

## Black Hawk Health Center Contract Health Services Eye and Dental Program/Diabetic Eye and Dental program

Just a friendly reminder, routine eye exam and frames, lenses, or contact lenses are a service provided every two years. Patients are eligible for \$200.00 towards eye exam and frames, lenses or contacts. In the instance of broken or lost frames, lenses or contact lenses which may occur before the patient is eligible again, CHS will not be responsible for replacement.

The Dental program runs on a fiscal year, the fiscal year begins on October 1st and ends September 30th. Patients are eligible for \$1200.00 per fiscal year. Dentures and partials are eligible for replacement every two years.

The Diabetic eye program runs on a calendar year, the calendar year begins January 1st and ends December 31st. Diabetic patients are eligible for a diabetic eye

exam every year, but are allowed glasses every two years. Patients are eligible for \$250.00 towards frames, lenses or contact lenses.

The Diabetic dental program runs on a calendar year, the calendar year begins January 1st and ends December 31st. Diabetic patients are eligible for \$1200.00 per calendar year. Dentures and partials are eligible for replacement every two years.

ALL programs require patients to have an approved referral prior to receiving services.

Please be sure to call me with any follow up appointments you may have and if you have any questions please call me at 918-698-9531 ext 170.

Rosalita  
CHS Specialty Clerk

## Fish Oil and The Benefits it Can Lead To, and Sodium The Fluid Retainer

by Anthony Ramirez, Exercise Specialist MBC

Over the weekend after Thanksgiving, my wife and I were wasting time and walking through the Shawnee Mall. Little did we know we were about to have our eyes opened by a man that not only knows about health and fitness, but lives it.

Close to closing time Saturday night the 24th, we walked into GNC to look through fat burning pills and other workout supplements, and when we started to venture, the store manager asked us a few questions and some of them honestly stumped us. The first question he asked was about the diet pills we were looking at and why we would need them. Of course the obvious answer is to lose weight, but we didn't know the reason that exact pill would or wouldn't work. That's when we began talking about sodium and the effects that it has on the human body along with how many foods have high amounts of sodium so they can stay just a little fresher for a little longer. When you have sodium in small quantities it is responsible for helping to keep the fluids balanced in our bodies. It is also needed to help transmit nerve impulses to the brain, as well as playing a role in contracting and relaxing our muscles. Sodium is a fluid magnet, it collects and holds fluids, so too much sodium means too much fluid. Too much sodium can cause swelling or bloating of the extremities. This is primarily because the kidneys are responsible for eliminating salt from the body, and if there is too much salt, the kidneys cannot eliminate it fast enough and you will get fluid retention. The fluid retention is also capable of building around the heart. This will cause the heart to not be able to beat and function properly, which can cause high blood pressure, congestive heart failure or even strokes and heart attacks. That is when he told us about fish oils, and how it can combat the sodium, be used to help in losing weight, and be beneficial to people

with diabetes.

Triglycerides are a type of fat stored by the body. Any calories your body doesn't burn right away are converted into triglycerides and stored in fat cells. The body then burns these triglycerides when it needs energy between meals. But if you have diabetes, insulin can inhibit the uptake of triglycerides in fat cells and they build up in the blood instead. This can be particularly dangerous for diabetics. What he said next was surprising, but fish oils are actually known to be blood thinners and target sodium to block it from storing in the body. Fish oil contains healthy fats known as omega-3 fatty acids – in particular, docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). These fatty acids are polyunsaturated fats, which can help decrease triglyceride levels in the blood. According to the American Diabetes Association, taking 2 to 5 teaspoons of fish oil each day can help decrease triglyceride levels by 30 to 50 percent. Fish oil supplements can also decrease blood pressure and abnormal heart rhythms, decrease cholesterol levels, help reduce depression and may help prevent certain cancers or slow their growth. We walked away from the store that night in shock about how much we just learned and how our diets could still be high in sodium and fats if we would have simply kept on walking through the mall. So in short, fish oil and omega 3's are good and will help lower water weight and fat levels along with eating right and exercise. Sodium in abundance can lead to many illnesses and disease, but can be lowered and targeted by simply lowering your intake, and taking approximately one gram of fish oil a day, which is in most cases three to four pills.

Always check with your healthcare professional before starting any exercise program or diets!



**Meth Awareness Day Booth:** (From Left) Jackie McCracken, Laura Guest, Administrative Assistant Behavioral Health, Cassie Thorpe and Randall Tiger (staff photo)

## METH AWARENESS DAY NOVEMBER 30, 2012

The Sac and Fox Nation Behavioral Health Department hosted a "Meth Awareness Booth" on November 30, 2012. The target was to bring awareness to the danger of methamphetamines, and other dangerous substances. Hand-outs were available, and 69 people visited the booth to pick up information, or to ask questions. Door prizes were drawn, and the winners were Elmer Turner, Jackie McCracken, and Carolyn Fite.

\*Of the U.S. population, 9.4 million people reported trying meth at least once

in their lifetime, just in 1999. The number keeps rising. Methamphetamine trends across the United States are indicators of the rate of Meth abuse and addiction. The highest rate of meth use was among the 18-25 age group.

\*If you, or someone you know, is struggling with Meth-Addiction, the toll-free number listed below is available for assistance. It is never too late to seek help.

Behavioral Health—1-800-830-0683 or 1-866-867-1191

February 8-9-10, 2013  
Glenpool Conference Center  
Highway 75 and 121st Street

Now available at the Sauk Language Department office for a limited time.  
Price is \$15.00.  
Sorry, but we are not able to mail out these CDs.  
To order by mail, please see instructions below.

**ALBUM SALES**

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Meskwaki Love Songs  
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plus Contemporary bonus tracks

Album on sale now \$15.00  
Purchase at the Language office: Public Works building upstairs. (1632 305th St., Tama, IA) CASH or MONEY ORDER ONLY payable to Sac & Fox Tribe.

To order by mail: Send check or money order for \$20 (includes shipping) to: Meskwaki Language Dept CD Orders; 349 Meskwaki Rd; Tama, IA 52339. Make check payable to Sac & Fox Tribe. 3 weeks for delivery.

Find us on Facebook Search "Meskwaki Language Department"

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## Shawnee and Cushing Community Classes Have been canceled due to low attendance

For more information, please call the  
Sauk Language Department at  
918-968-0070

## Manager Positions Available

Sac and Fox Casino in Shawnee, Oklahoma

- Table Games Dealers
- Floor Manager
- Vault/Cage Supervisor (Part-time)
- Shift Supervisor (Stroud Casino)

### Benefits include

- Medical, Dental, Vision and Life insurance
- Short Term Disability
- Long Term Disability
- Supplemental insurance
- 401K Retirement Package

If you are interested please visit our website [www.sandfcasino.com](http://www.sandfcasino.com) for an online application or view a complete list of job openings. Contact the HR Department at (405) 275-4700 Ext. 164 for further details.

## CTSA Head Start

is accepting applications  
for a part-time

### Child Care Teacher

at our Shawnee location.

Must be at least 18 years of age,  
have a high school diploma or GED,  
have a clean driving record,  
have a valid driver's license,  
pass OSBI/DHS background checks.

CDA or Early Childhood Degree preferred, experience a plus.

All applications accepted with  
preference given to *qualified*  
Native Americans.

Apply today at:  
1535 N McKinley  
Shawnee, OK 74801  
or

Email your résumé to:  
[AmberC@CTSAHeadStart.org](mailto:AmberC@CTSAHeadStart.org)

CTSA Head Start is an Equal Opportunity Employer.