



Connections

Eastern Band of Cherokee Indian's
Health and Medical Division

Volume 5

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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.

Making Failure Your Friend

By Dr. John C. Maxwell

Failure is either your friend or your enemy--and you choose which it is. If you play a dirge every time you fail, then failure will remain your enemy. But if you determine to learn from your failures, you actually benefit from them--and that makes failure your friend.

Anyone can make failure their friend by maintaining a teachable attitude and using a strategy for learning from their mistakes.

Ask the following questions every time you face adversity:

1. WHAT CAUSED THE FAILURE?

You won't learn all you can unless you're willing to find out what went wrong in the first place. Were you in a no-win situation? Is there a certain point when things broke down? Can you pinpoint one central mistake?

After his near death experience on Mount Everest, climber Beck Weathers admitted, "When you're up that far, you get high-altitude stupid."

2. WHAT SUCCESSES ARE CONTAINED IN THE FAILURE?

My friend Warren Wiersbe says, "A realist is an idealist who has gone through the fire and been purified. A skeptic is an idealist who has gone through the fire and been burned." Don't allow the fire of adversity to make you a skeptic. Allow it to purify you.

No matter what kind of adversity you experience, there is always a potential jewel of success contained in it. Sometimes it may be difficult to find. But you can discover it if you're willing to look for it.

3. WHAT CAN I LEARN FROM WHAT HAPPENED?

Unfortunately, many people react to adversity the same way Peanuts character Charlie Brown does in a comic strip I once read. Charlie is at the beach and has just finished building a beautiful sand castle. But as he stands back to admire his work, his masterpiece is pummeled by a huge wave. Staring at the smooth mound that had been his creation, he says, "There must be a lesson here, but I don't know what it is."

People that approach adversity like Charlie Brown become so consumed by the events that they miss the whole learning experience. But there is always a way to learn from adversity and mistakes. The key is to always maintain a teachable attitude and embrace the idea that Lord Byron once conveyed: "Adversity is the first path to truth."

4. WHO CAN HELP ME WITH THIS ISSUE?

Generally speaking, there are two kinds of learning: experience, which is gained from your own mistakes, and wisdom, which is learned from the mistakes of others. Admiral Hyman Rickover said, "All of us must become better informed. It is necessary for us to learn from others' mistakes. You will not live long enough to make them all yourself."

As much as possible, glean wisdom from the wise counsel of others. Seek advice, but make sure it's from someone

who has successfully handled mistakes or adversities.

5. WHERE DO I GO FROM HERE?

In their book EVERYONE'S A COACH, Don Shula and Ken Blanchard state, "**Learning is defined as a change in behavior. You haven't learned a thing until you can take action and use it.**"

Make a new commitment to learn something from every mistake or adverse experience in your life. The lessons are there for the learning. But failure won't reach out and teach you. You must be willing to make failure your friend by seizing the opportunity to learn.

From Dr. John C. Maxwell's free monthly e-newsletter Leadership Wired available at INJOY.com.

“Moments of Excellence”



Attention, Attention, may we have your attention please.

Congratulations to Dusty Bradley, Stu Bradley, Terri Burton, Cindy Chandler, Angie O'dear, and Katrina Taylor for clean orders by area in GEMS! Keep up the good work.



CIHA Ribbon cutting and Open House for the new ER and Administration area.

“A MOMENT OF EXCELLENCE”

WE WANT TO KNOW?

What are you doing this summer?

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

HMD NEWS

ADMINISTRATION

- ⇒ Dr. Ann Bullock presented a plenary session and 2 workshops at the IHS National Diabetes Program Regional Meetings in Seattle and Minneapolis in May. It was a great opportunity to let others in Indian Country know about our diabetes programs and expertise here in Cherokee. Lisa Wheeler, PA-C, the program manager for the Cherokee Diabetes Program, also attended the Minneapolis conference. Thanks to her and her staff for putting together a wonderful poster on our diabetes program which was on display at both conferences.
- ⇒ Also, be sure to see the latest edition of the Health for Native Life magazine put out by the IHS National Diabetes Program. At least half the issue features people and programs here in Cherokee—it's wonderful!

BEHAVIORAL HEALTH
CHEROKEE CHOICES
CHEROKEE COUNTY CLINIC
CHEROKEE PHARMACY

CHILDREN'S DENTAL



Children's Dental participated in the Casino Employee Health Fair- approximately 400 employees and their family members came by to visit the dental booth. A display for Smart Shopping for Good Dental Health was filled with different ways the consumer could save money by shopping for products that work and preventing dental costs by having regular dental visits and becoming more aware of their oral health. The booth was shared by the CHIA Dental Clinic with Dr. Weeden and Peggy Tessateskie representing them.

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

DIABETES

**HEALTHY CHEROKEE and
INJURY PREVENTION**

CLICK IT OR TICKET

It's that time again! Click it or Ticket runs May 24th- June 6th. During this time Healthy Cherokee Injury Prevention will be collaborating efforts with the Cherokee Police Department to perform random seat belt checks throughout the Boundary. Tickets will be issued if you or your child are not properly restrained in either a seat belt or car seat. Drive safely and remember to always wear your seat belt it could save your life.

HOME HEALTH

MEDICAL ACCOUNTING

MEDICAL COMPLIANCE

QUALLA YOUTH HEALTH CENTER

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

RECOVERY SERVICES CENTER

(RECOVERY COMMUNITY SUPPORT)

SUPPLEMENTAL HEALTH INSURANCE

THIRD PARTY BILLING

TRIBAL CONTRACT HEALTH SERVICES

URGENT CARE

WELLNESS CENTER



Please welcome the Ginger Lynn Wellness Center Staff!

Pictured: (Back Row) Susie Jones, Shonica Welch, Kristy Hornbuckle, Krystal Hicks, Amy Crowe, Oscar Sampson. (Front Row) Beaver Grant, Troy Crowe, Shannon Bark, Jo Don Owle.



OPENING SOON!!!

Ginger's Play Place is available to all parents who wish to come in and use the facility but have no babysitters or child care providers. There is a 2 hour time limit and the cost is \$2.00 an hour.

Hours of Operation Open Monday – Friday 7:00am to 7:00pm.

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.
- ⇒ All the moms at the WIC office are very proud of our children and send out lots and lots of congratulations to the following:
 - Matt Carey, son of Mary Maney, member of the 2004 graduating class of CHS and recipient of the ROTC award and Academic Achievement award;
 - Mary Maney, daughter of Julie Maney, 8th grade grad of SMES;
 - Alex Cruz, son of Brenda Cruz, recipient of the 2004 CHS award for “Strength and Conditioning Athlete of the Year” and “Physical Science”.
- ⇒ June 3 is National Hunger Awareness Day. Over 15 million children depend on school breakfast and lunch to get adequate food for their families. With summer vacation here, many of these children may not get enough to eat over the next couple of months. Many national hunger advocacy groups sponsor this annual event to bring attention to hunger issues faced by many Americans. It is estimated that 35 million people in this country struggle to get enough food to eat. Consider these four things you can do to speak up for hungry people:
 1. Learn about hunger issues in your community.
 2. Volunteer or donate to a local food pantry or food bank.
 3. Advocate for hungry people. Write a letter to candidates for president and Congress asking them to make solving hunger a top priority.
 4. Pray for hungry people.
- ⇒ The WIC staff deserve a big round of applause. For the 1st time in years, the preliminary caseload count for March 2004 was over 600!! That represents a lot of hard work and it is very much appreciated. Thanks and Good job, TB.
- ⇒ Best wishes to Teresa on her 13th anniversary with the EBCI WIC Program on June 3. My how time flies when you're having fun; thanks to the WIC girls (past and present) for giving me such a good group to work with!!

WOMEN’S WELLNESS

WOUND CARE

- Thanks to Judy Wade, Tina Taylor, Sis Cabe, and Peggy Bradley who participated in the Harrah's Cherokee Casino Employee and family health fair.
- Congratulations to Sis Cabe for being accepted into the Nurse Practitioner/Masters of Nursing Degree program at WCU. Good Luck!

CHEROKEE INDIAN HOSPITAL NEWS

EBCI NEWS

REPORTS

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