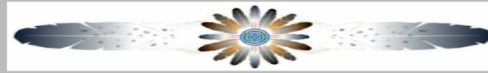


Kickapoo Tribal Health Center



An entity of the Kickapoo Tribe of Oklahoma

April, May and June 2019

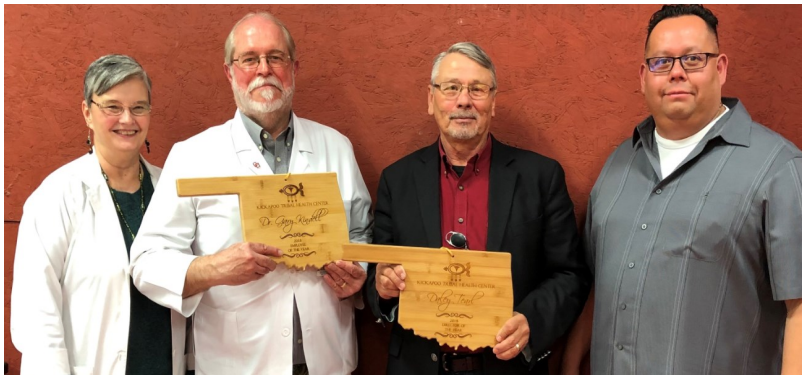
Volume 2, Issue 2

Healthy News A CHI MO NI



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."

Thank you for your service and your dedication to the
Kickapoo Tribal Health Center!
Employee of the Year Dr. Gary Kindell
Director of the Year Daley Tearl



Behavioral Health Director to Retire in June

After serving Oklahomans for more than 30 years, Behavioral Health Director Daley Tearl will retire at the end of June to spend more time with his family. Tearl has worked for the Kickapoo Tribal Health Center for five years.

"It's really bittersweet," said Tearl, "I really want to retire and spend time with my kids and grandkids, but I'll miss working here."

Tearl, a licensed alcohol and drug counselor and a licensed marriage and family therapist, has used his personal experiences to help clients. He battled his own drug and alcohol issues for many years before getting into recovery in December 1983.

"I worked in mainly blue collar jobs and never, ever considered that I could go to college," said Tearl. "Through my own recovery, I saw how I could help others, too. I challenged myself to try one college class and then another. I completed my bachelor's and master's degrees while also being a single dad. It was all worth it."

Prior to joining KTHC, Tearl worked as Behavioral Health Director for the Muskogee (Creek) Nation for 22 years. He brought his grant management successes with him to KTHC.

"I really enjoy program development," said Tearl, who has implemented the Good Health and Wellness, Methamphetamine and Suicide Prevention Initiative, Native Connections, State Youth Treatment Planning and Implementation, and the Tribal Opioid Response grants. Under his leadership, staff has grown from 8 to 23 and brought in more than \$1.5 million for programs and services to the health center.

"I've really enjoyed working here," said Tearl. "We have really good staff. I've felt really supported by leadership. They've encouraged growth and development and understand how important behavioral health is."

Tearl and his wife, Gail, have five children and nine grandchildren. He enjoys fishing, hunting, golfing, archery, and home improvement.

Thank you for your commitment to KTHC & Enjoy your retirement Daley, we wish you and your family many years of happiness

Pharmacy Service Hours:

7:00 A.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:

8:00 A.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 – Is HERE!

The Kickapoo Tribal health facility has added optometry services. The services offered include eye examinations for glasses and the detection and treatment for any eye diseases. The optometry clinic does not offer contact lens examinations, but provides a dispensing lab for eyeglasses. The clinic stocks more than 200 frames and will rotate these frames until we find what people want the most in regards to frames. We offer a full service lab for all glasses with all the newest lens technologies.

With the optometry clinic being located in the Health Facility, the emphasis is the health of the eye and person we see.

The Native American population has a very high incidence of Diabetes. These occurrences can be as high as 75% in some Native people. With this in mind, we will dilate all patients prior to their examination and take Fundus photos on all patients. This gives us a baseline from which we can follow and help treat Diabetes while keeping patients and doctors informed on what we are finding.

The Optometry Clinic can diagnose and monitor diabetic retinopathy. The KTHC Facility is in negotiations with a Retinal specialist group for the treatment of Diabetic Retinopathy. We envision to be able to treat all Diabetics here in the clinic by using PRP and Avastin Injections on patients with Diabetic Retinopathy. Retinal detachments and vitrectomies are treated at the Dean McGee Eye Institute.

The negotiations for the Retinal Care Group to do these services is still progressing and are hopeful that that may be finalized soon.

The optometry clinic has some of the most up-to-date equipment available. The Clarus Fundus Camera and the OCT machine with Fluorescein-Angiography capabilities can show how the blood flows thru the veins in the eye and tells us much about the health of the eye. A simple explanation of how it works is to compare it to a high tech fish finder. The fish finder shows us the bottom of the lake, how hard it is and any structure that is in water. It does the same thing, but it is in more detail and smaller objects. Diabetic Patients can get Diabetic Edema, and it will affect how the patient sees. This edema can be very slight and not detectable by our regular examinations. We can use the OCT and show edema or other changes before they become visible to other tests.

The Optometry Clinic treats and diagnoses cataract, dry eye, and macular degeneration patients. We can also remove metal foreign bodies from eyes and treat most eye infections. The optometry clinic can offer solutions to most all of your eye care needs.

We work by appointments but will do the best to schedule a medical eye emergency. Broken or lost frames/lenses are not considered a medical eye emergency.

These are just a few of the services we offer at the optometry clinic. We hope it will give you some insight into how we can or will help your eye care needs.



Purchase your KICKAPOO Thunder shirt today!

Pick yours up today for \$20 at the

Administration Building

Proceeds go towards KTHC Outreach

Behavioral Health

Understanding Alcohol, Preventative Risks, and Safe Practice: A Recovery Resource Submitted By KTHC Behavioral Health's TOR and SYT-I programs

Alcohol use has come to be a part of celebrations and social gatherings. Think for a moment pizza or a hot summer day, alcohol use for others can be connected with enjoying certain types of food or activities. When thinking about alcohol in these ways, it seems harmless, but drinking can quickly become too much if not moderated. Our staff wants you to know the whole story.

What is too much alcohol use? Let us look at what is considered as a single drink; 1 bottle of beer is 12 oz., 1 glass of wine is 5 oz., 1 shot of distilled spirits (examples: gin, rum, vodka, whiskey) is 1.5 oz. Heavy drinking for women is listed as 8 or more drinks per week and for men, 15 or more drinks per week. Binge drinking is defined as 4 or more drinks consumed at one setting. Drinking in moderation is, for women, 1 drink a day and for men, 2 drinks a day.

What harm can come from drinking? Persons under the age of 21 and pregnant women fall in the category of those persons who shouldn't drink at all. Drinking before 21 has been shown to increase the risk for addiction later in life and also increase the risk for serious harm or even in some cases, death. Drinking while pregnant can increase the risk of developmental problems for the baby and problems with labor for the mother. Persons being treated for health problems are at risk for serious or fatal interactions if mixing alcohol with medications and increasing problems associated with things like diabetes, high cholesterol, or heart disease.

Mental health problems can also be affected by drinking in excess. Once again medication interactions with alcohol can increase the risk for side effects and can be overall dangerous.

Drinking in excess with diagnosed mental health issues can also increase the risk for major depression and in some cases, even suicide.

Why is alcohol use education so important to our staff? Research shows that alcoholism significantly affects Indigenous persons and families at higher death rates than any other nationality in the United States at a rate of 51%. Alcohol and other drug use can also run in families. Children of alcoholic parents are four times more likely to become adult alcoholics.

Alcohol addiction can cause the brain to form physical and emotional connections between the substance and the user's sense of pleasure. These connections can make it challenging for those addicted to alcohol to resist the urge to drink. In the science of recovery, it has been shown that the brain will need at least one year to "reset" itself from those connections. This can make the recovery process seem even more difficult.

Our staff wants you to know there is hope and help for recovery from addiction. With a trained department that specializes in substance use disorders to assist in recovery, we can provide a culturally significant, holistic treatment approach that promotes the healing process for individuals and families struggling with addiction and addiction-related behaviors. Our team can help start you, your family, or someone you know on the path to recovery. Recovery can be a lifelong road, but it does not have to be traveled alone. The Kickapoo Behavioral Health team along with the following grants; State Youth Treatment Implementation Grant, The Opioid Response Grant, Native Connections, and the Methamphetamine and Suicide Prevention Initiative Grant, are here to help.

If you or someone you know needs assistance with addiction recovery and addiction-related behaviors, call us at 405.964.2618. Our outstanding administrative staff will be able to get you where you need to be.



Garden Beds are Here!

The State Youth Treatment Implementation (SYTI) grant has completed the therapeutic healing garden and looks forward to a bumper crop of fresh vegetables to share with clients. The grant has also partnered with the Nutrition Program, Kickapoo Child Care Center and the Diabetes Program to plant, maintain, and harvest vegetables that each program will use in their programs.

Upcoming Events:

The MSPI and Native Connections grant staff will offer Mental Health First Aid, Thursday, April 25, 8 a.m. to 5 p.m. at the American Legion Hall in McLoud. This 8-hour course teaches members of the public how to help a person developing a mental health **problem** (including a substance use **problem**), experiencing a worsening of an existing mental health **problem**, or in a mental health crisis. Register with the McLoud Public Library, 133 N. Main, McLoud, Oklahoma (405) 788-4132.

The 3rd annual End of School Bash, sponsored by the Native Connections grant, will be Wednesday, May 22, 4:30 p.m. to 8:00 p.m. The bash, which is open to the community, will feature pony rides, inflatables, hoop shoot contest, photo booth, food, and giveaways. Contact Sheila Williams, (405) 964-2618, ext. 268, for information or to volunteer.

The SYTI staff will also offer another Cooking to Cope class Friday, June 28, in the Diabetes Kitchen in the Health Clinic. RSVP to (405) 964-2081, ext. 343. The class is limited to 10 participants.

Diabetic Clinic

Join us for the 4th Annual



Wednesday, May 1st

Games Begin 9:00 a.m.

Where: Field by Multi-Purpose Building
Elders Age 50 and Up

NYPD Native Youth Preventing Diabetes
SUMMER CAMP
CAMP TAKATOKA CHOUTEAU, OK
Ages 8-12
DATES: JUNE 10-14 APPLICATION DEADLINE: MAY 24

Pharmacy

Kickapoo Tribal Health Center Pharmacy

CBD Products



SOLD IN KTHC PHARMACY - MSRP PRICING

10% Discount for KTHC Patients & KTO Entities Employees

20% Discount for Kickapoo Tribal Members

All others pay MSRP - 3% Tribal Tax - All Products are Non-Refundable

Get your products today!



Oil

250mg Oil Trial 10ml	\$ 12.49
500mg Oil Trial 10ml	\$ 20.00
1000mg Oil Trial 10ml	\$ 30.00
Silver Oil Trial 10ml	\$ 15.00
Gold Oil Trial 10ml	\$ 30.00
Emerald Oil Trial 10ml	\$ 60.00
250mg Oil 60ml	\$ 39.95
500mg Oil 60ml	\$ 69.95
1000mg Oil 60ml	\$ 129.95
1500mg Oil 60ml	\$ 179.95
2500mg Oil 60ml	\$ 229.95
Silver Oil 60ml	\$ 79.95
Gold Oil 60ml	\$ 149.00
Emerald Oil 60ml	\$ 299.00

Capsule

Silver Capsules 30ct	\$ 69.95
Gold Capsules 30ct	\$ 129.95

Topical

Hemp Balm Trial	\$ 12.95
Hemp Balm 2oz	\$ 49.95
Phyto Patch	\$ 19.95
Body Lotion	\$ 59.95
Lip Balm	\$ 7.95

Drink

Quantum Waterr	\$ 5.00
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Credit Card Only - No Cash - (1) Discount per Transaction
For more information call us at (405)964-2081

This product is not for anyone under 18 or pregnant

Notes from Dr. Karim

April is Sexual Transmitted Infection Month

There are many infections that are sexually transmitted. Transmission can be oral, vaginal, rectal, and even by skin-to-skin contact. Condoms can help prevent STI's.

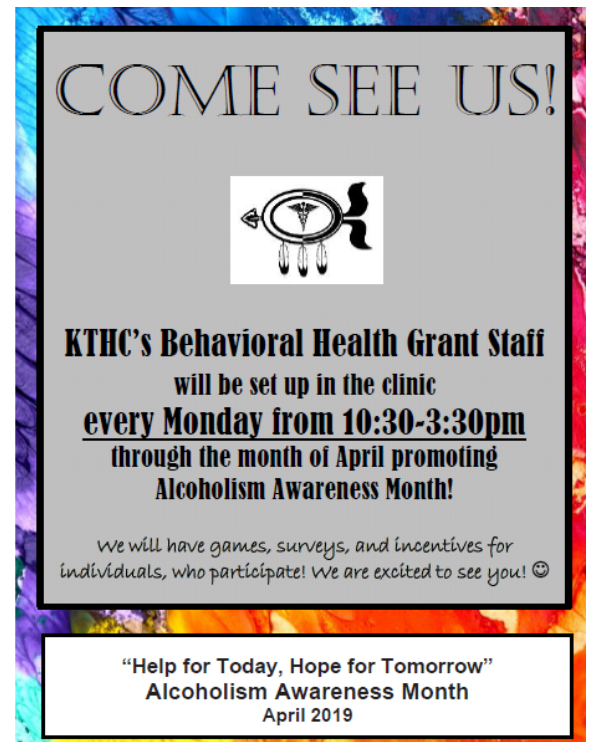
Both men and women are fairly equally infected, but women are less likely than men to have symptoms, therefore, women are less likely to seek care and treatment. This cause women to have more health problems related to untreated STI's such as infertility and pain.

Testing is quick and easy, may be a blood sample, urine test or swab. The results are often available in 24 hours.

Our facility offers testing and treatment for STI's: Chlamydia, Gonorrhea, HIV, Herpes, Syphilis, Hepatitis, Trichomoniasis (Trich) Low-risk HPV (genital warts) High-risk HPV (can lead to cervical cancer)

Prevention is always best, but early diagnosis and treatment works well. Our providers are available to discuss your concerns.

Other Announcements



Be sure to fill out a suggestion form (located at the front counter) on how we can better serve you!



VETERANS!



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

For Call-In Refill Request:
(405) 964-2081 press 6 or dial ext.
256 for the pharmacy refill line.

Or may also *Email* refill request to:
refills@okkthc.com

Please Allow a 48 hour turn around time to
process refills (this does not include week-
ends or holidays).

IMPORTANT NOTICE

All CONTROLLED medications require a
valid identification for pick-up. These in-
clude: current drivers license, state issued
ID, passport, or military ID.

All Nations Fitness Center



Mondays: 5:45-6:45 PM Zumba with Candi

Tuesdays: 12:00-12:30 PM RIPPED w/ Lisa

Wednesdays: 12:00 – 1:00 PM Zumba w/ Rene

Thursdays: 12:00-1:00 PM RIPPED w/ Lisa

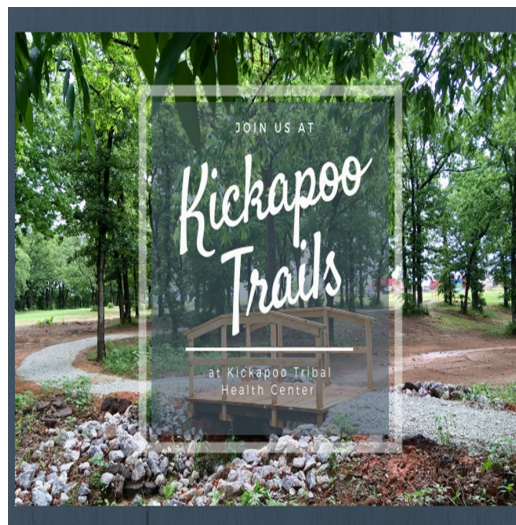
1:00-2:30 PM Stretch & Tone w/ Mark

Fridays: 12:00-12:45 PM Zumba w/ Candi

1:00-2:30 PM Stretch & Tone w/ Mark

Saturdays: 1:00-2:30 PM Stretch & Tone w/ Mark

Sundays 1:00-2:00 PM Stretch & Tone w/ Mark



April 2019

Sun Mon Tue Wed Thu Fri Sat

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21	22	23	24	25	26	27
28	29	30				

May 2019

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June 2019

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16	17	18	19	20	21	22
23/30	24	25	26	27	28	29

April 2019 – Alcoholism Awareness Month

Tuesdays 6-7pm, AA Behavioral Health

April 12, Indian Taco Sale

April 18, Free Pictures with the Easter Bunny

April 18, CBD Oils Kickoff Event

April 19, Clinic Closed Good Friday

April 23, Session 4 Diabetic Education Class 9:00 AM & 2:00 PM

April 24 Essential Eating w/ Elders 11:00 AM

May 2019 – Healthy Vision Month

May 27, Clinic Closed for Memorial Day

Tuesdays 6-7pm, AA Behavioral Health

Week of May 6th - 11th National Nurse's week – Thank you to our Nurses!

May 1 Elder Olympics

May 7, Session 1 Diabetic Education Class 9:00 AM & 2:00 PM

May 17, Clinic Closed for Staff Training Day

May 23, DASHing to Stop Hypertension-1:00 PM – 4:30 PM

May 24, End of School Bash

May 28, Session 4 Diabetic Education Class 9:00 AM & 2:00 PM

May 31 Graduation Celebration @ the Multi Purpose Bldg.

June 2019 – Men's Health Month

Tuesdays 6-7pm, AA Behavioral Health

June 10th – 14th NYPD (Native Youth Preventing Diabetes)

June 4, Session 1 Diabetic Education Class 9:00 AM & 2:00 PM

June 18th – Kamp Kickapoo, every Tuesday and Thursday through July

June 25, Session 4 Diabetic Education Class 9:00 AM & 2:00 PM

June 28th – Cooking with Native Chef Jason



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

Kickapoo Tribal Health Center
PO Box 1360
McLoud, OK 74851