



**November was Diabetes Month:** November was National Diabetes Month! In an effort to raise diabetes awareness, there was an information table set up in the Black Hawk Health Center lobby from 8:00 am until 12:00 pm on November 14, 2013. The purpose of the informational table was to learn more about this disease and how to prevent/manage it. From left: Leah Carver, Special Projects Manager MBC; Anthony Ramirez, Exercise Specialist MBC and Clarissa Littlehead, Health Director BHHC.

## INDIAN HEALTH SERVICE WATER AND SEWER ASSISTANCE AVAILABLE

The Indian Health Service, Office of Environmental Health and Engineering, offers programs to install water and sewer facilities to qualified Indian Homeowners. Funding and construction of sanitation facilities, such as wells, water service lines, septic tanks and drain fields, wastewater lagoons and sewer service lines, are available.

Minimum eligibility requirements include:

- Property must be located within the local Indian Health Service jurisdiction: The greater portion of Oklahoma County; Pottawatomie County north of the North Canadian River; Cleveland County west of the Indian Meridian; Lincoln County; Logan County, and a portion of southern Payne County.
- You must be a member of a federally recognized Indian tribe, band or group;
- If renting, you must obtain a lease agreement (minimum of five years) and a copy of the landowner's deed/title and CDIB. Property owner must possess a Certified Degree of Indian Blood (CDIB).
- HUD homes must be paid in full before services can be provided.

Documentation of tribal affiliation and home ownership or long-term lease will be required with the application for services. Mobile homes must be tied down, skirted and wheels removed prior to service.

Absentee Shawnee and Citizen Potawatomi Nation tribal members must apply for services through their tribal OEH offices.

Please note that applying for service does not guarantee you will receive service. Service depends on the availability of funding.

Please call (405) 214-4200, or stop by our office at 14106 Highway 177, Shawnee, Oklahoma, for more information.

## Sac and Fox Elders Activities

**Wednesday - December 11**

In lieu of the Elders monthly Elders Advisory Committee Meeting – we will be hosting the **Annual Christmas Dinner and Gift Exchange** at the S&F Multi-Purpose Center in Shawnee, 11:00 am – 3 pm. This event will be a catered meal. SFN Employees in the Shawnee area and elders from the local tribes will be our guests. We are sure to have some fun and holiday cheer at this event. Bring yourself and a bingo prize so we can have even more fun! See you there!

**December 10 & 17**

Craft Classes at the Elders Building in Stroud 10:00 am

**Thursday – December 12**

Cooking Class at the Elders Building in Stroud 10:00 am  
Olive Penguins and Church Mouse

**Thursday – December 19**

Decorating Sugar Cookies at the Elders Building in Stroud  
10:00 am

**Sunday - December 22**

Special Cook Day at the Elders Building in Stroud 1:00 pm  
Baking Cinnamon Rolls for delivery meals on the 23rd

## Food Distribution Program Updates



### Regional Vendor Distribution Model Pilot: New Food Package

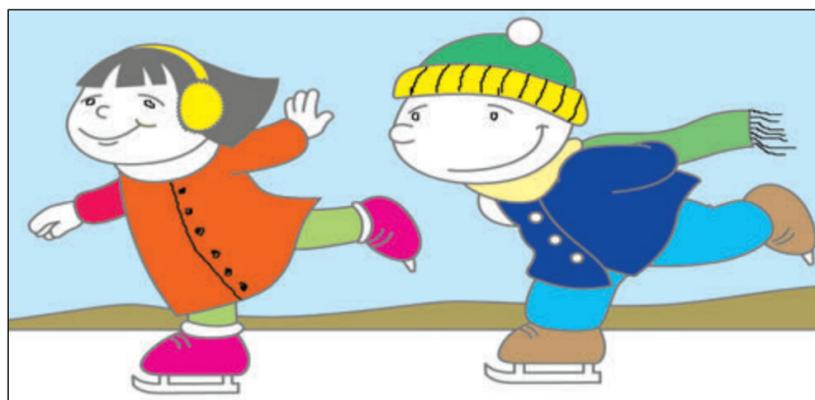
New food items from our OKC based vendor MDV Nash-Finch include Peter Pan peanut butter, Campbell's Soups, Hungry Jack mashed potatoes, etc., no more generic Black & White labeled items of the past. Holiday Hams will be in soon!

### FDPIR Income Guidelines:

### New Deductions Expected to Boost Participation Nationwide

With our increased FY14 Net Monthly Income Standards, new income deduction rules were also approved in the CFR. Households that pay rent or utilities, regardless of amount, are now allowed a Standard \$300 Deduction of their Net Monthly Income that is measured against the USDA Net Monthly Income Standards. For elderly or disabled household members there is now a Medical Expense Deduction that can be claimed for all out of pocket medical expenses with no limit regarding the amount. Also there is a new Meal Deduction that can be claimed should a household member require the full time services of a home health worker.

For more information on these deductions or to see if you qualify please call (866) 622-2310 Shawnee Office or (800) 256-3398 Stroud Office.



## MONTH of DECEMBER 2013

Monday	Tuesday	Wednesday	Thursday	Friday
2 Spaghetti Carrot Salad Garlic Toast Pears	3 Chicken Pot Pie Salad Jello w/fruit	4 BBQ Pork Potato Salad Peaches	5 Tater-Tot Casserole Green Beans Pineapple	6 Oatmeal w/ Raisins Sausage Toast Juice
9 Beef Tips Hominy Rice Applesauce	10 Fish Coleslaw Hush Puppies Fries Mixed Fruit	11 Chicken Baked Beans Scalloped Pot Peaches	12 Hamburger Veggies Chips Mac Salad Pears	13 Veg. Soup Okra Combread Van. Pudding
16 Sauerkraut & Polish Sau. Green Beans Mixed Fruit	17 Pork/Potatoes Squash/Corn Fry Bread Peaches	18 Enchilada Casserole Refried Beans Salad Applesauce	19 Chicken/Rice Corn Crackers Tropical Fruit	20 French Toast Bacon Boiled Egg Milk
23 Baked Ham Sweet Potato Green Beans Roll/Bread Pears	24 Pizza Mixed Veggies Cookie	25 <b>CHRISTMAS OFFICES CLOSED</b>	26 <b>OFFICES CLOSED</b>	27 <b>OFFICES CLOSED</b>
30 Meatloaf Scalloped Pot Zucchini Applesauce	31 Tuna Noodle Casserole Peas/Carrots Pineapple			

# Sac and Fox Nation Food Distribution Program

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## CALL TODAY TO SEE IF YOU QUALIFY!!!

**STROUD OFFICE**  
**(800) 256-3398**

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**SHAWNEE OFFICE**  
**(866) 622-2310**

If at least one member of your household is Native American, you reside within our service area, and you meet our income guidelines...  
**You May Qualify. Call Today!!!**

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