

# Flu 2014

By Gene Hoyt MD

It's that time of year again: football parties, Halloween and Thanksgiving get together, Christmas and family and the old scourge THE FLU. Crowds of people during the fall and winter bring great fun and fellowship and are a breeding ground for the flu. Coughs and sneezing, all respiratory droplets may spread the flu virus. How do you protect yourself from this common illness which can leave you down and out for 2 weeks? It's simple and you know the answer. It's the flu shot! There is much publicity every year from many media sources, but do YOU get the shot? Many doses of vaccine are wasted every year.

I will try to ask and answer the most common questions people ask. Who should get the vaccine? Most everyone but, people who have had an allergy to the vaccine, people who have egg allergies, people who are ill and have fever must be screened by knowledgeable medical personnel before receiving any form of the vaccine. Otherwise everyone over 6 months of age should receive the vaccine. Call your doctor's office to find out when they will have the vaccine and get the best flu preventative medicine has to offer -- the flu shot. Many places including the Payne County Health Department, your local pharmacy, Walmart, Walgreens and CVS will be giving the flu shot by early October. This year's flu shot will contain protection against the three most probable viruses to be circulating this winter. The flu shot is based on extensive research of viral illness which circulated in the southern hemisphere earlier, during their winter, this year. The Centers for Disease Control and The World Health Organization has been very good but not perfect in predicting viral circulation in preparing the flu shot.

The question always arises, "I am pregnant should I take the flu shot." Generally speaking the flu shot is safe for pregnant women. No adverse effect has been shown to the expectant mother or the developing child. But, always discuss the flu shot and all medicines, even over the counter medicines, with your OB doctor. Another very common question is, "Can I get the flu from the flu shot?" No, No, No, you cannot get the flu from the flu shot! Some people may have flu like fever and

body aches and pain, but this is not the flu. It is a side effect caused by your immune system reacting to components of the vaccine. You must also remember it takes about 2 weeks for you to develop immunity after the flu shot. If you have been exposed to the flu before you receive the flu shot, you may develop the flu, not from the flu shot, but from your exposure before immunity developed. This is the reason it is suggested to get the flu shot early, before flu cases start to develop. If a person's immune system is weak full immunity may not develop. Sometimes a "high dose" shot is suggested or people at risk may receive a second flu shot. People with COPD, asthma and diabetes should receive the flu shot early. Some people may be allergic to the flu shot. The vaccine is prepared using eggs. If you are allergic to eggs, you should not receive the standard flu shot. There is a special egg free vaccine available.

You should get a flu shot every year. Vaccines change from year to year. Also, even if the shot was the same, a "recall" vaccine shot will provide greater immunity as immunity can decline over time.

You know about flu shots. I also write every year about the pneumonia vaccine. The flu shot and pneumonia shot just seem to go together each fall. Pneumococcal disease is wide spread not only in the United States but around the world. In fact, this common and vaccine preventable disease kills more people each year than all other vaccine preventable diseases combined. It may manifest itself as a blood, brain or lung infection. These illnesses are becoming much more difficult to treat because of antibiotic resistance. If you are over 65 get the Pneumovax shot. If you are under 65 but have chronic lung, heart or kidney problems, get the shot! If you smoke get the Pneumovax shot. People with cancer, organs transplants or a damaged or absent spleen get the shot! As always talk to your physician about your particular circumstance.

You know what to do to help protect you from these common ailments. "Just do it" is not just the Nike logo. It's good common Oklahoma sense!

GO COWBOYS  
Gene Hoyt, J.D., M.D., F.C.L.M.



**California Visitors:** A family whose relatives had worked at the Sac and Fox Mission school stopped by to look at the old site and donate some photographs to the Tribe. From Left: Stella Nullak, BC member; Mary McCormick, Secretary; George Thurman, Principal Chief; Bob Brown; Robert Brown, Luke Brown, Jared King, Treasurer and Orvena Gregory, Second Chief. (SFN Photo)

## Sequoyah National Research Center Exhibit on Native American Stereotypes

The University of Arkansas at Little Rock's Sequoyah National Research Center (SNRC) will open the exhibit, "Toy Tipis and Totem Poles: Native American Stereotypes in the Lives of Children," in the Dr. J.W. Wiggins Native American Art Gallery on Friday, September 5 at 5:30 pm.

The exhibit will be drawn from the Hirschfelder-Molin Native American Stereotypes Collection, a collection of over 1500 museum objects and archival documents donated to SNRC in 2012 by Arlene Hirschfelder and Paulette Molin, professional educators and authors with decades-long experience in Native American education and Native American studies. It is thought that this may be the largest such collection in the world. SNRC's archivist Erin Fehr will be curating the exhibit with Hirschfelder, Molin, and SNRC staff.

The exhibit will highlight the areas of the collection dealing with children and the stereotypes of Native Americans that are omnipresent in the lives of American children. By examining childhood objects – dolls, toys, books, games, cloth-

ing, sports memorabilia – it is our intent that awareness of the inculcation of the images and their associations will bring attention to the difficulty of changing mainstream American thinking about Native stereotypes. In addition to presenting the stereotypes themselves, positive images and responses from Native people will be presented as an alternative to the stereotypes. The purpose of this exhibit is to create awareness of the variety of Native cultures and educate the public on the achievements of contemporary American Indians and Alaska Natives.

UALR's Sequoyah National Research Center is dedicated to the collection and preservation of all forms of Native American expression. Located on the extreme southern end of the UALR campus in the University Plaza, SNRC has served as an archive for Native Americans for over 30 years. The gallery is open Monday through Friday, 8:00 a.m. to 5:00 p.m.; the exhibit will run through December 19, 2014.

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### Sac and Fox Transportation Program

*Criteria You Must Meet Before Being Eligible for Transportation:*

- You must have an established chart at BHHC
- You must have no other means of transportation
- You must have an active referral from a BHHC provider to the facility where being transported

If you have Medicaid, please utilize SoonerRide  
SoonerRide's toll free phone number is  
**(877) 404-4500**

## 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.

## Back to School

### MONTH of SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
1 Labor Day Offices Closed	2 Hot Dog Chips Pork & Beans Peaches	3 Vegetable Stew Cabbage Cornbread Tropical Fruit	4 Hamburger Fries Fresh Veggies Applesauce	5 Spicy Chicken Potato Salad Green Salad Pears
8 Salisbury Steak Mashed Potatoes Green Beans Fruit Cocktail	9 Polish Sausage & Sauerkraut Squash Bread Pears	10 Tater Tot Cass Green Salad Roll Peaches	11 Fish Hush Puppy Fries Pineapple	12 Biscuit & Gravy Sausage Egg Mand Orange
15 Chef Salad Baby Carrots Crackers Vanilla Pudding	16 Frito-Chili Pie Corn on the Cob Pears	17 Fried Chicken Mac & Cheese Green Beans Applesauce	18 Indian Taco Fresh Veggies Tropical Fruit	19 Pulled Pork Beets Green Salad Peaches
22 Pinto Beans Potato Wedge Cornbread Pears	23 Spaghetti Green Beans Green Salad Garlic Toast Pineapple	24 Chicken Salad Chips Beets Watermelon	25 Beef Enchilada Refried Beans Chips & Salsa Grapes	26 Banana Muffin Bacon Egg Juice
29 Tuna Casserole Creamed Corn Zucchini Mand. Orange	30 Meatloaf Mashed Potatoes Carrots Bread Fruit Cocktail			

### September 2014

SAC AND FOX NATION  
FOOD DISTRIBUTION PROGRAM

STROUD WAREHOUSE (918) 968-3030      1-800-256-3398  
SHAWNEE OFFICE (405) 395-0063      1-866-622-2310

Mon	Tue	Wed	Thu	Fri
1 CLOSED FOR HOLIDAY	2 ELDERS ONLY SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	3 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	4 ELDERS ONLY SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	5 ELDERS ONLY SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30
8 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	9 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	10 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	11 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	12 SHAWNEE 8:30-2:30 LITTLEAXE 10:00-12:00 WAREHOUSE 8:30-2:30
15 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	16 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	17 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30 SHIPMENT	18 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	19 SHAWNEE 8:30-2:30 PERKINS 10:00-1:00 WAREHOUSE 8:30-2:30
22 LATE NIGHT WAREHOUSE 8:30-6:00 SHAWNEE 8:30-2:30	23 LATE NIGHT SHAWNEE 12:00-6:00 WAREHOUSE 8:30-2:30	24 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	25 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	26 SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30
29 CLOSED FOR INVENTORY	30 CLOSED FOR INVENTORY			