



# Connections

Eastern Band of Cherokee Indian's  
Health and Medical Division

Volume 5

March 22, 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.

## HMD NEWS

### ADMINISTRATION



From Dr. Ann Bullock: Dr. Greg Caputo, a Professor at Penn State University and an expert in the care of diabetes and lower extremity wounds spent 3 days in Cherokee learning about our diabetes programs and providing in-services to clinical staff. He was extremely impressed by the people and programs he saw here and we are working to establish an ongoing collaboration with Dr. Caputo. Thanks to all of the HMD and hospital staff who made his visit so productive!





**BEHAVIORAL HEALTH**

Our condolences to Cathey Harrison & Andrea Crisp. Our thoughts & prayers are with you.

**CHEROKEE CHOICES**

**Spring 2004 Health Challenge Kickoff!!!**

February 13, 2004 marked the official kickoff of this spring’s Health Challenge provided by Cherokee Choices! We have 8 teams participating in the challenge this year, including the defending champions Fire and Rescue and the 7 teams hoping to topple the kings: EMS, Recovery Services, Community Health, Cherokee Choices, Finance, Health and Medical and Transit. The kickoff provided the opportunity for the teams to meet each other, and receive their signature team tee-shirts! Everyone had a great time hamming it up for the camera, eating good food, and antagonizing the opposing teams. The Nutrition and Fitness department of Cherokee Choices (Robin, Laura, and Tinker) is looking forward to working with this great group of teams in the upcoming months.

**CHEROKEE COUNTY CLINIC**

**CHEROKEE PHARMACY**

**CHILDREN’S DENTAL**

- Dental Screenings were provided for the First Grade at Cherokee Elementary. Thanks to Veronica for helping the screenings go smoothly.



- Dental Education and activities were presented to : Kindergarten, First and Second Grades



Topics covered were “Visit to the Dentist” the children were able to touch, feel and try on dental items. This will make future visits not so “scary”, since they have become familiar with items they will see while visiting the dentist, they also learned the names of some of the things the dentist uses when they go for a check up. The other topic was “Parts of a tooth” this activity included learning what’s inside a tooth and the names, the children made their own tooth showing the different parts inside. They all seemed to enjoy these activities.

- I joined Sherry Crowe at the Middle School for a Tobacco Prevention activity. Cancer Screenings were provided to the students on a voluntary basis. I found healthy mouths on the ones that were screened. Instructions for self examinations were also given.



## COMMUNITY HEALTH

(CSC, MCC, Health Check, CHN, CHR)

**ATTENTION!!! ARE YOU CARING FOR SOMEONE AND NEED A BREAK?? COME TO OUR MEETING ON APRIL 6, AND LEARN MORE!!**

Cherokee Community Health is currently in the process of establishing a Respite Program for residents of the Qualla Boundary who care for someone that is disabled.

You may ask yourself, what does Respite mean? Respite means providing short term, intermediate care for family members or others who care for someone that is chronically ill or disabled. In other words, it offers a break from the stresses of caring for someone who needs help fulltime. You may also ask, what is a Caregiver? A Caregiver helps or provides care for others. Caregivers can be mothers, fathers, sisters, brothers, grandparents, friends and others. Caregivers often have more than one person to care for. Caregivers may hold a full-time job as well as having the responsibility of caring for their family and someone else. Those who are caregivers can get stressed out at times and begin to forget to take care of themselves.

The Respite Program is being established to assist caregivers. The Program will include classes on providing personal care, assistance with some supplies such as gloves and diapers, support for caregivers and assistance with caring for the persons who needs assistance.

A meeting will be held on April 6, 2004 at the Health and Medical Building across the street from the Cablevision office. The purpose of the meeting is to give more information on the Program, times and dates of classes and information on forming a support group. The meeting will start at 5:30 pm and will last approximately 1 hour. So stop by if you think this describes your needs and find out more. Refreshments will be served. For more information please call Community Health at 497-6385 and speak to Janelle Littlejohn.

- In February, Community Health - Snowbird did a dental project with the Snowbird Youth Group. We covered several topics with the children on a weekly basis for the month of February and into the first two weeks of March. We covered the following topics with the children: How to properly brush your teeth; How to properly floss; Basic anatomy of teeth; How to prevent cavities; Good and bad foods for your teeth; and How to take better care of their teeth. For each session, we had anywhere between 18 and 25 children ranging from the ages of 5 to 12. With the aid of Tribal Dental Program, we were able to provide the children with toothbrushes, toothpaste and coloring books. For our final session for dental awareness, we are having a game between the children, which will be a trivia type game to see how much of the information they retained. We are planning to have the final session on March 16th at 3:45pm; we are hoping to get some donations in order to give a prize to the winning team.
- On March 9th, we did a in-service training with the Snowbird Senior Citizen's; the topic discussed was "How to prevent the spread of infection". We had 14 Seniors attended this in-service training.

We would also like to congratulate Reba Rattler for completing her first year of service with the Community Health Program - Snowbird on March 4th.

## **DIABETES**

**WELLBRIETY: AN AMERICAN WORD THAT EXPLAINS THE NATIVE TRADITION OF LIVING IN MENTAL-PHYSICAL-SPIRITUAL-EMOTIONAL BALANCE .**

**WHEN:** Every Wednesday at 6:00 p.m.

**WHERE:** Cherokee Diabetes Program Lobby

**WHO:** Members of the community who are interested in traditional ways of thinking about health and life.

**WHY:** Support for making positive changes to your life.

The White Bison system of group support is based on teachings of traditional elders from many indigenous tribes. It was originally developed for persons recovering from substance addiction who wanted to learn about living a more productive life, but serves as a way for ANYONE to become healthier and happier. These teachings use circle wisdom or medicine wheel wisdom as a way to understand where we are in life. They give us a pattern to solve problems, help us change behavior in ourselves that we do not like, and leads us to live a more positive and peaceful way.

**If you are interested or would like more information, please call Beverly at 497-1999.**

## **HEALTHY CHEROKEE and INJURY PREVENTION**

On Thursday March 11<sup>th</sup> Healthy Cherokee Injury Prevention along with the Cherokee Fire Department visited the entire first grade. Our subjects were Safe Homes and Encephalitis Awareness. We talked about things we should stay away from in our houses such as medicines and razors in the bathroom, the stove, oven, cooking food, and knives in the kitchen, and blind cords in our living rooms and bed rooms. The Fire Department spoke to the children about what to do in case of a house fire and they also brought a short video for them to watch. Next we talked about the Tree Hole Mosquito. We talked about where they liked to live and why the mommy mosquito bites you (for her baby mosquitoes), we also talked about places the Tree Hole Mosquito could live around their houses for example in old tires, dirty pet water, trash that is in the yard, or even just standing water in the yard. All students received coloring pages and a coloring book, a junior fire fighter badge, a lollipop, and their teachers received pencils to use when the children need one. We had a great time and we can't wait to go back 😊

### March 2004

Drivers Using Seatbelt: 64%

Passengers Using Seatbelt: 60%

*\*There has been a 1% decrease from March 2003 for Drivers Using and an 8% increase from March 2003 for Passengers Using\**

### Hand Washing Held at the Snowbird Youth Center

One Tuesday 3/16, Sherry Crowe and Michelle McCoy from Healthy Cherokee/Injury Prevention traveled to the Snowbird Youth Center to teach the children about Good Hand Washing habits. The children had a great time using the germ lotion then getting to see their germs under the germ light. Each child received a "Let's Be Germ Buster" coloring book and crayons.



### National Poison Prevention Week

This week is National Poison Prevention Week. We will be doing several classes this week with Cherokee Elementary and High school. Parents please read these poison prevention tips complements of the National SAFE KIDS Campaign to keep your kids safe from accidental poisonings.

- Keep poisonous products locked out of reach.
- Know which household products are poisonous.
- Stay alert while using poisonous household products.
- Never refer to medicine or vitamins as candy.
- Throw away old medicines and other potential poisons.

- Beware of certain cosmetics and personal products.
- Keep products in original containers.
- Buy child-resistant packaging.
- Keep poisonous plants out of reach.
- Install carbon monoxide detectors in the home.
- If your home was built before 1978, have it tested for lead-based paint.
- Teach grandparents and relatives to take precautions.

If a poisoning does occur:

- Be prepared. The American academy of Pediatrics now recommends that ipecac syrup no longer be used routinely as a home treatment strategy.
- Call for help. Do not give the child anything to treat the poison until you have consulted a poison control center or health care professional. Vomiting can often aggravate the poisoning and cause even greater long-term damage.
- Rinse skin with water.
- Flush eyes with water.

## **HOME HEALTH**

Thanks to Mr. Mills for arranging for the purchase of the new Trackers. We love them!

## **MEDICAL ACCOUNTING**

## **MEDICAL COMPLIANCE**

Medical Provider meeting for all Doctors and Mid-Levels of HMD. On Wednesday March 31st from 10:00am till 12:00pm. Meeting will be held in the HMD Conference Room.

Any questions please contact Teri or Dr. Bullock

## **QUALLA YOUTH HEALTH CENTER**

(ELEMENTARY SCHOOL NURSE, HEALTH OCCUPATIONS, HIGH SCHOOL NURSE)

## **RECOVERY SERVICES CENTER**

(RECOVERY COMMUNITY SUPPORT)

AYeGa hosts the following support groups for the recovery community:

- NATIVE AMERICAN WOMEN IN RECOVERY MEDICINE WHEEL/12 STEP  
EVERY TUESDAY EVENING FROM 6:00PM ~ 8:00PM AT THE METHODIST CHURCH IN SOCO

- NATIVE AMERICAN MEN IN RECOVERY MEDICINE WHEEL/12  
STEP

EVERY TUESDAY EVENING FROM 6:00PM ~ 8:00PM AT THE METHODIST CHURCH IN SOCO

- NATIVE AMERICAN WOMEN IN RECOVERY SUPPORT  
GROUP

EVERY TUESDAY EVENING FROM 6:00PM ~ 7:00PM AT TSALI CARE CENTER (BIRDTOWN)

These are open meetings. All recovery community members are welcome to attend! If you have any questions, contact Keahana Lambert at 497-6979.

## **SUPPLEMENTAL HEALTH INSURANCE**

## **THIRD PARTY BILLING**

**TRIBAL CONTRACT HEALTH SERVICES  
URGENT CARE  
WELLNESS CENTER**

**WIC**

This March, the American Dietetic Association reminds us that eating smart is a great way to stay healthy. This year's National Nutrition Month® theme is "Eat Smart, Stay Healthy." The campaign is designed to focus attention on the importance of making wise food choices from an assortment of foods and staying active. There are local programs and agencies providing nutrition information and food assistance in and around Cherokee. The WIC staff would like to thank you and recognize all the great work and assistance you provide. Some of the folks that fall in to this area are (apologies to those of you not mentioned):

**WIC**

Cherokee Diabetes & Staff  
Cherokee Choices & Staff  
Tsali Manor & Staff  
Cherokee Central School System & Staff  
Food Distribution/Commodity Foods Staff  
Tribal Day Care & Staff  
Children and Family Services Food Pantry  
Age Link & Staff  
NC Extension Service/Cherokee Office Staff  
Snowbird Child Development & Staff  
Snowbird Food Pantry  
Methodist Church and Day Care Staff  
Nazarene Church  
Cherokee Youth Center & Staff  
Developmental Evaluation Center (DEC) & Staff  
Cherokee Indian Hospital Nutrition and Dietary Staff  
Food Stamp Program and Case Workers

The WIC staff survived the recent USDA visit and review. It was a great disappointment the federal staff decided to wrap things earlier than planned due to; they were a little scared of getting stranded. We were glad they made it back to Atlanta safe & sound. So far, no summary of their visit or any findings have been received.

Be on the look-out! Last month, s billboard was spotted on Soco Rd. going into Maggie Valley featuring check the new national WIC Ad Council campaign. The campaign slogan is "Your child has you. You have WIC!"

**WOMEN'S WELLNESS**

**WOUND CARE**

Happy Birthday to Bea Smith 3/22 and Peggy Bradley, 3/23. Also, welcome back Mary Beth.

## **CHEROKEE INDIAN HOSPITAL NEWS**

Another Successful Blood Drive

On March 12, 2004, the Cherokee Indian Hospital conducted another successful blood drive. We exceeded our goal 120%. With 54 persons presenting to donate blood, 48 productive units of blood was collected. Eight were first-time donors. Keep in mind that each of the units collected will save three lives. Once again, we have proven that Cherokee is a community minded population. Thank you for helping us make this blood drive so successful.

## EBCI NEWS

Open enrollment for the Tribal Employee's Association will be during the month of April. Attached are the By-Laws and a Membership Application. Membership dues are \$2.00 per pay period (\$1.00 goes to the Emergency Fund and \$1.00 goes to the Association). If you are interested in joining, please submit your application to Elnora Thompson in Finance by April 30, 2004. No applications will be accepted after that date.

Please post this announcement in your department so that those who do not receive e-mail will be



BYLAWS.doc

informed.



MEMBERSHIP  
APPLICATION.doc

## REPORTS

**HMD MANAGER'S  
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CIH DEPARTMENT HEAD**

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