

HORIZONS

2022 Volume 1



OKLAHOMA CITY

INDIAN



CLINIC

www.okcic.com

Honoring and Respecting Native Traditions

Vision: To be the national model for
American Indian health care

Mission: To provide excellent
health care to American Indians

Core Values: Patients First, Quality,
Integrity and Professionalism

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FROM THE CEO

Our community has demonstrated incredible resilience throughout the past two years. Although the COVID-19 pandemic is still here, our patients and staff have persevered to keep loved ones safe and healthy. Oklahoma City Indian Clinic (OKCIC) began resuming in-person group activities this year, while keeping the lessons of the last two years at the forefront of prevention. Stringent sterilization continues throughout the facility to ensure patients' safety. Happily, we are hosting in-person services for most programs, including some group activities. Virtual appointments continue to be a convenient option for many services.

Recent times have been trying, but OKCIC continues to grow to serve our community with the highest standards. We now offer virtual and in-person activities for most of our services, including youth programs, medical appointments, various support groups and more. This is possible due to numerous precautions in place to protect staff and patients. Specifically, our youth programs have returned to in-person with virtual options still available. These programs include our TURTLE Camp, Native Kids on the Go!, Sports Camp, Kids in the Kitchen, after-school activities and more. It is a breath of fresh air to interact with OKCIC's Native youth in-person again after all this time.

Throughout this pandemic, you may have postponed annual health screenings and checkups. Screenings such as mammograms, colorectal screenings, pap smears, cervical cancer screenings, prostate exams and dental checkups are essential to catching health issues as early as possible, when they are most treatable. Don't hesitate any longer. Make an appointment for any of these postponed services with one of OKCIC's dedicated providers. Along with your yearly health exams, you may have delayed receiving your vaccinations. OKCIC providers can help you get caught up on the vaccinations you need, including COVID-19, influenza, Tdap and more.

Remember, take care of yourself. Eat well, exercise, get plenty of rest and continue to practice physical distancing to prevent contracting COVID-19 or other communicable diseases. This can be done by continuing to regularly wash your hands and wearing a mask.

As always, be healthy and be well.

Health and blessing always,

Robyn Sunday-Allen
Chief Executive Officer

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Cover Photo: OKCIC's Walk for Wellness participant walking with her child during the event

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OKCIC BUSINESS HOURS:

Medical, Pediatrics, Pharmacy, Public Health, Dental,
Optometry, Behavioral Health, Administration,
Maintenance and Billing:

Monday - Friday: 8:00 a.m. - 5:00 p.m.

Wellness Center: Monday - Friday 7:00 a.m. - 7:00 p.m.

CLOSED: Saturdays and Sundays

ROBYN SUNDAY-ALLEN IS OKLAHOMA'S 2022 MOTHER OF THE YEAR

Robyn Sunday-Allen, Oklahoma City Indian Clinic's Chief Executive Officer, was recently awarded Oklahoma's 2022 Mother of the Year.

American Mothers, Inc. has recognized Mother of the Year award recipients since 1935. These mothers come from diverse experiences, and are recognized for their work, resilience and commitment to their families and communities.

"It's an honor to be recognized, and I'm just so humbled by it," Sunday-Allen said. "I have been fortunate enough to win other awards before, but they have all been professional awards. My son means everything to me, as does my family, so this felt different because it touched my heart."

In addition to her role at OKCIC, Sunday-Allen is on the Board of Advisors for Greater OKC Chamber of Commerce; State of Oklahoma



Chamber of Commerce; New View Oklahoma; and Oklahoma Quality Foundation. She is also a Graduate of Leadership Oklahoma City Class XXIX and Leadership Oklahoma Class XXVI. She has been recognized for her work with the Indian Health Service's Lifetime Achievement Award; Luana Reyes Leadership Award; The Journal Record's 50 Making a Difference Woman of the Year Honoree 2009, 2010 and 2012; The Journal Record's Oklahoma's Most Admired CEO Honoree 2009-2011; and was inducted as the first CEO in Oklahoma's Circle of Excellence. An Oklahoma Proclamation from Gov. Brad Henry declares November 14 Robyn Sunday-Allen Day.

Sunday-Allen is married to Russell, and they have one son, Eli. Her best advice for mothers is to make time for self-care and ask for help when needed.

"We, as mothers, make mistakes, but that's OK," Sunday-Allen said. "I apologize to my son a great deal, and remind him that I'm human, just like him. Continue with unconditional love for your family, and remember that we need self-care as well."



EMPLOYEE OF THE YEAR



Elizabeth Angeles,

OKCIC's Purchasing Coordinator, was nominated in all four award categories in OKCIC's employee recognition program. She was later awarded as the Employee of the Year at the end of 2021.

Thank you Elizabeth for your dedication to Oklahoma City Indian Clinic.

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INDIAN CLINIC

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OKCIC RECEIVES LGBTQ+ HEALTHCARE EQUALITY TOP PERFORMER DESIGNATION IN HUMAN RIGHTS CAMPAIGN FOUNDATION'S 2022 HEALTHCARE EQUALITY INDEX

Oklahoma City Indian Clinic (OKCIC) received the designation of "LGBTQ+ Healthcare Equality Top Performer" in the Human Rights Campaign Foundation's 15th anniversary edition of the Healthcare Equality Index (HEI), the nation's foremost benchmarking survey of healthcare facilities on policies and practices dedicated to the equitable treatment and inclusion of their LGBTQ+ patients, visitors and employees. A record 906 healthcare facilities actively participated in the 2022 HEI survey and 251 of those earned an "LGBTQ+ Healthcare Equality Top Performer" designation.

"We're proud to provide safe and culturally appropriate care to American Indians in the LGBTQ+ community," Robyn Sunday-Allen said, OKCIC's Chief Executive Officer. "We provide primary care, women's and men's health, dental, vision exams, behavioral health services, PrEP, STD testing and hormone management for our patients."

"Every person deserves to have access to quality healthcare, be respected and heard by their doctor, and feel safe in the facility where they are receiving care. But LGBTQ+ people are often subject to discrimination in all spaces, including healthcare facilities, which leads to members of the community avoiding care and anticipating our voices will not be respected in an incredibly vulnerable environment," said Tari Hanneman, Director of Health & Aging at The Human Rights Campaign. "The Healthcare Equality Index, at its core, strives to ensure LGBTQ+ people are protected and affirmed by their healthcare providers and feel safe seeking services. Our HEI

active participants are truly pioneering the healthcare industry by implementing robust, comprehensive

LGBTQ+ inclusive policies that hopefully, because of their work, will become standard practice."

The HEI evaluates and scores healthcare facilities on detailed criteria falling under four central pillars:

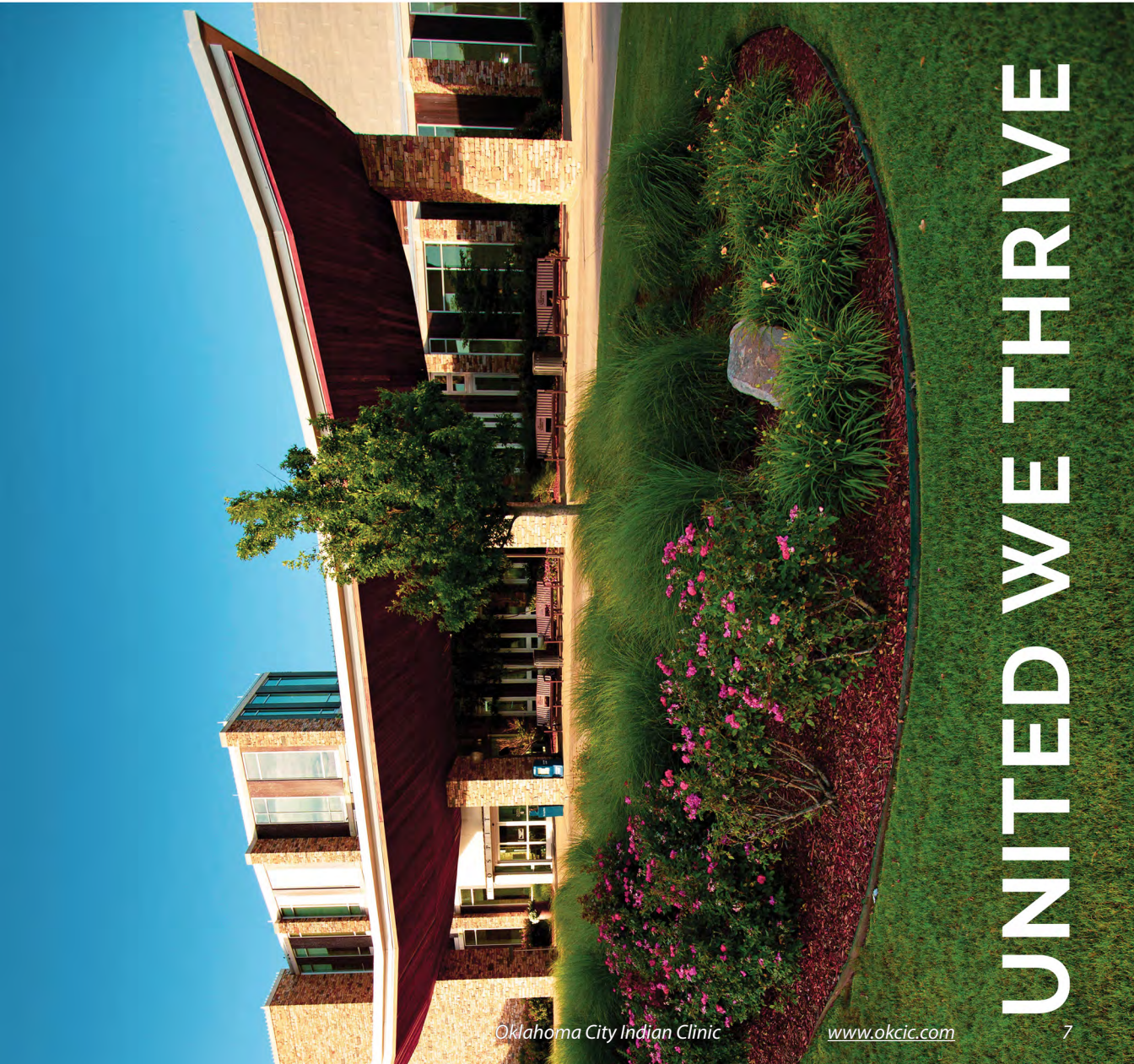
- Foundational Policies and Training in LGBTQ+ Patient-Centered Care;
- LGBTQ+ Patient Services and Support;
- Employee Benefits and Policies; and,
- Patient and Community Engagement.

Using data from the Gallup Daily Tracking Survey from 2012 to 2017, the Williams Institute estimates 285,000 American Indian adults identify as LGBTQ+. That means 6% of the total Native American population is LGBTQ+ compared to 5.6% of the general U.S. population.

OKCIC has taken several steps to create an inclusive environment for LGBTQ+ patients and employees, starting with a Diversity Council and Transgender Treatment Team to work side-by-side and address LGBTQ+ inequalities. OKCIC also engages the local LGBTQ+ community by attending the Oklahoma City PRIDE Festival every year and participating in the Oklahoma HIV Prevention CO-OP to provide safer sex packs and outreach events providing free HIV testing and education. In addition to in-person outreach, OKCIC publishes resources for LGBTQ+ patients regularly on social media and other mediums.

OKCIC is also committed to advancing inclusion for employees. OKCIC's non-discrimination policy applies to both employees and patients: "Oklahoma City Indian Clinic, as your medical home, will always strive to provide a safe, welcoming and culturally appropriate clinic environment that does not discriminate against any person on the basis of gender identity, gender expression, sexual orientation, or transgender status so that all LGBTQ+ patients will be treated with respect, and according to their gender identity."





The Chickasaw Nation Department of Health is an advocate in the health care needs of First Americans. The CNDH is here to help navigate any number of health programs, determining eligibility and helping find the very best health care providers and services to fit the individual. We are here for you.

HOSPITAL

- Chickasaw Nation Medical Center
- Dental
- Diabetes Care Center
- Optometry
- Pediatric Drive-Thru Tent

(800) 851-9136
(580) 421-4596
(800) 851-9136
(580) 421-4508
(580) 421-4550

HEALTH CLINICS

- Ardmore Health Clinic
- Purcell Health Clinic
- Tishomingo Health Clinic

(877) 242-4347
(877) 584-3289
(877) 240-2720

BEHAVIORAL HEALTH

- Ada Behavioral Health Clinic
- Tishomingo Behavioral Health Clinic

(800) 851-9136
(580) 387-2719

OUTPATIENT SERVICES

- Ada Outpatient Services
- Ardmore Outpatient Services
- Oklahoma City Outpatient Services
- Pauls Valley Outpatient Services
- Purcell Outpatient Services

(580) 436-1222
(580) 222-2884
(405) 767-8940

PHARMACY

- CNMC Ada
- CN Refill Center Ada
- Ardmore
- Purcell
- Tishomingo

(580) 421-4569
(855) 478-8725
(580) 222-2833
(405) 527-4911
(580) 387-2725

VIRTUAL MEDICAL VISITS

Please call (866) 610-7776 or visit our website to determine if your symptoms qualify for a virtual visit.
<https://chickasaw.net/Services/Health-Wellness/Virtual-Medical-Visit.aspx>



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**Chickasaw
Nation**

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CHICKASAW.NET   



The importance of mental health for

By: Angela Sanders, LPC

Fear. Anger. Confusion. Disbelief.

These are just some of the feelings that both a parent and child may experience when identifying as something other than heterosexual or the gender they were assigned at birth. Many children and teens worry about being rejected by their parents, friends, teachers and spiritual leaders. Depression and anxiety run rampant among Native youth who identify as part of the LGBTQ2S+ community. They are highly vulnerable to thoughts of self-harm and suicide, alcohol and drug abuse, and are more likely to end up homeless. They are also more likely to skip school or drop out altogether if they feel unsafe, bullied or harassed. According to the Trevor Project, one person between the ages of 13 and 24 attempts suicide every 45 seconds. Those who are transgender or two-spirit have the highest risk of suicide.

LGBTQ2S+ youth who are rejected by family and other youth are:

- Eight times more likely to attempt suicide
- Six times more likely to report feelings of depression
- Three times more likely to have a sexually transmitted disease (STD)
- Forty times more likely to be homeless

What do you do if a child, teen or young adult comes out to you?

Having one adult who is accepting and able to listen to them can reduce the risk of suicide by 40%. When families and friends accept them as they are and provide a supportive environment, it can reduce mental health related problems by 60%, according to the Trevor Project.

Native American youth who identify as LGBTQ2+

First, listen and lead with love. Ask open ended questions like how was your day? Let them lead the conversation. Try not to rush or force them to open up before they are ready. This is often as difficult for them as it is for you.

Second, seek family counseling, if needed. As caregivers, it's normal to imagine what your child's future will be like; the person they might share their life with, the career they might have and more. When they come out, the way you view your child might change, especially if they identify as a gender not assigned at birth. It's important to recognize your emotions and seek out help if you are struggling.

Third, be supportive. This can be done in a variety of ways, including researching more information about their identity. At the end of this article there are resources listed that can be utilized. Other ways of supporting your child include: watch age appropriate shows or movies featuring members of the LGBTQ2S+ community, be open to the idea of your child attending a Pride Parade and find a local LGBTQ2S+ youth group or start one yourself.

When to Seek Professional Help

It's important to recognize that you as a caregiver may need counseling to sort through various feelings and discomfort regarding your child's sexual or gender identity. This might be especially true if your own religious, spiritual or political views do not support the way in which your child identifies.

Seek immediate counseling for your child if they are experiencing depression, severe anxiety or thoughts of self-harm. You might also consider counseling if they do not have a supportive environment or are still struggling with how they identify themselves.

There are many resources for youth in the LGBTQ2S+ community, including:

- Trevor Project www.thetrevorproject.org
- LGBTQ+ Youth by Lee-Anne Gray, PsyD
- Parents, Friends, Family of Lesbians, Gays, Bisexual, and Transgendered People www.pflag.org
- World Professional Association for Transgender Health www.wpath.org
- OKCIC at (405) 948-4900



OKCIC WELCOMES TWO NEW BOARD OF DIRECTOR MEMBERS

Oklahoma City Indian Clinic (OKCIC) added two new board members to the board of directors, Dr. Tara Dawkins and Mashell Sourjohn.



Tara Dawkins, DPT, joined OKCIC's board of directors in January of 2022. She resides in Edmond, Oklahoma, representing the Crow Nation, Ponca Tribe of Oklahoma, Sioux Nation and Chickasaw Nation.

Dawkins graduated from Oklahoma City University in 2007 with a bachelor's degree in Mass Communications, Broadcasting and a minor in Sports Management. She has worked for the New Orleans/OKC Hornets; ESPN in Bristol, Connecticut; and the Oklahoma City Thunder as a Manager of Digital Media Production where she was the only Native female in her position league-wide. Dawkins left the media world to return to school to pursue another calling – physical therapy. She obtained her Doctorate of Physical Therapy from Oklahoma University Health Science Center in May 2018 and is practicing physical therapy in the Oklahoma City metro area.

In her free time, Dawkins loves spending time with her husband, Will; their three children Trey, Journee, and newborn Rylee; and their Australian Shepherd dog, Render. She also loves traveling, eating sweets, crafting and playing escape room games.

Mashell Sourjohn, MJIL, currently serves as AARP's Associate State Director of Community Outreach Director of Oklahoma where her focus is enhancing the quality of life for all Oklahomans in areas of Native American outreach, caregiving, hunger, livable communities, financial asset protection, fraud prevention, digital equity, voter engagement and encore entrepreneurship.

She joined OKCIC's board of directors in August of 2022 and is a member of the Native American Journalist Association. Sourjohn graduated from University of Oklahoma with a Bachelor of Arts in Administrative Leadership and holds a Master of Jurisprudence in Indian Law from the University of Tulsa College of Law. She also holds a Diversity and Inclusion for Human Resources Management Certificate from Cornell University, and she is a Certified Aging in Place Specialist accredited by the National Home Builders Association. She is a graduate of the 2019 American Indian Chamber of Commerce of Oklahoma's Leadership Native Oklahoma and is an alumna of the Oklahoma Public Health Leadership Institute.

Sourjohn is a proud citizen of the Muscogee (Creek) Nation and is of Cherokee Nation heritage. With a matching employee giving program from AARP, she proudly established the Kenneth Sourjohn, Sr. Memorial Scholarship fund via the Muscogee (Creek) Nation Scholarship Foundation to assist any citizen in their own purpose-driven journey and higher education attainment goals.





If you receive a call and the caller:

- » Threatens you
- » **Asks for personal or financial information**
- » **Says they are calling from Social Security and your benefits will be cut off or suspended**
- » **Says your Social Security Number has been involved in a crime**

Hang Up Immediately.

Scams are becoming increasingly sophisticated – some spoofing SSA caller ID or using SSA employee names.



**Please call the Social Security Administration
OIG Fraud Hotline if you suspect fraud.**

Telephone: 1-800-269-0271 from 10 a.m. to 4 p.m. Eastern Standard Time

TTY: 1-866-501-2101 for the deaf or hard of hearing

Or visit us online at: <https://oig.ssa.gov/report-fraud-waste-or-abuse>

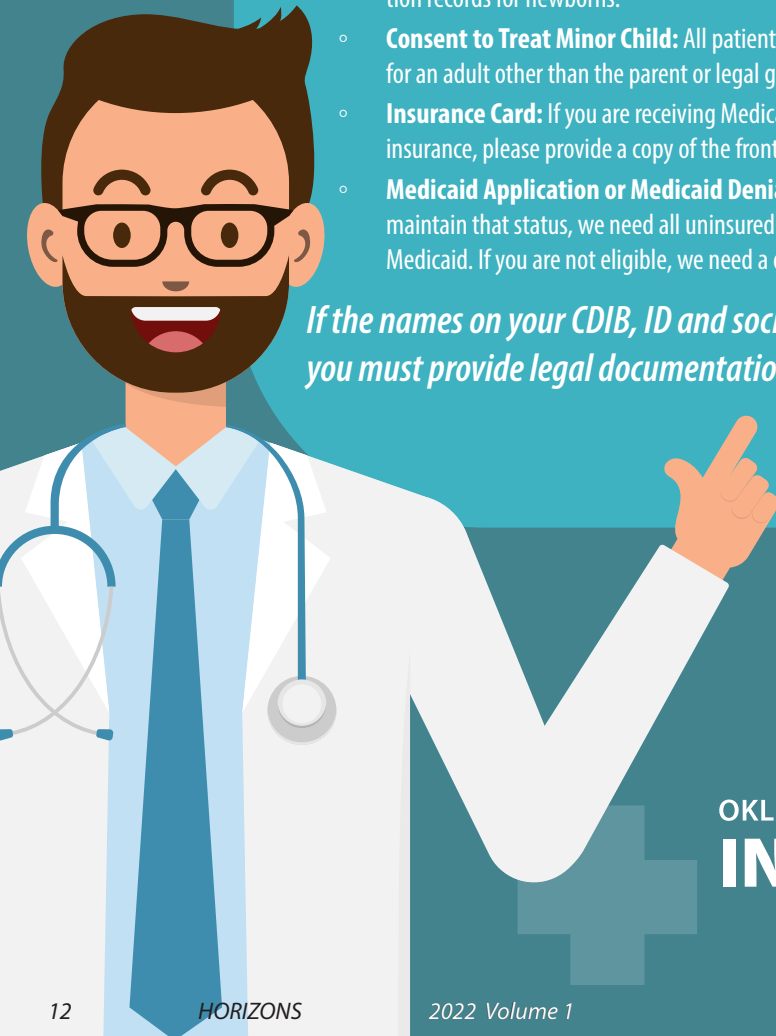


HAVE AN APPOINTMENT AT OKCIC?

Come prepared with the following documents:

- **CDIB or Tribal Enrollment Card:** This must be an official document from your tribe or Bureau of Indian Affairs. For patients under 18, they may use a biological parent's CDIB.
- **Social Security Card:** This helps us identify you as a patient. We request children submit cards within one year from date of birth.
- **Photo ID:** For patients 16 and older, driver's license, passport or government ID must be on file. For patients under 16, we require a photo ID from a parent or legal guardian. We will accept a tribal ID with an updated photo.
- **Certified Birth Certificate:** All patients under 19 years of age, original document required. Appointed guardians must have court documentation for minor children. We will accept a hospital birth announcement, crib card, discharge documents or immunization records for newborns.
- **Consent to Treat Minor Child:** All patients under 18 must have this form completed for an adult other than the parent or legal guardian to bring them for treatment.
- **Insurance Card:** If you are receiving Medicaid, Medicare or if you have private or tribal insurance, please provide a copy of the front and back of your insurance cards.
- **Medicaid Application or Medicaid Denial Letter:** OKCIC is payor of last resort, and to maintain that status, we need all uninsured or underinsured patients to apply for Medicaid. If you are not eligible, we need a denial on file.

If the names on your CDIB, ID and social security card do not match, you must provide legal documentation of name change.



ARE YOU PROTECTING YOURSELF ONLINE FROM SEXUAL ABUSE?

In the age of technology, it is important to be aware of how to protect yourself from online harassment and have the skills to intervene.

This year, National Sexual Violence Resource Center's (NSVRC) sexual assault awareness campaign call to action is "Building Safe Online Spaces Together." It's observed every year to promote taking action against sexual abuse and provide support for survivors. Technology is an important part of daily life, but harassment, cyberbullying, sexual abuse and exploitation are often regarded as unavoidable behaviors online.

Online sexual abuse includes any kind of sexual harassment or exploitation that takes place digitally. Although online sexual abuse occurs virtually, the impact on the victim can be as harmful as an act of violence committed in-person.

Online sexual harassment or abuse includes:

- Sending someone unsolicited or hateful communication based on sex, gender identity or sexual orientation
- Sending someone an unwanted request for nude photos or videos
- Performing sexual acts on webcam without the consent of everyone involved or in inappropriate settings, like during an online work meeting
- Sharing pornography in spaces where not everyone has consented to view it
- Grooming children to enable their sexual abuse on or offline

Another form of online sexual harassment involves sharing private images or videos without the consent of everyone involved.



This is known as "revenge porn" and is illegal in 46 states, including Oklahoma.

According to Pew Research Center, 59% of U.S. teens have experienced online harassment. Luckily, bystander intervention is effective in preventing violence and showing support for victims.

There are several ways to intervene when you see someone being harassed. Reporting hateful comments, creating new threads of conversation to distract attention, showing direct support for the victim and addressing harmful content in the moment are all effective ways to practice bystander intervention online.

According to the National Sexual Violence Resource Center, it's important for bystanders to intervene when it is safe for themselves and others. If it feels dangerous to intervene in the moment, try a delayed response. This could mean checking in with the person being targeted or offering feedback to the person who did the harmful behavior.

Online sexual abuse can be traumatic, but there are resources available. Survivors can reach the National Sexual Assault Hotline at 800-656-HOPE. Online chat and resources are available at hotline.rainn.org. If you feel you are in immediate danger, report it to the authorities immediately.



RED FEATHER GALA VIRTUAL FUNDRAISER

Unfortunately, due to the continued coronavirus pandemic, the 17th Annual Red Feather Gala fundraising event was held virtually instead of in-person from November 6-13, 2021.

This virtual fundraising event helped raise funds to benefit OKCIC's patients in need of dentures, giving them their smile back. Items in the auction included Native American jewelry, paintings, sports memorabilia, virtual outings for groups and more.

Providing dentures to patients is a service OKCIC typically cannot give because of the cost involved in getting dentures made. With dentures, the person may be able to speak more clearly, eat normally again, continue eating their favorite foods, and have a healthier


smile and younger appearance. Dentures have been proven to increase self-esteem and improve confidence.

"People in need of dentures can feel ashamed or embarrassed by their appearance and avoid doing anything that involves drawing attention to their mouth," said Monica McKee, Dental Director at OKCIC. "Dentures help to improve personal and professional relationships, which helps people to lead happier and more fulfilling lives."

**For more information
about future Red Feather
Gala's, please visit
redfeathergala.com, email
angie.c@okcic.com or call
(405) 948-4900 ext. 621.**



OKCIC RECEIVED NUMEROUS GENEROUS DONATIONS IN 2021'S VIRTUAL AUCTION, INCLUDING BUT NOT LIMITED TO:




*Handmade walking stick
~Donated by RADM Kevin Meeks*



*Kendra Scott Diane Rose
Gold Statement Earrings*



Thunder basketball fan pack



*Diamonds Direct
turquoise necklace*

A SPECIAL THANK YOU TO THE FOLLOWING GENEROUS SUPPORTERS:

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- Chickasaw Nation

Gold Partnership

- Choctaw Nation of Oklahoma
- Citizen Potawatomi Nation

Silver Partnership

- Cheyenne & Arapaho Tribes
- Oklahoma Complete Health
- Boutwell Family

Bronze Partnership

- Indian Healthcare Resource Center of Tulsa®
- Diagnostic Laboratory of Oklahoma™
- Southern Plains Tribal Health Board®
- Stephenson Cancer Center

Copper Partnership

- Dr. Max Burchett Jr.
- Mel Cannon
- Sac and Fox Nation
- Prairie Band Potawatomi Nation
- Tinker Federal Credit Union®
- Sterling Management Group®
- Monica Krienke
- Robyn Sunday-Allen
- David Toahy
- Chris Van Ess
- Lysa Ross
- Dr. Janice Hixson
- John Daugherty Jr.
- Dr. Hazel Lonewolf



The Walk for Wellness and 5K Fun Run RETURNS!

After two years of virtual events, Oklahoma City Indian Clinic (OKCIC) hosted its 21st Annual Walk for Wellness and 5K Fun Run in-person on May 21, 2022, at Route 66 Park at Lake Overholser.

This event's goal is to encourage the community to exercise and spread awareness of the importance of health and wellness among American Indians.

According to Indian Health Service, American Indians born today have a life expectancy 5.5 years less than other ethnicities. Regular physical activity can prevent some chronic diseases and help people to live healthier lives. The Walk for Wellness and 5K Fun Run event is designed to promote healthy living and bring the community together.

OKCIC Walk for Wellness and health fair was free to the public and almost 130 people were in attendance. The 5K Fun Run was for

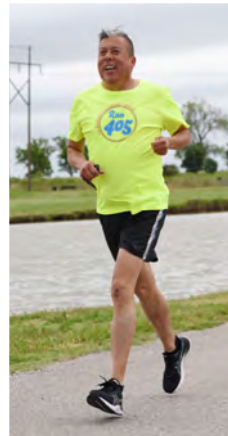
participants who were seeking a greater challenge and almost 50 people entered. First place male and female runners received a special gift upon completion.

Physical activity is for everyone. No matter what shape you are in you can find activities, like the annual Walk for Wellness, that works for you. Together, we can rise to the challenge and get more active.

Many thanks go out to OKCIC's friends, patients and community partners who supported the event.

You can participate in the upcoming 22nd Annual Walk for Wellness and 5K Fun Run on May 20, 2023, hosted by OKCIC at Route 66 Park at Lake Overholser. The event is open to patients and non-patients. The Walk for Wellness and health fair is free, but the 5K Fun Run is \$30. Look for more details at www.okcic.com/hpdp.





Thank you to all of our community partners who made this event possible:

- Blue Cross Blue Shield of Oklahoma®
- Cheyenne and Arapaho Tribes
- Citizen Potawatomi Nation
- CORT® Furniture Rental
- Crest Foods®
- First Americans Museum™
- OK Birth Defects
- Oklahoma City Community College
- Oklahoma Health Care Authority
- Oklahoma Insurance Department
- Oklahoma Inter-Tribal Diabetes Coalition (O.I.D.C.) Hiawatha Boudin
- Oklahoma Tribal Engagement Partners
- Ozarka®
- Pruett Foods®
- Red Coyote Running and Fitness®
- Sac and Fox Nation
- Southern Plains Tribal Health Board®
- Trader Joe's®

Keeping you and baby *healthy* during pregnancy

One in every 33 babies born in the United States each year has a birth defect, according to the Centers for Disease Control and Prevention.

A birth defect can occur during any stage of pregnancy and can be caused by a variety of factors, such as substance use, medical conditions or family history. Not all birth defects can be prevented, but there are steps a mother can take during pregnancy to reduce the risk.

If you plan to become pregnant, take 400 mcg of folic acid every day. If possible, try to get any medical conditions under control before becoming pregnant. Some conditions, like diabetes, can increase the risk of birth defects. If you're taking any medications, talk with your provider to see if they are safe to continue during pregnancy. This includes any over-the-counter medications and herbal supplements.

Ways to reduce the risk of birth defects during pregnancy include abstaining from smoking, drinking, drug use and avoiding infections. To avoid infections, be sure your vaccinations are up-to-date and wash your hands frequently with soap and warm water for at least 20 seconds. You can avoid food-borne illnesses by not consuming raw or unpasteurized milk and foods made from it.

Birth defects can't always be prevented, but forming healthy habits can improve your overall health and reduce the risk for your baby.

Seeking prenatal care as soon as possible is important for preventing birth defects. Your provider can make sure you and your baby are healthy. To make an appointment for prenatal care, please call (405) 948-4900 ext. 546. OKCIC also offers a group prenatal care



program called Eagle's Nest. For more information about this program, please visit www.okcic.com, scan the QR Code or call (405) 948-4900 ext. 695.



Together, we are Oklahoma.



2016 Cherokee National Holiday, Tahlequah



2016 Riverside Indian School, Anadarko



2016 Red Earth Parade, Oklahoma City

We embrace our state's diverse communities and support health and wellness for all Oklahomans.



BlueCross BlueShield of Oklahoma

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

605001.0217

WHAT ARE THE HEALTH RISKS OF ALCOHOL USE?

It is helpful to know the risks of excessive alcohol use. It can lead to a variety of short-term and long-term health risks, including injuries, violence, ulcers, weakened immune system, depression and cancer.

In the United States, a standard drink contains 1.2 tablespoons of pure alcohol. This means 12-ounces of beer, five-ounces wine and 1.5 ounces of 80-proof distilled spirits all count for one standard drink. Heavy drinking is defined as consuming eight or more drinks per week for women and 15 or more drinks per week for men.

It's recommended for adults of legal drinking age to choose not to drink, or to have one drink or less in a day for women and two drinks or less in a day for men. Some people should not have alcohol at all. This includes people who are under 21, pregnant, driving or planning to drive, taking medication that can interact with alcohol or recovering from alcoholism.

The most common and deadly form of excessive alcohol use is binge drinking, which is defined as consuming four or more drinks in a single occasion for women and five or more drinks in a single occasion for men. Binge drinking can lead to alcohol poisoning, miscarriage and violence. Those who binge drink may exhibit risk-taking behaviors, including impaired driving, having unprotected sex or sex with multiple partners.

Excessive drinking significantly increases risk factors for chronic disease and other serious health problems, including:

- Alcohol use disorder
- Problems with learning, memory and mental health
- Diabetes

- Heart disease
- Stroke
- High blood pressure
- Liver disease
- Cancer

If you or someone you know is struggling with alcohol addiction, help is available. You can reach the confidential SAMHSA National Helpline at 800-662-HELP and find treatment services near you at [samhsa.gov/treatment](https://www.samhsa.gov/treatment). OKCIC patients can also talk to their medical care team at (405) 948-4900.

Excessive alcohol use can have devastating effects on your health, but help is available.



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Dry Eye is on the Rise

By: Dr. Kelly Boucher, OD, FAAO

"Doc, my eyes are constantly watering." This is a complaint heard often and this may actually be a symptom of dry eye syndrome. The number of people with dry eyes is increasing, especially with the use of computer screens and electronic devices. Here's some things you should know.

What is dry eye syndrome?

Dry eye syndrome occurs when the eye does not have quality tears to provide ample lubrication for the eye. Tears not only help nourish the eye, but also prevent infections, and aid in providing clear vision. Dryness can occur from tears evaporating from the surface too quickly or from the eye being unable to produce adequate tears.

What are the symptoms?

People with dry eyes can experience a broad range of symptoms, including:

- Irritation
- Sandy, gritty or scratchy sensation
- Stinging and burning
- Watery eyes
- Blurry vision

What can cause dry eyes?

- **Age:** this is part of the natural aging of our eyes
- **Gender:** due to hormonal changes women are more likely to be affected
- **Medications:** many medications can alter tear production, including prescribed and over the counter
- **Medical conditions:** autoimmune disorders, arthritis, diabetes and thyroid problems can worsen dry eyes
- **Environmental conditions:** such as computer screen use, as well as smoky, windy, and dry conditions

- **External factors:** previous eye surgeries or contact lens wear can contribute to dry eyes

How is dry eye syndrome diagnosed?

Dry eyes can be diagnosed through routine eye exams. A doctor will assess your symptoms, the severity of your symptoms, as well as evaluate the tear quality and quantity on the surface of your eyes. Additionally, the doctor will look at the eyelids and cornea and may use dyes to assess the tear flow to aid in determining the cause of dryness.

How is this treated?

Treatment for dry eyes can vary and is patient dependent. Talk to your eye care provider for best results. Examples of treatments can include:

- Environmental and lifestyle modifications
- Artificial tears
- Warm compresses
- Vitamin supplements
- Prescription eye drops and nasal sprays
- In office based therapies
 - Punctal plug insertion
 - Lipiflow
 - BlephEx
 - Intense Pulse Light (IPL)

At Oklahoma City Indian Clinic, we are here to help with your dry eye needs and have expanded to include some of these in office treatments for patients. Call Optometry today to schedule your evaluation at (405) 948-4900 ext. 390.



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Pediatric/Adult dietitian virtual visits

(405) 948-4900 ext. 698

Pediatric medical virtual visits

(405) 948-4900 ext. 633

Personal training virtual visits

(405) 948-4900 ext. 618

Behavioral Health virtual visits

(405) 948-4900 ext. 610

Diabetes virtual visits

(405) 948-4900 ext. 247 or 694

**This is for patients with diabetes, pre-diabetes or obesity and would like a virtual visit with a Dietitian, Life Coach or Diabetes Educator.*

To schedule a virtual visit, please call (405) 948-4900 and the appropriate extension. You will then speak to a staff member to determine if your symptoms qualify for a virtual visit.



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- Heart health
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Your Opinion is Needed!

OU Health Stephenson Cancer Center and the Tribal Advisory Council want to know what Native people in Oklahoma think are priorities for cancer research and outreach.

Please take this BRIEF, ANONYMOUS survey. It will take less than 5 minutes.

Scan the QR code, or visit

<https://redcap.ouhsc.edu/redcap/surveys/?s=HD9HMCYAD9>



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IT'S TIME FOR YOUR COLON CANCER SCREENING

Colorectal cancer is cancer that occurs in the colon or rectum.

According to the Centers for Disease Control and Prevention (CDC), colorectal cancer is the second leading cause of cancer death in the United States. Luckily, there are prevention methods.

Early detection is the best prevention for colorectal cancer, since regular screenings can detect polyps before they become cancerous.

The CDC recommends regular screenings beginning at age 45. Regular screenings increase your chances of detecting cancer in an early stage, when it's easiest to treat. According to the CDC, nearly nine out of ten people who found and treated colorectal cancer early are still alive five years later. Talk to your provider about which screening method is right for you.

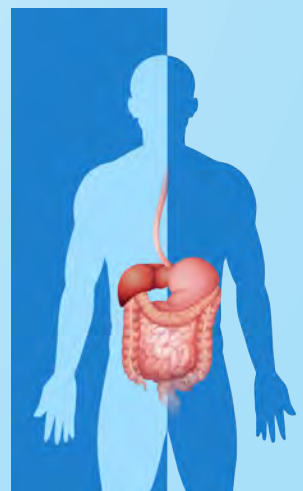
In addition to routine screening, increasing physical activity, keeping a healthy weight, avoiding tobacco and limiting alcohol are all ways to reduce your risk of developing colorectal cancer.

Other risk factors include inflammatory bowel disease, a personal or family history of polyps or colorectal cancer, or genetic syndromes, such as familial adenomatous polyposis or hereditary non-polyposis colorectal cancer (Lynch syndrome).

If you're at higher risk for colorectal cancer, you may need to watch for symptoms and get

screened earlier or more often. Symptoms of colorectal cancer include a change in bowel habits, blood in or on your stool, diarrhea, constipation, the feeling that your bowel does not empty all the way, unexplained weight loss and abdominal pain that doesn't go away. If you're experiencing symptoms of colorectal cancer, talk to your provider. OKCIC patients can schedule an appointment with their medical team at (405) 948-4900.

As people continue to age, the risk of colorectal cancer increases. Therefore, it's important to be aware of risk factors and get screened regularly. Colorectal cancer can be deadly, but there are methods for prevention and early detection.



OKLAHOMA CITY INDIAN CLINIC LENDS A HAND TO THOSE IN NEED

Many of Oklahoma City Indian Clinic's (OKCIC) staff helps the community by lending a hand and donating money, time and resources to the American Indian community.

OKCIC's Warm and Fuzzy program is an award-winning employee supported program that raises funds through voluntary payroll deductions, fundraising, individual employee donations and generous organizations throughout the year. This program was founded to give back to our patients and help families in need. In 2021, Warm and Fuzzy supplied 275 children and/or families with meals, coats and toys during the winter and holiday season.



Due to the continued COVID-19 pandemic, the items for all events Warm and Fuzzy hosted were safely packaged by OKCIC staff members and delivered to patients' cars upon arrival at the clinic.

In October, OKCIC held its Keep Kids Warm & Fuzzy Coat distribution where 95 children received coats for the winter season.

ThankFULL Baskets was held in November and helped over 50 families receive a Thanksgiving



home-cooked meal. Each basket included a variety of food items to create a well-rounded Thanksgiving feast.

Oklahoma City Indian Clinic hosted its annual Toy Wonderland benefiting families in need in December 2020, and helped 130 children. OKCIC ensured all toys given met safety standards.



For more information on next year's Warm and Fuzzy events, please call (405) 948-4900.





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Choctaw Nation Health Care Center	(918) 567-7000
Atoka Health Clinic	(580) 889-1981
Broken Bow Health Clinic	(580) 584-2740
Durant Regional Medical Clinic	(580) 920-2100
Hugo Health Clinic	(580) 326-7561
Idabel Health Clinic	(580) 286-2600
McAlester Health Clinic	(918) 423-8400
Poteau Health Clinic	(918) 649-1100
Stigler Health Clinic	(918) 967-9200

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Wellness Center - ages 12 and up

In-person and virtual appointments available Monday - Friday from 7a.m. - 7p.m.

- The Wellness Center is a full service exercise facility with certified personal trainers. Sign up for group fitness and education classes including Core Power, Tai Chi, Yoga, Circuit Training, Moccasin Movers and Zumba.

Call (405) 948-4900 ext. 618 to make an appointment with a personal trainer. Visit [OKCIC.com/HPDP](https://www.okcic.com/HPDP) to sign up for group classes.

HPDP Programs - ages 4 - 17

In-person and virtual programs available.

- Health Promotion/Disease Prevention department is a team of dietitians, personal trainers, a grant coordinator and a patient relations representative who create youth camps and after-school programs to promote health education and fitness for American Indians.

Visit [OKCIC.com/HPDP](https://www.okcic.com/HPDP) to sign up.





SWEET POTATO BLACK BEAN SKILLET

SERVING: 2 CUPS

YIELD: 5

PREP TIME: 10 MIN

TOTAL TIME: 30 MIN

INGREDIENTS

- 1 tbsp extra virgin olive oil
- 2 lbs sweet potatoes (about 3 large), peeled, small diced
- 1/2 onion, chopped
- 1 tsp chili powder
- 1/2 tsp cumin
- 1/2 tsp oregano
- 1/4 tsp cayenne pepper
- 1/2 tbsp garlic, minced (3 cloves garlic)
- 1 (10 oz) bag of frozen kale
- 1 (15 oz) can no-salt-added black beans, drained & rinsed

Topping (Garlic Aioli)

- 1/4 cup plain greek yogurt, non-fat
- 1/4 cup mayonnaise
- 1 tbsp garlic, minced
- 1 lemon, juice
- 1/2 tbsp extra virgin olive oil
- 1/8 tsp pepper

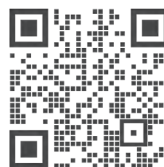
DIRECTIONS

1. In a large skillet, heat oil over medium-high. Add potatoes and onions. Cover and cook 10 minutes.
2. In a small bowl, stir together yogurt, mayonnaise, garlic, lemon juice, olive oil, and pepper to make the topping.
3. Add minced garlic, garlic, chili powder, cumin, oregano, cayenne pepper, and lastly kale and black beans. Cover & cook 5 minutes, stirring occasionally.
4. In the large skillet, add black beans. Cook 5 minutes.
5. Top each serving with garlic aioli. Enjoy!

Nutrition Facts	
5 servings per container	
Serving size	2 cups (0.0g)
Amount Per Serving	
Calories	310
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol <5mg	2%
Sodium 190mg	8%
Total Carbohydrate 46g	17%
Dietary Fiber 10g	36%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 180mg	15%
Iron 2.6mg	15%
Potassium 860mg	20%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

*Recipe adapted from
onieproject.org

*Cost information includes
lower cost ingredients found
at local grocery store 9/12/22.



COST PER RECIPE	COST PER SERVING
\$6.71	\$1.12

Let's Talk About CHILDREN'S MENTAL HEALTH

It's important to be mindful of children's social, emotional and mental well-being every day, but especially during the COVID-19 pandemic. In a 2020 survey conducted by the Ann & Robert H. Lurie Children's Hospital of Chicago, 71% of parents said the pandemic had taken a toll on their child's mental health.

Children are experiencing disruptions in their routines, lost security and safety, and missing significant life events. Many are also experiencing grief due to the loss of a loved one.

Experiencing trauma during childhood can have long-term effects. Luckily, parents and caregivers can watch for signs of stress and offer support to their children. Behavior changes to look for include difficulties with attention or concentration, avoidance of activities enjoyed in the past, excessive worry or sadness, and returning to behaviors they have outgrown.

If your child is showing signs of stress, there are ways you can offer support. Reassure them that they are safe, and tell them how you are dealing with your own stress. This can help teach ways to

cope with stress in the future. If your child asks you questions about COVID-19, answer honestly and in terms that they can understand.

Try to spend time doing meaningful activities together, like playing a board game or going for a walk. This will help support their social and emotional needs.

Caregivers can be role models for their children by taking care of their own mental health needs. Remember to get plenty of sleep, eat well and take breaks from watching or reading news stories.

The pandemic has caused mental health crises for many children, but caregivers can offer support and reassurance.

If you or your child are in crisis, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). Oklahoma City Indian Clinic also has Behavioral Health services available for patients. For more information, please call (405) 948-4900 ext. 610.



Certified Lactation Counselors

**Oklahoma City Indian Clinic
offers Certified Lactation Counselors.**



**If you need breastfeeding assistance, please call
(405) 948-4900 ext. 421.**



TIPS TO PREVENT HEART DISEASE

Hear disease can go undiagnosed until a person experiences symptoms of heart attack, heart failure or arrhythmia. Oklahoma City Indian Clinic (OKCIC) wants to encourage healthy habits today to reduce your risk of heart disease.

According to the Centers for Disease Control and Prevention, one person dies every 36 seconds in the United States from cardiovascular disease. Checking your cholesterol and blood pressure regularly will help you know if you're at risk of heart disease, and if you need to make any changes to lower your risk.

Other ways to prevent heart disease include getting regular physical activity, not smoking and eating a healthy diet, including plenty of fresh fruits and vegetables. To help lower cholesterol, it's important to eat foods high in fiber and low in cholesterol and fats. Also, eating foods low in sodium can help lower your blood pressure.

Regular exercise is a great way to lower your blood pressure and cholesterol. Adults are recommended to get at least two hours and 30 minutes of moderate-intensity exercise per week, which can include brisk walking. OKCIC's Wellness Center is a great starting point for patients to begin exercising at no cost. One-on-one and group training sessions with a certified personal trainer are offered daily to patients for free, and patients may also use the wellness center equipment on their own.

For more information about OKCIC's Wellness Center, please call (405) 948-4900 ext. 618.

Signs of heart disease can be difficult to detect. Taking measures to lower your blood pressure and cholesterol will help lower your risk. To talk to your medical provider about ways to be heart healthy, please call (405) 948-4900.

An advertisement for 'OKC's Premier Native American Unique Arts Store'. The top section has a green background with the word 'OKLAHOMA' in large, white, serif capital letters. Below this, on a black background, is the word 'NATIVE' in large, blue, stylized letters, followed by 'Art & Jewelry' in a white script font. A woman with dark hair, wearing a black top and several pieces of traditional Native American jewelry (including a necklace with a cross, multiple turquoise and silver bracelets, and rings), is featured in the center. To the right of the woman, the text reads 'OKC's PREMIER NATIVE AMERICAN UNIQUE ARTS STORE' in white, with 'Onsite jewelry repair.' in a smaller font below it. Further down, it says 'NATIVE AMERICAN OWNED & OPERATED'. A yellow circular callout contains the address '2204 Exchange Ave. in Stockyards City', the website 'oknativeart.com', and the phone number '(405) 604-9800'. At the bottom right, it says 'Specializing in fine art and turquoise jewelry.'

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- View a record of your immunizations.
- Share your health information with a caregiver or family member.

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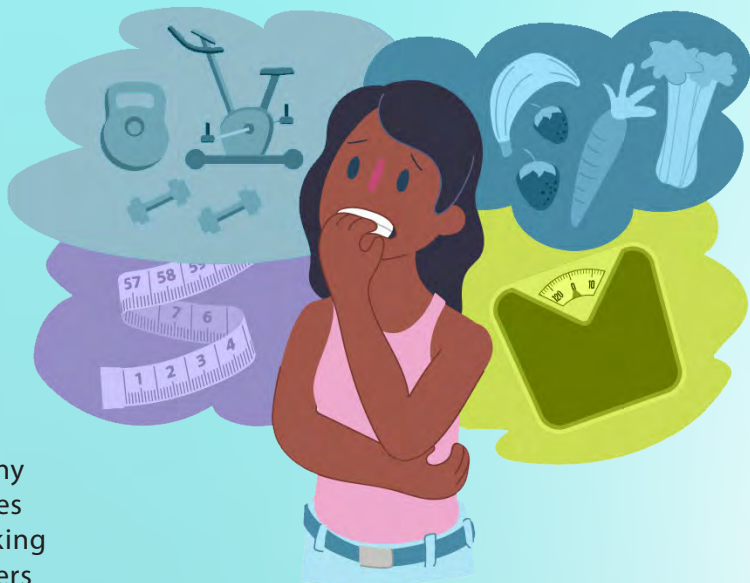
Refills Include:

No PO Boxes

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No controlled medications

GOOD EATS FOR GOOD HEALTH



Eating disorders can be caused by many circumstances, including the pressures of social media and the ideology of looking and feeling a certain way. Eating disorders affect over 30 million people in the United States, according to the National Institute of Mental Health.

Obsessions with foods, body image and weight can be signals of an eating disorder. These behaviors can have a negative impact on your health, emotions and ability to function in important areas of life.

Eating disorders are a serious and sometimes fatal illness caused by severe disturbance to a person's eating behaviors.

While eating disorders can be caused by genetic, biological, behavioral, social and emotional factors, you can help your child by teaching and modeling healthy eating and exercising habits.

According to the Centers for Disease Control and Prevention (CDC), instead of focusing on the unhealthy food you shouldn't eat, focus on the new food you can, including:

- Fruit and vegetables: fresh, frozen or canned
- Calcium-rich foods: such as low fat or fat-free yogurt
- Twisting up old recipes: instead of frying fish or breading chicken try healthier variations using baking or grilling

Healthy eating is all about balance. According to the CDC, it is still okay to indulge in your favorite foods every once in a while. The key is to keep them in balance between healthier foods and physical activity.

Remember, eating disorders are about more than food. Oftentimes, people with eating disorders may have additional mental disorders such as depression or anxiety.

If you or someone you know is in crisis and needs immediate help, call National Suicide Prevention Lifeline toll-free 24/7 at 988.



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In Oklahoma, Native Americans are About 50% more likely to die of an Overdose than non-natives.¹ Stop opioid overdose. Prevent a death.

Learn more at thinksmartok.org

Source ¹ Center for Disease Control and Prevention

✓ **BE PREPARED.** If a family member or friend uses opioids, have Naloxone on hand in case of overdose.

✓ **CHECK FOR SIGNS.** A person who has overdosed will have slow or no breathing, unconsciousness, blue lips or fingernails, and cool skin that is ashy and pale.

✓ **ACT FAST.** Administer Naloxone and call 911.

Perform rescue breaths until medical help arrives.



PREP: WHAT IT IS AND IS IT RIGHT FOR YOU?



By: *Lisa Toahty, Prevention Specialist*

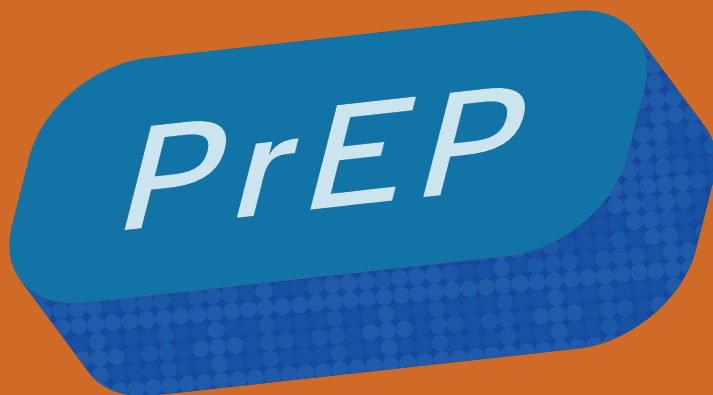
PrEP (pre-exposure prophylaxis) is medication taken to prevent HIV (human immunodeficiency virus) infection in people at risk for HIV from sex or injection drug use. There are medications approved for PrEP: Truvada®, Descovy®, and also an injectable drug, cabotegravir. PrEP is highly effective for preventing HIV when used as prescribed; with 99% effective to prevent HIV through sex and 74% effective for injection drug users.

PrEP has been proven safe. There has not been any significant health effects seen in people who are HIV negative and have been on medication for up to five years. You can have side effects such as nausea, diarrhea, headaches, fatigue, or stomach pain, but these usually go away over time.

You may consider taking PrEP if you have tested negative for HIV and any of the following apply to you:

- sex with an HIV positive partner
- do not use condoms consistently
- have been diagnosed with an STD in the past six months
- have a partner who injects drugs and is HIV positive
- share needles, syringes, or other equipment for injecting drugs
- continued high risk behavior
- women with an HIV positive partner considering getting pregnant

PrEP is not a vaccine. Vaccines teach the body to fight infections and can have protection for many years. PrEP works by maintaining



certain levels of medication in the body and keeping HIV from taking hold if introduced into your body.

PrEP must be taken daily if prescribed Truvada or Descovy. An HIV test must be taken to ensure negative HIV status before starting PrEP and testing for HIV must occur every three months to receive refills. Also, tests for Hepatitis B and C, other STDs, and renal function will be administered before starting PrEP. At the end of 2021, the FDA approved an injectable medication for PrEP, cabotegravir. It is first given as two initiation injections given one month apart and then every two months thereafter.

If you are at risk for HIV, schedule an appointment with your provider to discuss PrEP and if it is an option for you.

For more information on PrEP, visit www.cdc.gov. For free HIV self-test kits, text "Native Test" to 55251 or go to endinghivoklahoma.org.

It's easy to join our mailing list!

Just send your email address
by text message:

Text

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to **22828** to get started.



Message and data rates may apply.

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CLIMB YOUR WAY TO SUCCESS

By: Shawn Burroughs, CPT, and Anthony Whitebird, CPT

Catalina, a member of the Cherokee Nation, is a 23-year-old elementary school teacher. She has been training since 2021, when Oklahoma City Indian Clinic (OKCIC) reopened the Wellness Center after the closure due to the COVID-19 pandemic. Catalina did not have a weight loss goal, but instead wanted to get stronger to help with her day-to-day life and her favorite hobby, rock climbing. Since she has started training with Shawn, she has gained seven pounds of muscle and has drastically improved all of her lifts. When she first started, she was squatting around 65 pounds and now has more than doubled to 135 pounds. Her dead lift weight also more than tripled from 65 pounds to an impressive 205 pounds. Lastly, her bench weight increased from 45 to 95 pounds.

"The Wellness Center has given me a fun and free place to work on my physical health," Catalina said. "Many of these exercises translate to real life. Things I do in my everyday life have gotten easier and I have more energy."

Catalina has really enjoyed learning and making working out a part of her everyday life. Recently, she traveled to the Grand Canyon and her progress within the Wellness Center assisted her mobility in that journey. Next up for Catalina is a trip to Ecuador.

"I really appreciate the wellness center and all the people here," Catalina said. "My overall physical strength and endurance has improved a lot. It's a great place to learn the best exercises for your body and how to use equipment."



Bob, a member of the Cherokee Nation, has been attending OKCIC's Wellness Center since September of 2021. During this time, he has shown great improvement in his mobility, balance and strength. Therefore, he has felt both stronger and healthier during his daily life. Bob enjoys interacting with his trainer Tony and has never been more consistent in his exercise routine. He says this is directly related to all the motivation and encouragement the Wellness Center provides.

"The Wellness Center is a great benefit to patients," Bob said. "The trainers are dedicated to everyone who uses the facility and they utilize their knowledge to provide the best services possible. They are flexible, have diverse programs, and collaborate with other Oklahoma City Indian Clinic departments to help meet all of a patient's needs."

Bob firmly believes that his life is truly better thanks to OKCIC. He would like all those that may be on the fence about joining the

Wellness Center to know that they are missing a great opportunity to improve their health. His only regret is that he wishes he would have started sooner.

"We, as a Native American community, are blessed to have the Wellness Center and such dedicated trainers helping patients throughout their wellness journey," Bob said.

If you're interested in training with one of OKCIC's certified personal trainers, please call (405) 948-4900 ext. 618.



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