



**KICKAPOO TRIBAL
HEALTH CENTER**
M.CLOUD, OK
WWW.OKKTHC.COM | (405)964-2081



October – November – December 2019

Healthy News - A CHI MO NI

DEDICATED TO SHARING HEALTH NEWS AND INFORMATION

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

NEW CLINIC HOURS

**NOW OPEN
AT 7:00 AM
and LUNCH**



KTHC Health Fair 2019

OCTOBER 18, 2019

10 AM-2 PM

105365 S HWY 102
M.CLOUD, OK 74851



KTHC's 21st Annual Health Fair is on Friday, Oct. 18th, 2019, from 10am-2pm. We want to help you stay **SUPER** by staying **HEALTHY**. We will have lots of Medical Informational Booths, OK Blood Institute, Indian Taco Sale, Community Partner Information, plus Healthy Snacks, Kids Games & Crafts, Raffle Prizes, & much more. **FREE PUBLIC Health Fair *You're a Hero to Someone - Stay Super by Staying Healthy!***

TEXT Reminders Coming Soon!

We are launching TEXT Messaging APPOINTMENT reminders, Sign-Up Now.

We aim to serve you better!

Text Messaging Coming Soon!

SIGN-UP NOW
To Receive APPOINTMENT Reminders via TEXT. Visit Registration to Opt-In. Questions, call (405)964-2081.



Pharmacy Service Hours:

7:00A.M. — 5:30 P.M.

Open through

Lunch Hour

Medical & Lab Service Hours:

7:00 A.M. — 5:00 P.M.

Open through

Lunch Hour

Dental Service Hours:

7:30 A.M. — 4:45 P.M.

Closed for Lunch
12:00 P.M. -1:00 P.M.

Contact Us

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

(405) 964-2081

www.okkthc.com

October is Breast Cancer Awareness

This October, Kickapoo Tribal Health Center is proud to participate in **National Breast Cancer Awareness Month**. Breast cancer is one of the most common kinds of cancer in women after skin cancer. About 1 in 8 women born today in the United States will get breast cancer at some point. The good news is that most women **can survive breast cancer** if it's found and **treated early**.



Here is the current consensus for guidelines:

- *Initial assessment for breast cancer risk age 21 at first GYN exam, then reassess yearly.*
- *For women with average risk, annual mammograms beginning age 40.*
- *Continue mammogram screenings until within 10 years of life expectancy.*
- *Can do mammograms every 2 years after age 50 if average risk and patient desires, but most practitioners still recommend yearly.*
- *Educate all women on breast cancer risks (not age-dependent).*

For more information, please visit our Resource Page at www.okkthc.com/resources OR call us at (405)964-2081

Grants

Kickapoo Tribal Health Center is EXPANDING -- Construction starting in 2020! We are pleased to announce that the application for the Indian Health Service (IHS) Small Ambulatory Program (SAP) has been awarded funding. The grant is to add on 11,900 square feet to our clinic, also allowing us to have a drive-thru pharmacy.

Behavioral Health has been awarded the Strategic Planning Framework Grant, this programs purpose is to prevent the onset & reduce the progression of substance abuse for ages 9-20.

POWER Pavilion at Kickapoo Trails

Take a stroll down the trails to find our new outdoor fitness center which, includes (7) weight-bearing, easy to use work-out fitness stations. We ask that you please read signs posted for safety rules.



Are you Ready to Fight Flu this Season?

2018-2019 was a moderate severity flu season that lasted a record-breaking 21 weeks. The best protection against flu is getting a flu vaccine.

While the timing of flu season is unpredictable, seasonal flu activity often begins to increase in October, most commonly peaks between December and February, but can last as late as May. CDC recommends that everyone ages 6 months and older get a flu vaccine by the end of October. It takes about two weeks after vaccination for antibodies to develop in the body to protect against flu virus infection.

You have the power to fight flu. Get yourself and your loved ones a flu vaccine. Also take everyday actions to stop the spread of germs. Try to avoid close contact with sick people, and if you become sick, limit your contact with others. Cover your nose and mouth with a tissue when you cough or sneeze, and wash your hands often.

Flu shot Walk-in clinic

Friday, October 4th 1pm to 330pm

Wednesday, October 9th 8am to 11am

Monday, October 21st 1pm to 330pm

Wednesday, October 30th 8am to 11am



Patient must have an **active chart** at our facility.

Patient must be **6 months old or older** to receive a flu vaccine.

Dental

Hello and welcome! We start seeing patients as early as one year old & we recommend everyone to be seen every six months for cleaning. We can see the following for Dental Exams and Cleanings:

- All Kickapoo Tribal Members
- Children 17 years or younger with a CDIB Card
- Patients with a CDIB Card living inside our Contract Serving Area (call us for more information)

Please remember to check in at the Clinic Registration desk and bring any insurance cards with you. If you need to create a chart or have questions, please call us, we are happy to help you!

HAVE A TOOTHACHE?
COME SEE US
AT 7:45 AM OR 1:00 PM

SAME-DAY CROWNS &
IMPLANTS

Behavioral Health

We're celebrating with local schools Red Ribbon Week the last week in October. Our Grants are expanding & looking to move this fall. We've been awarded the new grant, Strategic Planning Framework. On Tuesday, Oct 22nd, we will have a TALKING Circle with KTHC Case Manager Christine McKinney, a wellbriety approach to healing for survivors of homicide. If you have questions, call (405)964-2618.

Contract Health

Fiscal Year 2020

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

If you reside in the Kickapoo Contract Health Service Area and receive a referral from your KTHC provider Contract Health will contact you either by phone or mail requesting proof of residency and a Medicaid Determination letter for referral process. All documents must be received in our office in order to process a referral. These documents can be turned in to Contract Health or Patient Registration, whichever is more convenient for our patients. ****Proof of residency does determine eligibility for health care services at the Kickapoo Tribal Health Center**** If you have any questions please contact the Kickapoo Contract Health Department at 405-964-5824. We look forward to assisting you with any questions you may have.



Got these cards?
Get more benefits at
no extra cost.



If you are a veteran, please bring a copy of your Veterans Health Care Card

Pharmacy

For Call-In Refill Request:

(405) 964-2081 press 6 or dial ext. 256 for the pharmacy refill line.

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

Please Allow a 48-hour turnaround time to process refills (this does not include weekends or holidays).

IMPORTANT NOTICE

All CONTROLLED medications require a valid identification for pick-up. These include: current driver's license, state issued ID, passport, or military ID.



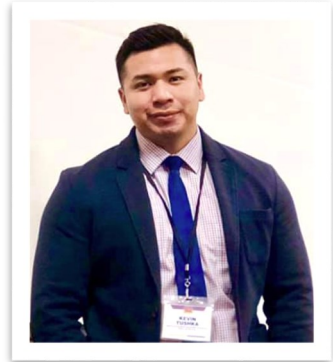
CBD PRODUCTS

MSRP Pricing

Oil		Capsule		Topical	
500mg Oil Trial 10ml	\$ 20.00	Silver Capsules 30ct	\$ 69.95	Hemp Balm Trial	\$ 12.95
1000mg Oil Trial 10ml	\$ 30.00	Gold Capsules 30ct	\$ 129.95	Hemp Balm 2oz	\$ 49.95
Silver Oil Trial 10ml	\$ 15.00	New! Endocell am 30ct	\$ 59.95	Phyto Patch	\$ 19.95
Gold Oil Trial 10ml	\$ 30.00	New! Endocell pm 30ct	\$ 59.95	Body Lotion	\$ 59.95
Emerald Oil Trial 10ml	\$ 60.00	New! Clarity & Focus	\$ 69.95	Lip Balm	\$ 7.95
500mg Oil 60ml	\$ 69.95			New! Face Serum	\$ 34.95
1000mg Oil 60ml	\$ 129.95				
Silver Oil 60ml	\$ 79.95				
Gold Oil 60ml	\$ 149.00				
Emerald Oil 60ml	\$ 299.00				
		Drink			
		Quantum Water	\$ 5.00		

Diabetes

Join us in welcoming Kevin Tushka (Choctaw), Health Promotion and Disease Prevention Programs/Fitness Specialist, for KTHC. He currently facilitates & guides adolescents and adults through programs to expand health hazards awareness & preventative methods through physical exercise and guided education. Kevin is a U.S. Army veteran (Airborne) of two foreign wars with nearly 15 years of experience in the health & fitness field as an Army physical readiness trainer, nutritionist, competition coach, & certified personal trainer. Kevin's personal objectives are to help tribal members accomplish wellness goals, prevent metabolic diseases, assist in setting youth on healthy courses, & to help elders become more independently mobile. If you did not have a chance to meet him at the Elder Ringer Classic, you can see him at the Elders Physical Fitness Activity on Wed. Oct. 23rd at 11:00 at the Kickapoo Nutrition Building or the HAWK Walk on Sat., Nov. 2nd.



Have you had your Diabetes Check-Up lately? We encourage you to check-up on your HEALTH, we are happy to help answer any questions. We see patients here from Diabetic Foot Care, Healthy Nutrition, to Physical Activity, and much more! We have wellness activities continually and can also schedule you in with individual sessions. See our schedule posted on page 7. Questions call us at (405)964-2081 x288.

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media@okkthc.com. Visit us online



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www.okkthc.com



KICKAPOO TRIBAL HEALTH CENTER

TALKING CIRCLE

A Wellbriety Approach to Healing for Survivors of Homicide with KTHC's Case Manager, Christine McKinney.

Tuesday, Oct 22nd 6 - 7 PM
KTHC Behavioral Health Bldg.
105365 S Hwy 102
McCloud, OK. 74851

Anyone who is a survivor of homicide is welcome to attend an open talking circle.

KICKAPOO TRIBAL HEALTH CENTER

we're hiring!

contact us today

405 964 2081 x352
okkthc.com/careers

All Nations Fitness Center



Yoga can be viewed as reliable and safe form of complementary and alternative medicine, promotes healing, and helping connect ones mind and spirit; a holistic approach to therapy.

Classes are every Monday from 12:05 – 12:50 & every other Wednesday from 5:45 – 6:45. If you have questions, call ANF at (405)964-2616.

Yoga, A Holistic Approach to Healing

What's NEW! MASSAGE CHAIR

Check the all-new 2019 RELAXONCHAIR MK-V Full Body SHIATSU Message Chair. You can enjoy a professional full body massage zero gravity with an automatic body scan, a long L-track, nine preset Auto program, and manual massage functions! Cost is \$5 for 10 min. and \$3 for 5 min.



We have classes DAILY and your first visit is FREE. We invite you to come visit! We have caring instructors who will be happy to help you!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YOGA w/Candi 12:05 – 12:50 p	R.I.P.P.E.D. <i>low impact</i> w/Lisa 12:00 – 12:40 p	Stretch & Tone w/Mark 10:30-11:30 a	R.I.P.P.E.D. <i>low impact</i> w/Lisa 12:00 – 12:40 p	ZUMBA w/Candi 12:05 – 12:50 p	ZUMBA w/Candi 10:00 - 11:00 a
ZUMBA w/Candi 5:45 – 6:45 p	Stretch & Tone w/Mark 5:45 – 6:45 a	YOGA w/Candi Every other week 5:45 – 6:45 p	Stretch & Tone w/Mark 5:45 – 6:45 a	Hours of Operation	
				Monday-Friday	5:30 am – 9:00 pm
				Saturday	7:00 am – 3:00 pm

October 2019

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

November 2019

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

December 2019

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

October 2019 – Breast Cancer Awareness

October 14th Clinic Closed Indigenous Day

October 17th Wear PINK for Breast Cancer Awareness

18th Blood Drive 9 am – 1:30 pm

18th Health Fair 10 am – 2 pm

22nd P.R.I.D.E. Diabetes Self-Management Class Session 4 (Group) 9 am and 2 pm

22nd Talking Circle 6 pm – 7 pm @ Behavioral Health Building

23rd Physical Fitness Activity w/Elders 11:00 @ Nutrition

November 2019 – Diabetes Awareness

2nd H.A.W.K Walk 10 am – Noon @ Kickapoo Trails

5th P.R.I.D.E. Diabetes Self-Management Class Session 1 (Group) 9:00 only

November 11th Clinic Closed for Veterans Day

21st DASHing to Stop Hypertension group education & cooking class 1:30 pm – 4:00 pm (Must be a KTHC patient w/ diagnosis of HTN.)

26th P.R.I.D.E. Diabetes Self-Management Class Session 4 (Group) 9 am only

November 28th & 29th Clinic Closed for Thanksgiving

December 2019

*There will be no Diabetes group classes in the month of December due to the holidays. Individual sessions may still be scheduled.

December 24th & 25th Clinic Closed for Christmas



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

Kickapoo Tribal Health Center
PO Box 1360
McLoud, OK 74851