

HORIZONS

2023 Volume 1



OKLAHOMA CITY

INDIAN



CLINIC

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Honoring and Respecting Native Traditions

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

Mission: To provide excellent
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Core Values: People First, Quality,
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FROM THE CEO

Self-care, including keeping up-to-date on annual exams, screenings, and vaccinations, helps us to stay healthy and allows us to take care of the people that depend on us. The struggles of daily life are often draining, so mental health must also be a priority. We should not be ashamed or stigmatized for addressing brain health and wellness. There are many services at Oklahoma City Indian Clinic (OKCIC) to help you take care of yourself and your family, including medical and behavioral health. Frequently, many barriers to health care exist, including food and housing insecurities, childcare and education assistance, and more. This is why OKCIC has multiple Social Service Specialists on staff to help patients in need of connections to resources.

My CEO initiative for 2023 is to challenge staff to look at OKCIC through the lens of the customer and to improve customer service. One of the ways that improvements happen is through training and working to address and correct any negative feedback we receive through online surveys and in-person feedback. Another way we are working to improve customer satisfaction is to improve our facility's infrastructure. These improvements will help us to provide better service to our patients and customers.

OKCIC continues to expand to meet the growing needs of our patients,

including our youngest, newborns. We have recently purchased a new building in south Oklahoma City that will one day serve as a place to deliver babies and house women and pediatric services. You can read more about this new property on page 4 of this magazine.

The quality of service we provide continues to be paramount as we continue to grow. Our mission is to provide excellent care to American Indians. Part of this mission includes providing culturally sensitive care that honors and respects our Native traditions. Another way to protect our Native traditions is by keeping the most vulnerable among us safe. One way that we continue to do this is by requiring patients, staff and all visitors to wear a mask correctly while present at OKCIC. Wearing a mask prevents disease spread and reduces the risk of infection.

We look forward to continuing service to the American Indian community and offering new and innovative ways to treat our patients' health and wellness needs.

Health and blessing always,

Robyn Sunday-Allen
Chief Executive Officer

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Cover Photo: Carmelita Skeeter poses with Central Plains Dancers at the 18th Annual Red Feather Gala

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HEALTH

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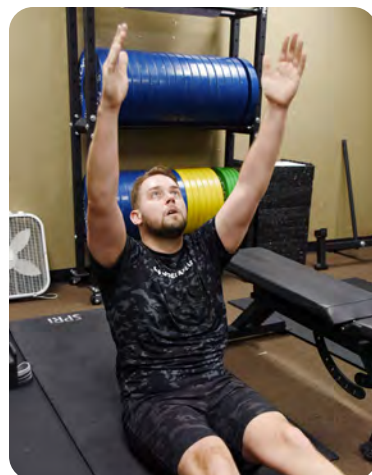
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Wellness Center: Monday - Friday 7:00 a.m. - 7:00 p.m.

CLOSED: Saturdays and Sundays

COMING SOON!

OKLAHOMA CITY INDIAN CLINIC ANNOUNCES PURCHASE OF ADDITIONAL BUILDING

In 2022, Oklahoma City Indian Clinic (OKCIC) purchased the structure at 1044 SW 44th St., Oklahoma City, OK, 73109, to fit the demands of a growing patient population.

"This building is larger than our other locations," said Lysa Ross, OKCIC's Chief Operating Officer. "The extra space will give us more opportunities to expand services and continue providing excellent health care to American Indians."

The 64,658 square foot, six-story structure will be renovated to hold women's health and pediatrics services. OKCIC's pediatric department offers specialty clinics, such as an asthma clinic and foster care clinic. Additional procedures include well-child visits, same-day



visits, physical examinations, immunizations, vision checks and hearing checks. The women's health department at OKCIC offers birth control, preventative health and wellness services, and prenatal care, including delivery options.

OKCIC plans to see patients in the new location in 2024.



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OKLAHOMA CITY INDIAN CLINIC RECEIVES \$150,000 GRANT FROM BANK OF AMERICA TO OPEN A RESOURCE CENTER SERVING AMERICAN INDIANS

Oklahoma City Indian Clinic (OKCIC) received a \$150,000 grant from Bank of America to open **Oklahoma City Indian Clinic Bank of America Native Resource and Nutrition Center** to provide food to American Indians in Oklahoma. This center is open Monday-Friday from 8 a.m. - 5 p.m. and is located at 4901 W. Reno Ave., Oklahoma City, OK 73127.

According to Feeding America's recent data, 1-in-4 American Indians experience food insecurity - a significantly higher proportion compared to the national average of 1-in-9 Americans. Oklahoma as a whole faces above average rates of food insecurity per the United States Department of Agriculture.

The new resource center will serve 4,000 American Indian households within the first year and provide food and healthy diet education through an evidence-based food program. OKCIC is the largest urban Indian health care facility in the contiguous United States and the only Indian health care facility in the Oklahoma City area. Serving over 23,000 patients from over 200 federally recognized tribes, OKCIC is in a unique position to address food insecurity among American Indians in Oklahoma.

"OKCIC is dedicated to providing excellent health care to American Indians, and we know that food insecurity can lead to negative health outcomes," said Robyn Sunday-Allen, OKCIC's Chief Executive Officer. "We are thankful for this Bank of America grant because it will allow us to connect patients with the resources they need and improve the health outcomes for American Indian families across Oklahoma."

Those living with chronic conditions may require specific dietary needs, but are unable to access the foods best suited to manage their conditions. By providing healthy, no-cost food to patients, it will build a foundation to improve health outcomes directly linked to chronic diseases. Additionally, OKCIC will include healthy diet education with support from in-house dietitians.

"Supporting our Native American community is aligned with our ongoing commitment to advance economic mobility and opportunity for people from diverse backgrounds," said Tony Shinn, President, Bank of America Oklahoma City. "To complement the culturally sensitive health and wellness work already provided by OKCIC, the Food and Resource Center will go a long way in addressing food insecurity in our Native communities."

Goals of Oklahoma City Indian Clinic Bank of America Native Resource and Nutrition Center includes:

- Increasing fruit and vegetable consumption
- Improving nutrition knowledge and behavior
- Promoting healthy shopping and cooking
- Promoting healthy body weight
- Preventing or managing diabetes and other diet-related health conditions
- Providing a stigma-free food insecurity environment

Food assistance is OKCIC's most requested resource; the addition of this food resource center will have a significant impact on American Indian health.

DO YOU NEED RESOURCES?

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OKLAHOMA CITY INDIAN CLINIC STRIVES FOR CONTINUOUS IMPROVEMENT TO HELP PATIENTS

By: Kaitlin Hixson

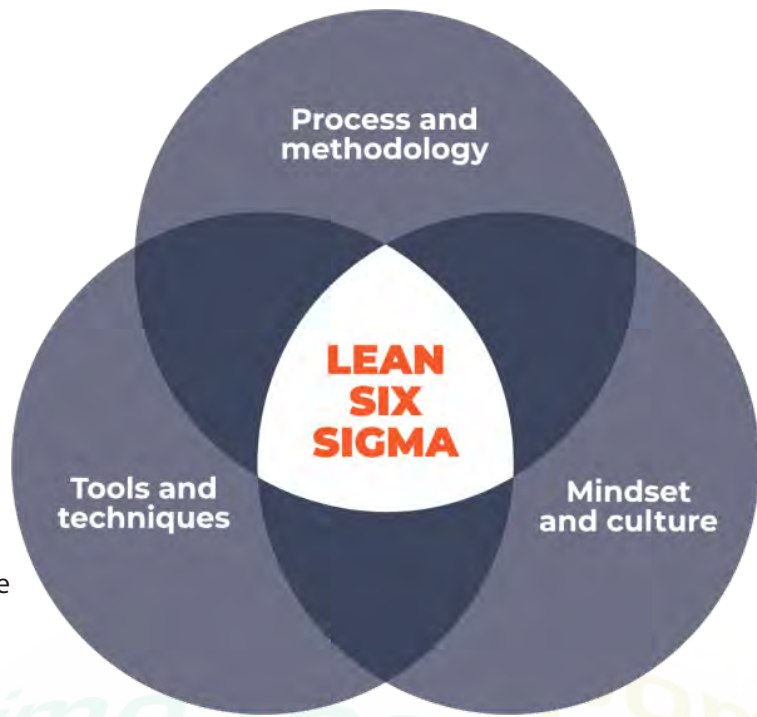
Oklahoma City Indian Clinic's (OKCIC) continuous improvement culture is alive and well with a range of activities. During 2022, staff engaged in numerous health care continuous improvement activities, including: one-hour white belt trainings, one-day yellow belt trainings, business process management trainings and several process improvements that range from small department level activities to larger clinic-wide activities. In 2022, OKCIC's Quality department trained 132 staff members to achieve white belt status and 62 to yellow belt status.

What is continuous improvement?

OKCIC utilizes lean six sigma when planning continuous improvement trainings and implementing processes throughout the clinic. Lean six sigma is an industry-recognized program that provides organizations a systematic road map for improving processes without increasing costs. It consists of numerous certification levels, including white belt, yellow belt, green belt, black belt, master black belt and champion. OKCIC currently has all staff trained as white belts, 174 yellow belts, 30 active green belts and one black belt.

What is white belt?

White belt training is intended to be an entry-level class that exposes employees to the fundamental understanding of waste in the workplace. This training is a simple exercise that exposes the employee to typical workstream waste. In addition, new employees are introduced to the different types of



workplace waste, including transportation, inventory, motion, waiting, over processing, over production and defects. White belt is intended to be introductory in nature and inducts new employees to the culture of continuous improvement. Once white belt training is complete, employees are offered an optional continuation of education with the yellow belt class.

What is yellow belt?

The yellow belt course is intended to take a deeper dive into process maturity and process measurement. Students engage in hands-on activities that are fun, but also educational. During yellow belt, they are introduced to push, one piece flow and pull systems. They are also introduced to the Baldrige framework and how process maturity drives repeatable outcomes, which are good for patients, staff and OKCIC as a whole.

What are the other belts?

Green belts understand advanced analysis and assist in solving process problems that affect quality and efficiency. Green belts lead process improvement projects and assist black belts with data collection, validation and analysis.

These classes are a great foundation for participants to feel confident in joining process

improvement projects. At OKCIC, staff are continuously improving by seeking out ways to improve and engage in the persistent pursuit of waste elimination. In 2022, there were a total of 27 process improvement projects either completed or carried into the next year for additional phases.

The pictured graph shows the wastes each OKCIC project focused on.

OKCIC is committed to fostering a lean-driven culture within the organization through development and training of staff. Development of staff is one of OKCIC's greatest accomplishments because, in the end,

Efforts by Waste or Improvement Types



- A better system that improves process time, reduced motion, transportation and communication
- Higher quality of care
- Improved customer satisfaction and communication
- Improved customer service
- Improved cycle time
- Increased revenue
- Number of generic comments, number of overall comments, time to process
- Reduce customer wait times
- Reduced defects
- Reduced defects (missed SBIRT opportunities) without increase in cycle time for provider visits
- Reduced overprocessing
- Reduced overprocessing, reduced defects, increased revenue

lean is a people-based system and without OKCIC's people it would fail. The clinic's vision is to be the national model for American Indian health care, and this is just one of the many efforts OKCIC makes to improve the experience for patients.

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EMPOWER HOUR

*Teen LGBTQ+
Support Group*

Wednesdays starting March 22, 2023

4:00 p.m., online via OKCIC's telemedicine MEND service

This group is for OKCIC patients ages 13-18 who are in the LGBTQ+ community. This group is a safe space for teens to express themselves without judgement. They will receive encouragement, support and learn the power of resilience.

For more information or to sign up, please contact Amy M. at amy.m@okcic.com or scan the QR code.

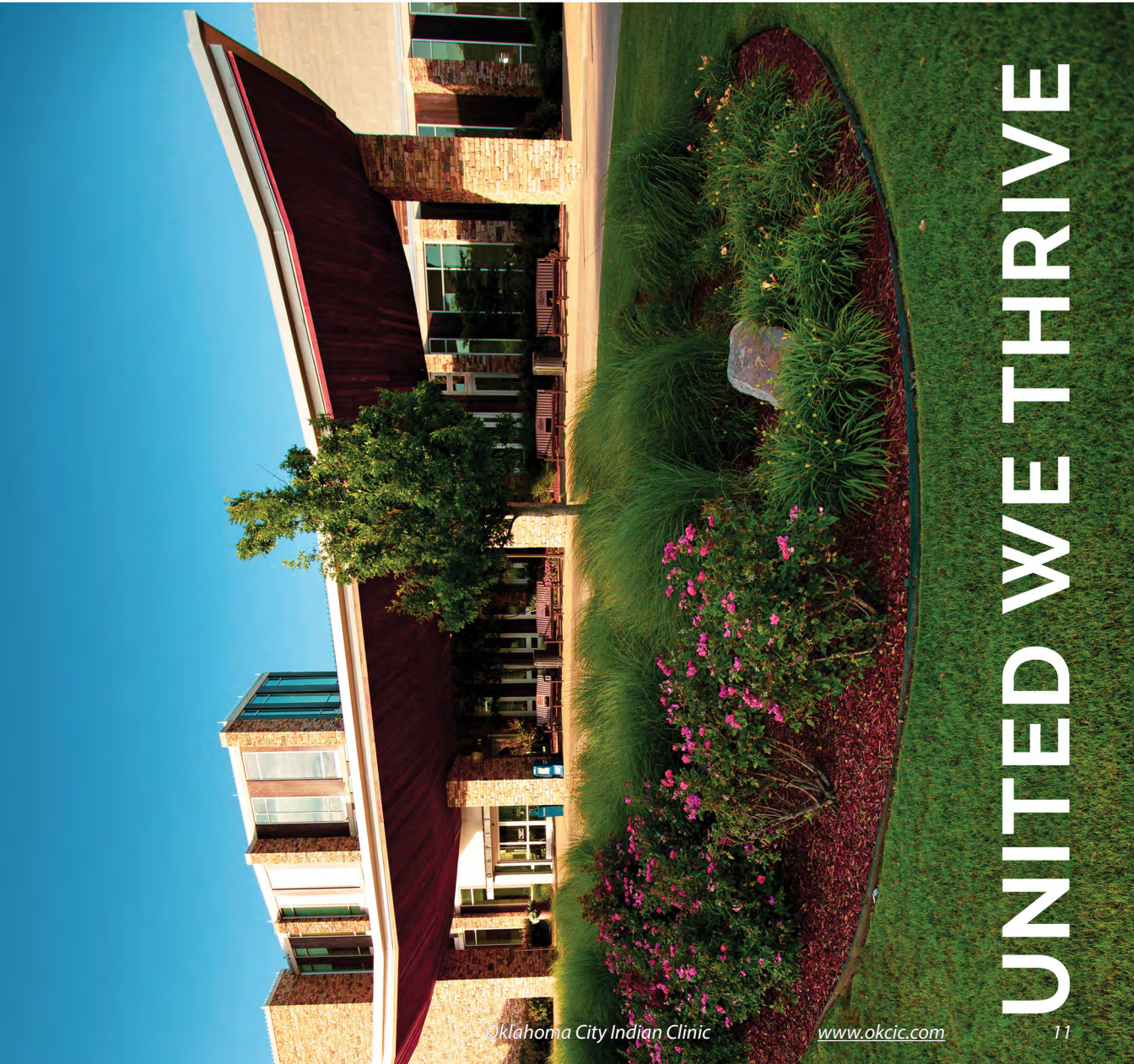


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The Chickasaw Nation Department of Health is an advocate in the health care needs of First Americans. The CNDH is here to help navigate any number of health programs, determining eligibility and helping find the very best health care providers and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

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Source ¹: Center for Disease Control and Prevention

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

Perform rescue breaths until medical help arrives.

NOT ALL WOUNDS ARE VISIBLE

By: Deborah P. Faucette, PharmD

This is my niece, Seantella Cottner. She was born April 6, 1986, and we lost her on January 9, 2020. She was found by her wife deceased in the bathroom. She was my only niece.

Seanie faithfully served eight years in the Army on foreign and domestic soil as a Health Care Specialist, Emergency Room Supervisor, Medical Evacuation Supervisor and Combat Medic prior to her medical retirement in 2015. She was also part of the LGBTQIA+ community.

We did not know the extent of her PTSD until she arrived back home from Afghanistan. She struggled with doing things during her deployment that went against her faith. She was 21 at the time of her tour.

She was on over 15 different medications administered for psychosis, insomnia, depression and pain. Although I did not prescribe these medications to her, as a

Pharmacist I felt responsible for death. I intervened multiple times to help her, but my attempts were unsuccessful. I just did not know what "enough" intervention looked like.

One of the most difficult tasks I have ever had to do was retrieve my niece's dog tags and place them around my sister's neck. I also placed my highest military achievement medals into her casket.

We must keep in mind that we never know what someone is struggling with on a daily basis. Mental illness is real.

Because of this experience, I have learned the value of checking in with friends and loved ones. Going forward, we all need to do a better job by simply giving a word of encouragement to each other. Just a simple act like that could be someone's saving grace, because not all wounds are visible.



If you or someone you know is struggling with mental illness, please reach out for help. You can call Oklahoma City Indian Clinic's Behavioral Health department at (405) 948-4900 ext. 610 Monday through Friday from 8 a.m. - 5 p.m. Other emergency numbers you can reach include: calling 911, calling or texting Suicide Helpline at 988, calling OK County Crisis Center at (405) 945-6215 and texting the Crisis Textline at 741-741 with the word "Native."

Mental Health Support is for EVERYONE



By: Kim Farris, LPC, LADC

The Behavioral Health department at Oklahoma City Indian Clinic (OKCIC) currently offers a variety of group sessions that cover a wide array of topics. These sessions are facilitated by highly trained professionals that are passionate about the subject matter of the group. OKCIC's staff lead these groups when they see a need and work hard to ensure support and services are being provided to patients. All groups are held either virtually or in-person and last for about one hour.

Medicine Wheel Group

Tuesdays and Thursdays at 12:00 p.m.

Angela Lockhart, LPC, and Kim Farris, LADC, LPC, co-facilitate this group, which is a meeting for patients walking the road of recovery, and connecting Native American cultural teachings for health and wellness. Participants will learn about the physical, emotional and spiritual aspects of oneself and how to bring balance to their lives. This group focuses on the four directions and provides guidance to those fighting for freedom from the grips of substance abuse. Lockhart facilitates the Thursday session, which consists of videos and Native American teachings that revolve around the 12 steps. Farris facilitates the group on Tuesdays, which consists of a session similar to a talking circle to allow members to process the teachings they received from Lockhart's previous session. During this time together individuals may share vision boards with one another and discuss individual journeys in recovery.



Grief Group

Thursdays at 12:00 p.m.

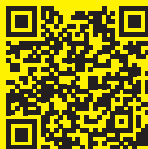
Gina Poisson, LPC, facilitates a grief group, which is designed for anyone grieving the loss of a loved one. A member of this group can expect Poisson's warm and compassionate nature to provide them support as they adjust to a new normal with the absence of their loved one. The take home message from this group is "You are not alone." It can feel as though the whole world stops after losing a loved one while everything else keeps on moving. In this group, participants will find support from others going through something similar by sharing common experiences.



Postpartum Support Group

Wednesdays at 12:00 p.m.

Alicia Barber, LADC, LPC, hosts this group and it is for mothers only. As a medical family therapist for OKCIC's Pink Team, Barber recognized that the "baby blues" are a very common condition that many mothers experience. Postpartum depression, a common complication in pregnancy, impacts up to 15% of new mothers in Oklahoma. Perinatal anxiety, a spectrum of symptoms that can occur during pregnancy and the postpartum period, affects 15-20% of new mothers. The impacts of perinatal mood issues on the family can include, but are not limited to, poor emotional regulation, impaired cognitive functioning and attachment concerns for the infant. This group offers an opportunity for mothers to come together, offer support to one another through shared experience and hold space to address some of the common issues facing families during the postpartum period.



Transgender and Two-Spirit Support Group

Second and fourth Tuesday every month at 3:00 p.m.

Charlie Moore, LPC and Nolan Lawless, LPC, co-facilitate this group, which is for adult patients over the age of 18. The Transgender and Two-Spirit Support Group is designed to support adult patients who are transgender, two-spirit or questioning. The focus on the group is to provide support, advocacy and to teach resilience with an emphasis on mental health and wellness.



Behavioral Health staff take pride in the services they are able to provide patients. It is a true honor to be of service to such amazing individuals on their journey to better health. Behavioral Health is always adapting and adding new services as needed, so please check www.okcic.com or call (405) 948-4900 ext. 610 for the most current information.

Family Circle Group

Thursdays at 12:00 p.m.

Wanda Branton hosts this group, which is for patients over the age of 18. Family Circle is a group designed to support the family members of individuals struggling with substance use disorders. In this group the family learns how to communicate, maintain boundaries and self care in a holistic way. Branton teaches members of this group how to care for their mind, body and spirit with a specific curriculum in which she received individualized training.



Coming Soon!

OKCIC's Peer Recovery Specialist and intern will be collaborating on cognitive behavioral therapy (CBT) groups offered to adult patients currently on the wait-list for counseling. Due to the increase in counseling requests, Behavioral Health has developed a virtual five week CBT course to kick-start the counseling experience. This course will teach patients to live more aware and be skillful with thoughts, feelings and reactions.

Another group currently under development is for LGBTQ+ support. There will be two separate support groups offered that are geared for both adults ages 18+ and adolescents ages 12-17. Please check OKCIC's Behavioral Health Facebook page and website for more information regarding these groups.



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An advertisement for Native Art & Jewelry. It features a woman wearing traditional Native American jewelry, including a necklace, earrings, and multiple bracelets. The text includes the store's name, location, and contact information.

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Oklahoma City Indian Clinic's Annual Red Feather Gala Returns

Oklahoma City Indian Clinic (OKCIC) was excited to welcome guests to an in-person gala after two years of being unable to due to the COVID-19 pandemic. The 18th Annual Red Feather Gala was held on Saturday, November 5, 2022, at the Oklahoma City Convention Center.

The gala was held during the first weekend of Native American Heritage Month, which is observed every November to celebrate the diverse cultures and traditions of Native people.

The event, emceed by KFOR's Ali Meyer and Joleen Chaney, helped OKCIC raise funds to provide hearing aids to patients. Nearly 600 people attended the event, including tribal nations and dignitaries from across Oklahoma.





"We are thankful for the generous contributions we received," said Robyn Sunday-Allen, OKCIC's Chief Executive Officer. "Many of our patients face difficulties receiving treatment for hearing loss due to the limited access and high cost. Giving our patients their hearing back can improve their mental health and quality of life."

Carmelita Skeeter received the Spirit of the Urban Indian honor for her lifelong commitment to American Indian health care. Skeeter, a member of the Citizen Potawatomi Nation, began her career at the Indian Health Care Resource Center of Tulsa (IHCRC) in 1976 as one of their original four employees. During her tenure with IHCRC, Skeeter has worn many hats, including Clinic Administrator and, since 1989, Chief Executive Officer. She has been recognized numerous times for her tireless efforts to ensure quality, accessible and comprehensive health care to Tulsa's Native people.



OKCIC also welcomed Lane Factor as a special guest. Factor is known for his role as Cheese in the television series "Reservation Dogs."

The Red Feather Gala is "the most fun you will have at a formal event,"

and there was no shortage of entertainment throughout the evening. Guests participated in a Friendship Dance performed by the Central Plains Dancers, bid on silent auction items and were entertained by Choctaw artist Dylan Cavin during a live painting exhibition. Cavin's painting, along with a handmade jingle dress, electric bike and more, were sold during the exciting live auction portion of the event.



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Special thanks to
Randy Frazier.



OKCIC Staff Silent Auction Competition Winners

1st place: Billing and Pink Team

2nd place with the team spirit:

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3rd place: Registration

Most creative: Pediatrics

Best presentation: Oncology

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Heavenly Hands Day Spa

Incredible Pizza

James Avery

Jennifer and Salvador Ontiveros

Johnny Carino's

Joy Harjo

Kendra Scott

Kim Hicks

LaserAway

Main Event

Mashell Sourjohn

National Cowboy & Western

Heritage Museum

Nothing Bundt Cakes

Oklahoma City Indian Clinic

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Oklahoma City Ballet

Oklahoma City Thunder

Panera Bread

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The Boardroom Salon

Three Danes Inn

Valarie Eschiti

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Winchester Drive-In Theater

Wine & Palette





STAYING ACTIVE DURING PREGNANCY

By: Courtney Reeder, CPT

Exercising during pregnancy provides numerous benefits, such as weight management, greater energy levels, preparing the body for labor, improved mood, and decreasing the risk of gestational diabetes, preeclampsia and adverse birth outcomes. Without any

contraindications, moderate exercise is safe and recommended by the American College of Obstetricians and Gynecologists (ACOG). In fact, it is recommended that pregnant women obtain 150 minutes of exercise at a moderate intensity per week at minimum.

What is moderate intensity?

Intensity is your heart rate during exercise, which can be perceived differently from person to person. To achieve a moderate intensity workout, pregnant women should aim to raise the heart rate, but not to the point of exhaustion. It is also recommended that pregnant women engage in both cardiovascular exercise and resistance training. With guidance, women can safely perform various types of exercise in all stages of pregnancy to give their baby the best start in life.

How can Oklahoma City Indian Clinic (OKCIC) help?

OKCIC's Wellness Center provides one-on-one personal training and prenatal yoga to assist patients with fitness throughout their pregnancy. OKCIC prenatal patients can always use the Wellness Center on their own, but will also receive referrals from their primary care provider to have the opportunity to schedule sessions with a personal trainer and attend specialized group fitness classes.

This is one mother's story...

Mariah, 23 years old and a member of the Muscogee (Creek) Nation, has been attending the Wellness Center since her first trimester. Throughout her second and third trimester, Mariah learned modifications to various exercises to accommodate her growing baby.

"Since the start of my workout with OKCIC's wellness program, I have felt improvements in all aspects of my physical and mental health," Mariah said. "I don't have any health issues, such as gestational diabetes and high blood pressure, which I attribute all of that to

staying active in the gym throughout my pregnancy."

During her pregnancy, Mariah added a combination of cardiovascular exercises and resistance training to her weekly activities. She also attended group fitness classes, such as Zumba and Yoga, and learned how to participate in these classes at a low impact pace.

"Courtney is a great trainer and has motivated me to stay consistent with my workout schedule throughout my entire journey," Mariah said. "I highly recommend every pregnant woman to give this program a try, it'll help you and baby in the long run. I plan to continue to stay active with the Wellness Center postpartum to strengthen my body and mind for the future to come."

Be sure to talk to your provider before participating in any exercise during pregnancy to be sure it is right for you. You can make an appointment with your provider by calling (405) 948-4900.

In February 2023, Mariah successfully delivered a beautiful, healthy baby girl.



BRUSHING AND FLOSSING FOR TWO!

By: Brianne Carter, RDH

Dental health (oral health) is the health of your mouth, teeth and gums. While it's very important to your overall health, it is a very important part of your prenatal care. Being pregnant can increase your risk of oral health problems, especially gingivitis. One of the first signs of this is bleeding gums while brushing.

Some tips for an expecting mother includes:

- Brush two times per day with a soft bristled toothbrush.
- Flossing daily is important since the toothbrush cannot get between your teeth. With an increase of gingivitis during pregnancy, this is a must.
- Struggling with morning sickness/vomiting? If so, do NOT immediately brush your teeth! It's recommended to swish with water and wait 30 minutes to brush, since the acidity can harm your enamel. Another tip to help neutralize acid from vomiting is to swish in your mouth with a mixture of one teaspoon of baking soda in one cup of water.

At Oklahoma City Indian Clinic, Dental is here to help you with your oral health needs. Please call (405) 948-4900 ext. 263 and schedule an appointment today. Our expecting mothers get priority in acquiring an appointment with a dental health professional.



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.



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Certified Lactation Counselors

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



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

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Now!



Have Your Prescriptions Mailed To Your Home

Ways To Sign Up:

- Call the pharmacy at (405) 595-3100
- Tell a pharmacy staff in person

Exclusions For Mail

Order Refills Include:

- No PO Boxes
- No out-of-state addresses
- No controlled medications

**Want to pick up your prescriptions instead?
The Pharmacy lobby is OPEN!**

Beware of the Silent **KILLER**



By: Melanie Claborn, PharmD, BCACP

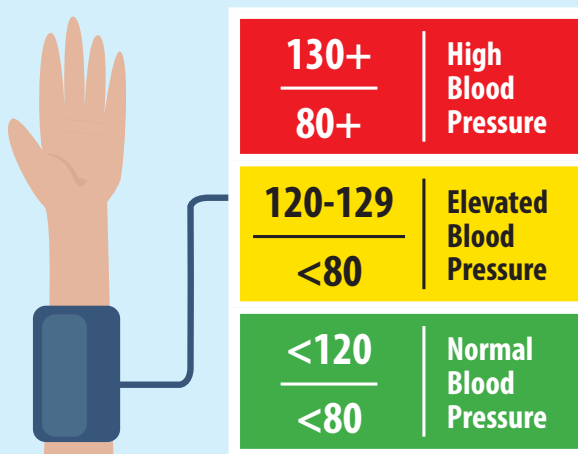
Nearly half of adults in the United States have high blood pressure, also called hypertension. However, many people are not aware that they have high blood pressure as there are usually no warning signs. Even if a person feels normal, their health may be at risk. You can contact your health care team at OKCIC to get your blood pressure checked.

What is high blood pressure?

High blood pressure occurs when the force of the blood pushing against your blood vessel (artery) walls is too strong. The arteries carry blood with oxygen from the heart to other parts of the body.

How is blood pressure measured?

It is usually measured with a blood pressure cuff on the arm. Blood pressure is reported as two numbers. The top number (systolic) is the pressure inside your arteries when your heart beats. The bottom number (diastolic) is the pressure inside your arteries when your heart is relaxed between beats.



It is normal for someone's blood pressure to rise and fall during the day. However, if it stays elevated, then it is considered high blood pressure.

What is the problem with high blood pressure?

High blood pressure makes your heart work harder and over time can damage arteries and organs. High blood pressure can increase the risk for a heart attack, stroke, kidney problems and eye damage. Heart disease is the leading cause of death in the United States. Fortunately, high blood pressure is preventable and treatable.

Who is at risk/what causes high blood pressure?

Anyone can develop high blood pressure and there are several risk factors. Some risk factors cannot be changed (like age, family history or race) while other factors can be modified. Risk factors that can be improved include: cigarette smoking, being overweight, physical inactivity, diabetes and stress.

How can high blood pressure be controlled?

- Reach and maintain a healthy weight
- Be active - do something that can get your heart rate up for at least 30 minutes per day on most days of the week.
- Choose a heart healthy diet low in fats and salt, but high in fruits and vegetables
- Limit or avoid alcohol intake
- Reduce stress
- If prescribed medications for blood pressure, please take them as directed

It is important to get your blood pressure checked regularly. Ask your health care team how often to check your blood pressure. Blood pressure can be checked at a health care team visit or with a home blood pressure monitor. If you have high blood pressure, you may be able to obtain a home blood pressure monitor from your health care team.

If you have questions about high blood pressure, please contact your primary care team at (405) 948-4900. A simple blood pressure check is the first step.



Protecting **OUR** Community



By: Casey McCullough, PharmD

Over the past few years, “vaccine” has become a buzz-word because of the recent pandemic. These small injections are some of the most powerful tools health care workers have to prevent disease. We have rolled out a new plan to ensure patients are protected and up-to-date with their vaccinations. The goal is to offer every patient at every encounter every recommended vaccine. That’s a tall order! Luckily, Oklahoma City Indian Clinic’s (OKCIC) Pharmacy has amazing pharmacists and technicians that are trained to safely give vaccines to help keep our patients – and community – healthy.

Vaccines give your immune system instructions to fight off infections using a small copy of a virus or bacteria as a blueprint. This process causes something called an immune response, which can make some people have symptoms like a slight fever. However, this means the vaccine is working and your body is creating specialized attack cells for the intruder. This gives you protection from future infections.

Not only do vaccines help protect you from disease, but they can help protect your family, friends and neighbors from getting sick as well. If you are protected from disease then you can stop the spread to others that may be unvaccinated. This can keep our communities safe, especially in crowded areas like the workplace or at school. Specifically, vaccine-preventable illness hits American Indian and Alaska Native communities harder than most.

You may be thinking, “I’ve already had my COVID-19 shots and boosters, so this doesn’t pertain to me.” But wait, there are many more preventable diseases you can be protected from. Along with COVID-19 shots, OKCIC carries vaccinations for influenza, hepatitis, pneumonia, diphtheria, tetanus, pertussis (whooping cough), measles, mumps, rubella, human papillomavirus (HPV) and shingles. If you don’t know which vaccines you may be eligible for, simply call the pharmacy at (405) 595-3100 and schedule a telephone visit with a pharmacist to go over your vaccine status and eligibility.

Getting a vaccine at OKCIC’s Pharmacy is as easy as following these three simple steps:

1. Schedule an appointment by calling (405) 595-3100
2. Check-in at the pharmacy lobby at your scheduled appointment time and fill out a few forms while the pharmacy staff prepares your vaccine(s)
3. Receive the vaccine and be on your way!



YOUR ANTIBIOTIC IQ

By: Yvette Morrison, PharmD, FASHP

It's been almost 95 years since the discovery of penicillin by Alexander Fleming, which revolutionized 20th century medicine. This discovery and the "dawning of the antibiotic era" happened almost by accident when Fleming observed a common *Staphylococcus aureus* bacteria were killed by a mold that produced a substance that could essentially dissolve it. He named the substance penicillin. Penicillin was hailed as a miracle drug during World War II, when it was widely effective for treating battlefield wound infections of soldiers. This beginning success spawned more discovery and production of other antibiotics that have contributed to historic improvements in human health and life expectancy.

Unfortunately, not long after penicillin became commercially available, its success was weakened by an event known as antibiotic resistance. Antibiotic resistance is a naturally occurring process because bacteria are constantly finding ways to outsmart the drugs (antibiotics) designed to kill them. Any use of an antibiotic can contribute to the development of resistance as it allows the bacteria to "see" what the antibiotic "looks" like once exposed to it. Think of antibiotic resistance like a crafty disguise bacteria can put on to make themselves unrecognizable to the antibiotic thereby allowing it to survive.

Over time, the problem of antibiotic resistance has become a public health concern as it involves many more bacteria and antibiotics than just *Staphylococcus aureus* and penicillin. Too many antibiotics are being used unnecessarily. In fact, the Centers for Disease Control and Prevention (CDC) estimates that approximately 30% of all antibiotic courses prescribed in American doctor's offices and emergency rooms each year are for viral infections that don't need antibiotics. Antibiotic misuse is not only a function of whether or not it's for the RIGHT diagnosis, meaning it is for a bacterial not viral infection, but is also determined by how it is used when actually diagnosed. Other components, such as prescribing the RIGHT antibiotic at the RIGHT dose for the RIGHT duration, can also be contributing factors.

Everyone has a role to play in ensuring antibiotics are used appropriately by checking their "antibiotic IQ" against the list of RIGHT's by scanning the following QR code. The table provides some commonly encountered respiratory infections and guidance as to which ones are RIGHT for antibiotic therapy as a sample initial step of the checklist. Combating antibiotic resistance by holding unnecessary antibiotic use and misuse in "check" can preserve the life-saving potential of these important medications. It will help us avoid progressing into an era of currently treatable infections that would become more difficult to treat, if they can be treated at all.



Protect

Your

Family

from COVID-19



FREE

COVID-19 vaccines

at Oklahoma City Indian Clinic

**For more information, call
(405) 595-3100 option 2**



STEPS TO PREVENTING PROSTATE CANCER

Oklahoma City Indian Clinic (OKCIC) wants to help men lower their risk for prostate cancer.

According to the National Cancer Institute, approximately 12.6% of men in the United States will be diagnosed with prostate cancer in their lifetime, making it the second most common cancer among men. Most cases occur in men aged 65-74. Although prostate cancer is common, there are ways to lower your risk.

Some risk factors are out of your control, like age and family history. You can counter these risk factors with lifestyle changes. If you currently smoke, quit. If you do not exercise, start exercising for 30 minutes each day.

Although every man is at risk for prostate cancer, older men, African American men and those with a family history have an increased risk. If you fall into one of these categories, you may need to get a prostate cancer screening. The goal of a screening is to locate cancer before any symptoms appear.

There is no standard test used by medical providers, but prostate specific antigen (PSA) tests are most commonly used. This involves a blood test to measure the level of PSA present. Another test often used is a digital rectal examination, which involves a health care

provider physically examining the prostate for any abnormalities.

Screenings are not appropriate for everyone. Be sure to speak to your health care provider about your risk for prostate cancer to decide if a screening is right for you.

It's important to be aware of prostate cancer symptoms, so you can speak to your health care provider as quickly as possible. Symptoms include:

- Difficulty starting urination
- Weak flow of urine
- Urinating often, especially at night
- Trouble emptying the bladder completely
- Pain during urination
- Blood in the urine or semen
- Pain in the back, hips or pelvis that doesn't go away
- Painful ejaculation

Experiencing symptoms doesn't mean you have prostate cancer. These symptoms can be caused by other conditions too. If you do experience symptoms, it's important to see a health care provider so you can get treated.

OKCIC patients can schedule an appointment with their health care provider at (405) 948-4900.



SCAN HERE



Choctaw Nation Health Services

Choctaw Nation

Diabetes Wellness Center



The Joint Commission “Center of Excellence”

The **Diabetes Wellness Center** is a hub for the Choctaw Nation diabetes programs. The center allows diabetic patients to get annual wellness checks for each specialty and serves as an easy access point for patients.

Choctaw Nation Diabetic Educators span the reservation and assist patients with managing their disease, from medications to diet.

The Diabetes Prevention Program is a CDC National Program for the prevention of diabetes. Pre-diabetic people around the nation can enroll, regardless of nationality, to get the resources necessary in preventing advanced diabetes.

The Diabetes Program earned the **Joint Commission’s Center of Excellence** designation after undergoing a rigorous audit focused on patient care and outcomes.

Call today to learn more.

800-349-7026



Bringing Hematology and Oncology Services to Patients

By: Kathleen Gray, RN

Sanjay Hapani, MD, has been taking care of oncology (cancer) patients at Oklahoma City Indian Clinic (OKCIC) for the past four years. He treats all types of cancers and hematological disorders. In addition, Dr. Hapani has a private practice near Mercy Hospital.

Through a chance encounter several years ago, Dr. Hapani met OKCIC's Oncology Case Manager, Kathleen Gray, RN. He was taking care of an OKCIC patient with breast cancer at the time and Gray was able to introduce him to OKCIC.

There are many benefits to having an oncologist on-site. One big reason is that patients are able to see Dr. Hapani at their medical home without being referred to an unfamiliar facility. Another is that their primary care physician at OKCIC is able to view Dr. Hapani's notes, which keeps everyone on the same page in regards to the patients' health. This is important because so much information can be lost in translation when a patient with a complicated diagnosis is seen in multiple facilities. Also, patients are



able to use OKCIC's pharmacy, lab and radiology services for anything Dr. Hapani requests. It is certainly a big bonus having Dr. Hapani on-site so patients do not have to go through the Indian Health Service (IHS) for referrals to consult or follow-up with him regularly. The only time a patient needs a referral is when they need to start IV chemotherapy, which cannot be done at OKCIC.

Dr. Hapani developed a fondness for working with Native people when he was at Mercy in Ada, Oklahoma, and saw many patients from the Chickasaw Nation Medical Center. He understands and appreciates the unique hurdles Native people face when accessing care for critical, life threatening diseases, such as cancer.

In addition to patients with cancer, Dr. Hapani sees patients with anemia, clotting disorders or any other hematological problem.

"I was told that my iron is low since the birth of my daughter 15 years ago," Shantilly House said. "All these years I dealt with being extremely exhausted and had horrible leg cramps. This was my daily life because nobody told me that I needed to have my iron corrected. Dr. Hapani's care literally changed my life. Because of him I am now going to college and pursuing a degree in nursing. I am so thankful to Dr. Hapani and everything OKCIC has done for me."

"American Indian people deserve the best health care possible," Dr. Hapani said. "Native people have many resources available to them, but it can be difficult to piece it all together."

Good case management and benefit coordination is key to ensuring Native people get the best oncology care possible. This is why OKCIC is here, to provide excellent health care to American Indians, one patient at a time.



DON'T WAIT UNTIL IT'S TOO LATE!

Make an appointment with your primary care provider to get screened for any life-threatening diseases by calling (405) 948-4900.



LOVE IS NOT ABUSE

One-in-three teens in the United States will experience physical, sexual or emotional abuse from someone they're in a relationship with before adulthood, according to Love Is Respect.

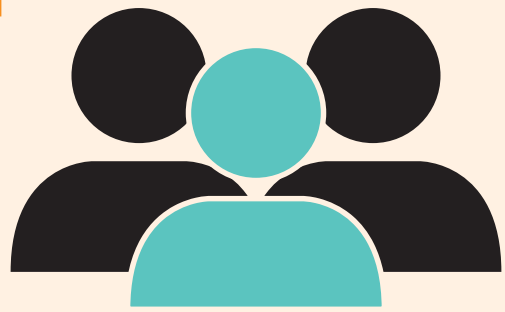
Unhealthy relationships can have severe consequences on the mental health of a developing teen. Teens experiencing dating violence are more likely to experience depression and anxiety, and engage in substance abuse.

Sometimes it can be difficult to tell when a relationship is abusive. Some warning signs can include:

- Checking your phone without permission
- Putting you down frequently
- Isolating you from family or friends
- Extreme jealousy or insecurity
- Explosive outbursts
- Any form of physical harm
- Possessiveness or controlling behavior
- Pressuring or forcing you to have sex

Dating abuse is about power and control over another person. If you have been abused, it is not your fault, but it's crucial to understand that your abuser is unlikely to change their behavior.

Your personal safety is your most important priority. If you need confidential support, the Love Is Respect hotline is available 24/7 at 1-866-331-9474. You can also contact the Rape, Abuse and Incest's National Network's National Sexual Assault Hotline at 800-656-HOPE (4673).



1-in-3 teens
will experience dating abuse

Learn to spot warning signs so you can stop dating abuse before it starts.

Dating violence is dangerous. Sometimes, victims may have no other choice than to resort to self-defense. OKCIC periodically hosts self-defense classes for women ages 16 and older who are both patients and non-patients. For more information about the next self-defense class, please visit www.okcic.com.



A Department of University of Oklahoma Medical Center

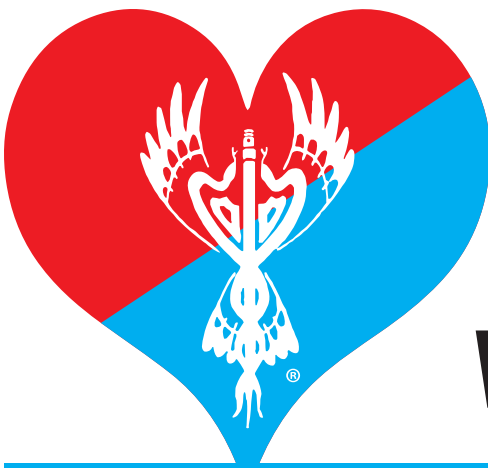
Your Opinion is Needed!

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>





KNOW BEFORE YOU GO: **EASY ACCESS CLINIC** **VS. EMERGENCY ROOM**

EASY ACCESS CLINIC

VS

EMERGENCY ROOM

- ✓ Broken bones: x-ray
- ✓ Sprain or strain
- ✓ Cuts, scrapes and small wounds
- ✓ Stitches or staples
- ✓ Upset stomach
- ✓ Urinary tract infection
- ✓ Bug bites
- ✓ Rash/hives
- ✓ Earache
- ✓ Pink eye
- ✓ STD check

- ✗ Head injury
- ✗ Chest pain
- ✗ Shortness of breath
- ✗ Drug overdose
- ✗ Severe burns
- ✗ Coughing or vomiting blood
- ✗ Life threatening limb injury
- ✗ Seizure
- ✗ Stroke symptoms: sudden confusion, weakness or paralysis
- ✗ Gun shot or stab wound

****If you experience any of the above symptoms, go to the emergency room immediately.***

**BY APPOINTMENT ONLY • Location: 309 S. Ann Arbor,
Oklahoma City, OK 73128 • Phone: (405) 948-4900
ext. 142 • Monday - Friday: 8:00 a.m. - 5:00 p.m.**

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**THE BIGGEST JACKPOTS
ARE CLOSER THAN YOU THINK!**

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Looking for a fun, family-driven approach to getting healthy and managing type 2 diabetes?

SHINE is a 12-week program with a focus to educate the patient and their family on the support necessary to be successful with diabetes management.

It is designed for patients diagnosed with Type 2 Diabetes and a support person older than 12 in the same household.

- ◆ CGM and training tools provided to all participants
- ◆ Support persons will receive education tools throughout the program
- ◆ Access to Certified Personal Trainers, Registered Dietitians and Certified Diabetes Care and Education Specialists

For more information scan the QR code, call (405) 948-4900 ext. 152 or 857 or email tonya.r@okcic.com.



@OKCIndianClinic



Oklahoma City Indian Clinic

OKLAHOMA CITY
INDIAN CLINIC



Garden Sloppy Joes

SERVING: 1/2 CUP MIXTURE EACH
YIELD: 8

PREP TIME: 10 MINS
TOTAL TIME: 30 MINS

Ingredients

- Cooking Oil Spray
- 1/2 pound Ground Beef, lean
- 1 tsp Chili Powder
- 1 tsp Cumin
- 1/2 tsp Black Pepper
- 1/2 pkg (10 oz) Shredded Carrots
- 1/2 medium Yellow Onion, chopped
- 1 medium Green Bell Pepper, chopped
- 1 tsp Minced Garlic (2 small cloves)
- 1/4 cup Water
- 1 cup Fresh Sliced Mushrooms, chopped or 1 can (8 ounces) mushrooms, drained
- 1 can Tomato Sauce (8 ounces) no salt added
- 1 can Diced Tomatoes (14.5 oz) drained and rinsed
- 1 can Black Beans (15.25 oz) drained and rinsed

Sloppy Joe Sauce

- 1/4 cup Barbecue Sauce, original (or spicy if preferred)
- 2 tbsp Ketchup
- 1 tbsp Dijon Mustard
- 8 Whole Wheat Buns

Directions

1. HEAT cooking oil spray in large skillet over medium-high heat. ADD beef, chili powder, cumin, and black pepper. COOK until meat is done.
2. ADD chopped onion, bell pepper, shredded carrots, minced garlic, and 1/4 cup water to skillet and cover. Cook about 5 minutes.
3. ADD mushrooms, tomato sauce, diced tomatoes, black beans, barbecue sauce, ketchup, and dijon mustard.
4. Bring to a boil. Reduce heat and simmer for 5-10 minutes or until thick, stirring occasionally.
5. Toast buns if desired. Enjoy!

Nutrition Facts	
8 servings per container	
Serving size	1 (0.0g)
Amount Per Serving	
Calories	310
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 580mg	25%
Total Carbohydrate 50g	18%
Dietary Fiber 10g	36%
Total Sugars 11g	
Includes 3g Added Sugars	6%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 3.7mg	20%
Potassium 350mg	8%
<small>*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.</small>	

*Recipe adapted from
mainesnap-ed.org

*Cost information includes
lower cost ingredients found at
local grocery store 01/31/23.



Cost Per Recipe

\$8.89

Cost Per Serving

\$1.11



IT'S TIME TO PRIORITIZE YOUR FAMILY'S HEALTH THIS YEAR

There are many ways to stay fit as a family while having fun doing it. Oklahoma City Indian Clinic (OKCIC) encourages families to get active and pursue their health goals as a team. Here are five activities to get your family started.

1. Visit a local park

Parks usually have walking or biking trails so you can get exercise while appreciating the local scenery. For younger children, there are typically playgrounds too. Visiting a park doesn't only have benefits for your physical health, but your mental health as well.

Spending time outdoors can improve your mental health. It can help reduce stress, improve attention and enhance mood after spending time in green spaces like parks or forests.

2. Plant a garden

Planting a garden is a fantastic way to get young children excited about eating

vegetables, and it's a unique way to get exercise. Tomatoes, melons, corn and okra are all good options to plant in the summertime.

3. Cook dinner together

Pick out a new recipe or choose a household favorite, and cook together as a family. Be sure to set aside tasks for little ones, like stirring a bowl or setting the table. Cooking together helps children learn cooking skills and develop healthy habits. OKCIC offers cooking classes for kids every season through the Health Promotion and Disease Prevention (HPDP) department called Kids in the Kitchen.

If you need dinner inspiration, you can find a list of recipes by scanning this QR code. All recipes are low in sodium and added sugars, so you can be sure you're making a healthy choice.



4. Sign up for an exercise class

OKCIC has a variety of group exercise classes available for patients ages 12 and older that will get the whole family moving. If exercise classes aren't your speed, seasonal programming is available to keep kids and adults active year-round. See what's available by scanning this QR code.



Staying healthy doesn't have to be boring or difficult. Follow these tips to start your family on a path toward better health.



Stay Active

Try our Wellness Center and HPDP Programs



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.



REDUCE YOUR RISK FOR FALLS



Oklahoma City Indian Clinic (OKCIC) wants to help older adults lower their risk for falls.

According to the Centers for Disease Control and Prevention, falls caused 34,000 deaths among adults ages 65 and older, making it the leading cause of injury death for the age group. Although the risk for falls increases with age, they can still be prevented.

Using certain medications, even over-the-counter ones, can affect your balance and lead to falls. If you experience dizziness or drowsiness, speak to your medical care provider for a review of your medications.

In addition to reviewing your medications, be sure to get your eyes checked annually. Many people use bifocal or progressive lenses, but these types of lenses can make things seem closer or farther away than they really are. You may need a pair of glasses with only your distance prescription for activities like walking. OKCIC patients can call (405) 948-4900 ext. 390 to schedule an Optometry appointment.

Other fall risk factors may be present in your home, but simple changes can make your home safer:

- Get rid of things you can trip over
- Add grab bars inside and outside your tub and shower and next to the toilet
- Put railings on both sides of the stairs
- Make sure your home has lots of light by adding brighter bulbs and nightlights
- Keep items you use often in cabinets you can easily reach
- Use non-slip mats on shower floors
- Use non-slip rugs on tile or hardwood floors



Regular exercise is another way to improve your balance and reduce falls. Gentle exercise, like Tai Chi, can strengthen the legs and increase stability. OKCIC patients can sign up for a Tai Chi group class by scanning the following QR code.



Falls are preventable. Take steps to lower your risk today.



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THE OKLAHOMA CITY INDIAN CLINIC

WE ARE **HIRING**

Oklahoma City Indian Clinic offers a comprehensive benefits package, including:

Medical, dental, life insurance, short and long term disability, vision, lots of paid time off, wellness time, education leave and more!

**APPLY NOW
BY SCANNING
THIS QR CODE**



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OKLAHOMA CITY
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www.okcic.com

“Run to the Beat of the Drum”

2023 Walk for Wellness and 5K Fun Run

Saturday, May 20, 2023

Route 66 Park: 9901 NW 23rd St. Oklahoma City, OK 73099

Health Fair begins at 8:00 a.m.

Patients and non-patients are welcome.

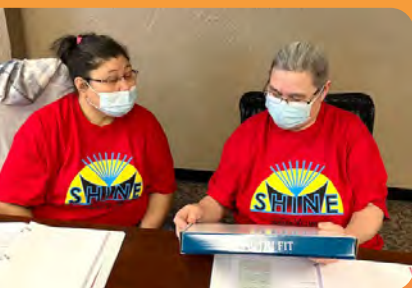
For more information, please contact (405) 948-4900 ext. 618, scan the QR code or visit www.okcic.com/hpdp



It is your time to SHINE

By: LT Brian Valdez MA, RD, CDCES, ACE-CPT

A familiar face has returned to help with one of OKCIC's newest programs. The SHINE program stands for Strengthening Homelife through Improving Nutrition and Exercise. What sets SHINE apart from other health classes like STAR and BRAID is that SHINE program patients attend classes with their family or household members.



SHINE is a 12-week program focusing on educating patients and their families on diabetes management. The program

focuses on living better through food education and physical activity. A variety of health professionals within OKCIC are happy to be a part of the program, including



certified personal trainers, registered dietitians, and certified diabetes care and education specialists.

Nurturing a robust family-centered support system is vital for the SHINE program. Patients are asked to bring a household member to every class. This household member can be anyone who is over the age of 12.

This three-month program provides a Freestyle Libre 2 continuous glucose monitor to the patient for the length of the program. This incredible device removes the need to use finger-sticks to test blood glucose. A patient can see their blood sugars instantaneously by using their smartphone or reader. Patients also receive educational tools related to class sessions, such as food scales, exercise bands, smartwatches, yoga mats and more.



LT Brian Valdez manages the program, along with a skilled HPDP dietitian and personal trainer staff. In December 2022, Valdez brought his diverse diabetes education experience back to OKCIC. LT Valdez was the first ever STAR Cooking chef back in 2011. He joined the United States Public Health Service in 2015 and since then has served at Phoenix Indian Medical Center and Wewoka Indian Health Center. He expanded his education to earn his Certified Diabetes Care and Education Specialist (CDCES) title. LT Valdez is excited to be working with OKCIC's Native patients to help them live the healthiest lives possible.



One Step at a Time

By: Matt Drobot, M. Ed., CSCS, NSCA-CPT, USAW

Casey began his fitness journey in March of 2022, and it has made a huge impact in his life.

Since starting training, he has grown tremendously in his strength, confidence and mindset towards health and fitness. During stressful times last year, he displayed how tough

he is mentally and physically through hard work. At the time of this article, he has lost a total of 34 pounds. His new ambitious goal is to lose over 50 pounds by his birthday. Just like all of us, he sometimes struggles, but continues to show up and work hard each week.

"Casey is the type of patient who has improved the atmosphere of the Wellness Center," Matt Drobot said, OKCIC's Wellness Center Manager. "He is an inspiration to others who want to improve their overall health."

Casey continues to work on taking steps outside of the Wellness Center to maintain his current success and progress moving forward. Some of these things include sleeping between seven and nine hours every night, decreasing the amount of times he eats outside of home, drinking plenty of water, and performing resistance training between three and four times a week, along with cardiovascular exercise outside of the Wellness Center.

Casey works extremely hard and is determined to get the results he deserves.





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