Sign-ups will be taken prior to each event through the clinic health coordinator, Ruthe Aric. Whatever your goals for health, make nutrition a priority.





**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

We started our new grant year on June 30. This is year two of our five-year grant cycle, and we have been going strong for 14 years.

We are still based in the Kanza Health Clinic, and our team also travels to see patients at the White Eagle Health Clinic, Perkins Family Clinic, Pawhuska Indian Health Center and Pawnee Indian Health Clinic. This allows for convenience for our patients.

Our program is proud to work with the Oklahoma Breast Care Center, several hospitals, clinics, radiology services, and other health care providers in



different surrounding towns and cities in Oklahoma. This makes it more convenient when we send our patients out for treatment.

This past year has been a busy one. Our team has been to the local tribal health fairs handing out brochures and talking to health fair participants about their risks and needs for cancer screening. We keep our website updated for those who would like to go online and read more information on our program and more on women's health.

We had a big hand in putting on the 2013 Kanza Health Fair, and in

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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planning the upcoming 2014 Health Fair that will be held on Sept. 19. We invite everyone to come and check it out. There will be plenty of vendors there offering everything from health screenings to informational brochures and door prizes. Last year was a big success, and we hope to make it better and keep it growing.

Our partnerships are also getting stronger. We continue to partner with the Cherokee Nation's prevention team and work closely with the Oklahoma Health Care Authority for a smooth transition for the patient. We are now also partnered with Oklahoma City Indian Clinic to allow us

to help cover more screenings.

There have been some screening changes made by the Centers for Disease Control in the past year. Some of our new guidelines are:

Cervical screenings/pap tests

- ▶ Starts at age 21 to 64
- ▶ Every three years, unless there is an abnormal result

Clinical breast exam

- ▶ Starts around age 20 and then every three years until age 40
- ▶ After age 40, recommended coinciding with a mammogram annually. Abnormal results will have a

follow-up of diagnostic work and possible treatment.

Colorectal cancer screenings are now recommended at age 50 and older.

Our staff regularly attends and/or participates in webinars and conferences and follows the Centers for Disease Control and other resources to stay updated on the latest information. We continue to do this on a regular basis so that we are able to provide our patients with the most recent information, guidelines and preventive education.



Kaw Nation Women's Health Program. From left, Mary Tinsley, nurse practitioner; Tamara Holden, project director; LaDonna Haven, administrative assistant; and Lisa Allton, data manager.

Find and download brochures on various women's health concerns online.

Go to www.kawnation.com. Click on 'Departments and sevicees,' then click on 'Women's Health Program.'



Meet the Kaw Nation Health Advisory Board

From left, Betty Pino, Elaine Huch, Abby Jacobs, Luther Pepper, Freda Lane.

Kaw Nation Injury Prevention Program



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



The Kaw Nation Injury Prevention Program received approval from the TIPCAP Grant to conduct a bicycle helmet safety program for the 2014 grant year. This program will help promote recreational safety and weather preparation safety. There are bike helmets for the entire family and tribal members of the Tonkawa, Kaw and Ponca Tribes are able to receive the bike helmets for free.

There is a limited supply of bike helmets, so it is based on a first-come, first-served basis. Educational materials regarding bicycle safety, recreational safety, and weather preparation will be given out to the Native American families.

Bicycle safety tips

- ▶ Know the correct hand signals and always use them in advance of a turn or change of direction.
- ▶ Always check behind you before changing lanes.
- ▶ Be aware of potential hazards like litter, potholes, gravel and storm grates. Small defects in the road would be unnoticeable in a car, but can be deadly to a bicyclist.

- ▶ If you ride at night, wear light-colored and reflective clothing. Check your local law for bicycle light requirements for night-time riding.

▶ Remember: *One crash and it's trash.*



Server weather/tornado preparation

- ▶ Create a tornado kit. See the Kaw Nation Injury Prevention website for a tornado kit example.
- ▶ Have a weather radio installed in your home and a hand-held weather radio in your safe place.
- ▶ Wear a helmet for safety purposes. The helmet keeps you safe from debris and reduces extreme force to the skull.
- ▶ Create a family safety plan, and practice the safety plan before tornado season arrives.



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KANZA HEALTH CLINIC



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.

We achieve this by determining our elders' needs for home safety or risk reduction items based on the results of home assessments we perform. 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.

Access us online at
www.kawnation.com.
Click on 'Departments
and Services,' then
'Injury Prevention.'



Carbon monoxide detectors

In the 201' -1(grant year, we have provided % 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 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

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

Preventing injuries among Native Americans since 2000

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 funded through the Indian Health Service Tribal Injury Prevention Cooperative Program, or TIPICAP. The award and program services to Native Americans of the Kaw, Ponca and Tonkawa tribes who reside in the Native Service Area - Kay County, Oklahoma.

For the year of the program our main goals are:

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

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.

Allergies: Diseases of the immune system

Allergies are diseases of the immune system that cause an overreaction to substances called allergens. These allergens can get into our body in several ways:

► **Inhaled into the nose and the lungs.** Examples are airborne pollens of certain trees, grasses and weeds, house dust that include dust mite particles, mold spores, cat and dog dander and latex dust.

► **By mouth.** Frequent culprits include medications, seafood and nuts.

► **Injected.** Such as medications delivered by needle like penicillin or other injectable drugs, and venom from insect stings and bites.

► **Absorbed through the skin.** Plants such as poison ivy, sumac and oak and latex are examples.

These substances can trigger sneezing, wheezing, coughing, itching and other symptoms. Typically, allergies do not cause you to run a high fever. However, it is not uncommon to run a low-grade fever. This is caused by your body's natural immune response to the foreign allergen.

Antibiotics are not needed to treat allergy symptoms. However, other complications occasionally may occur and treatment with antibiotics may be beneficial. Indoor and outdoor allergies are often referred to as hay fever, seasonal allergies, perennial allergies or nasal allergies.

According to the Asthma and Allergy Foundation of America, one in five Americans suffer from allergies, and allergies are the No. 5 chronic disease nationwide. Allergic rhinitis, an allergy to airborne particles, such as dust, dander, and plant pollen, is the most common type of allergy. Additionally, allergic reactions can be severe and even fatal.

Managing your seasonal allergy symptoms can be quite challenging at times. However, with proper man-



agement and patient education, allergic diseases can be controlled, and people with allergies can lead normal and productive lives. Good allergy treatment can include three different treatment strategies, including avoidance of allergens, medication options and/or immunotherapy (allergy shots).

The best defense against allergies is to avoid triggers when possible. Here are a few things that you can do that may help lessen your allergy symptoms:

► **Don't let dust get too comfortable.** Cleaning your home is incredibly important in managing exposure to indoor allergens. Frequent use of a vacuum cleaner, making sure to replace your heating and air filter regularly and ridding your home of rugs and curtains that can collect dust. Clean and disinfect bathrooms, kitchens and basements regularly and keep them well-ventilated to reduce the growth of mold. Bathe pets at least once a week to reduce dander and, whenever possible, keep your pet out of your bedroom. Do

not smoke indoors at any time. This benefits everyone.

► **Control the symptoms.** Most allergy symptoms can be controlled with the use of over-the-counter medications such as antihistamines, decongestants, eye drops and nasal sprays. It is always very important to follow the recommended daily dosage on the product labels. Antihistamines help with sneezing, runny nose, itching, hives and rash. Decongestant pills, sprays, and nasal drops reduce stuffiness by shrinking swollen membranes in the nose. Eye drops may provide temporary relief from burning, itching or bloodshot eyes.

► **See your doctor.** When it is not possible to avoid your allergens and treatment with over-the-counter medications are not helping your allergy symptoms, schedule an appointment with your doctor to discuss other treatment options such as other non-prescription and/or prescription medications, allergy testing and immunotherapy (allergy shots) or any other treatment that you and your doctor feel is right for you.



August is National Immunization Awareness Month

Vaccinations should be part of your back-to-school list

Now that the summer is slipping away and a new school year is around the corner, it's time to schedule your children's yearly exam and the vaccinations that may be needed.

The goal of the National Immunization Awareness Month is to increase awareness about immunizations across the life span, from infants to the elderly. August is the perfect time to remind family, friends, co-workers, and those in the community to catch up on their vaccinations.

Parents are enrolling their children in schools, students are entering college, and health care workers are preparing for the upcoming flu season. Kanza clinic will soon be organizing flu clinics and outreach opportunities to vaccinate people against the flu.

The Center for Disease Control and Prevention recommends that children receive vaccines against diphtheria, tetanus, pertussis, measles, mumps, rubella, chickenpox, polio and others. Adolescents should be vaccinated against hepatitis A, hepatitis B and meningococcal disease, tetanus and diphtheria. Vaccines are a key to a healthy life for people of all ages and cultures in our community.

School starts soon: Is your child fully vaccinated?

Make sure your children are up-to-date on vaccines before sending them back to school. School-age children, from preschoolers to college students, need vaccines. Get



your children to the clinic if you discover they need vaccines to protect them against serious diseases. Making sure that children of all ages receive all their vaccinations on time is one of the most important things you can do as a parent to ensure your children's long term health- as well as the health of friends, classmates, and others in your community.

To keep children in schools healthy, your state may require children going to school to be vaccinated against certain diseases, such as whooping cough. If you're unsure of your state's school requirements, now is the time to check with one of our clinic nurses. That way, you can get your child any vaccines he/she needs before the back-to-school rush.

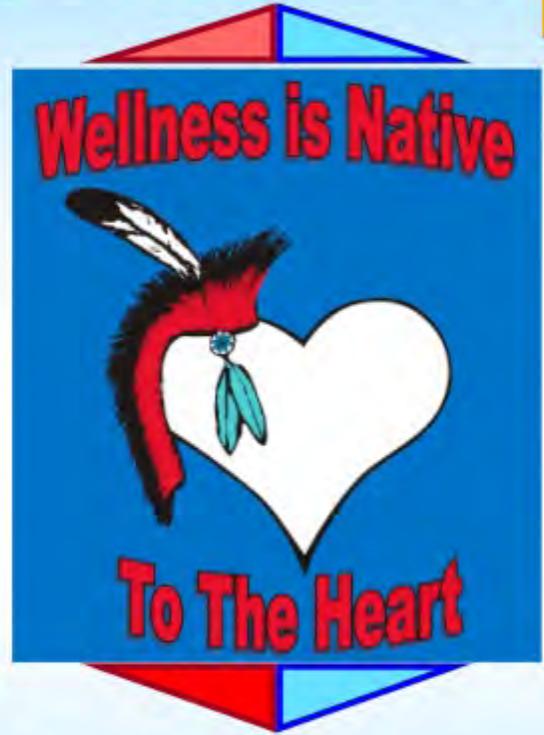
2014 Kanza Health Fair

Friday Sept. 19th at 9am

Everyone is Welcome!



830 am.



Door Prizes!

FREE
Health
Screenings



OBI mobile unit
Lions Club Screenings

Will be held at the:

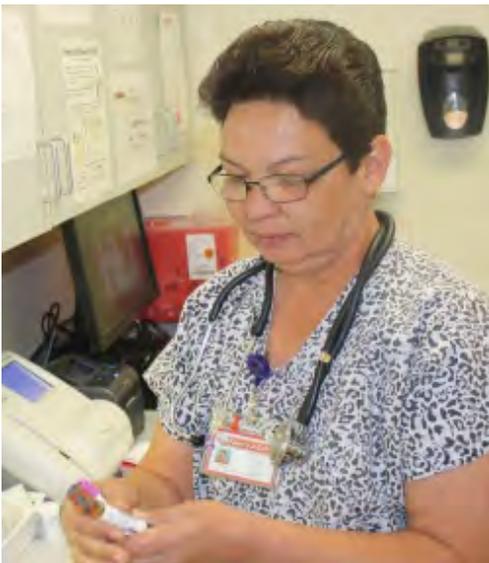
Johnnie Ray McCauley Bldg.
3251 E River Rd. Newkirk OK
{1 mile East of the Stoplight}

Lunch at 11a.m.

FOR MORE INFORMATION
Tamara Holden
PO BOX 474 Newkirk Ok 74647
Ph: 580-362-1039 ext . 207
Fax: 580-362-1467
Tamara.holden@IHS.gov



Kanza Clinic and nursing services



The 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

Exciting things are happening at the Kanza Wellness Center, and we want to tell you all about it. Our pool is being utilized regularly with a variety of activities. We offer recreational swim as well as lap swimming and water aerobics.

We hold a water fitness class every Tuesday and Thursday from 2 to 3 p.m. and have a loyal following, with newbies joining in all the time. Also, this is a very relaxed atmosphere where everyone participates at their own level. This is great exercise that is easy on the joints, but can be a true workout.

For those wanting a challenge, we offer an evening Swim Boot Camp from time to time. This class fills up fast, so hurry in to sign up.

Our pool isn't the only place things are happening. We have two certified group fitness instructors who teach classes in the gymnasium Monday through Thursday. We run two classes every six to eight weeks. We have done everything from

strengthening and toning with weights to kickboxing and from pilates to boot camp.

We rotate our classes to try and accommodate everyone's favorites, and also to provide a little muscle grinding. All of our classes can be modified for the beginner, for injury recovery or even for an avid athlete looking for a tougher session.

If you can't make it in during the group fitness times, prefer to work out alone or you feel you need a more personalized routine; we have three of the best personal trainers

on staff that will be more than happy to individualize a workout that is specific to your needs. We also have a certified nutrition and wellness consultant on staff for your dietary needs.

This place is hoppin' and rockin' all the time. With senior fitness, special activities for kids, low impact, high impact, weight lifting, running groups and everything in between, we have one common denominator... F-U-N! At the Kanza Wellness Center, we do our best to make your health and wellness enjoyable.

Some things to look forward to this fall: body shred, Jillian Michaels style, cardio craze, bounce into a stronger you, stability ball/core strengthening, and — drum roll, please — Duck, Jump and Roll Dynasty Boot Camp.

Oh, yeah, it's going to be as much fun as it sounds.

Come and play!

Shannon Smykil
Wellness Center director



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.



Kanza Wellness Center offers fitness classes ranging from water cardio to core strengthening to toning. 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.

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



698 Grandview Drive
P.O. Box 50
Kaw City, OK 74641
580-269-2552
Toll-free 1-866-404-5297
www.kawnation.com

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STIGLER, OK 74462

from the Kaw Nation *chair*

Dear friends,

For 16 years, the Kanza Health Clinic has boosted the health of Kaw tribal members and other Native Americans in our area. From immunizations to dental care, the clinic offers a wide variety of services to address health concerns.

Jackie Dodson and her staff work hard to deliver excellent care for our family members. They care for all patients and seek complete solutions to their ailments.

Strong health is important for a happy life. We all must pay close attention to the conditions of our bodies.

— *Guy Munroe*
Chair, Kaw Nation

