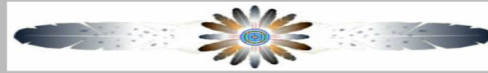


# Kickapoo Tribal Health Center



An entity of the Kickapoo Tribe of Oklahoma

January, February & March 2019

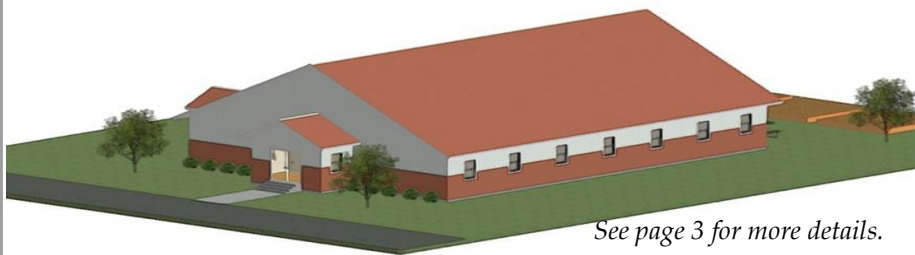
Volume 1, Issue 4

## Healthy News



**Our Mission:**  
"To provide access to quality healthcare to Native Americans living in our tribal community. In partnership we will help each person achieve their best physical, mental, social, and spiritual health, thereby increasing longevity and wellness."

**KICKAPOO TRIBAL HEALTH CENTER  
EHSKIIKEKI EHPIIKAMEKI BUILDING  
(NEW BEGINNING BUILDING)  
COMING SPRING 2019**



See page 3 for more details.

## What is Orthopedics and how can we help you...



Are you suffering from joint pain? If so, this could indicate some form of arthritis. According to the CDC, 24.6% of American Indian/Alaska Native have a prevalence of arthritis. This is a higher rating than any other ethnicity. This year, KTHC partnered with Oklahoma Sports & Orthopedics Institute (OSOI). Board Certified Physician Assistant, Chico Rogers. Chico specializes in orthopedic surgery and provides general and sports medicine orthopedic services. We had the opportunity to sit down and speak with Chico Rogers, and he is excited to be here helping our patients providing a full

range of joint care.

For the most part Orthopedics are subspecialty related to injuries and conditions of joints primarily. Dr. Geib is considered a general orthopedic surgeon but also does sports specific orthopedic injuries. Some of our other sub-specialist's orthopedic surgeons include Total Joints Replacement, Hips & Knees, Hand, Foot & Ankle, General Surgeons. OSOI has a full range of orthopedic care within our group.

Q. What are the most common orthopedic problems you see?

A. The most common orthopedic injury is knee pain & injuries then shoulder pain & injuries. The biggest thing we see in the younger population is more ligament and minuscular injuries, which typically requires surgery. Then as we age, then we see a lot of arthritis and knee complaints related to age. The knee is the most common thing we see.

Q. Can you avoid orthopedic problems?

A. No. However, there are many treatments like oral medicine, injections, bracing, and sometimes it ultimately ends up in surgery, but what we often hear is you should not have waited so long. People are usually happy with the results. Ligamentous and meniscal injuries happen all the time, it's not a matter of what to do to prevent it, it's seeking care early on, and so it decreases the amount of time battling the problem, especially sports.

**For an Appointment call (405)964-2081**

### Pharmacy Service Hours:

7:00A.M. — 5:30 P.M.

Open through

Lunch Hour

### Laboratory Service Hours:

7:30 A.M. — 5:00 P.M.

Closed for Lunch

12:00 P.M. -1:00 P.M.

### Dental Service Hours:

7:30 A.M. — 4:45 P.M.

Closed for Lunch

12:00 P.M. -1:00 P.M.

### Medical Service Hours:

8:00A.M. — 5:00 P.M.

Closed for Lunch

12:00 P.M. -1:00 P.M.

### Contact Us

105365 S. Hwy 102  
PO Box 1059  
McCloud, OK 74851

Phone:  
(405) 964-2081

## Optometry – Coming Soon!



### January is National Glaucoma Awareness Month!

Glaucoma is one of the leading causes of vision loss and blindness. It's actually a group of diseases where pressure (usually) builds up and damages the eye's optic nerve. National Glaucoma Awareness Month, in January, reminds all of us to get regular eye exams and show support for those suffering. Types of this disease include open-angle glaucoma, which causes peripheral eyesight to slowly diminish, angle-closure glaucoma, where pressure on the iris interferes with fluid draining, and low-tension glaucoma, which actually occurs without elevated pressure on the eye. There's currently no way to restore vision lost from glaucoma.

Optometry Clinic will be opening soon! Look to our Facebook Page or Announcements on our Message Boards soon!

### 5 Glaucoma Guidelines To Remember

1. More patients than ever—over 3 million people in the US have glaucoma, and the number is rising!
2. Glaucoma can affect people of all ages—Although generally associated with seniors, glaucoma can strike anyone since each person has their own level of eye pressure tolerance.
3. Demographics do play a role—Glaucoma is a leading cause of blindness among African Americans; its also highly prevalent in Hispanics over the age of 65.
4. Is glaucoma hereditary? The risk of developing primary open-angle glaucoma is up to nine times more likely if parents or sibling have the disease.
5. Hope for future glaucoma patients—Although there is no cure for any form of glaucoma, early diagnosis and treatment help control the disease and slow the process of vision loss or blindness



**Be sure to speak to our Benefits Coordinator to find out if you or your family can benefit from other services.**



If you are a veteran, please bring  
a copy of your  
Veterans Health Care Card  
to the Registration Desk at your next visit.

## Diabetic Wellness

- ◆ Stop by the Diabetes Department to schedule your annual diabetic eye exam.
- ◆ Schedule your comprehensive foot exam with the podiatrist today to receive your foot care kit. This benefit is open to people with diabetes only.
- ◆ Visit the KTHC Diabetes department or website to see available services and programs for everyone.

Check the calendar on page 7 for upcoming classes and events!

## Podiatry Clinic w/ Dr. Golda



According to the CDC, nearly 26 million Americans live with diabetes. Diabetes is the leading cause of non-traumatic lower-limb amputation; however, amputations can be prevented. Two recent studies evaluated care by podiatrists for patients with diabetes and demonstrated that compared to other health-care professionals, podiatrists are best equipped to treat lower extremity complications from diabetes, prevent amputations, reduce hospitalizations and provide savings to our health-care delivery systems.

Here at KTHC we know this is a problem and work to help! Many people may have never heard of a Podiatrist or understand what they do, so we sat down with our seasoned Podiatrist, Dr. Kenneth Golda, and he helped explain it for us. "A Podiatrist is a foot and ankle specialist. We do general podiatry; we do surgical podiatry. We handle everything from infants, small children all the way up to the elderly. Things we do treat range from irritations to the skin and nails to bunion

deformities, hammertoes, heel pain, injuries to foot & ankle, diabetic foot care and the treatment of foot ulcers. Many foot problems can be treated on a non-surgical basis or if needed, with surgery. The typical patient presenting to the clinic with a foot problem is given a thorough history and physical exam relative to the lower extremities. X-rays may be ordered and a treatment plan is presented to the patient for their review."

How have you used your specialty for your work here? Is it like other clinics? "I've only been here for a month, but what I do see is a lot of diabetic foot care, and, regrettably as it is very endemic in the Native American Population, diabetic foot ulcers."

Why do you think the patients here need this service? "Podiatry as a whole is necessary for the population. Many disorders that the podiatrist sees are quite common in the elderly population and most of my patients are elderly, and I'd say 75%."

Dr. Golda is available twice weekly on Tuesdays and Wednesdays.

For more information, please contact us at (405)964-2081

## Dental News:



All dental patients need to check in at the Clinic  
Registration desk!

Be sure to bring any insurance cards with you

## Contract Health

### Fiscal Year 2019

Kickapoo Contract Health Fiscal Year mean new documents will be required for all patients who reside within the Contract Health Service Area. The fiscal year for CHS is from October 1 to September 30.

If you reside in the Kickapoo Contract Health Service Area and receive a referral from your KTHC provider Contract Health will contact you either by phone or mail requesting proof of residency and a Medicaid Determination letter for referral process. All documents must be received in our office in order to process a referral. This documents can be turned in to Contract Health or Patient Registration, whichever is more convenient for our patients. \*\*Proof of residency does determine eligibility for health care services at the Kickapoo Tribal Health Center\*\*

If you have any questions please contact the Kickapoo Contract Health Department at 405-964-5824. We look forward to assisting you with any questions you may have.

## Pharmacy

Pharmacy Director, Lisa Lauderdale is a member of the Kickapoo Tribe of Oklahoma. She is also Absentee Shawnee and Rosebud Sioux. She is the daughter of the Late Jerry Meshquekennock and Phadelia Left Hand Bull. She was born and raised in the country between McLoud & Dale, Oklahoma.

She received her Doctor of Pharmacy Degree from the University of Oklahoma in 2010. Dr. Lauderdale is a pharmacist for the Kickapoo Tribal Health Center where she currently serves as the Pharmacy Director. She is married to Michael, and they reside just 10 minutes from where she grew up. They have three daughters, Sianna, who is a student at the University of Oklahoma. Their youngest daughters, Leah and Kodi are in 3<sup>rd</sup> grade and Kindergarten.

Lisa has overcome many challenges and obstacles before achieving the success she enjoys today. Just as many other Native children, Lisa grew up in a community where alcohol, drug use and, physical abuse was the “norm.” She became a single mother at the age of 22, and her child, Sianna, was the inspiration for her to change how she was living and change their lives. In 2002, at the age of 28, as Sianna began Kindergarten, Lisa enrolled in college classes...“just to see” how far she could get.

Her passions of improving the health care provided to the Native American population, is to have a positive influence on the native youth to join the health care industry. Lisa believes as she has aspired to her dreams that so can other native children.

# CBD

PRODUCTS COMING SOON

## Behavioral Health

In an effort to encourage tribal members' wellness, Kickapoo Tribal Behavioral Health greets our upcoming spring with several plans and projects underway.

"We're excited about all the growth Behavioral Health is undergoing to better serve tribal members, and our community," said Daley Tearl, Behavioral Health director. "From breaking ground for a bigger building, to a community garden, and also incorporating yoga, we're looking forward to providing opportunities for mind, body, and spirit."

Behavioral Health team members from the State Youth Treatment Implementation grant have been working with tribal members, tribal elders, and leadership to plan a therapeutic healing garden. The first phase of the garden constructing the raised beds was completed. The second phase will be adding a large greenhouse.

"Gardens offers the healing benefits of interacting with nature," said Tearl. "It contributes to emotional well-being, increases self-esteem, and provides stress relief. It combats loneliness and feelings of purposeless. We hope to have the garden available year-round to clients and tribal members."

"We hope to continue to develop the gardening program to focus on traditional planting and harvesting, as well as traditional medicine derived from plants," said Tearl.

Yoga classes will also be offered in 2019. Yoga, too, helps reduce stress, depression, and anxiety. It has been proven to increase well-being, increase feelings of relaxation, and boost self-confidence.

Behavioral Staff members with the Native Connections grant are promoting the Crisis Text Line. The Crisis Text Line is a national initiative designed to help those who may be experiencing a mental health challenge. To receive text-based support from trained Crisis Text Line counselors, a person can text "HELLO" to 741741, (data rates may apply). The support is free, accessible 24/7, and confidential. To date, Crisis Text Line has answered more than 38 million messages. The organization has more than 3,000 trained Crisis Counselors with strict safeguards and protocols to provide care, safety, and confidentiality for each user.

This resource supports the mental health initiatives of Native Connections, which focuses on prevention, intervention, and postvention strategies. Marketing materials, advertising, and partnerships with local schools will also increase awareness of the text-line.

For more information about Behavioral Health services, please contact (405) 964-2618.

	<p style="text-align: center;"><u><b>For Call-In Refill Request:</b></u></p> <p style="text-align: center;">(405) 964-2081 press 6 or dial ext. 256 for the pharmacy refill line. Or may also <i>Email</i> refill request to: <a href="mailto:refills@okkthc.com">refills@okkthc.com</a></p> <p style="text-align: center;">Please Allow a 48-hour turnaround time to process refills (this does not include weekends or holidays).</p> <p style="text-align: center;"><b><u>IMPORTANT NOTICE</u></b></p> <p style="text-align: center;"><b><u>All CONTROLLED medications require a valid identification for pick-up.</u></b> <b><u>These include: current driver's license, state issued ID, passport, or military ID.</u></b></p>	
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## All Nations Fitness Center

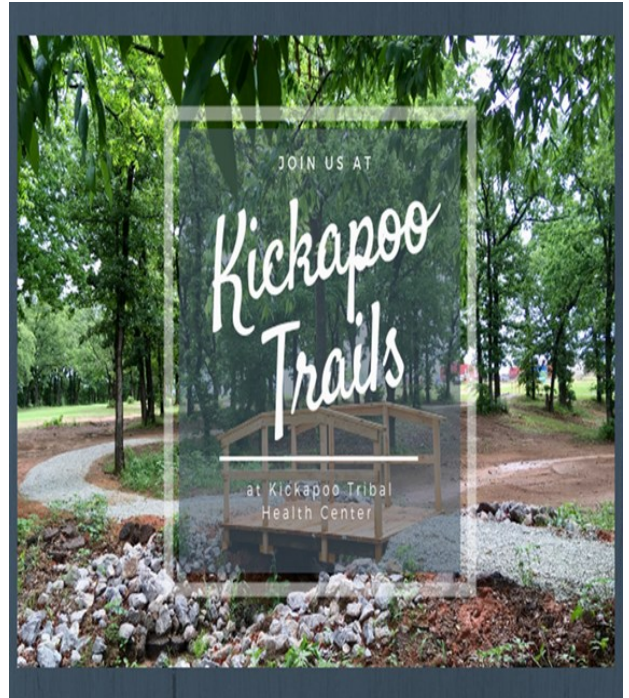
All Nations Wellness and Fitness Center encourages community voluntary participants. We also have fitness based classes during the week, such as: Zumba, Stretch and Tone, and R.I.P.P.E.D. All staff members are trained and in personal fitness for both low and high impact training. State of the art Precor Elliptical and Treadmills, rowing machines, stationary bikes, spinner bikes, various weight machines, upper body machines, free weights and stretching tables. These items are available for members use.

So come on join ANFC and before you know it you'll be getting fit.

**\*\*New Hours\*\***

Monday - Friday, 5:30 a.m. - 9 p.m.

Saturday & Sunday 7 a.m. - 5 p.m.



Be sure to check out our new disc golf course on our walking trail!



**Mondays ZUMBA 5:45pm-6:45pm**

**Tuesdays R.I.P.P.E.D. Fitness 12-12:40 pm**

**Fridays Zumba 12pm – 1 pm**

**Thursdays, Fridays, Saturdays & Sundays Stretch & Tone w/ Mark 1-2:30 pm**

## January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 ●	2	3	4	5
6	7	8 ●	9	10 ●	11	12
13	14	15 ●	16	17 ●	18	19
20	21 ●	22 ●	23	24	25	26
27	28	29 ●	30 ●	31		

## February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 ●	6	7 ●	8	9
10	11	12 ●	13	14 ●	15 ●	16
17	18	19 ●	20	21	22	23
24	25	26 ●	27	28 ●		

## March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 ●	6	7 ●	8	9
10	11	12 ●	13	14 ●	15	16
17	18	19 ●	20	21	22	23
24/31	25	26 ●	27	28 ●	29	30

### January 2019 – Glaucoma Awareness

#### January 1 Clinic Closed New Years Day

8<sup>th</sup> P.R.I.D.E. Session 1 (diabetes self-management education) @ 9:00 and 2:00

10<sup>th</sup> Nutrition activity at Head Start 10:00

17<sup>th</sup> Fitness Activity at Head Start 10:00

#### January 21 Clinic Closed, Martin Luther King Day

29<sup>th</sup> P.R.I.D.E. Session 4 @ 9:00 and 2:00

30<sup>th</sup> Essential Eating for Elders at 11:00

Tuesdays 6-7pm, AA Behavioral Health

### February 2019 – Heart Awareness

5<sup>th</sup> P.R.I.D.E. Session 1 @ 9:00 and 2:00

7<sup>th</sup> Fitness Activity at Head Start 10:00 (Amanda)

14<sup>th</sup> Nutrition at Head Start 10:00

15<sup>th</sup> Heart Month event in McCloud

#### February 18 Clinic Closed for Presidents Day

26<sup>th</sup> P.R.I.D.E. Session 4 @ 9:00 and 2:00

28<sup>th</sup> DASHing to Stop Hypertension class/cooking demo (time?)

Tuesdays 6-7pm, AA Behavioral Health

### March 2019 – Nutrition Month

5<sup>th</sup> P.R.I.D.E. Session 1 @ 9:00 and 2:00

7<sup>th</sup> Fitness Head Start 10:00

14<sup>th</sup> Nutrition Head Start 10:00

20-21 Spring Break Kamp Kickapoo (tentative dates)

26<sup>th</sup> P.R.I.D.E. Session 4 @ 9:00 and 2:00

28<sup>th</sup> General Nutrition cooking demo/class (tentative)

Tuesdays 6-7pm, AA Behavioral Health



Kickapoo Tribe partnering with Indian Health Service to bring medical care to the community

Kickapoo Tribal Health Center  
PO Box 1360  
McLoud, OK 74851