

# From The Merle Boyd Center

## 2013 Health Fair A Great Success

by Anthony Ramirez, Exercise Sprcialist MBC



Anthony Ramirez

The annual health fair has now passed, and what a great turnout it was! With over 50 tables of retailers and health care professionals partaking, we had the largest health fair so far. 633 people signed in at the registration table dwarfing last year's amount by over 150, and that doesn't mention the amount of people that did not sign in! Sapphire blue t-shirts, thermal coolers, blue and white bandanas and a boxed lunch were given to the first 500 individuals through the door. It was a great event to start off the Powwow events. What made the weekend

even better for me was walking around the camp sites witnessing people in the health fair shirts and using the door prizes that certain individuals won. There were 15 individuals that gave blood with Oklahoma Blood Institute so hopefully for the health fair next year we can try to double that. Stephenson Oklahoma Cancer Center had three tables with physicians and interns giving free tests and discussing results with whoever took part in the screenings. With the gymnasium hosting this year's health fair there was much more walking room and also much more seating area for the elders. There were 15 foot wide walkways which gave all 600+ people plenty of space to walk around without bumping into each other too much, and if folks were standing in front of a table learning more information from a vender, the discussion could continue without being interrupted to move because of too small of a walkway. If you have any input from the health fair feel free to send me an email and we can discuss what you liked from this year and would like at next year's health fair, or what you think we should change, Anthony.Ramirez@ihs.gov



2013 Sac and Fox Nation Health Fair: Over 600 people signed in at the registration table dwarfing last year's amount by over 150. (SFN Staff photo)

### A Different View

Submitted by LaDona Johnson, CHR Coordinator



Wow, as in powwow! Congratulations to all that had a hand in making this year's powwow such a success!

Thursday through Sunday night had a range of events that anyone could find interest in, and they did.

I had the opportunity to be one of the nurses at the First Aid Station. This was my first year, in this capacity. I met several families that had traveled in for the festivities.

I really enjoyed taking care of the people and their needs. We had everything from burns, sprains, insect bites, heat and blood sugar issues, etc. Everyone seemed appreciative and so kind.

The view I had from the First Aid Station was so awesome. I enjoyed watching families and friends putting up tents, cooking on open fires, and visiting. It warmed my heart to see families and friends hugging and laughing and enjoying themselves. It's such a great

time of getting together and enjoying each other; that's what it's all about.

Ken and I also had the opportunity to be blessed by friends. They prepared some luscious meals and shared with us. Thank you Cheryl McClellan and camp and the Thomas and Beatrice Morris camp. Wow, talk about delicious meals. Just to think about it now, makes my mouth water! Again, it was a privilege and honor for your families to think of us.

Powwow means different things to different people. Over the last few months, I have visited with lots of patients and asked what they looked forward to during powwow. You could always see a "spark" or "glimmer" in their eyes as they reminisced about the past. Most always, they talked about getting together, eating, cooking, laughing, just enjoying each other.

Thanks again to all that made this powwow such a great time. It takes many, to do so much, to accomplish what you did, and you did it fantastic!

A thought for us to think on: Love the people The Creator gave you, for one day He may want them back.

**NOTICE**  
**Merle Boyd Center Exercise Facility**  
*Will be Open*  
**Mondays Thru Thursdays Until 6:00 p.m.**  
*Must have referral from*  
**Black Hawk Health Center to use exercise room**

**Sign up form for the**  
**Mîwîkô!**  
**Exercise Program**

Name \_\_\_\_\_

Email \_\_\_\_\_

Phone Number \_\_\_\_\_

Shirt Size \_\_\_\_\_ Short Size \_\_\_\_\_

Referral to exercise \_\_\_\_\_

**ATTENTION TRIBAL MEMBERS**

**A MEMBER OF THE TAX COMMISSION STAFF**  
**WILL NOW BE AT**  
**1st INDIAN BAPTIST CHURCH**  
**CUSHING OKLAHOMA**  
**1034 EAST WALNUT**  
**ONCE A MONTH.**  
**THE TAX COMMISSION WILL BE THERE**  
**2nd THURSDAY OF EACH MONTH**  
**WE WILL BE ABLE TO BETTER SERVE TRIBAL**  
**MEMBERS LIVING IN THE CUSHING AREA WITH**  
**MOTOR VEHICLE REGISTRATION AND ANY**  
**OTHER SERVICE THAT WE CAN ASSIST YOU WITH.**

<b>August 2013</b>				
Black Hawk Health Center Activities				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Cardio/core training	2 
5 11:15 - Lunch Tone 12:15 -exercise dvd Beginner's weight training class 4:45	6 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Low impact aerobics	7 11:15 - Lunch Tone 12:15 - exercise dvd 4:45 Circuit training	8 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Cardio/core training	9 Get out of the heat! Come exercise
12 11:15 - Lunch Tone 12:15 -exercise dvd Beginner's weight training class 4:45	13 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Low impact aerobics	14 11:15 - Lunch Tone 12:15 - exercise dvd 4:45 Kinect Zumba/ Dance	15 Closed 12-4:30 for In-service Training 4:45 Cardio/core training	16 Lunch Dance Pick a game on the Kinect
19 11:15 - Lunch Tone 12:15 -exercise dvd Beginner's weight training class 4:45	20 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Low impact aerobics	21 11:15 - Lunch Tone 12:15 - exercise dvd 4:45 Kinect Zumba/ Dance	22 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Cardio/core training	23 Lunch Dance Pick a game on the Kinect
26 11:15 - Lunch Tone 12:15 -exercise dvd Beginner's weight training class 4:45	27 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Low impact aerobics	28 No Classes Open 8-4:30	29 No Classes Open 8-4:30 	30 No Classes Open 8-4:30
11:15 and 12:15 Lunch classes Monday - Thursday 4:45-6 P.M. after work classes. Class vote toning/weight training, low impact aerobics, core/cardio training <b>MONDAY thru Thursday OPEN TIL 6 PM!!</b>				

**FREE** mesh backpack, shorts, t-shirts, hooded sweatshirts and more!

**To Get Started**  
 Get referral to exercise from Black Hawk Health Center  
 And meet with Exercise Specialist

**Mîwîkô** (Move Around)

Log actual miles walked or jogged, bicycled, or time lifting weights

For More Information Contact  
 Anthony Ramirez at (918) 968-9531 Ext. 205 or Anthony.Ramirez@ihs.gov