

ELBOWOODS MEMORIAL HEALTH UPDATE

“To strengthen the circle, our staff and the individuals we serve. We will walk the path of wellness together.”

Dear Elbowoods Memorial Health Center and Field Clinic Associates,

Greetings - finally spring has sprung on Fort Berthold! I would like to take this opportunity to share a few activities being coordinated through the Administration Department.

The Ronald McDonald Dental Mobile will be providing services at the field clinics per the following schedule:

- Mandaree: June 10 – 12
- Twin Buttes: June 13 – 14
- Parshall: June 17 – 19
- White Shield: June 20 - 21

The service is available for children 0 – 21 years of age that have not seen a dentist for regular care within the last two years. Twin Buttes, Parshall, and White Shield appointments can be made through each respective field clinic. Mandaree appointments can be made through the Minne-Tohe Dental Clinic.

The Telemedicine project is gaining ground. Policies have been drafted and are going through administrative and medical staff review. Staff is working on workflow and other operational details to assure a smooth patient visit. Training, mock patient testing, and perfecting operational details will continue during the month of May 2013. The Twin Buttes pilot project target go-live date is June 1, 2013. The other field clinic sites will go live shortly after.

EMHC is working on bringing third party billing in-house from a contracted third party billing service. Now that CHS is processing current year claims, some CHS staff will be transitioning to billing duties. This will be a significant cost savings for EMHC and provide a better understanding of the financial status and flexibility for claim follow-up.

The radiology department is exploring increasing services. A feasibility study is being conducted to bring mobile MRI services to Elbowoods Memorial Health Center. Options are also being explored to increase access to mammography services to our field clinic patients.

Elbowoods Memorial Health Center has taken a more aggressive approach in recruiting medical professionals. We welcome the addition of Dr. Justin Shafer, a local family practice physician and John Finn, Dietician/Nutritionist to our team of medical professionals. EMHC is also working with several candidates to fill positions in

the Behavioral Health Department, as well as a local dentist that will assist in providing greater access to dental services.



Elbowoods Memorial Health Center participated in the SEARCH and the Fellowship of Primary Health Care Professionals program. Five health care professionals completed rotations in the following areas: dental, nurse practitioner, social work, and two medical students. The University of North Dakota presented EMHC with a plaque of appreciation for program participation. This is an opportunity to recruit medical professionals as they obtain experience in our facilities.

Thank you for your commitment and dedication in improving health care for the people of MHA Nation. Your efforts are appreciated!

Respectfully,

Dawn Berg, CEO

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MAY 2013

SUN	MON	TUE	WED	THU	FRI	SAT
NATIONAL MENTAL HEALTH AWARENESS MONTH			1 RESERVATION-WIDE CLEAN UP	2 Mandaree WIC	3	4
5	6	7 MHA Nation's Annual Bakken Oil and Gas Expo Four Bears Casino	8	9 Elder's Fair Northern Lights	10	11
12 Mother's Day	13	14	15 Diabetes Team Meeting 11am-1pm	16	17	18 Armed Forces Day
19	20	21 Twin Buttes WIC	22 New Town WIC	23 White Shield WIC	24	25
26	27 Memorial Day	28	29 Hidatsa Health Fair	30	31	



IMPORTANT DATES TO REMEMBER

day	event	time
April 22-26	National Lab Week	
1-3	Reservation wide clean-up	
7-8	MHA Nation's Annual Bakken Oil and Gas Expo	
15	Diabetes Team Meeting	11am-1pm
23-26	2013 Four Bears Powwow	

JUNE 2013

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5 World Environment Day	6 Mandaree WIC	7	8
9	10	11	12	13	14 Flag Day Parshall WIC Twin Buttes Powwow	15 Twin Buttes Powwow
16 Father's Day Twin Buttes Powwow	17	18	19 New Town WIC	20 White Shield WIC	21 Summer Solstice	22
23	24	25	26	27 National HIV Testing Day	28	29
30						

ON-GOING CHAIR EXERCISE ACTIVITY FOR ELDERS:
 Mandaree - Mondays @ 10:30 AM
 Twin Buttes - Mondays @ 12:30 PM
 Four Bears elder center - Tuesday @ 10 AM
 White Shield elder center - Wednesday @ 11:30 AM
 Northern Lights elder site - Thursday @ 10:30 AM
**Blood sugar screenings and walk for good health will be held at various summer powwows.*

AWATII FITNESS CENTER HOURS:
 Mon-Thurs, 8:00 am - 8:00 pm;
 Fri 8:00 am - 5:00 pm; Sat 9:00 - 12:00 noon.

IMPORTANT DATES TO REMEMBER

day	event	time

STAFF NEWS

NEW EMPLOYEES



Maria Acosta – Parshall Receptionist

Karlla Acosta – Appointment Desk

Dr. Justin Shafer - Family Practice Physician

John Finn – Registered Dietician and Nutritionist

Melissa Veach – Over-the-counter Clerk

Merry Brunelle – Sanitarian

Morgan Wolf Necklace – Switchboard Operator

Bethany Kanayurak – Patient Registration

Sherri Baker – Coder Coordinator/Support

DIRECT-DIAL TELEPHONE NUMBERS

- **Appointment Desk**
(701) 627-7601
- **Business Office**
(701) 627-7751
- **Contract Health**
(701) 627-7639
- **Dental Clinic**
(701) 627-7925
- **Optometry**
(701) 627-7770
- **Pharmacy**
(701) 627-7621
- **Switchboard**
(701) 627-4750

TRANSFERS/PROMOTIONS

Terry Beston – transferred to Managed Care Coordinator

Kathy Janssen – promoted to Medical Coder

Joan Good Bird – transferred to Dental Office Manager

Katherine Moreno – transferred to CHS Specialist

Wyatt Smith – transferred to EMHC Security



Helping every baby sleep safer

Since 1998, through safe sleep education and the donation of thousands of cribs, Cribs for Kids has been making an impact on the rates of babies dying of sleep-related deaths due to unsafe sleeping environments.

As a proud partner program, Elbowoods Memorial Health Center just recently had their first Cribs for Kids Event on March 27, 13.

We had a great turn out providing educational material on safe sleeping and a new Graco Pack 'n Play portable crib was given to each new and expecting mother.



We plan to continue to hold this event at Elbowoods Memorial on a monthly basis so if you or someone you know is in need of a crib contact us today at (701) 938-4540 Anna Mae Batke, RN.

EMHC RESIDENTIAL DEVELOPMENT - JIM FOOTE, PROJECT DIRECTOR

The Elbowoods Memorial Health Center staff housing project is moving forward. Since our last update in December 2012, the Tribal Business Council approved contracts to build 40 housing units and construct the second half of the streets and utilities for the development. Work will begin as weather allows this spring, and by fall the homes will be ready for occupancy. Construction of the infrastructure this year will make the street connections to College Drive and allow construction of homes to continue over the next two years to complete the project. When finished, the total number of homes in the development will be 113.

The project director, Jim Foote, is working on budgeting with the Tribal Business Council for the next phase of the housing construction next year. Without the support of the Business Council, this project will not be possible.

The housing constructed this summer will complete Phase 1 of the project. The 2013 infrastructure project will complete the streets and utilities for Phase 2.

This is a view of a proposed 4 bedroom home. The ten 4-bedroom homes have 1,400 square feet of living space with a 24 foot x 24 foot garage. The thirty 3-bedroom homes are 1,344 square feet with a 24 foot x 24 foot garage.



(Scott Lange – Short Elliott Hendrickson)

ELBOWOODS HOUSING UPDATE

The following is a quick summary of what we have done to date and what is planned of the Elbowoods Housing Development.

IN PHASE 1 -

- 1) We have the contract approved for the 40 housing units to be built this construction season. Construction will begin about mid-may.
- 2) We are working on moving the four modular units currently temporally on the northern lights lots on 9th Ave. We should see this units moved in July or sooner
- 3) We have a contract ready for approval by the TBC to stich-up the four units currently set on foundations in phase 1.

These were houses that the tribe previously purchased, but they did not have a home. The work will be done in May and June.

IN PHASE 2 -

- 1) We have a contract approved in install the water, sewer and build the streets in phase 2. Construction will begin in June and it will be done this Fall.
- 2) We have our budget request in to the TBC for the funding of the houses in phase 2. We are asking to construct the 65 houses next year. The plan will be to put the project out for bids again, like we did this year to get the best price for the Tribe. The TBC has been very supportive of this in the past

and we expect to get the funding for the houses in the Fiscal Year 2014 Budget.

At the last TBC meeting, a resolution was passed by the Council to dedicate the homes for medical personnel with up to five units in each phase to be for police. The project plans and layout have been approved by the City of New Town as they will be taking over the street and utility maintenance once the streets are constructed. Also, Jim is working with the Health Committee on a plan on how the houses will be allocated and priced for the medical staff.

CONTRACT HEALTH SERVICE

BASIC CHS ELIGIBILITY REQUIREMENTS

- Provide proof of enrollment in a federally recognized tribe, OR, proof that you descend from an enrolled member of a federally recognized tribe, and;
- Permanently reside on a reservation; OR, may reside outside of a reservation but within the CHS Delivery Area (CHSDA) of your tribe, and;
- Obtain prior approval; OR for self-referred care, notify your CHS program within 72 hours of receiving care (30 days for elderly & disabled), and;
- Services must be medically necessary. (CHS is limited to services that are within your IHS or Tribal Health facility's established CHS Medical Priorities and/or funds available) CHS funds may not be expended for services that are reasonably accessible and available at an IHS or Tribal Health facility, and;
- CHS will not be responsible for, or authorize payment of, services if the patient is eligible for Alternate Resources (e.g., Medicaid). As "Payer of Last Resort" CHS will only pay for authorized/approved care after all other Alternate Resources (e.g., Medicare, Private Insurance) have paid.



AUTHORIZATION FOR RELEASE OF PROTECTED HEALTH INFORMATION

Patient Name: _____
 Date of Birth: Last _____ First _____ MI _____ Patient Telephone Number: _____
 Patient Address: _____ Street _____ City _____ State _____ Zip _____
 The information to be disclosed from my health record: (initial appropriate statement)
 _____ Only the period from _____ to _____
 Other (CHS Billing, etc.) _____ Relationship: _____

is hereby authorized to pick up Contract Health Referrals on my behalf. I understand that this may include confidential medical records and medical appointment times.

THE INFORMATION TO BE DISCLOSED BY:	AND IS TO BE PROVIDED TO:
Name of Facility Elbowoods Memorial Health Center Contract Health Services	Name of Facility
Address 1058 College Drive New Town, ND 58763	Address
PHONE: 701-627-7639	PHONE:
FAX: 701-627-4016	FAX:

This information is to be used for:
 Referral or Continued Care
 Personal Use
 School
 Disability
 Research
 Other (Please Specify) _____

I authorize release of records pertaining to _____ Mental Health _____ Alcohol and/or Drug Abuse and/or _____ HIV Testing/AIDS/AIDS related illness.

_____ Patient Signature

This release shall only apply to medical and billing records originally generated by the above provider. Unless approximate dates are identified above, it will be assumed that the release will include specified items for only the most recent two-year period. This release of information consent form remains in effect for a maximum of 6 months or until date specified.

Specify New Date _____

I understand that I have the right to revoke authorization in writing submitted at any time to the Privacy Officer, 1058 College Drive, New Town, ND 58763. I understand that information disclosed under this Authorization could be disclosed by the recipient and Elbowoods Memorial Health Center is not responsible. However, the recipient is held to all standards set in all aspects of Federal Regulations 42 CFR, Part 2, Confidentiality of Alcohol and Drug Abuse Patient Record. The federal privacy rules may not protect my health information once the recipient discloses my health information. A photocopy or fax of this authorization will be treated in the same manner as the original.

I understand that I may decline to sign this authorization. I understand that Elbowoods Memorial Health Center may not refuse to treat me if I do not sign this authorization. However, if the purpose of my treatment is solely to disclose information to a third party, the provider may refuse to treat me if I do not agree to authorize to disclose my health information to that third party.

Signature of Patient or Legal Guardian _____ Relationship _____ Date _____

Initials _____ FOR INTERNAL USE ONLY. Dept. _____

This is a new Contract Health form for our patients. It is a release of information form to allow a family member to pick up your referral. Please call the Contract Health Department for any questions: 627-7638.

CHILD PROGRAM

The Child Program provides basic early intervention and preventative services to all tribal children between the ages of birth to five living on the Fort Berthold Indian Reservation. The ultimate goal of the program is to support families in ensuring the appropriate progress in the growth and development of their children. The love and concern for your child is our key motivation.

Children are screened starting at 3 months of age and continuously to five years of age to track developmental growth. Children with special needs receive the services necessary to make appropriate growth and developmental progress. If you would like your child enrolled and or screened please call a technician in your community.

TECHNICIANS

New Town	Barb Desauntel:	421-8202
	Stephanie Alcocer:	421-7334
Parshall and White Shield	Ardene Perkins:	421-8911
Mandaree and Twin Buttes	Crystal Hallam:	421-7869
Main Office: 627-4781 ext: 8299		

BEHAVIORAL HEALTH DEPARTMENT

OVERVIEW

The Elbowoods Memorial Health Center, Behavioral Health Department provides out-patient psychological and counseling services between the hours of 8 AM – 5 PM, Monday through Friday.

The Behavioral Health Department includes: routine counseling and crisis intervention for individuals (children, adolescents, and adults) and couples.

Services are available to enrolled members of the Three Affiliated Tribes (Mandan, Hidatsa, Arikara Nation) and other enrolled members of a Federally recognized tribal nations.

Provide counseling services to outreach field clinics, tribal schools, and all six segments of the Three Affiliated Tribes.

SERVICES

- Counseling
- Individual one-on-one therapy
- Children, Adolescent, and Adult Therapy
- Couples Therapy
- Weight Loss Surgery Assessments
- Evaluation and Testing
- Crisis Intervention
- Referrals to outside agencies
- Therapy and assessments to patients which involves the application of psychological principles, theories, methods, and techniques to the process of resolving symptoms and underlying causes.

SERVICES CURRENTLY NOT AVAILABLE

- Medication Prescription
- Patient transportation to appointments or Emergency Room facilities
- 24/7 days a week coverage

STAFF:

DR. McDONALD
Licensed Clinical Psychologist
(701) 627-7782

LOREN WHITEHORN, MSW
Behavioral Health Counselor
(701) 627-7780

BEN D. POITRA, LAPC
Licensed Associate Professional Counselor
(701) 627-7778

DONNA M. COFFEY, BA
Behavioral Health Case Manager
(701) 627-7781

MARIA FELIX
Behavioral Health Receptionist
(701) 627-7777



PATIENT REGISTRATION

PATIENT REGISTRATION/FLOW OF TRAFFIC

It is important for all clients to stop in at the Patient

Registration Office located near the patient entrance at the Elbowoods Memorial Health Center (EMHC) to confirm if your information is current. In order to receive services, patients must be registered with the Business Office/Patient Registration Office.

It is the patient's responsibility to register and up-date mailing addresses, phone numbers, residence, etc. at Patient Registration. Through the registration process, eligibility for direct care and Contract Health Service (CHS) care is determined for patients.

It is required to update your information and will be done at each visit. This allows EMHC to get a hold of you for appointment, referrals etc.

SCHEDULED APPOINTMENTS

Appointments should be made for all conditions not considered Emergencies (See below). The patients with appointments will be seen at the scheduled time or as close to it as possible. Scheduled appointments may be made by calling or stopping by the front desk. Scheduled appointments are required for physical exams, PAP smears, breast exams, and medication refills. Some procedures take longer than the standard appointment time (e.g. PAPs, Skin Tag Removal, physicals). Please let the front desk know if you will need more time for your appointment so they can schedule you accordingly.

TO REGISTER, YOU WILL NEED TO BRING:

- PROOF OF NATIVE AMERICAN DESCENT (Certificate of Indian Blood or enrollment card).
- COPY OF YOUR BIRTH CERTIFICATE
- SOCIAL SECURITY NUMBER
- INSURANCE INFORMATION— i.e. Medicaid, Medicare, Blue Cross & Blue Shield, Mail Handlers, etc.
- If a child or minor and unable to be enrolled with their tribe, a copy of the child's state birth certificate and either parent's enrollment card. (Child can receive direct care services without a CIB/Tribal Enrollment Care until they are 18 years of age).

EMERGENCIES AND SUPPRESSED PATIENTS:

Emergencies and immuno-suppressed patients (patients on chemotherapy or patients that have a transplant) will be seen before patients with appointments.

EXAMPLES OF EMERGENCIES INCLUDE:

- Severe abdominal pain
- Chest pain
- Fractured bones
- Acute Lacerations
- Acute Burns
- Heavy bleeding in the urine or stool
- Infant or child with fever of greater than 102
- Acute respiratory difficulties (such as an Asthma attack). If over 18 and unable to be enrolled patient must have a certificate on letterhead from their tribe of descendency.
- If a newborn and enrollment is pending, a letter from their tribe stating their enrollment is pending will be accepted until enrollment process completed.
- If awaiting documents—1 courtesy visit is given but documentation must be received from that point on.
- It is not the policy of EMHC to deny patient's services we are only requesting the documentation of Native American Descent this policy is for all patients who have services with Elbowoods. EMHC is a Native American Clinic. It is our policy to protect and ensure that our services are only for federally enrolled Native American patients.



PATIENT REGISTRATION

In an emergency, call 911 or go to the nearest Emergency Department so that prompt attention can be provided. An emergency is a critical or life-threatening situation. It is any medical condition which needs immediate attention to prevent death or serious impairment of an individual. Here are some examples:

- Heavy blood loss
- Suspected heart attack, chest pain lasting more than 2 minutes
- Suspected broken bones
- Unconsciousness
- Difficulty breathing
- Severe burns
- Severe allergic reactions
- Suicidal or homicidal feelings

*If the registered patient refuses to be seen or transported by the ambulance services, that individual will deny payment for non-emergency services as determined by the CHS committee.

If treatment has been received from an-other facility, you or the facility must notify the Elbowoods Memorial Health Center Contract Health Service Office within 72 hours (3 days) of receiving treatment to be eligible for payment.

For a Mental Health emergency occurring after hours or on the weekend, call the Fort Berthold Police Department at 627-3617.

HOURS OF OPERATION:

8:00 AM to 5:00 PM
Monday, Tuesday, Wednesday, Thursday, and Friday.

The last patient will be seen at 4:15 PM in order to complete necessary x-ray, laboratory, or pharmacy services.

WALK-INS

Walk-Ins are triaged (sicker patients are seen first) and are seen as time allows. You will not be seen as a walk-in for a med refill, a physical exam, a PAP, or any other issue that is not urgent or emergent.

NATIONAL INDIAN COUNCIL ON AGING

The National Council on Aging, Inc. Senior Community Service Employment Program. The Senior Community Services Employment Program is conducting outreach with the MHA Nation elders and would like to share some of the benefits of the program.

The Purpose of the program is to provide paid job training and placement for people with limited financial resources who are age 55 or older, provide employers with trained, motivated workers, and assist participants to find employment (full or part-time).

For more information please call Erica J. Hawpetoss at 715-701-2484 or Polly Chase, MHA Nation Aging Director at 701-627-4547.



FIELD HEALTH CLINIC UPDATES

The Tribe has field health clinics which provide limited services in 4 communities throughout the Ft. Berthold Reservation. These are located at White Shield, Mandaree, Twin Buttes, and Parshall. Hours and days of service may be obtained by calling the clinics:

Mandaree:

(701) 759-3422

White Shield:

(701) 743-4380

Twin Buttes:

(701) 938-4540

Parshall:

(701) 862-8933

QUALITY CARE - MU TID BITS

First of all I want to commend the clinical team for all your hard work and efforts. In the past few months we have focused on updating our patient records and improving our Meaningful Use Core criteria and we have made progress.

Since January 2013 we have narrowed the gap on MU Core Criteria 3 by updating and creating problems list for our patients. We have identified a solution to capturing Meaningful Use data, but will require effort from nurses and providers.

A meaningful use form has been created so that we can capture Meaningful Use information. Nurses and providers please familiarize yourselves with the 1_2013 MU Form, as we will be requiring this form to be completed for every visit. Start date for implementation of this form will be June 1, 2013.

Let me know if you have any problems with completing this form as it is a new form. Quality Care and IT are working on providing nurses the ability to remove lapsed medications, but it is the providers' responsibility to update medication lists and change prescriptions as needed.

The chart below includes the MU Report Card for January 7, 2013 to May 6, 2013. Providers MUST sign all patient encounters and acknowledge all labs as this signifies that you have read and reviewed labs pertaining to your patients and completed a patient encounter.

WIP indicates a patient encounter is a Work In Progress and is deemed unbillable as the encounter is considered open and not closed by being signed by the provider.

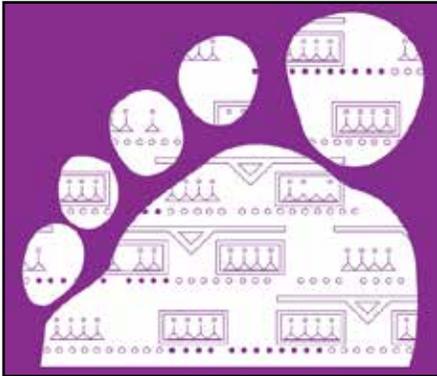
CORE	MEASURE	GOAL	PERCENT
Core	MU-1 Computer Physician Order Entry (CPOE)	0.3	100%
Core	MU-3 Problem List	0.8	76%
Core	MU-4 Prescriptions Sent Electronically	0.4	100%
Core	MU-5 Active Medication List	0.8	96%
Core	MU-6 Active Medication Allergy List	0.8	99%
Core	MU-7 Demographics Recorded	0.5	99%
Core	MU-8 Vitals Recorded	0.5	98%
Core	MU-9 Smoking Status Recorded	0.5	60%
Core	MU-17 Electronic Health Information On Request	0.5	0%
Core	MU-19 Clinical Summaries Provided	0.5	0%
Menu	MU-10 Electronic Lab Results	0.4	100%
Menu	MU-13 Patient Reminders	0.2	0%
Menu	MU-18 Electronic Health Information Access	0.1	0%
Menu	MU-20 Access to Patient Education Resources	0.1	42%
Menu	MU-21 Medication Reconciliation Performed	0.5	0%
Menu	MU-22 Summary Care Record Provided	0.5	0%

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

LEARN ABOUT FOOT HEALTH



Thursday, May 23, 2013

9:30-11:00

Elbowoods Memorial Health Center | 1058 College Drive, New Town, ND

Topics:

- Introduction to Foot Health
- Prevention
- Limb Loss Resources

Presenter: Sue Trout, Amputee Coalition of America.

The first 25 individuals will each receive \$25 (in cash) for attending. If an individual needs a family or friend to provide a ride or special help, the helper will also receive \$25 (funds are limited to the first 25 helpers).

Light refreshments will be available.

Sponsored by: Fort Berhold Diabetes Program • Tribal Health Education, MHA Nation Kidney Dialysis Unit, MHA Nation, Disability Health Project at the North Dakota Center for Persons with Disabilities, Amputee Coalition of America North Dakota Health Equity Office

For more information, contact: Theresa Grant at 1-888-571-5967

MY NATIVE FOOD PLATE

Come to our Spring Conference and meet our new dietician John Finn

Tuesday, May 21, 2013

5:00pm - 8:00pm

5:00pm-6:00pm

- Registration
- Foot Exams
- Immunizations
- Education Booths

6:00pm-6:30pm

- Dinner

6:30pm-8:00pm

- Speaker John Finn, MPH, RD, LN, LRD



FORT BERTHOLD DIABETES PROGRAM

**CO-ED
SOFTBALL
LEAGUES**

Every Wednesday
at 6:00pm

May 1– May 29

8-10 player co-ed
teams

Please sign up by
Friday, April 26

To register please call the
Diabetes Program at 627-7931



EVENTS & ANNOUNCEMENTS

NEW TOWN & COMMUNITY CLEAN UP

Kick Off Event Spearheaded by QEP Resources

APRIL 23 2013 TO MAY 7, 2013

All volunteers will meet at the fire hall at 11:00. S&S Roustabouts will be sponsoring lunch. During lunch, there will be a small safety meeting.

The North Dakota Petroleum Council will be handing out T-shirts. Maps will be available, and specific area's and locations will be divided up and assigned to groups. New Town News, MHA Times, and Bismarck Tribune will be here on the 23rd for the kick off day to cover the event. Fort Berthold Community College will pass out gloves & hand sanitizers.

Garbage Bags will be donated by Pat Staples with the Department of Transportation. Dumpsters will be available throughout the duration of the two-week event at the New Town Civic Center/ courtesy of the City of New Town, Cenex, TAT Environmental Division and the Three Affiliated Tribes North Segment Office.

Kids will be entered to win prizes. Winners names will be drawn at the end of the 2 week event. 2 Bikes will be donated courtesy of the New Town Chamber of Commerce, and mega band state fare passes will be donated by the North Segment Office.

This time of year our Community puts on a number of Spring Clean Up events. We want our people to be safe while they are cleaning up our community. Therefore, we ask the question:

Do you know what to do if you find a needle or syringe?

- DO NOT touch it
- DO NOT let friends or pets touch it
- DO NOT hide it
- DO NOT kick it down the drain
- DO NOT put it in a dustbin or litter bin, or down the toilet
- If you are young, tell a grown up, parents, teacher or a Police Officer

The needle or syringe may not be collected immediately. If you feel you want to do something yourself then:

- Find a suitable container (example: laundry soap bottle, coffee containers, bottles with lid)
- Take the container to the syringe or needle
- Place the syringe into container avoiding the tip using tongs, heavy gloves, dustpan, etc.
- Put the sharp end into the container first
- Afterwards wash your hands thoroughly
- Keep it somewhere safe awaiting collection.

IF SOMEONE IS INJURED BY A NEEDLE

- Encourage bleeding for a minute or two by squeezing the wound to push out any germs
- DO NOT suck the wound
- Wash the area with soap and water
- Contact your doctor or local Accident & Emergency department immediately for advice

There is a risk of getting a blood-

borne infection such as HIV or hepatitis from a needle stick injury. For immediate confidential advice contact your doctor's office.

Remember, if you are an injecting drug user; always dispose of used injecting equipment in a safe manner. Never throw it in a bin, down the drain, or leave it lying around anywhere.

Someone else always has to clean it up!

TWIN BUTTES COMMUNITY CLEAN-UP DAY

MAY 15TH, 2013

Meet at the Twin Buttes School @ 9:00AM (mountain time)

All children in grades K-12 (grade 12 for the 12-13 school year) who help clean will receive a Mega band bracelet for the North Dakota State Fair. Garbage bags and gloves will be provided by the Boys and Girls Club of Twin Buttes.

Also, the Twin Buttes Housing maintenance department will be helping the community elders who need appliances or large items removed from their homes.

All community members are encouraged to come out and lend a helping hand.

Refreshments will be served at the Memorial Hall following the day's event.

If you have any questions you can call the Twin Buttes Tribal Office: (701) 938-4403.

EVENTS & ANNOUNCEMENTS

**CONGRATULATIONS TO
RAMONA SORENSON, PharmD!**



Ramona will represent our area as District 1 Representative for the North Dakota Pharmacists Association!

The North Dakota Pharmacists Association works to:

- Advocate the role of the pharmacist as an essential provider of healthcare
- Support pharmacists in providing optimal pharmaceutical care;
- Encourage and assist pharmacists to use profitable methods to add value to their pharmacy knowledge base
- Improve pharmacists' services and delivery of products needed by patients

The Dakota Pharmaceutical Association was organized August 3, 1885, in Fargo by pharmacists concerned about the quality of pharmacy practice in the northern part of the Dakota Territory.

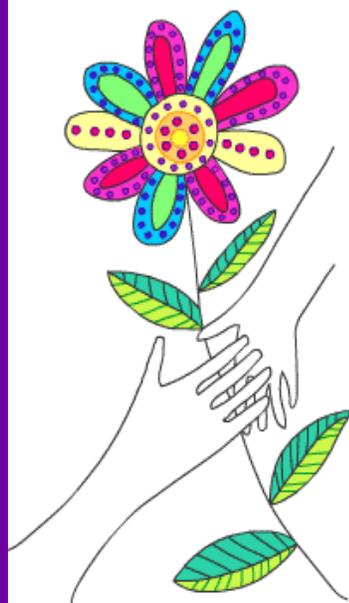
HAPPY NURSES WEEK 2013!

May 6th – May 12th
Celebrate Our Nurses!

NURSES DAY BRUNCH

May 8th – 11:30 AM
Main Conference Room

Everyone is welcome!



*May all the care and kindness
you give to others
come back to warm your heart.*



Happy Nurses Day

The mission of the pharmacy profession in North Dakota is to promote and advise the safe, rational use of cost effective medications and accommodating devices in a professional and ethical manner to assure the optimal health of patients and the integrity of the profession.



TRADITIONAL STORY

Native American elders are revered individuals who provide wisdom and leadership for their Tribes by exuding grace, wisdom, and gentleness in their daily words and actions. A Native American is usually considered an Elder when they are above the age of sixty to sixty five, although it varies from Tribe to Tribe. In rare instances, a Native American is also considered an Elder if he or she is often sought out as a source of spiritual and traditional wisdom, regardless of age.

Elders are the heartbeat of their Tribes. Their age and wisdom allow them to perceive clearly from a cultural perspective and understand deep truths about God and nature. It is of utmost importance



Photo By: Ruth Rose Eskilida

**UNLEASH
THE POWER
OF AGE**

OLDER AMERICANS MONTH 2013

The Aging Services Annual Elder Fair will be held on May 9, 2013 @ the Northern Lights Building.

This year's event will begin with a Walk at 10:00 AM and Booths, Bingo and other activities will start at 11:00 AM.

For more information or to arrange for a ride call the Aging Services at 701-627-4547. Plan to join us for a fun filled day!

that Elders be treated with respect and reverence. Oftentimes in Native communities one will see the younger generation getting Elders their food at community gatherings, or acquiring comfortable seats for them. Another way in which we honor our Elders is by waiting for them to dance at Powwows before we begin dancing. Also, many Tribes initiate Elders' programs to show how much their Elders are cared for.

When an Elder speaks, an informed individual knows to listen. An Elder's wisdom is invaluable to a tribe's prosperity and well-being. Elders are sacred bearers of golden truths and know many valuable stories about the Old Ways. God often speaks through Elders.

A Prayer
By a Native American Elder

**HONOR THE SACRED.
HONOR THE EARTH, OUR MOTHER.
HONOR THE ELDERS.
HONOR ALL WITH WHOM WE
SHARE THE EARTH:
FOUR-LEGGEDS, TWO-LEGGEDS,
WINGED ONES,
SWIMMERS, CRAWLERS,
PLANT AND ROCK PEOPLE.
WALK IN BALANCE AND BEAUTY.**



Elbowoods Memorial Health Center
New Town, North Dakota

The patient surveys are available at Elbowoods Memorial Health Center and field clinics. In order for us to improve the quality of the service we provide we actively seek and value feedback from our patients. We would appreciate if you could take the time to complete our Patient Satisfaction Survey. **It should only take a few minutes of your time but your feedback will be invaluable to us improving our service.**

PHYSICIAN OFFICE SATISFACTION SURVEY

	Poor	Fair	Good	Very Good	Excellent
Reaching the Health Center by telephone?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Telephone courtesy provided by office staff?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How many days did you wait for an appointment:	<input type="radio"/> Same Day <input type="radio"/> Within 7 Days			<input type="radio"/> 8-14 Days <input type="radio"/> Over 15 Days	
How do you rate the number of days waited to receive an appointment?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Access to medical care? (location, office hours, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How long did you wait within the lobby past your scheduled appointment time?	<input type="radio"/> 0-15 minutes <input type="radio"/> 16-30 Minutes			<input type="radio"/> 31-45 Minutes <input type="radio"/> Over 46 Minutes	
How long did you wait within the exam room before being seen by the provider?	<input type="radio"/> 0-15 minutes <input type="radio"/> 16-30 Minutes			<input type="radio"/> 31-45 Minutes <input type="radio"/> Over 46 Minutes	
How would you rate the overall office wait time?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Thoroughness of the examination?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Amount of time the provider spent with you to answer your question(s)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Staff provided clear and complete explanation(s) about your care?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Courtesy and respect shown to you by the staff?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How well the staff listened to you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How well did the staff work together in providing your care?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overall quality of the medical service you received?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Would you recommend this provider to family and friends?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Definitely Would Not Probably Would Not Might Or Might Not Probably Would Definitely Would

Please Turn Page Over



Please note any comments or suggestions based on your most recent visit to the Health Center.

Four horizontal lines for writing comments or suggestions.

How could we improve your overall Health Center experience?

Four horizontal lines for writing suggestions for improvement.

What services are not available at the Health Center that you feel would assist you in managing your healthcare needs?

Four horizontal lines for listing unavailable services.

Optional: Name: _____
Phone Number: _____

Would you like to be contacted about your most recent visit to Elbowoods Memorial Health Center?

- YES NO

Thank you for your valuable input!

Please return in the patient registration OR appointment desk.

For Office Use Only

Time Period:

- 1st qtr
- 2nd qtr
- 3rd qtr
- 4th qtr

Check out **www.mhanation.com** (under the Spotlight Section) for an electronic version of the EMHC Update Newsletter

Or you can visit our website at:
www.elbowoodshealth.com