

From The Merle Boyd Center

2013 Sac and Fox Nation Health Fair

by Anthony Ramirez, Exercise Specialist MBC

It is time for the Sac and Fox Health Fair! The Sac and Fox Gymnasium, located within the Black Hawk Health Complex, will serve as host on Thursday July 11th from 10 AM to 2 PM. With this being the 50th annual Powwow, we are expecting a large community outcome so we have changed venues to allow for a less crowded and more enjoyable experience! We have over 50 vendors signed up to participate this year, with most bringing give away items and door prizes! Vendors include Oklahoma Blood Institute with their Blood Mobile, OU Children's Diabetes, Social Security, Stephenson Oklahoma Cancer Center, various dental agencies, home healthcare, podiatry, along with many more healthcare related areas. This is not a ploy to bring in more individuals, but word on the street is that the first 500 people through the door receive a free lunch ticket and T-shirt. Not only should you attend, but you should try to attend early and stay the entire time to listen for your name to be called for door



Anthony Ramirez

prizes! What is better than learning how to be a healthier and longer living you with a chance to go home with free stuff? Well, giving blood with OBI and receiving two passes to the Oklahoma City Zoo and a free T shirt are a start because that "FREE" word pops up again, but you are also helping individuals with your blood type!

2013 Sac and Fox Health Fair

July 11th from 10 AM-2PM in the Sac and Fox Gymnasium
Health information, diabetes and cancer awareness, health screenings, OBI blood mobile, door prizes, raffle drawings, and much more!

Any questions please contact:
Anthony Ramirez 918-968-9531, ext 205
Anthony.Ramirez@ihs.gov

It's Powwow Time Submitted by LaDona Johnson, CHR Coordinator



It's Powwow Time

This is the time of year where excitement is in the air! This year is especially important, due to it being the 50th Annual Sac and Fox Powwow!

There are many "happenings" during the four day celebration. Thought I might list a few. Be sure and read this newspaper front to back, you don't want to miss a thing!

On Thursday, July 11, there will be a Bright Path Sauk Walk and 5K Run. The 5K Run will start at 9:00 a.m., and the Sauk Walk starts at 10:00. It will be held at Jim Thorpe Memorial Park, Sac & Fox Nation, Stroud. Come on out and have some fun. You get a free t-shirt too!

Black Hawk Health Center and the Merle Boyd Center have been in the planning stages for THIS health fair for over a year now. We have fifty-two vendors coming to the health fair, and we're expecting a huge turnout. If you haven't been to a health fair before, this is the one to come to. We have laid "the red carpet" out for you, our guests. The vendors are really eager to be a part of this particular event; they say it's "more than a health fair". What do they mean? Come and attend on Thursday, July 11, at the gymnasium and find out! The health fair's hours are 10:00 am-2:00 pm. We'll be looking for you!

Thursday night, July 11, is Sac and Fox Traditional Night. This night really starts the dancing off right. It is a time of enjoyment; seeing families, friends and employees dancing into the night. I'm looking forward to seeing the ladies performing the Swan Dance; it's one of my favorites of the night.

On Friday, July 12, turtle races are going to be held. This should be a fun time! The turtle races will be by the outdoor basketball courts. It is open to ALL ages. There will be four categories: Fastest Runner, Fastest Swimmer, Kewlist Name, and Best Dressed (or

Painted). There's cash and prizes!! It's JOM Fun Day! It's a time for games, crafts, activities and lunch. Registration will be at the Sac and Fox Library, with a shuttle to bring children over to the Learning Center.

Friday night, it's rodeo time! Starts at 7:00 p.m. Eight all-around buckles are to be given away (boy and girl in each age group. It's also time to compete for various events at the Powwow. Remember to look at the ads in this newspaper.

Saturday, They'll be a lot of fun activities on Saturday, July 13, at the Sac and Fox Powwow grounds. There will be volleyball and horseshoe tournaments. There is a registration deadline, which is 8:30 AM for both tournaments. See ad in this edition of Sac and Fox News. Contact Anthony Ramirez to sign up for both tournaments! All proceeds go to support a mission trip to Indian Falls Creek, donations also welcome!

Saturday night, It's rodeo time again! Starts again on this night at 7:00 p.m. Also the Powwow continues in full force with competition in various events. Just to watch the dancers and the beautiful regalia; it's breathtaking!

Sunday, There will be a 3-on-3 basketball tournament held at the Sac and Fox Nation Gymnasium on Sunday, July 14. Free registration begins at 9:30; tournament begins at 10:00. Prizes awarded for 1st, 2nd and 3rd place. Girls and boys have a 3 point contest. Open to ages 13-18. Interested? Call Joshua Williamson at 918-968-9531 x 224 or e-mail at Joshua.williamson@ihs.gov.

Sunday night, July 14, the last night. . . More dancing and naming the winners!

I didn't put every single thing that is being offered during Thursday through Sunday. Please read this edition of the Sac and Fox News for more details.

I'm going to leave you with a quote from Dr. Seuss: Today you are You, that is truer than true. There is no one alive who is Youer than You.

Enjoy the time with families and friends. Happy 50th Annual Powwow Celebration, Sac and Fox Nation!

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 _____

July 2013 Black Hawk Health Center Activities				
Monday	Tuesday	Wednesday	Thursday	Friday
1 11:15 - Lunch Tone 12:15 - exercise dvd Beginner's weight training class 4:45	2 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Low impact aerobics	3 11:15 - Lunch Tone 12:15 - exercise dvd 4:45 Kinect Zumba/ Dance	4 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Cardio/core training	5
8 11:15 - Lunch Tone 12:15 - exercise dvd Beginner's weight training class 4:45	9 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Low impact aerobics	10 11:15 - Lunch Tone 12:15 - exercise dvd	11 No Classes Closing at 4:30	12 Get out of the heat! Come exercise
15 CLOSED	16 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Low impact aerobics	17 11:15 - Lunch Tone 12:15 - exercise dvd 11-12 PM Healthy Cooking 4:45 Kinect Zumba/ Dance	18 Closed 12-4:30 for In-service Training 4:45 Cardio/core training	19 Lunch Dance Pick a game on the Kinect
22 11:15 - Lunch Tone 12:15 - exercise dvd Beginner's weight training class 4:45	23 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Low impact aerobics	24 11:15 - Lunch Tone 12:15 - exercise dvd 4:45 Kinect Zumba/ Dance	25 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Cardio/core training	26 Lunch Dance Pick a game on the Kinect
29 11:15 - Lunch Tone 12:15 - exercise dvd Beginner's weight training class 4:45	30 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Low impact aerobics	31 11:15 - Lunch Tone 12:15 - exercise dvd 4:45 Kinect Zumba/ Dance		

11:15 and 12:15 Lunch classes Monday - Thursday
5:00 - 5:45 C.A.P.S. in the Merle W. Boyd exercise room. Employees and patients with referral only
MONDAY thru Thursday OPEN TIL 6 PM!!

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