



**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!**

- NOVEMBER 2012 -

## *A Thankful Thanksgiving for Elbowoods Memorial Health Center and Field Clinics*

Dear Elbowoods Memorial Health Center and Field Clinic Associates,

**T**hanksgiving is a special time of the year to reflect on our blessings. As I take a moment, I am reminded of the hard work and dedication that so many have put into improving the health care delivery system over the past year.

Numerous advancements are being made at Elbowoods Memorial Health Center and Field Clinics. We are continually implementing modifications and I thank everyone for being patient while we make advancements.

Chairman Tex G. Hall "Red Tipped Arrow", Tribal Business Council, Jim Foote - EMHC Project Director and many others have been instrumental in making Elbowoods Memorial Health Center a reality. This year we have been settling into the state-of-the-art facility and modifying opera-

tions to provide better service for our patients. This group of passionate individuals secured additional funding for staffing of the Elbowoods facility. This funding allows us to increase access to care by hiring additional medical professionals as well as support staff. Currently the group is focusing on Phase II to enhance and expand health care services in addition to much needed housing for medical professionals.

We are blessed that Tribal Business Council has appointed a Health Authority Board to provide governance for our health care delivery system. The Board has met and is eager to provide their assistance. They have already identified several projects of focus. I am grateful for them and the energy they bring in carrying out our mission.



Our patients have options but believe in the TEAM of professionals at Elbowoods Memorial Health Center and Field Clinics for the quality service we provide. Thank you for your dedication in serving the people of MHA Nation. Have a wonderful Thanksgiving and I hope it is filled with an abundance of blessings.

*Sincerely,*  
*Dawn Berg, CEO*



Jim Foote  
EMHC Project Director



Chairman Tex Hall

SCHEDULE OF EVENTS

*American Indian Heritage Month*

| NOVEMBER   |     |  |     |   |     |   |
|--|-----|--|-----|---|-----|---|
| SUN  | MON | TUE  | WED | THU   | FRI | SAT   |
|  |     |  |     | 1   | 2   | 3   |
| 4  | 5   | 6<br> | 7   | 8   | 9   | 10<br>USMC 237 <sup>th</sup><br>Birthday<br> |
| 11<br>Veteran's Day<br> | 12  | 13   | 14  | 15<br>Great American<br>Smoke-out<br> | 16  | 17  |
| 18   | 19  | 20   | 21  | 22<br>Happy<br>Thanksgiving!<br>    | 23  | 24  |
| 25   | 26  | 27   | 28  | 29  | 30  |   |
| 2012 Annual Diabetes Conference  |     |  |     |   |     |   |

# FIELD CLINICS

## WHAT'S GOING ON IN YOUR AREA?

### Twin Buttes Clinic

- Anna Mae Batke, RN – is on duty at the clinic five days a week so don't forget your flu shots
- Hunter Education Course  
–Nov 5, 7, 8 and 9 at the Twin Buttes Community Center 5-9pm central
- Elders meeting Nov 20th
- Diabetes Clinic Nov 15th
- Well Child Clinic Nov 20th

**Twin Buttes Field Clinic hours:**  
Monday – Friday from 8:00AM-4:30PM

### White Shield Clinic

- White Shield Field Clinic celebrated National Pharmacy Month. Brenda Allard was honored for her four years of outstanding service to our community!
- Mary Black, RN is on duty at the clinic five days a week so don't forget to get your flu shots.

**White Shield Field Clinic hours:**  
Monday – Friday from 8:00AM-4:30PM

### Parshall Clinic

- Please call in advance to schedule your flu shot with the Public Health Nurse, Holly Mayer-Taft, at 701-862-8220.

**Parshall Field Clinic hours:**  
Monday – Friday from 8:00AM-4:30PM

### Mandaree Clinic

- MANDAREE CLINIC WILL BE OPEN FOR PATIENT CARE ON NOVEMBER 28<sup>TH</sup> & 30<sup>TH</sup>.
- The provider will be Gaye Paget and the nurse will be Arla Muzzy.



AMERICAN DIABETES MONTH

DIABETIC EYE DISEASE MONTH



NATIONAL ALZHEIMER'S DISEASE AWARENESS MONTH

NATIONAL FAMILY CAREGIVERS MONTH



1<sup>st</sup> Year Anniversary of  
**Elbowoods Memorial Health Center**



**Chairman Hall**  
Celebrates Grand Opening on  
October 2011



**Jim Foote**  
EMHC Project Director



**Elbowoods Memorial Health Center**  
Opening Ceremony



*Save the date!*

2012 Elbowoods Memorial Health Center

**SELF CARE SEMINAR**

for **EMHC Employees**

**THURSDAY,**  
**DECEMBER 6<sup>TH</sup>, 2012**

**KEYNOTE SPEAKERS:**

Karmen Taft  
*"Oil Patch Social Effects"*

Lewis Kenneth Hall  
*"Coping of Stress"*

Delvin Driver and Alyce Spotted Bear  
*"Cultural Presentation"*

Ramona Sorenson, PharmD  
*"Physical Manifestations of Stress"*

**SELF-CARE ACTIVITIES:**

- Dance Contest
- Guided Imagery
- Meditative Relaxation

**BOOTHS BY:**

- EMHC Behavioral Health
- Diabetes Program
- EMHC Public Health Nursing
- EMHC Health Educator

*Traditional Lunch served to All!*

# Staff News

## NEW HIRES

### Maria Garcia

Managed Care Assistant  
started October 3, 2012



### Margaret "Beth" Lee

Managed Care Assistant  
started October 18th, 2012



### Marilyn Charbonneau

HIM Tech  
started October 2, 2012



### Steve Wells

Facilities Supervisor  
started October 2012



### Kelli Wagner

CMO Assistant  
started October 14, 2012



### Alvina Clark

Patient Registration Clerk  
started October 29, 2012



## EMPLOYEE SPOTLIGHTS



**Patty Charging Mike aka "Grandma"**  
EMHC Switchboard Operator

Hello Everyone,

My name is Patty Charging Mike. I am the daughter of Alice Horn. My grandfather is the late James Horn and my grandmother is the late Julia Dancing Bull. I was named "Patty Little Eagle" on the powwow trail. I have danced all the categories, but now I only dance northern cloth and northern buckskin. I am excited to get back on the powwow trail again! My Paiute daughters from Utah are sending me my outfits.

I had been gone thirty years and finally came back to Fort Berthold in 2003 for the Little Shell powwow. I've traveled all over on the powwow trail: Onion Lake, Thunderchild, Regina University, Sioux Valley, California, Washington, Oregon, Idaho, Utah, Colorado, Oklahoma, Kansas, Texas, and Florida. I've been to so many states! I am blessed to have met a lot of old and new friends along the way.

On my visit back to Fort Berthold, I was asked to stay and work for the tribe and have lived here ever since. I worked at the Four Bears casino for over three years and with the MHA health clinic for seven years. I also was an officer under Rick Little Swallow when I lived in Arizona. I like being back meeting old and new relatives!

Grandma appreciates her coworkers and enjoys being a part of the Elbowoods Memorial Health Center family.

Love to everyone!

*Grandma*

*As Patricia's supervisor I would like to say "she is a very special and delightful person she is affectionately known as "Grandma" to the majority of staff as well as the public. She has a beautiful smile and heart to match.*

*--Gerilyn Yellow Bird  
HIM/Patient Services Coordinator*

### Darcy Wilferd Medicine Stone "Scout"

Darcy's Mandan name is Numak Xrakos which translates to "Scout". He is the son of Earnest Medicine Stone and Vivian Lone Fight Medicine Stone, and his great-great-grandfather is the famous Mandan Indian diplomat, Shekheke Shote. Darcy served in Vietnam from 1968-1969. He enlisted into the military when he was living in Oklahoma and chose the Army because he had uncles that were in that branch of service. He was named after his uncle, Wilferd Medicine Stone, who was one of the 14 Fort Berthold men that were killed in action during their service to our country.

One of the biggest adjustments that Darcy had to make in his military experience was having his hair cut off due to military requirements. The easiest part was boot camp, he said, "It was no sweat because I was in dang good shape". He stayed in touch with his family through letters. "We didn't have any cell phones back then like everyone has nowadays". Darcy was responsible for the initial startup of the VFW Post 9061.

Darcy first started working with the MHA healthcare system in 1996 with the dialysis unit and is currently working as the Community Health Representative for the Twin Buttes segment. **Thank you Darcy and to all our veterans for serving our country!**

**Branch of Service: Army**  
**Boot camp: Fort Leonard, Missouri**  
**Duty station: Fort Gordon, GA (AIT) MOS72B20**



**Darcy Wilferd Medicine Stone**  
Community Health Representative for the  
Twin Buttes segment



HAPPY VETERANS DAY  
TO THE BRAVE MEN AND WOMEN OF THE  
UNITED STATES ARMED FORCES.



THANK YOU FOR THE TREMENDOUS SACRIFICES YOU HAVE MADE TO DEFEND US  
AND OUR FREEDOMS THAT WE ALL TOO OFTEN TAKE FOR GRANTED.

A representative from Blue Cross Blue Shield, **Ms. Lolly Gorze**,  
will be coming to Elbowoods Memorial Health Center  
to discuss with you any questions  
and/or changes to your health benefits including **dental** and **vision**.



**TUESDAY, NOVEMBER 13<sup>TH</sup>**  
**WEDNESDAY, NOVEMBER 14<sup>TH</sup>**  
**WEDNESDAY, DECEMBER 5<sup>TH</sup>**

**NOVEMBER IS**

# National Diabetes Month

## FOOT CARE WITH DIABETES

November is National Diabetes Month and taking care of your feet is very important for people with diabetes. Good foot care helps reduce your risk for serious foot problems that can lead to amputations. To decrease your risk of foot problems, learn to manage the ABC's of diabetes. These means keeping your blood glucose (as measured by the A1C test), blood pressure, and cholesterol in the target range recommended by your health care provider. Take care of your feet by following these foot care tips:

- *Check your feet every day for cuts, blisters, red spots, swelling, and sore toenails. If you have trouble bending over to see your feet, use a plastic mirror or ask a family member or caregiver to help*
- *Wash your feet every day in warm water, and be sure to dry well between the toes*
- *Rub a thin coat of skin lotion on the tops and bottoms of your feet, but not between your toes*
- *Trim your toenails carefully and straight across when needed. See your podiatrist if you need help*
- *Never walk barefoot, and wear comfortable shoes that fit well and protect your feet. Nerve damage can cause loss of feeling. Look and feel inside your shoes before putting them on. Ask your team about getting special shoes.*
- *Keep the blood flowing to your feet by wiggling your toes and moving your ankles up and down for 5 minutes, two or three times a day.*
- *Plan a physical activity program with your health care team.*
- *Take your shoes and socks off at every checkup and have your doctor look at your feet. Tell your health care team right away about any foot problems.*
- *Let your doctor know right away if you have loss of feeling in your feet, changes in the shape of your foot or foot ulcers or sores that do not heal.*



Since we do not offer podiatry clinic at this time, the Diabetes Program can schedule you and appointment with Shasta Mandan-Perkins, BSN, CDE for a foot exam or toe nail trimming.  
Call 627-7925 and Press 2.

# MEANINGFUL USE TIDBITS

Meaningful use (MU), in a health information technology (HIT) context, defines the use of electronic health records (EHR). As a Health Care Facility we can receive payments from the federal government under the Medicaid EHR Incentive Program. These payments can help us provide more services to our patients.

According to the provisions of the Health Information Technology for Economic and Clinical Health (HITECH) Act of 2009, organizations that are eligible for the Medicare EHR Incentive Program and achieve meaningful use by 2014 will be eligible for incentive payments; those who have failed to achieve that standard by 2015 may be penalized.



The Centers for Medicare Medicaid Services (CMS) worked with the Office of the National Coordinator for Health IT and other parts of Department of Health and Human Services (HHS) to establish regulations for stage 1 of the meaningful use incentive program.

We are currently in Stage 1 of achieving Meaningful Use. The Quality Care Department will be sending out information periodically to get us ready to achieve Meaningful Use. Let's all work together to achieve Meaningful Use.

*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**

## FORT BERTHOLD DIABETES PROGRAM

### 9<sup>TH</sup> ANNUAL DIABETES CONFERENCE

#### **"MAINTAINING HEALTHY KIDNEYS"**

November 27<sup>th</sup> at 5-8pm  
November 28<sup>th</sup> at 9:30am - 3pm  
Four Bears Casino  
Mandan Meeting Room



#### **TUESDAY, NOVEMBER 27<sup>TH</sup>**

- 5:00pm-5:30pm Registration and Booths
- 5:30pm-6:30pm Dinner
- 6:30pm-7:30pm Keynote Speaker:  
Dr. LeBeau, MD *Nephrology Sanford Health*
- 7:30pm-8:00pm Q&A Session with Dr. Lebeau

#### **WEDNESDAY, NOVEMBER 28<sup>TH</sup>**

- 9:30am-10:00am Registration and Booths
- 10:00am-12:00pm Panel Discussion on Kidney Health (Dr. Arcelay MD, Dr. Jeske OD, Dr. Melland DDS, Ramona Sorenson PharmD, Shasta Mandan-Perkins BSN CDE, Lavetta Fox BSN)
- 12:00pm-1:00pm Lunch and Door Prizes
- 1:00pm-1:30pm Chair Exercise Activity
- 1:40pm-2:30pm What do your lab values mean? Understanding Hgb, A1C, GFR, etc...
- 2:30pm-3:00pm Evaluations and Closing Remarks



## North Dakota Tobacco Quitline

The North Dakota Tobacco Quitline is offering a free two month supply of the nicotine patch, nicotine gum or nicotine lozenge to anyone who enrolls in Quitline counseling and is uninsured or does not have cessation medication coverage through their health plan.

The North Dakota Tobacco Quitline is a free telephone-based service available to help North Dakota smokers and spit-tobacco users quit using tobacco.

### The Quitline will:

- Help you set a quit date.
- Show you how to deal with withdrawal symptoms.
- Teach you about triggers and strategies for staying quit.
- Be a source of support and encouragement during your quit attempt.

### Free services available:

- Professional counseling
- Voice messaging (24 hours per day)
- Quit Tips audio library

### Who should call:

- Smokers
- Spit-tobacco users
- Family members
- Health-care professionals

### How to enroll:

- Call our toll-free number, 1.800.QUIT.NOW (1.800.784.8669). TDD users can call toll-free at 1.800.842.4681.
- Schedule a time to speak with a counselor.
- Set a quit date.

### ND Tobacco Quitline:

<http://www.ndhealth.gov/ndquits/?id=55>



## PULMONARY TUBERCULOSIS (TB)

is a contagious bacterial infection that involves the lungs, but may spread to other organs.

### Causes, Incidence, and Risk Factors

You can get TB by breathing in air droplets from a cough or sneeze of an infected person. This is called primary TB. In the United States, most people will recover from primary TB infection without further evidence of the disease.

### Treatment

The goal of treatment is to cure the infection with drugs that fight the TB bacteria. Treatment of active pulmonary TB will always involve a combination of many drugs (usually four drugs). All of the drugs are continued until lab tests show which medicines work best.

You may need to stay at home or be admitted to a hospital for 2 - 4 weeks to avoid spreading the disease to others until you are no longer contagious.

### Symptoms

The primary stage of TB usually doesn't cause symptoms. When symptoms of pulmonary TB occur, they may include:

- **Cough (usually cough up mucus)**
- **Coughing up blood**
- **Excessive sweating, especially at night**
- **Fatigue**
- **Fever**
- **Unintentional weight loss**

### Expectations (prognosis)

Symptoms often improve in 2 - 3 weeks. A chest x-ray will not show this improvement until weeks or months later. The outlook is excellent if pulmonary TB is diagnosed early and treatment is begun quickly.

### Complications

Pulmonary TB can cause permanent lung damage if not treated early.

Medicines used to treat TB may cause side effects, including liver problems.



### Prevention

Skin testing (PPD) for TB is used in high risk populations or in people who may have been exposed to TB, such as health care workers.

A positive skin test means you have come into contact with the TB bacteria. Talk to your doctor about how to prevent getting tuberculosis.

*Submitted by  
Anna Mae Batke, RN*

## NATIONAL PHARMACY MONTH

*Telepharmacy celebrates their 4 year anniversary!*

*Thanks to our patients for supporting us!*

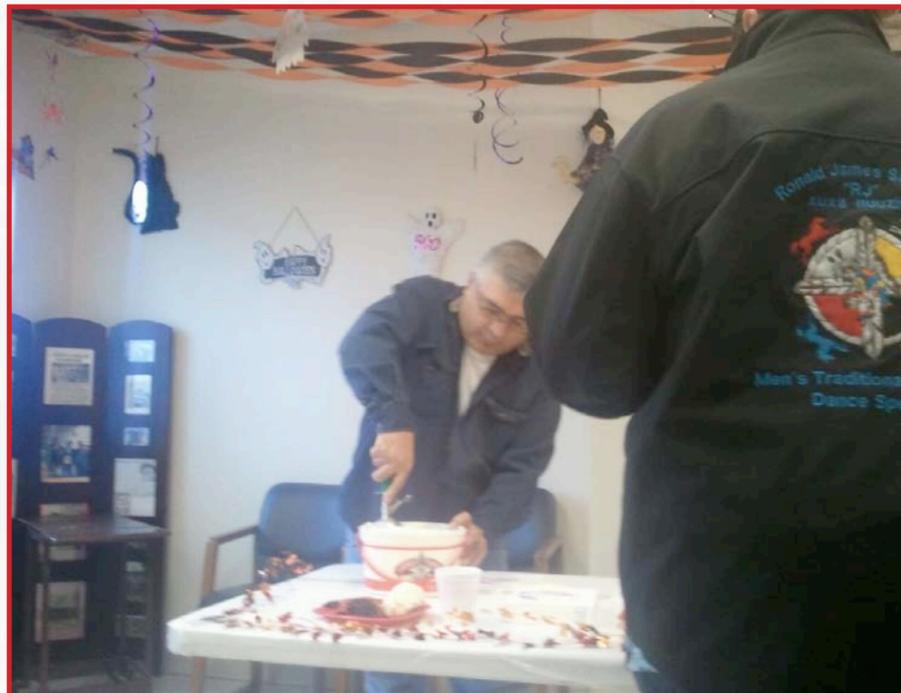


[Left to Right]

**Pam Amsden** (Parshall Telepharmacy Tech)  
**Brenda Allard** (White Shield Telepharmacy Tech)  
**Donna Bieri** (Chief Telepharmacy Pharmacist)

*Thank You Telepharmacy Staff for going above and beyond in serving your patients!*

*\*Special thanks to Bernie for the delicious cake and ice cream!*



### Blueberry-*Buffalo* Stew by Twyla Baker-Demaray



- 1 – 2 pounds buffalo, or beef stew meat
- 1 cup blueberries
- 4 cups chicken or beef stock
- 2 tablespoons canola oil
- 1 tablespoons honey
- 1/8 teaspoon cayenne pepper  
(Optional – I don't care for mine to be too spicy, but my husband likes a little bit)
- Salt and pepper to taste

Cut the meat into one inch chunks and season lightly with salt and pepper. Heat a large stew pot. Drizzle in oil to coat the bottom.

Brown the meat well on all sides. Add oil as necessary. If needed, cook the meat in batches. --Once all the meat is browned, return it all to your stew pot with any juices.

Add stock and bring to a boil. Lower the heat and skim off any froth that has collected on the surface until the broth is clear. Add the blueberries, honey, and cayenne pepper and bring back to a boil.

Simmer for 2 hours or until the meat is very tender and the broth has reduced. Stir occasionally. This helps to break up the blueberries and incorporate them into the liquid. By the end of the cooking time the blueberries should be completely incorporated. Serve hot!

*You can experiment with other berries, additions, etc. in this, and see how it turns out! This stew goes AWESOME with cowboy bread or 'bannock', as I have found out through my Anishinabe friends here in Grand Forks, or just frybread, of course! Make sure you get some veggies on the side.*

### Hidatsa Garden Soup by Amber Finley



- 1 bag of soup starter frozen veggies (has seasoned onions and peppers) can be found in the frozen food section at the grocery store
- 1 bag of butternut squash  
(2 if you really like squash, like I do)
- 1 can of light red kidney beans or dark whichever you prefer
- 1 can of white hominy or yellow if you like that better
- 1 can of corn
- 1 large box of chicken or vegetable broth (whichever you prefer) for my recipe I used vegetable
- 1 cup of sunflower kernels  
(roasted and salted helps with flavoring the soup)
- 2 tsp Ground Ginger
- 2 tsp Ground Pepper
- 2 tsp Garlic Powder

Add water till it just covers the ingredients and cook over medium high heat until it boils, then reduce to medium heat.

Cook for about 45 minutes, because there is no meat in this recipe it cooks very quickly. Taste and add salt if it needs any, otherwise the soup is done.

FORT BERTHOLD DIABETES PROGRAM

# BASKETBALL LEAGUES

Wednesdays

6:30PM - 9:30PM

December 12 - January 23

8 Co-Ed Teams

First 8 Teams to register by  
**Monday December 3<sup>rd</sup>**  
will be eligible to play

Co-Ed Teams must have 2  
females on court at alltimes

High School athletes are not  
allowed to play in the leagues

**TO REGISTER:  
CALL THE DIABETES PROGRAM AT  
701.627.7925 (PRESS 2)**

# CALL FOR ART!



**PLEASE SUBMIT YOUR ART FOR  
THE ELBOWOODS EXHIBIT**

**SIERRA ABE**  
sierra.abe@mhahealth.com | 701.938.4540

## *New Town Parade of Lights*

**DECEMBER 1<sup>ST</sup>, 2012**

Cultural Craft Fair  
Civic Center 10am-3pm

The walk about starts at 4pm  
Parade of Lights will start around 6pm  
or when it gets dark.

\*Fill feel to enter a float!

**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)



Mandan

Nakota

Ojibway

Hidatsa

Hopi

# NATIVE AMERICAN MONTH

Lakota

Dakota

Anishinaabe

Assiniboine

Arikara

Pawnee

Apache

Mohawk

## DEADLINE FOR SUBMISSIONS:

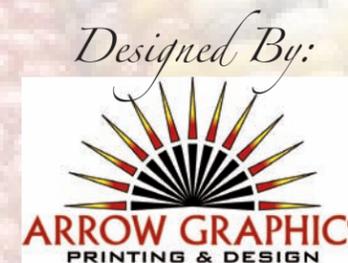
| NOVEMBER |     |     |     |     |     |     |
|----------|-----|-----|-----|-----|-----|-----|
| SUN      | MON | TUE | WED | THU | FRI | SAT |
|          |     |     |     | 1   | 2   | 3   |
| 4        | 5   | 6   | 7   | 8   | 9   | 10  |
| 11       | 12  | 13  | 14  | 15  | 16  | 17  |
| 18       | 19  | 20  | 21  | 22  | 23  | 24  |
| 25       | 26  | 27  | 28  | 29  | 30  | 31  |

Please submit information for December's newsletter by **FRIDAY, NOVEMBER 30<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@mhahealth.com | 701.938.4540



Marita Abe  
Graphic Artist | Arrow Graphics  
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