



Connections

Eastern Band of Cherokee Indian's
Health and Medical Division

Volume 5

January 26, 2004

The mission of the Eastern Band of Cherokee Indian's Health and Medical Division is to assist tribal members in achieving and maintaining their desired quality of life, by providing an exceptional, community focused health system and to serve as good stewards of tribal resources entrusted to us.



Frances Hess and her Health Occupations Class at Cherokee High School. Students will begin rotations at Cherokee Indian Hospital and other health agencies in the area this semester. Here stands our future health professionals!!

WE WANT TO KNOW?

Have your employees received a copy of their position description for 2004?

Send your replies by email to jodiadam@nc-chokeee.com or to summlloss@nc-chokeee.com or if you would like to submit anonymously through the mail.

UP AND COMING

January	27	CIHA Governing Board
	28	Health Board
February	1-5	USET IMPACT Week, Washington
	3	CIHA Department Head Meeting
	16	President's Day
	17	2004 Quality Assessments due. (the 8 month version)
March	9-10	FY-2005 Program Planning
	16	HMD Manager Meeting

Frequently Asked Questions

Question: Whatever happened to the EBCI Personnel Policy changes?

Answer: The manual was put on hold to include the new performance evaluation changes made by Gallagher Burgess. It was recently reviewed by the committee and should go to Tribal Council for approval in the February or March session.

HMD NEWS

ADMINISTRATION

- Thank you Trina and Sheena for the most excellent job you did in cleaning the kitchen at HMD!

From Karen Kennedy Accounting Director:

- Did you know there is another way to access your e-mail, calendar, etc, if Outlook is down? Go to <http://webmail.nc-chokeee.com/> on the Internet, and enter your sign on and password, like you would when you sign on your computer. Please be sure to Log Out, when finished, for security purposes.

BEHAVIORAL HEALTH

We would like to welcome Brandi Bradley, WCU Clinical Psychology Graduate Program Intern. Ms. Bradley is from the Birdtown community. She is completing her second year of the WCU Master's degree program. She will be in the office full-time for six months. She completed her graduate Testing Practicum with us last year. Welcome back Brandi!

CHEROKEE CHOICES

THE KID WELLNESS PROGRAM

By Tara McCoy

The Kid Wellness Program, sponsored and provided by Cherokee Choices, is a unique after-school program offering an assortment of exercise classes led by certified AFAA (Aerobic and Fitness Association of America) instructors, Ellen Crowe and Tara McCoy, with Matt Hollifield assisting.

The target population is youth in grades 4th through 6th grade with an emphasis placed on kids who are at risk for being/becoming overweight, and developing high cholesterol and/or diabetes.

The classes are offered on Tuesdays and Thursdays (February-April) at the Cherokee Youth Center from 4:00-4:30 p.m.

The activity plan includes:

- Tuesday-the classes will focus on muscle toning, sculpting and circuit training. The kids will be taught how to safely use free weights and identify primary muscles associated with specific exercise. They will also be taught how to set up a safe and effective weight lifting schedule. Circuit training instruction will alternate with toning and sculpting class. Circuit training involves rotating the kids through a series of small exercise stations that target certain muscles using an individual's own body weight for resistance, i.e: push-ups, sit-ups, lunges and squats. Each child participates at each station for one minute with a 20-second rest in between.
- Thursday-the classes will focus on cardiopulmonary workout, with exercises designed to reduce the risks of heart and respiratory diseases. Classes will include activities such as: steps, floor aerobics, walking and biking.

Although, our time frame is short (30 minutes), our main goal is to introduce the kids to different types of exercise, instruct them on proper technique, and provide a short workout.

I feel this is important not only because it teaches them proper technique, but lets them experience a variety of different exercise in addition to walking or running. And, it gives the kids a chance to ask questions that relate to health and fitness.

CHEROKEE COUNTY CLINIC
CHEROKEE PHARMACY

CHILDREN'S DENTAL

- Dental activities were provided to Kindergarten, First and Second Grade.



- Exams were provided to new children at Dora Reed Center, thank you to Dr. Weeden and Mary Johnson for helping.
- February is National Children's Dental Health Month and on February 6 we will be joining the CIHA Dental Clinic to provide access to dental care to children that have not been able to receive care for one reason or another, on this day parents can have their child seen for routine dental care. If you know of a child that needs care; have parents call the dental clinic now for a time to come in on Friday February 6.

This is my 2nd work anniversary with the Children's Dental Program and I would like to say it is a joy to work with the Health & Medical Division and a bigger joy to get to work with all those children.

COMMUNITY HEALTH
(CSC, MCC, Health Check, CHN, CHR)
DIABETES

HEALTHY CHEROKEE and INJURY PREVENTION



Meet Thomas. He's the newest member of our team. Emergency Management bought him for us to teach 911 education to our youth. Thomas is very versatile we are going to use him for various health and safety issues. He rides his bicycle all by himself and he'll talk or sing to you as well. We are very excited to have Thomas and we can't wait to share him with the children! We would like to give special thanks to Mollie Grant at Emergency Management.

HOME HEALTH
MEDICAL ACCOUNTING

**MEDICAL COMPLIANCE
QUALLA YOUTH HEALTH CENTER
(ELEMENTARY SCHOOL NURSE, HEALTH OCCUPATIONS, HIGH SCHOOL NURSE)**

**RECOVERY SERVICES CENTER
(RECOVERY COMMUNITY SUPPORT)**

- Native American Men In Recovery Support Group: Medicine Wheel/12 Steps, Facilitated By Lance Howe & Sid Davis, Will Meet At The Methodist Church In Soco Every Tuesday From 6pm-8pm Starting January 27, 2004
- Native American Women In Recovery Support Group: Medicine Wheel/12 Steps, Facilitated By Sue McNeil, Will Meet At The Methodist Church In Soco Every Tuesday From 6pm-8pm Starting January 27, 2004
- AYeGa is hosting a Valentine's Day Dinner & Dance on Saturday, February 14, 2004. This is a sober dance and everyone is welcome! The Dinner & Dance will be held at the Great Smokey's Convention Center beside Cherokee High School. Dinner, catered by Lil' Harvey's, is at 7pm and the dance will begin at 8pm. Music and lights are being provided by Carolina Music Service. The occasion is dressy-casual. Admission is FREE, no one under 16 without an adult. We look forward to seeing everyone there!
- Do we have groups! But some of them are changing locations and days so check the following list:
 - DWI Program meets in AYeGa Group Room on Mondays from 6-8 pm.
 - AYeGa Women's Group stays the same, Tuesdays from 6-7 in their Group Room
 - 2 Steps and Medicine Wheel Men and Women's Groups will be meeting at Mission Methodist from 6-7 pm on Tuesdays
 - RSC Sobriety Maintenance Group and AA will start meeting at Our Lady of Guadalupe Catholic Church (behind McDonalds on 441N) on February 4, 2004 (Wednesdays) from 7-8 and 8-9 pm.
 - Walkingstick Shelter's Women's Group meets at that site on Wednesdays from 6-7pm and Dr. Marie Wilke works with the children while Peggy Bell facilitates the women's group.
- Debbie goes to the CHS on Thursdays and Gordon goes to the jails on Mondays and Fridays (Everybody goes home regular time on Fridays!)
- WELCOME TO OUR WORLD! Theresa Reed has started working at RSC/AYeGa as receptionist and are we ever lucky to get her! More about her at a later date.
- FUTURE EVENTS: Susan and Peggy are going out to the wild, wild West! Someone (???) will be going to the RPMS Training in March.
Keep you posted! Peggy Lou Bell

**SUPPLEMENTAL HEALTH INSURANCE
THIRD PARTY BILLING
TRIBAL CONTRACT HEALTH SERVICES
URGENT CARE**

WELLNESS CENTER

New Employees at Ginger Lynn Welch Wellness Center



Please welcome Susie Jones, Member Services Coordinator. Susie will be responsible for developing and maintaining membership accounts as well as billing. She will also be responsible for preparing daily, weekly, and monthly financial reports.



Please welcome Kimsey Taylor, Fitness Assistant. Kimsey will be responsible for assisting members with basic fitness information, monitoring the facility, maintaining the equipment and swimming pool.

WIC

- The WIC staff sends lots and lots good wishes and prayers to our wonderful volunteer, Diane Holtzlohner, as she gets ready to have knee surgery on Jan. 29. She will be staying at the hospital for 2 weeks on the rehabilitation floor so she can get physical therapy twice daily. If you'd like to send her a card, contact the WIC office for an address & room #. Please keep her in your thoughts.
- Happy Birthday to Julie on Jan. 25.
- Teresa will be on travel the rest of the week.
- HHS issued a report on 3 October charting gains in American's health, though diabetes remains a growing concern.

WOMEN'S WELLNESS

We are ringing in the New Year with renewed commitment to increase health awareness among the women of the Qualla Boundary. January is Cervical Health Month.

In 2003, the American Cancer Society estimated approximately 400 new cases of uterine and cervical cancers in the state of North Carolina. Fortunately, the incidence of this disease is diminished, due largely to the use of the Pap test screening. A Pap test is quick, simple and can detect cancer cells or other changes in and around the cervix. Cervical cancer may be prevented by finding a change in the cervix before it

becomes cancer. Precancerous changes of the cervix usually do not cause pain. Cervical cancer needs to be found early, when it is most easily treatable. We encourage all women to get regular Pap tests. The CWWC offers breast and cervical cancer screenings to our local community. Please make this a healthy New Year and schedule an appointment today. Our new office number is 497-8151.

WOUND CARE

CHEROKEE INDIAN HOSPITAL NEWS

EBCI NEWS

REPORTS

HMD MANAGER'S
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CIH DEPARTMENT HEAD

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