

**NU'ETA  
GREETINGS**  
MIHAPMAK  
HAMPE SHI'SH!

**HIDATSA  
GREETINGS**  
DOOSHA  
MAH-BI SAGITS!

**SAHNISH  
GREETINGS**  
GEED/NAWAH  
TUNAHE TIINI!

**HELLO, IT'S A GOOD DAY!**

**-DECEMBER 2012-**

*Amazing Peace: A Christmas Poem*  
By Maya Angelou

Thunder rumbles in the mountain passes  
And lightning rattles the eaves of our houses.  
Flood waters await us in our avenues.

Snow falls upon snow, falls upon snow to avalanche  
Over unprotected villages.  
The sky slips low and grey and threatening.

We question ourselves.  
What have we done to so affront nature?  
We worry God.  
Are you there? Are you there really?  
Does the covenant you made with us still hold?

Into this climate of fear and apprehension, Christmas enters,  
Streaming lights of joy, ringing bells of hope  
And singing carols of forgiveness high up in the bright air.  
The world is encouraged to come away from rancor,  
Come the way of friendship.

It is the Glad Season.  
Thunder ebbs to silence and lightning sleeps quietly in the  
corner.  
Flood waters recede into memory.  
Snow becomes a yielding cushion to aid us  
As we make our way to higher ground.

Hope is born again in the faces of children  
It rides on the shoulders of our aged as they walk into their  
sunset.  
Hope spreads around the earth. Brightening all things,  
Even hate which crouches breeding in dark corridors.

In our joy, we think we hear a whisper.  
At first it is too soft. Then only half heard.  
We listen carefully as it gathers strength.  
We hear a sweetness.  
The word is Peace.  
It is loud now. It is louder.  
Louder than the explosion of bombs.

We tremble at the sound. We are thrilled by its presence.  
It is what we have hungered for.  
Not just the absence of war. But, true Peace.  
A harmony of spirit, a comfort of courtesies.  
Security for our beloveds and their beloveds.

We clap hands and welcome the Peace of Christmas.  
We beckon this good season to wait a while with us.  
We, Baptist and Buddhist, Methodist and Muslim, say come.  
Peace.

Come and fill us and our world with your majesty.  
We, the Jew and the Jainist, the Catholic and the Confucian,  
implore you to stay awhile with us  
so we may learn by your shimmering light  
how to look beyond complexion and see community.

It is Christmas time, a halting of hate time.  
On this platform of peace, we can create a language  
to translate ourselves to ourselves and to each other.  
At this Holy Instant, we celebrate the Birth of Jesus Christ

Into the great religions of the world.  
We jubilate the precious advent of trust.  
We shout with glorious tongues the coming of hope.  
All the earth's tribes loosen their voices to celebrate the prom-  
ise of Peace.

We, Angels and Mortals, Believers and Nonbelievers,  
Look heavenward and speak the word aloud.  
Peace.

We look at our world and speak the word aloud.  
Peace.

We look at each other, then into ourselves,  
And we say without shyness or apology or hesitation:

Peace, My Brother.  
Peace, My Sister.  
Peace, My Soul

**Elbowoods Memorial  
Health Center**  
**MONTHLY EVENTS**

# December

SUN	MON	TUE	WED	THU	FRI	SAT
						1 World AIDS Day
2	3	4	5	6 Mandree WIC 11am-4pm	7	8
National Hand Washing Awareness Week						
9	10	11	12	13	14 Parshall WIC 9:30am-3pm	15
16	17	18 Twin Buttes WIC 10:30am-2pm	19 New Town WIC 5-7pm	20	21	22
23	24 Christmas Eve	25 Christmas Day	26	27	28	29
30	31 New Years Eve					

**Elbowoods Memorial  
Health Center  
MONTHLY EVENTS**

# January

SUN	MON	TUE	WED	THU	FRI	SAT
		1 New Years Day NO WORK	2	3 Mandaree WIC 9am-3pm	4	5
6	7	8	9	10	11 Parshall WIC 9am-3pm	12
National Folic Acid Awareness Week						
13	14	15 Twin Buttes WIC 10am-2pm	16 New Town WIC Main Office 5pm-7pm	17 White Shield WIC 9am-3pm	18	19
20	21 MLK Day NO WORK	22	23	24	25	26
27	28	29	30 Bone Marrow Drive at North Lights Building 4-7pm	31		

Cervical Health Awareness Month  
National Birth Defects Prevention Month  
National Glaucoma Awareness Month  
National Radon Action Month  
National Stalking Awareness Month  
Thyroid Awareness Month



# A Healthier Holiday Season

from the North Dakota Cancer Coalition  
“Planning for a cancer-free future”

## Foods that Fight Cancer

No single food or food component can protect you against cancer by itself. But strong evidence does show that a diet filled with a variety of plant foods, such as vegetables, fruits, whole grains and beans helps lower risk for many cancers. Try incorporating some of these cancer-fighting foods into your holiday recipes.

### FOODS CAN FIGHT CANCER BOTH DIRECTLY AND INDIRECTLY

In laboratory studies, many individual minerals, vitamins and phytochemicals demonstrate anti-cancer effects. Yet evidence suggests it is the synergy of compounds working together in the overall diet that offers the strongest cancer protection.

Carrying excess body fat increases the risk of seven cancers.

Vegetables and fruits are low in calories, which help us get to and stay a healthy weight.

Whole grains and beans are rich in fiber and moderate in calories, which also help in weight management efforts. That is why the American Institute for Cancer Research (AICR) recommends filling at least 2/3 of your plate with vegetables, fruit, whole grains and beans.



Research on foods that fight cancer—and that may also aid cancer survival—is ongoing and active. Here is a partial list of foods that have been linked to fighting cancer. Visit AICR’s website to learn what current science tells us about each food’s potential role in cancer protection: [www.aicr.org/foods-that-fight-cancer](http://www.aicr.org/foods-that-fight-cancer).

## Foods that Fight Cancer

### CURRENT:

- Berries
- Dark Green Leafy Vegetables
- Garlic
- Grapes and Grape Juice
- Green Tea
- Tomatoes
- Whole Grains

### RECENTLY UPDATED:

- Apples
- Blueberries
- Broccoli and Cruciferous Vegetables
- Cherries
- Cranberries
- Flaxseed
- Legumes (Dry Beans, Peas and Lentils)
- Soy
- Squash (winter)

Adapted from: [www.aicr.org/foods-that-fight-cancer](http://www.aicr.org/foods-that-fight-cancer)

## 5 Ways to Navigate the Holiday Party



You’ve been looking forward to the holiday parties for weeks, but now that the parties are here, you can’t help worrying about how you are going to deal with all of the delicious finger foods and deserts that are bound to be lurking around every corner. We’ve got the tips to keep you from packing on the pounds while you enjoy the holiday festivities.

### MAKE A BEE-LINE FOR THE FRUIT AND VEGGIES.

If you’ve arrived at the party with your stomach growling, start where it’s safe. Fill at least half of your plate with fresh fruits and vegetables before reaching for anything else.

**BEWARE OF HIDDEN CALORIES.** Those baked potato chips may not seem like such a bad idea, but if you’re dipping them into a regular onion dip, the fat and calories will add up quickly. Skip the heavy sauces, dips and dressings. Choose salsa or a vinegar-based dressings instead. Remember the skin on meat adds lots of unnecessary calories too, so be sure to remove it before digging in.

**CHOOSE COCKTAILS WISELY.** Skip the eggnog and sweet mixed drinks, and stick to light beer or wine. Limit yourself to a glass or two. If you want to make your white wine last, add calorie-free club soda and turn it into a spritzer.

**MAKE DESSERT COUNT BY CHOOSING ONLY THE BEST!** Gotta have dessert? Take your time and look around first. If nothing looks worthy of winning an award, save it for another time. If you see something that looks stellar, take a small portion, but not so small you’ll be headed back for seconds and thirds. Get comfortable and savor every bite.

**ENJOY THE PARTY!** Food is great, but people are better. Dance or catch up with friends and family, and be sure to do it far away from the food table!

North Dakota  
Cancer Coalition

Planning for a cancer-free future.

## Healthy Holiday Gift Ideas

We all know how hard it is to stay healthy over the holidays. This year, don't be part of the problem. Here are some gift ideas to help your family and friends be more, not less, healthy.

- Gifts that encourage healthy eating—box of fruit, unsalted nuts, collection of gourmet teas
- Healthy Foods cookbook
- Sports equipment—football or soccer ball
- Exercise clothing—particularly outdoor clothes for cold weather exercise
- Pedometer to track steps per day
- Watch with a heart rate monitor or GPS (global positioning system) for runners
- Bicycle trainer (clamps onto the back wheel of the bicycle, allowing cyclists to spin indoors)
- Ping pong table or other indoor exercise equipment like a treadmill
- Certificate for yoga classes at a local health club
- Books and videos on health and fitness
- Subscription to a healthy living magazine
- Gifts that inspire relaxation—soothing music, candles, soaps, or a gift certificate to the spa

Adapted from the National Institutes of Health News in Health publication ([www.newsinyhealth.nih.gov](http://www.newsinyhealth.nih.gov)).

## Happy Holidays!

from the Division of Cancer Prevention and Control!



**Back row (L-R):** Candace Getz, Barb Steiner, Deanna Askew, Mary Ann Foss, Paulette DeLeonardo, Sandra Davison and Alice Musumba.

**Front row (L-R):** Joyce Sayler, Jesse Tran and Krista Headland



## Recipe Corner

### Guiltless Pumpkin Pie

Makes 8 servings

2 large eggs

1/2 cup granulated sugar

1 1/2 teaspoons pumpkin pie spice, or 3/4 teaspoons each ground cinnamon and ground nutmeg

1/4 teaspoon salt

1 15-ounce can pumpkin

1 5-ounce can evaporated fat free milk (about 2/3 cup)

Low-fat whipped topping and additional ground cinnamon (optional)

1. Preheat oven to 350 degrees F. Lightly grease or spray a 9-inch pie plate; set aside.

2. Place eggs in large bowl, beat with fork or whisk. Add sugar, pumpkin pie spice and salt. Stir until well mixed.

3. Stir in pumpkin and evaporated milk. Pour into prepared pie plate.

4. Bake for 40 to 45 minutes—or until center is set.

5. Remove from oven and cool on wire rack. Serve immediately or refrigerate until serving time. If desired, add a spoonful of low-fat whipped topping to each serving and sprinkle with additional ground cinnamon.

### Nutrition Facts:

Serving size—1/8 of pie

Calories: 113

Fat Calories: 17

Total Fat: 2g

Cholesterol: 55 mg

Sodium: 139 mg

Total Carb: 21g

Protein: 4g



**NEW HIRES**

**Maria Felix**

*Behavioral Health Receptionist*



**Yvette Everett**

*Security*



**James Good Bird**

*Patient Benefits Appt. Clerk*



**Colleen Halvorson**

*PBX Switchboard Operator*



**EMPLOYEE CANDID MOMENTS**



**Gail and Grandma Patty**



**Kevin and Judy**

### EMPLOYEE SPOTLIGHT



Hi! My name is Kelsey Hesch, and I am a fourth year pharmacy student from North Dakota State University. I grew up in Carrington, ND, and I am currently on rotation here in New Town at Elbowoods Memorial Center. I am enjoying my time here as I am required to complete in my last year of pharmacy school. I graduate in May 2013, and I am extremely excited to begin working with the public as a Pharm. D.

A few hobbies include reading, watching movies, and cooking. I also enjoy fishing and water skiing in the summer time.

I have learned so many wonderful things while on rotations this year. We as pharmacy students spend so much time dedicated to reading literature and studying from a book. So this opportunity to apply the information we have learned to real life situations is very unique. I am so thankful for the opportunity to meet the wonderful people in this community, and to learn from faculty at Elbowoods.

### ANNOUNCEMENTS

The Elbowoods Memorial Health Center had a Health Insurance conference on December 11, 2012 at the Health Center. This was a pilot program to start our new curriculum of conferences for our patients. Elbowoods has a new eligibility coordinator, Karlyn Gachupin who will be assisting patients with all 3rd party payers.

In the future we will be setting up Health Insurance assistance with each of the segment sites when a provider is at their facility. This will include children, adults and seniors health insurance. Our speakers for the conference were Mr. Dave Zimmerman, who is the State Health Insurance Division of North Dakota liaison. Mr. Zimmerman was very informative and gave such wonderful information regarding Medicare. We do have handouts and contact numbers for patients who were not in attendance. In addition to Mr. Zimmerman we had in attendance several Mountrail County Medicaid personnel. They gave a new understanding to many questions that have plagued our Native persons regarding IIM accounts and various other questions. I considered this a wonderful success for our first pilot program.



Dr. Melland will be on pre-approved leave from December 24th and will be returning to work on January 7th. We will not be able to see any Emergency dental patients during this time. Dental will be closed December 24th and December 25th for the Christmas Holiday also January 1st for the New Years holiday. We will have staff here on December 26, 27, and 31st also on January 2nd and 3rd.

If you have any questions please call 627-7927.



Karlyn Gachupin

*Gerilyn Yellow Bird*  
HIM/Patient Services Coordinator

# Elbowoods Residential Development

Provided by: Jim Foote, EMHC Project Director  
Housing Section

Over the last two years, the Three Affiliated Tribes has budgeted over \$3,500,000 to develop land to provide housing for the Elbowoods Memorial Health Center staff. To date, 40 acres of land has been purchased north of the Northern Lights development in New Town and half has been developed into 50 lots with City water, sanitary sewer, and storm drainage. Recently the Tribal Business Council has budgeted over \$9 million more to fund housing units for the developed lots and to expand the infrastructure into the undeveloped half of the property. The project director, Jim Foote, is working with his engineering

and building team to develop a bidding package for the housing units and construction plans for the phase 2 expansion of the development. As weather allows over the winter, and certainly this coming spring, housing units will be constructed on the phase 1 lots.

Thank you to the Tribal Business Council for their support in this effort. All funding has been local as there has been no money provided by IHS to house the Health Center staff. Rather, the Tribe has recognized the need and worked to provide this needed housing.



The drawing shows the property and how it is being phased. Phase 1 has 50 lots, and phase 2 will provide 65 additional lots.







## ***The Facts for American Indian/Alaska Natives***

**Let's Move!** is a comprehensive initiative, launched by the First Lady, dedicated to solving the problem of childhood obesity in a generation so that kids born today will grow up healthier and able to pursue their dreams. This is an ambitious goal. But it can be done. Combining comprehensive strategies with common sense, Let's Move! is all about putting children on the path to a healthy future starting with their earliest months and years and continuing throughout their lives. Giving parents helpful information and fostering environments that support healthy choices. Providing healthier foods in our schools. Ensuring that every community has access to healthy, affordable food. And, helping kids become more physically active.

### ***Obesity in the American Indian/Alaska Native Community***

Over the past three decades, childhood obesity rates in America have tripled. **Obesity is more than two times more common among American Indian/Alaska Native children**

**(31%) than among white (16%) or Asian (13%) children. This rate is higher than any other racial or ethnic group studied.**

Obesity has serious health consequences. Childhood obesity is a contributing factor to a higher risk of chronic illnesses—particularly type 2 diabetes — among American Indian/Alaska Native youth.



**“In the end, as First Lady, this isn't just a policy issue for me. This is a passion. This is my mission. I am determined to work with folks across this country to change the way a generation of kids thinks about food and physical activity.”**

—First Lady Michelle Obama

*Mrs. Obama began a national conversation about the health of America's children when she broke ground on the White House Kitchen Garden with students from a local elementary school in Washington, DC. Through the garden, she began a discussion with kids about nutrition and the role food plays in living a healthy life. That discussion grew into the Let's Move! campaign, which was launched by the First Lady in February, 2010.*



“The importance of making better food choices and adding exercise to the day has generational benefits; younger kids watch adults and if we do these things, our kids will follow. Teach by doing, live the example, that’s the basis of building a healthy nation seven generations forward, beginning today, with me.”

—Jessica Burger, RN-Little River  
Band Ottawa



Find out more  
[www.letsmove.gov](http://www.letsmove.gov)

Learn more about how your family can make healthier choices and get moving.

Find tips on healthy eating.

Discover fun activities you and your family can do together.

Read the latest

Let's Move! news. Sign up for our newsletter, and see what else you can do to fight childhood obesity in your community or schools.

Additional resources  
[www.fitness.gov](http://www.fitness.gov)



### ***What You Can Do***

The good news is you can help your children maintain a healthy lifestyle. Individuals and communities can play a role in encouraging kids to eat healthier and to move more. When children combine physical activity with health in their daily routine, they help prevent a range of chronic issues, including heart disease, cancer and stroke—the three leading causes of death. Along with decreasing obesity risk, physical activity helps to control weight, build lean muscle, reduce fat and promote strong bone, muscle and joint development. Physical activity has also been shown to improve academic performance, including better grades, test scores, classroom behavior, attention, and concentration. And, of course, healthy eating gives kids the proper nutrition they need to stay energized, active and maintain a healthy weight.

### ***Let's Get Moving***

#### **Get kids moving and make healthier choices for your children**

- Children need 60 minutes of active and vigorous play each day
- Serve fruit or veggies with every meal
- Substitute water or low-fat milk for sweetened beverages
- Pick a vegetable they like and find different, tasty ways to prepare it
- Substitute healthier ingredients such as whole grains, and lean meats in their favorite recipes
- Eat meals as a family

#### **Take your family to see a doctor**

- Make sure that every family member gets their Body Mass Index (BMI) checked when they go in for annual check-ups
- Talk to your doctor about diet, physical activity and other behaviors that affect your family's health

#### **Earn a Presidential Active Lifestyle Award (PALA)**

- When you and your kids commit to an activity five days a week for six weeks— like walking to school together, riding bicycles or taking the stairs instead of the elevator— you can each get an award from President Obama! To join visit: [www.presidentschallenge.org](http://www.presidentschallenge.org)

#### **Support a community garden**

- Find a place to grow a garden with your kids—at school, church or in an empty lot—so they can learn to eat what they grow

#### **Help build a community playground**

- Work with your community and other organizations to build a playground so that kids have a place to get 60 minutes of physical activity a day

# MEANINGFUL USE TIDBITS



The Centers for Medicare & Medicaid Services (CMS) have established the Electronic Health Records (EHR) Incentive Program that is providing Incentive funds for meeting “Meaningful Use” (MU) of a certified EHR system, of which Vitera Intergy is. Through EHR we are able to utilize our data generated to not only direct patient care and services, but also improve patient care through the 15 required “Meaningful Use” objectives.

As we strive to meet meaningful use we have already begun some small scale studies to determine how we are doing as an ambulatory health care facility and correcting clinic practice as we progress.

Below is the list of “Meaningful Use” Criteria. We are doing great in some areas and need work in others. The red check mark signifies we are currently meeting the MU criteria to an extent, but may need to improve our percentage of completed EHR encounters. The criteria without the check mark means we need work on meeting the criteria. Watch for the next EMHC & Field Clinic Newsletter for our MU Report Card.

## “MEANINGFUL USE” CORE CRITERIA

1. Computerized provider order entry (CPOE)
2. E-Prescribing (eRx)
3. Report ambulatory clinical quality measures to CMS/States
4. Implement one clinical decision support rule (health tab)
5. Provide patients with an electronic copy of their health information, upon request
6. Provide clinical summaries for patients for each office visit
7. Drug-drug and drug-allergy interaction checks (function is on)
8. Record demographics (Updating continually)
9. Maintain an up-to-date problem list of current and active diagnoses (needs work)
10. Maintain active medication list (needs work)
11. Maintain active medication allergy list
12. Record and chart changes in vital signs
13. Record smoking status for patients 13 years or older (needs work)
14. Capability to exchange key clinical information among providers of care and patient-authorized entities electronically in the planning process with ND Health Network
15. Protect electronic health information

*Thank you all for your support and willingness to grow and change as we are Striving to Provide Quality Care for the People of the MHA Nation.*

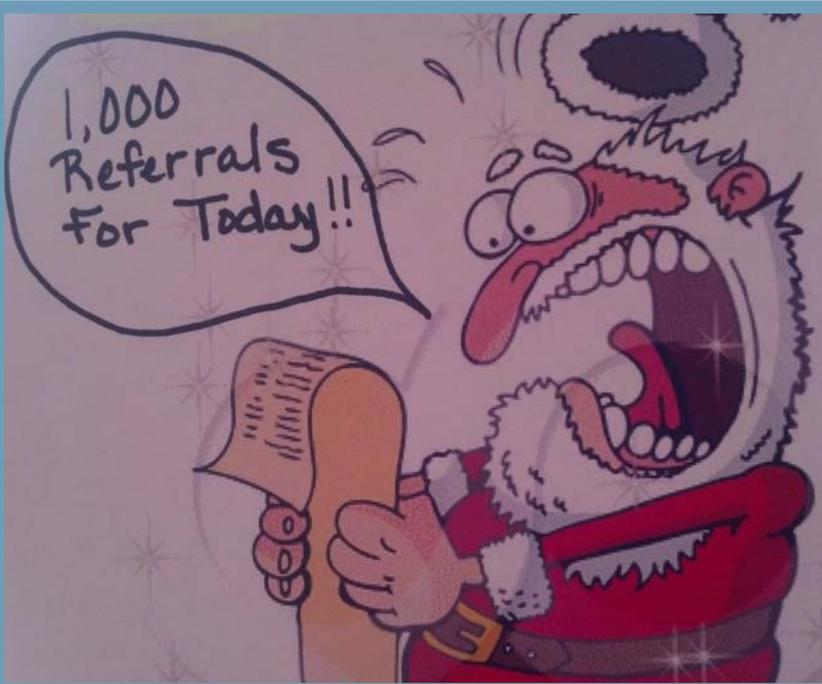
*May you all have a Merry Christmas and a Happy New Year.*

**For more information about our Quality Care department, including information about program goals and a report on our progress in meeting those goals, Please contact the Quality Care Director:**

**KATHRYN R. EAGLE, MD**

**701.627.7791 | KATHY.EAGLE@MHAHEALTH.COM**

# 2012 Window Decorating Contest



**WARÉHO'SH**  
(WAH DAY HOSH)

"I'M LEAVING"  
(NU'ETA)

**O NEE AWA GADZ**

"I'LL SEE YOU AGAIN"  
(HIDATSA)

**KOXTUUTEERIT**

"SEE YOU LATER"  
(SAHNISH)



**DEADLINE FOR SUBMISSIONS:**

**December**

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27		29
30	31					

Please submit information for December's newsletter by **FRIDAY, DECEMBER 28<sup>TH</sup>**

If you are submitting a photo please make sure to include the date, location and names of people.

If you are interested in subscribing to our newsletter, please contact:

**SIERRA ABE**  
[sierra.abe@mhhealth.com](mailto:sierra.abe@mhhealth.com) | 701.938.4540



MERRY  
CHRISTMAS

Have a safe and  
Happy New **2013** Year



Marita Abe  
Graphic Artist | Arrow Graphics  
Three Affiliated Tribes  
mabe@uttc.edu