

Healthy Spirit

INDIAN HEALTH CARE RESOURCE CENTER OF TULSA NEWSLETTER

550 S. Peoria Ave. • Tulsa, OK 74120 • 918-588-1900 • www.ihrc.org

Summer 2006

Passport to Summer Fun - Tulsa Indian Youth Program

Indian Health Care Resource Center's Tulsa Indian Youth Program sponsored its first Passport to Summer Fun on June 6. The event allowed 75 Native American children and youth to take advantage of a \$125 scholarship to a summer camp or camps of their choice. Area organizations including: YMCA, Camp Fire USA, Native American Training and Employment Center, Boys & Girls Club of America, Tulsa Parks and United National Indian Tribal Youth (UNITY) partnered with the Tulsa Indian Youth Program (TIYP) in providing opportunities for American Indian children to get involved this summer and fill their summer break with camps related to sports, drama, martial arts, ropes courses, etc. Such activities will enrich the child's life by exposing them to other extra-curricular activities, providing character building, leadership skills, self-confidence, diabetes prevention, learning healthy lifestyles and building friendships to last a lifetime!

The event was held at the Salvation Army West Mabee Boys and Girls Club gymnasium. It was a successful night for TIYP, but would not be possible without the support from partner organizations.

Many participants are looking forward to Passport to Summer Fun in the future!



Parents inquiring about summer camps throughout Tulsa.



Tulsa Indian Youth Program Wellness Camps meet for one week sessions at Addams Elementary from 8:30 am-noon, July 17-21 grades 2 & 3, July 24-28 grades 4 & 5.



Wellness Adventures Camp for Native American Kids

Wellness Adventures is a unique camp, focused on the health and wellness of Native American children. Children enjoy a variety of adventure-based health and fitness activities, including the ROPES Challenge Course.

Camps meet for one week sessions from 9 am-3 pm, July 17-21, grades 5 & 6, 7 & 8.

For more information about our programs and to see more recent photos, please visit Indian Health Care Resource Center's website at: <http://ihcrc.org/healthEducation/Reach.html>.



We would like to make a tax deductible contribution to Indian Health Care Resource Center of Tulsa, Inc. Enclosed please find my contribution of: (circle one)

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Volunteer Program to Celebrate Five Years

By Edward E. Rogers, Director of Volunteers

The Indian Health Care Resource Center Volunteer Program is celebrating five years in September 2006. Under the direction of Edward E. Rogers, Director of Volunteers, the program has transformed into an essential and integral part of IHCR's operations. Partnerships

with the Retired Senior Volunteer Program (RSVP), AARP's Senior Community Service Employment Program and the Tulsa Volunteer Center, have been instrumental in the success of the program. Volunteer hours in Diagnostic Imaging, Pharmacy crowd

control and reading to children in the lobby areas runs between 400 to 600 hours each month.

If you would like to volunteer, please contact Edward Rogers at (918) 382-1292 or email erogers@ihcrc.org.

A Volunteer's Perspective – A Rewarding Experience

By Joann Wyrick and Mona Wyrick

As fate would have it, I was following up on a promise I made to my daughter, Mona, to volunteer at Indian Health Care Resource Center (IHCR) just as they were starting the Volunteer Program in 2001. She had volunteered at IHCR when the clinic was still located downtown at 9th and Cincinnati until she was relocated to Houston, Texas. Mona had been after me for years to follow in her footsteps since she had so enjoyed working with and getting to know the children at the clinic. At the time, I was bouncing back from the loss of my husband and I was mentally ready for new beginnings.

My regular volunteer task has been reading to children in the lobby areas. It's been rewarding for me to capture their attention and redirect it away from television, which I believe is a learned behavior. I mainly read books that are culturally based in Native American tradition. I like to think that I might spark an interest in both their heritage and reading. It is my hope that this interest will turn into a lifelong habit and later a hobby. I feel that reading can be a powerful tool not only in educational pursuits but also in shaping the well-rounded individuals they will become.

I also enjoy volunteering in other areas of the clinic. I have made telephone calls soliciting silent auction items for



Joann Wyrick, IHCR volunteer, has spent nearly every Thursday for the past five years reading to the children waiting in the clinic's lobby.

Dance of the Two Moons and have volunteered at the event itself. It's a pleasure participating in such a positive celebration of Indian artistry while at the same time raising monies for the children's programs at IHCR.

I also have experience in mailing out the quarterly newsletters and assembling Halloween packages to be sold to the staff for IHCR's Tulsa Area United Way campaign. There are so many volunteer opportunities available at IHCR, they can accommodate almost any interest and

skills set.

As a Cherokee woman, it is a pleasure giving back to a facility that does so much for our community and our people. On this fifth anniversary of the Volunteer Program, I would certainly encourage anyone interested in volunteering at Indian Health Care to contact Edward Rogers at (918) 382-1292 or by email at erogers@ihcrc.org. I guarantee it will be a rewarding experience. I give it my Joann Wyrick seal of approval.

VOLUNTEERS NEEDED! Please contact Edward Rogers at 382-1292 to schedule a time to register.

Walk-in Patients

When you come to the clinic for a walk-in or fast track appointment we will do our best to work you into the schedule based on the following:

- The sickest people are seen first – it is not a first come first seen basis.
- One problem exam – you are being seen for one problem only, for an illness that came on suddenly.
- Time limitations – a walk-in appointment does not allow time to talk about prescription refills or other issues.
- Leave at your own risk – exiting the clinic may jeopardize being seen by the doctor.

Scheduled appointments

Let us know if we can help you in scheduling a future appointment. Scheduled appointments allow the time for you to be seen for other problems including prescription refills.

Thank you for understanding and being patient. We are doing the best to see as many patients as possible. Daily schedules do not allow all walk-ins to be seen.

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Diabetes Management: So, What's the Secret?

By Erica Dean, RD

After working as the dietitian in Indian Health Care Resource Center's Heart Savers diabetes management program for the past year, I am noticing a few traits of those who are most successful in reaching their diabetes health goals. I want to first clarify that these folks may not be at 100% to their goals and they may not have even lost a single pound! But they are successful because they are seeing health changes, finding that diet and exercise make a difference in how they feel, and their self-confidence is improving.

The first thing I have noticed in those that view themselves as successful is that they strive to meet their goals. It may take four or more months to change one little thing, but when they do, the rest comes a lot easier. Donna Springer, a successful Heart Savers participant states that the program has helped her in developing goals to work toward. Donna also says, "I don't like doing things by myself. Here, I have someone to do it with me. I never knew anyone else with diabetes before this program."

The second thing I have noticed is that the successful participants show up. They may not get to come to everything, but they show up most of the time to clinic appointments, workshops and exercise programs. Some of you may feel that "getting here" is challenge in itself. It is truly more than half the battle. If gasoline

cost is ever an issue in your "showing up," please call before you cancel.

Donna Springer agrees that "Showing up to appointments and classes is 99% of it." The Heart Savers diabetes clinic classes, workshops, cooking demos, one-on-one visits with a dietitian, memberships to the Center for Individuals with Physical Challenges or YMCA, and personal training are all resources available to our participants. If you come, not only do you get knowledge and encouragement, but we also give you free tools to take home and use in helping you reach your goals. These tools range from small exercise equipment to recipes and cooking supplies.

When asked what things she felt made her successful after joining Heart Savers, Donna says "I'm beginning to lose weight, I feel better about myself, I'm getting into a routine, and I'm learning stress management." Donna explains "Dealing with diabetes is scary. Indian Health Care Resource Center has made it less scary to deal with and all the staff has been wonderful."

Likewise, I find our Heart Savers participants are wonderful. It makes my day to see you succeed! Our "Heart Savers" Cardiovascular Disease Risk Reduction Demonstration Project is funded with a five-year Indian Health Service diabetes grant. The Heart Savers program promotes healthy eating and increased physical activity for adults living with diabetes.

"The first thing I have noticed in those that view themselves as successful is that they strive to meet their goals. It may take four or more months to change one little thing, but when they do, the rest comes a lot easier."

HEARTS in HARMONY



INDIAN HEALTH CARE RESOURCE CENTER OF TULSA

IHCRC Keeps Growing and Growing and Growing

In spring 2005, the Indian Health Care Resource Center (IHCRC) Board of Trustees determined that the health center was in urgent need of additional office space to meet the office requirements of expanding programs, services and staff. Indian Health Care's main clinic located at 550 S. Peoria was filled to capacity and after several interior remodels, every inch of available office space was in use.

Due to the continued growth of the Drug Court program and the receipt of the five-year Heart Savers diabetes grant from the Indian Health Service an immediate solution to the space squeeze was needed. In April 2005, IHCRC leased a satellite office at 1628 S. Main and moved the Drug Court program, the Cherokee

Nation's Women, Infants and Children (WIC) program and most of the Health and Wellness Department to the new location. Although the new space met the need for more office space, it did not provide adequate space to hold group sessions, which are a very integral part of the Drug Court program and the Heart Savers cardiovascular diabetes disease grant.

A year later, the receipt of a Circles of Care children's behavioral health planning grant and three new federal grants to support the Tulsa Indian Youth Program made it necessary to again secure additional office space. In May 2006, the Health and Wellness Department moved into a second satellite office at 1630 S.

Main, just next door to the 1628 S. Main satellite office. The newest satellite office includes two large meeting rooms to accommodate the group session environment of the Drug Court program and a large teaching kitchen to be utilized for the Heart Savers diabetes grant. Providing services at the two satellite locations has freed up space at the main clinic for additional exam rooms and offices.

The long-range goal of IHCRC is to relocate the programs offered at the satellite offices to the main clinic location and again have all services provided to our patients provided at one convenient location.

The IHCRC Experience Luncheons: Experiencing Success

By Edward E. Rogers, Director of Volunteers

Indian Health Care Resource Center (IHCRC) is expanding community awareness about its programs, services and goals by holding monthly luncheons for Tulsans who may have an interest in finding out more or getting involved with IHCRC. These point of entry luncheons are appropriately named The IHCRC Experience. The luncheons serve as a vehicle to inform a captive audience about our facility. As a referral based program, Edward E. Rogers, Director of Volunteers, is working closely with members of the IHCRC Board of Trustees, senior management and staff to identify and invite potential attendees.

A primary goal of The IHCRC Experience luncheons is to explain to attendees that IHCRC has been in business for 30 years and is a nonprofit, 501(c)(3), federally qualified health center (FQHC) that is not a unit of the federal government or associated with any tribe. IHCRC is a main provider of medical, dental, optometry, behavioral health, health and wellness, substance abuse and pharmacy services to Tulsa's American Indian community.

The objective of these luncheons is to build support and develop an expanded

family of donors and philanthropic benefactors. If you would like to attend a The IHCRC Experience luncheon or make a referral for someone else to attend, please call Edward Rogers at (918) 382-1292 or email erogers@ihcrc.org.

Below: Recent attendees of The IHCRC Experience luncheon include (l to r) Andrea Schlanger, Carmelita Skeeter, Maynard Ungerman, Lena Bennett and Robert E. Martin.



2006 Dance of the Two Moons Over Havana a Success

Thank you to all of the individuals, business and foundations that supported the 2006 Dance of the Two Moons.

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Tulsa Circles of Care – Strengthening Our Children

By Jami Bartgis, Ph.D., Circles of Care Project Coordinator

American Indians are victims of violent crime more than any other race in America and lead the nation in the number of deaths caused by homicide and suicide. One in every 30 American Indian children is a victim of child abuse or neglect. American Indian women are twice more likely to be abused by a partner than men or women from any other race.

Unfortunately, there are many problems with the mental and behavioral health services for youth that are supposed to care for those with serious emotional difficulties. There are very few services available for these Indian youth and the services that are available often restrict the young person's freedom. Seldom do providers work together or give the families the opportunity to be involved in making decisions about their care and cultural differences are rarely considered. American Indian youth who do receive help for emotional difficulties are often treated negatively because of the many stigmas about getting help.

Despite all of these problems facing our American Indian youth, there is much strength within American Indian communities. Indian Health Care Resource Center's (IHCRC) "Strengthening Our Children" Circles of Care project seeks to create a circle around our children and their families to promote strength and provide support to our youth that are at-risk or experiencing emotional or behavioral difficulties. The Circles of Care project is supported by a federal planning grant that allows us to develop a behavioral health service system that can better meet the needs of our youth.

Even though the Circles of Care project is managed by Indian Health Care, the project is "community-owned" and we want input and support from our youth, parents and grandparents to develop the service model. Funding for the planning effort is provided by a three-year federal



grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).

Circles of Care does not provide direct services, as it is a planning grant. This means that we are planning our youth mental/behavioral health service system. It is important that the community be thoughtful about the planning activities so that we can put into action a comprehensive, quality system of providing mental/behavioral health services to youth and their families that will be around for several generations. Taking time to ensure that the system meets the right needs, allows for easy access, and provides quality services that are culturally appropriate will be key for a successful model.

As a result of the Circles of Care planning efforts, the amount and range of services IHCRC provides will increase. For example, long waiting lists make it difficult for people to get access to the services they need and few parent support services are available, decreasing the lists and increasing parental support services is a major goal of this project. Finally, we expect the service model will promote knowledge of youth issues and strengthen the community to support a strong urban Indian community that will offer natural

supports to youth and their families.

If you would like to help, please contact the Circles of Care staff at IHCRC. Community members will be encouraged to serve on planning teams, conduct presentations in the community about youth issues, assist with evaluation activities, and be a "Circles of Care advocate" by providing support to youth and their families in the community.

For more information about Tulsa Circles of Care visit Indian Health Resource Center's website at:

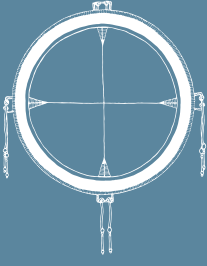
<http://ihcrc.org/humanServices/circles.html> or call Jami Bartgis at 588-1900 x2241.



Mammograms: Knowledge is Power

Schedule your mammogram today by calling 588-1900, OPTION 1. Women over 35 without health insurance who qualify for Indian Health Care's sliding fees can receive a free mammogram. This service is made possible through a grant from the Susan G. Komen Breast Cancer Foundation.

Call now, you have nothing to lose and everything to gain.



INDIAN HEALTH CARE RESOURCE CENTER OF TULSA

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If you would like to be removed from our mailing list, contact Emily Bolusky at 918-382-1206 or ebolusky@ihcrc.org

Mammographer, Radiographer and Scholar

Katy E. Johnson, BSRS, RT (R), (M), (QM), Indian Health Care Resource Center's (IHCRC) mammographer and radiographer, received her professional radiology training in the United States Air Force. After deciding to end her military medical career, Katy took a position at Tulsa Regional Medical Center in 2001 where she was selected to be the instructor for students from Tulsa Community College (TCC). In March 2003, Katy came to work at Indian Health Care Resource Center of Tulsa (IHCRC) as the mammographer and radiographer in the Diagnostic Imaging Department. During the first few months, Katy achieved Mammography and American College of Radiology Accreditation

certification for the IHCRC.

Katy received her Associates Degree in Radiation Technology from TCC in December 2002. In 2004, Katy was awarded the Peer Recognition Award from the Indian Health Services. In 2005, Katy earned The Radiology Technologist of the Year award. In May 2006, Katy received her Bachelors of Science in Radiation Sciences from the University of Oklahoma. This year, Katy was selected as one of TCC's "Best of the Best." Not one to rest on her laurels, Katy is continuing on with her studies and has just been accepted into a Master's in Business degree program at the University of Phoenix.

The Board of Trustees and the IHCRC

staff congratulate Katy Johnson for her hard work and commitment to excellence.



Katy Johnson with the "Best of the Best" award she received from Tulsa Community College in 2006.



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