



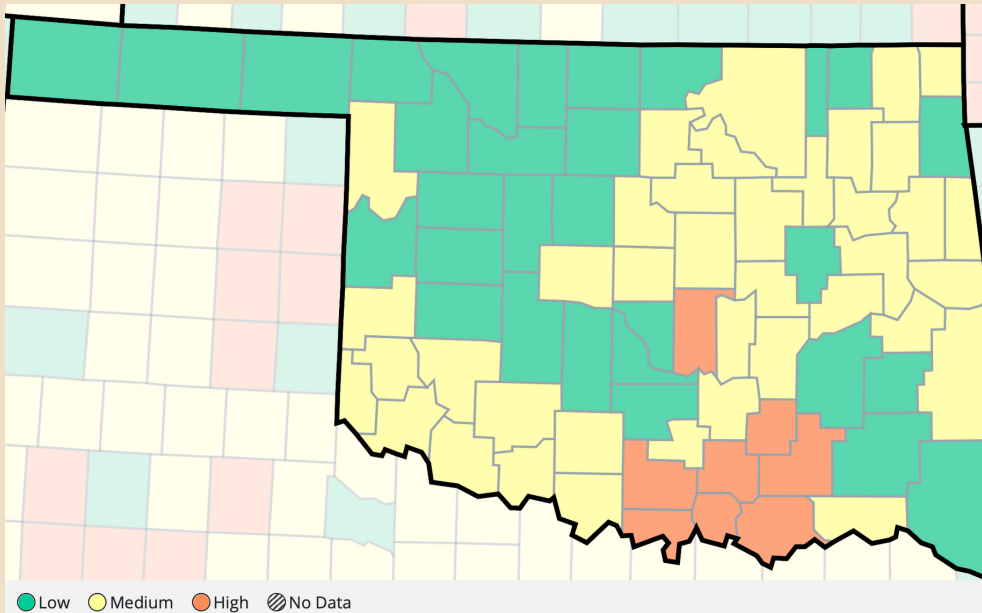
HEALTHY NEWS A CHI MO NI

Dedicated to Sharing Health News & Information

KTHC's mission is to provide access to quality healthcare to the Native Americans living in our tribal community. In partnership, we will help each person achieve their best physical, mental, social, & spiritual health, thereby increasing longevity & wellness.

2023 IS HERE AND SO IS COVID...STILL 🙄

The new year is here, and so is COVID along with RSV (respiratory syncytial virus) and Flu. As we come back from the holidays, the risk of contracting any the viruses if not all three is a higher possibility due to all the gathering and traveling. According to CNBC News, the Flu and RSV cases are on a downward trend, but COVID cases are now on the rise. Continue on page 2 COVID



According to CDC: Time Period: COVID-19 Community Levels were calculated on Thu Jan 05 2023. New COVID-19 cases per 100,000 population (weekly total) are calculated using data from Thu Dec 29 2022 - Wed Jan 04 2023. New COVID-19 admissions per 100,000 population (7-day total) and Percent of inpatient beds occupied by COVID-19 patients (7-day average) are calculated using data from Wed Dec 28 2022 - Tue Jan 03 2023.

JANUARY 2023

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Contact us:

105365 S. Hwy 102
PO Box 1059
McLoud, OK 74851
(405)964-2081

Open Mon - Fri 7:30am -
5pm

KTHC
Web Page



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COVID

Reported by KFOR News, health leaders in the Sooner State say hospitalizations related to COVID-19 continue to rise. On Thursday, data from the Oklahoma State Department of Health shows that the state has had 1,255,673 confirmed cases of COVID-19 since March of 2020. That's an overall increase of 5,660 cases from last week's numbers. At this point, officials believe there are 9,162 active cases of COVID-19 in Oklahoma. According to the Centers for Disease Control and Prevention, Oklahoma has seen 17,443 deaths, which is an increase of 31 deaths from last week's data. Officials say there were 405 Oklahomans hospitalized with COVID-19 on average over the past three days. Authorities also noted that there were 28 pediatric hospitalizations for COVID-19 included in that number.

The best practices for your protection against COVID is still recommended that you wear a mask, especially in crowded and poor ventilated places, wash your hands, getting vaccinated, or your booster shot.

2022 KTHC Employee Award Winners



DIRECTOR OF THE YEAR
SHIRYL MCCOY

EMPLOYEE OF THE YEAR
JUNE FISH

Additional News:

- Clinic will close for Martin Luther King Day, January 16, 2023
- Clinic will close half a day, 12:00pm-5:00pm on Wednesday, January 25, 2023
- February is National Children's Dental Health Month

2022 KTHC Employee Award Winners



TEAM PLAYER OF THE YEAR
LISA DUELLO

EXCELLENT ATTENDANCE
GABRIELLA SMITH



JANUARY ANNIVERSARY

Marilyn Jimenez(3yrs)
Susan Stacy
David Mitchell
Tara Munford
Jennifer Griffith(5yrs)

Amanda Lynch
June Fish

JANUARY BIRTHDAYS

Jesse Brogden
Loures Ellison
Christopher Lewis
Jason Green
Sean Horse

Micah McDaniel
Phillip Peacore
Alesia Rivers
Mark Banta
Cheri Deer
Cara Mckendrick

Darrell Rice
Sylvia Eppihimer
Stevie Garza
Michele Ray



WELCOME ABOARD

NEW KTHC TEAM MEMBERS!!

Christie Bates–Behavioral Health
Patient Registration



Amanda Arneyz–Patient Registration



Healthy Recipes: Tangy Apricot-Glazed Pork Tenderloin

Cooking Instructions

MAKES: 4 SERVINGS **SERVING SIZE:** 1/4 CUP

PREP TIME: 5 MINUTES

1 lb pork tenderloin

1/2 cup light sugar-free apricot preserves

1/4 cup apple cider vinegar

1/2 tablespoon dried sage

1/2 tablespoon dried basil

1/2 tablespoon dried thyme

2 garlic cloves, minced

1/2 teaspoon salt

1/2 teaspoon ground black pepper

1. Preheat oven to 350 degrees. Trim tenderloin of all visible fat. Set aside

2. In small saucepan, combine preserves, vinegar, herbs, and garlic over medium heat. Simmer for 3 minutes to make a glaze.

3. Season all sides of the tenderloin with salt and pepper. Place tenderloin in a shallow baking dish.

4. Coat tenderloin with apricot glaze and bake for 30 minutes or until pork is done.

we're hiring!



contact us today

(405)964-2081x352

www.okkthc.com/careers

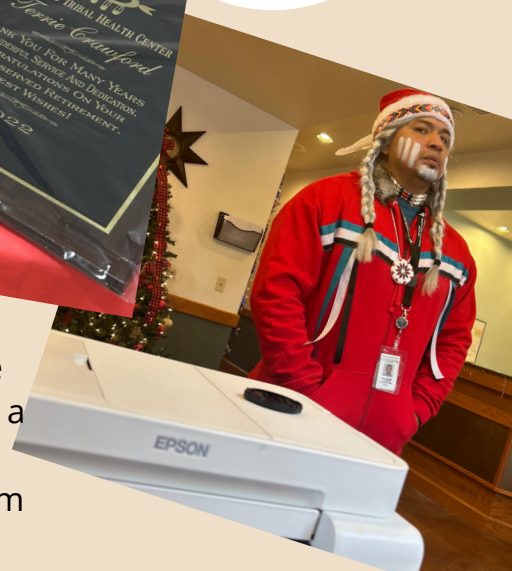


- HIM Director
- Executive Assistant
- Licensed Practical Nurse
- Case Manager (Behavioral Health)
- Mental Health Clinician
- Credentialing Coordinator
- Computer Technician
- Scanning Technician
- Family Practice Physician
- Pharmacy Billing Technician
- Family Practice Physician Assistant
- Maintenance Technician

Past Events



If you think your picture was taken and would like a copy, please contact:
Brent.Shields@okkthc.com
Thank you!



UPCOMING events



**TALKING CIRCLES
FACE TO FACE**

**NEW BEGINNINGS
BEHAVIORAL HEALTH**

With a Common bond:
Caregivers raising
grandchildren/children

First Monday of the month:
6:00pm-7:00pm

Please feel free to join our in
person group session.

**MONTHLY MEETING
OPEN TO THE
PUBLIC**

Contact Susan M. Stacy
MSW, Kickapoo Tribal
Health Clinic
susan.stacy@okkthc.com
(405)988-2071

**NEW BEGINNINGS
CONFERENCE
ROOM**




OKKTHC.COM

- Advisory Meeting on Thursday Jan.26
@ 12:00PM, at First United Bank, 2675
N Harrison St, Shawnee, OK 74804

**WOMEN'S
WELLBRIETY**




Women in recovery seeking to find balance,
and taking their place in family & community.

FACILITATED BY: SUSAN STACY, MSW, C-PRSS, LMSW Candidate

**IN-PERSON WELLBRIETY
MEETINGS**

Beginning weekly every
Thursday:
3:00pm - 4:00pm

@
**KICKAPOO TRIBAL HEALTH CENTER
(NEW BEGINNINGS BUILDING)**

Contact Info: Susan Stacy at (405)964-2618
or
susan.stacy@okkthc.com

MEN'S WELLBRIETY




Men in recovery seeking to find balance,
and taking their place in family & community.

FACILITATED BY: SUSAN STACY, MSW, C-PRSS, LMSW Candidate

**IN-PERSON WELLBRIETY
MEETINGS**

Beginning weekly every Wednesday:
3:00pm - 4:00pm

@
**KICKAPOO TRIBAL HEALTH CENTER
(NEW BEGINNINGS BUILDING)**

Contact Info: Susan Stacy at (405)964-2618
or
susan.stacy@okkthc.com

KEPIICHIHI (THANK YOU)