



# Connections

Eastern Band of Cherokee Indian's  
Health and Medical Division

Volume 5

May 17, 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.

## A Check-Up From The Neck Up

By Zig Ziglar

Each of us has to take responsibility for our own personal development. A good way to do that is to periodically give yourself a check up from the neck up! This simple exercise will help you track your progress in personal development, and show you where you need to spend more time to make improvements.

Read each statement below and answer: "**Always/Yes,**" "**Often,**" "**Sometimes,**" or "**Never/No.**"

I make choices recognizing how they shape my future.

I work toward using my full potential.

I am willing to change.

I act with honesty and integrity.

I believe I have the necessary qualities for success within me.

I manage my attitude.

I associate with positive people.

I look for the good in other people.

I give sincere compliments.

I help others be more successful.

I take inventory of my positive qualities.

I find new ways to motivate myself.

I plan my activities.

I regularly set goals.

I believe goals are necessary.

I believe I can reach my goals.

I try to improve on yesterday.

I use my time wisely.

I learn from reading inspirational stories.

I am willing to do extra things at work.

I routinely read motivational material.

I consider criticism as feedback for consideration.

I take care of myself physically.

Congratulate yourself for each "Always/Yes" answer that you scored. And then make a plan to improve the areas that need more of your attention. Start with the "Never/No" answers and set goals to move those statements forward, at least into "Sometimes," if not "Often."

Use this exercise periodically throughout your career and life to continue tracking your progress. Over time, you will make improvements!

# “Moments of Excellence”

Attention, Attention, may we have your attention please.



The CIHA staff turns out to plant at their annual flower planting.  
Do you recognize them out of uniform?

## HMD NEWS

### ADMINISTRATION

Deputy Director: Susan Leadingfox

1. Professionalism
2. Budget Review
3. Excess Cell Phones
4. National “Do not Buy Gas” day

Accounting Director: Karen Kennedy

1. Pay scale/pay grade
2. Balanced Budget Report

Medical Director: Ann Bullock

1. QYHC
2. Women’s Wellness

Operations Director: Jody Adams

1. Changes to HMD Travel policy
2. New process for computers
3. All employee’s notices
4. Construction

**Compliance Coordinator: Teri Price**

1. HIPAA Training
2. Complistar

**BEHAVIORAL HEALTH  
CHEROKEE CHOICES  
CHEROKEE COUNTY CLINIC**

**CHEROKEE PHARMACY  
CHILDREN'S DENTAL**

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

Home Health would like to welcome Cathy Williams as our newest Staff RN. We are so glad that you decided to move to the mountains!

**DIABETES**

**HEALTHY CHEROKEE and  
INJURY PREVENTION**

**Parents- Help Keep Your Kids Tobacco Free**

- Kids who use tobacco may
  - Cough and have asthma attacks more often and develop respiratory problems leading to more sick days, more doctor bills, and poorer athletic performance.
  - Be more likely to use alcohol and other drugs such as cocaine and marijuana.
  - Become addicted to tobacco and find it extremely hard to quit.

Spit tobacco and cigars are not safe alternatives to cigarettes; low-tar and addictive-free cigarettes are not safe either.

Tobacco use is the single most preventable cause of death in the United States causing heart disease, cancers, and strokes.

## **NATIONAL SAFE KIDS WEEK**

*Sponsored by: The EBCI SAFE KIDS Coalition &, Healthy Cherokee Injury Prevention*

The week of May 3<sup>rd</sup> - 8<sup>th</sup> was National SAFE KIDS Week. The *EBCI SAFE KIDS Coalition* along with *Healthy Cherokee Injury Prevention* had a week full of fun for our youth. At the *Ginger Lynn Welch Wellness Center* we held nightly pool safety parties. Monday night was designated for children ages 6mos -3yrs, parents learned swim diaper awareness, the importance of sun block, and were also given basic swimming lessons by Rock Burgess.

On Tuesday and Wednesday children ages 4-9 were taught pool safety and sun block. Peanut Crowe was there and he taught our youngsters basic swimming skills. Thursday children ages 10-12 learned about pool safety and sun block awareness. The last pool party was for ages 13-18yrs old, they learned about the drowning rates for their age group and sun block. Participants also played age appropriate water games, had pizza, and enjoyed music from *The Sound of Music*.

Saturday was "Splash into Safety Day" on the Island. The day began with lunch donated by the *Cherokee Boy's Club*. Education sessions were held with the participants on various water and sun safety. In between education sessions participants played water games, enjoyed music from VIP Entertainment, and two blow-up bouncers from *Bill Grimsley's Magic*. Families enjoyed popcorn and cotton candy provided by *QHA Drug Prevention* and a snow cone from *Crowe's Sno to Go*.

Thank you to all of the volunteers and sponsors who helped us with out you this wouldn't be possible; *Gayle Guilford, Cindy Guilford, Don Guilford, Rock Burgess, Peanut Crowe, David Jumper, Patrick West, Gilli, Mary, David Smoker, Amanda Smoker, Jason Saunooke, Amanda Bradley, Amber Crowe, Ryan Crowe, Samantha Crowe, Candy Crowe, Hannah Calhoun, George Lambert with the Cherokee Fair Grounds, Cherokee Boys Club, Cherokee Parks & Recreation,*

*Vanessa Tiger, Pizza Inn, Ronnie Long, Lisa Taylor, Tribal EMS, Pete Taylor, Leman Bradley, Laura Johnson, Tommy Cabe, Austin Sampson, Tina Watty, Kimsey Taylor, and Beaver Grant*



**HOME HEALTH**

**MEDICAL ACCOUNTING**

**MEDICAL COMPLIANCE**

**QUALLA YOUTH HEALTH CENTER**

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

**RECOVERY SERVICES CENTER**

(RECOVERY COMMUNITY SUPPORT)

AYeGa has the Drop-In center readily available for community members who are interested in learning about addiction, recovery, life skills and family support. The Drop-In Center has a computer with internet access for those who need to do research, job hunts, résumé's, papers, etc... Stop on by for a peek...

**AYeGa Support Groups**

Tuesday 6pm – 7pm

Native American Women in Recovery Support Group at Tsali Care Center (Birdtown)

Tuesday 6pm – 8pm

Native American Women in Recovery Medicine Wheel / 12 Step Program at the Methodist Church in Soco

Native American Men in Recovery Medicine Wheel / 12 Step Program at the Methodist Church in Soco

**SUPPLEMENTAL HEALTH INSURANCE**

**THIRD PARTY BILLING**

**TRIBAL CONTRACT HEALTH SERVICES**

**URGENT CARE**

**WELLNESS CENTER**

**WIC**

The WIC staff wants to offer our deepest and sincerest thoughts and prayers to all the families of Tenilla Stamper. Her mom, Mary Maney, is taking a little time off work at WIC. We sure miss her and look forward to when she gets back!

Thanks to Brenda Cruz, Julie Maney, Denise Woollard and Teresa Bryant who set up a table at the annual Spring Screening. For most of the children who came through, a weight, height and

BMI were measured and graphed for the parent. Thanks also to the Head Start staff who provided some very good breakfast and lunch goodies.

A recent article published Britain's medical journal, "Lancet", draws a potential link between breastfeeding and a lower risk of heart disease. Here is a brief overview of the article and just one more compelling reason to give breastfeeding moms your loving support. Breastfeeding in infancy is likely to reduce the risk of atherosclerosis--and therefore cardiovascular disease--in adult life, according to the authors of a UK study. Atul Singhal and colleagues suggest that infant nutrition permanently affects the lipoprotein profile later in life, and specifically that breast milk feeding has a beneficial effect. In an accompanying Viewpoint article, two of the authors discuss their findings along with other relevant evidence, and propose a synthesis with major implications for public-health practice and future research.

WOMEN'S WELLNESS  
WOUND CARE

## CHEROKEE INDIAN HOSPITAL NEWS



**And the flower planting continues!**

## EBCI NEWS

EBCI Finance distributed a new travel and computer policy this week. Did you get a copy? If not let Loretta know.

## REPORTS

HMD MANAGER'S  
HEALTH BOARD  
CIH DEPARTMENT HEAD

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