

From The Merle Boyd Center

Sac and Fox Nation Health Fair

Thursday July 10th from 10 AM-2 PM

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 3039;
Anthony.Ramirez@ihs.gov

Located at the Sac and Fox Gymnasium
by the Black Hawk Health Center, 7
miles south of Stroud

April 2014 Black Hawk Health Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
	1 open 8-4:30 Anthony in Shawnee	2 11:15 - Sweatin to the Oldies 12:15 -exercise dvd beginner's weight training class 4:45	3 11:15 - YOGA 12:15 -CIRCUIT TRAIN 4:45 Circuit Training	4 11:15 Sweatin to the Oldies 12:15 exercise dvd
7 11:15 - Sweatin to the Oldies 12:15 -exercise dvd 5:00 Cardio/core training	8 open 8-4:30 Anthony in Shawnee	9 11:15 - Sweatin to the Oldies 12:15 -exercise dvd beginner's weight training class 4:45	10 11:15 - YOGA 12:15 -CIRCUIT TRAIN 4:45 Circuit Training	11 11:15 Sweatin to the Oldies 12:15 exercise dvd
14 11:15 - Sweatin to the Oldies 12:15 -exercise dvd 5:00 Cardio/core training	15 Demo dates are Tentative open 8-4:30 Anthony in Shawnee Brittany Cooking Demo @ 11 am	16 11:15 - Sweatin to the Oldies 12:15 -exercise dvd beginner's weight training class 4:45	17 Closed 12-4:30 for In-service Training Brittany Cooking Demo @ 12 noon 4:45 Circuit training	18 11:15 Sweatin to the Oldies 12:15 exercise dvd
21 11:15 - Sweatin to the Oldies 12:15 -exercise dvd 5:00 Cardio/core training	22 open 8-4:30 Anthony in Shawnee	23 11:15 - Sweatin to the Oldies 12:15 -exercise dvd beginner's weight training class 4:45	24 11:15 - YOGA 12:15 -CIRCUIT TRAIN 4:45 Circuit Training	25 11:15 Sweatin to the Oldies 12:15 exercise dvd
28 11:15 - Sweatin to the Oldies 12:15 -exercise dvd 5:00 Cardio/core training	29 open 8-4:30 Anthony in Shawnee	30 11:15 - Sweatin to the Oldies 12:15 -exercise dvd beginner's weight training class 4:45		

Ready to make a healthy change?

- Tuesdays at the Shawnee Multi-Purpose Building
- Exercise on brand new equipment
- Learn the correct posture, balance and coordination needed
- **Have fun and be healthy!!**

Anthony Ramirez
Exercise Specialist MBC

BENEFITS OF EXERCISE

- Lower Resting Heart Rate
- Increased vascularity and better oxygen delivery to muscles
- Increased tolerance to intense exercise
- Better body shape
- Better sleeping patterns
- Less stress
- Increased self esteem



General Wellbeing

- Weight management
- Increased energy levels
- Reduction in stress levels
- Improved heart & lungs (cardiovascular)
- Improved strength & endurance
- Increased flexibility
- Enhanced bone and muscle

Helps to manage existing conditions

- Obesity
- Anxiety
- High blood pressure (hypertension)
- Stroke
- Coronary Heart Disease
- Type 2 Diabetes

Reduces the risk of medical conditions

- Obesity
- Coronary Heart Disease
- Stroke
- Type 2 Diabetes
- Bone and joint problems e.g. Osteoporosis
- Back problems
- Certain types of Cancer



Physical Fitness

The ability to function effectively in physical work, training and other activities and still have enough energy left over to handle any emergencies which may arise.

Lightning Safety Tips LaDona Johnson, CHR Coordinator



Well, we think winter is over, right? It's spring! I love so many things about spring: warmer weather, gardens, beautiful flowers, children's playground activities, baseball games, fishing, and the list goes on and on.

One thing I do not like about spring is stormy weather. Yes, I like distant thundering, rains, the smell of spring; something I do not like is crashing lightning!

Lightning is one of the leading causes of weather-related fatalities. But the odds of being struck by lightning in a given year are only about 1 in 500,000. However, some factors can put you at greater risk of being struck.

You can protect yourself and your family if you know what to do when you see lightning or when you hear thunder as a warning. Lightning strikes the earth more than 8 million times per day. The risk of being struck is low but the consequences of lightning strike injuries are serious.

Here are some outdoor and indoor safety tips:

Outdoor Safety Tips

The best defense is to avoid lightning. Here are some outdoor safety tips that can help you avoid being struck:

Do

*Be aware – Check the weather forecast before participating in outdoor activities. If the forecast calls for thunderstorms, postpone your trip or activity, or make sure adequate safe shelter is readily available.

*Go Indoors – Remember the phrase, "When thunder roars, go indoors." Find a safe, enclosed shelter when you hear thunder. Safe shelters include homes, offices, shopping center, and hard-top vehicles with the windows rolled up.

*Crouch close to the ground and separate – If you are caught in an open area, crouch down in a ball-like position (feet and knees together) with your head tucked and hands over your ears so that you are down low with minimal contact with the ground. Do NOT lie down. Lightning causes electric current along the top of the ground that can be deadly over 100 feet away. Crouching down is the best combination of being low and touching the ground as little as possible.

*Separate – If you are in a group during a thunderstorm, separate from each other. This will reduce the number of injuries if lightning strikes the ground.

*Remember the 30-30-rule – The main lightning safety guide is the 30-30

rule. After you see lightning, start counting to 30. If you hear thunder before you reach 30, go indoors. Suspend activities for at least 30 minutes after the last clap of thunder.

Don't

*Stay in open vehicles, structures, and spaces – During a thunderstorm, avoid open vehicles such as convertibles, motorcycles, and golf carts. Be sure to avoid open structures such as porches, gazebos, baseball dugouts, and sports arenas. Stay away from open spaces such as golf courses, parks, playgrounds, ponds, lakes, swimming pools, and beaches.

*Stay near tall structures – Do NOT lie on concrete floors during a thunderstorm. Also, avoid leaning on concrete walls. Lightning can travel through any metal wires or bars in concrete walls or flooring.

Indoor Safety Tips

Even though your home is a safe shelter during a lightning storm, you may still be at risk. About one-third of lightning-strike injuries occur indoors. Here are some tips to keep safe and reduce your risk of being struck by lightning while indoors.

*Avoid water – Do NOT bathe, shower, wash dishes, or have any other contact with water during a thunderstorm because lightning can travel through a building's plumbing.

*Avoid electronic equipment – Do NOT use your computers, laptops, game systems, washers, dryers, stoves, or anything connected to an electrical outlet. Lightning can travel through electrical systems, radio and television reception systems, and any metal wires or bars in concrete walls or flooring. Equip homes with whole-house surge protectors to protect appliances.

*Avoid corded phones – Corded phones are NOT safe to use during a thunderstorm. Do NOT use them. However, it is safe to use cordless or cellular phones during a storm.

*Avoid windows, doors, porches, and concrete – Do NOT lie on concrete floors during a thunderstorm. Also, avoid leaning on concrete walls. Lightning can travel through any metal wires or bars in concrete walls or flooring.

Spring is a time for friends, family, fellowship and fun!! Enjoy this time of year, but please be safety aware. Remember, in Oklahoma, we can go from 70 degrees to an ice storm, in the same week. The same is true with clear weather to thunderstorms.

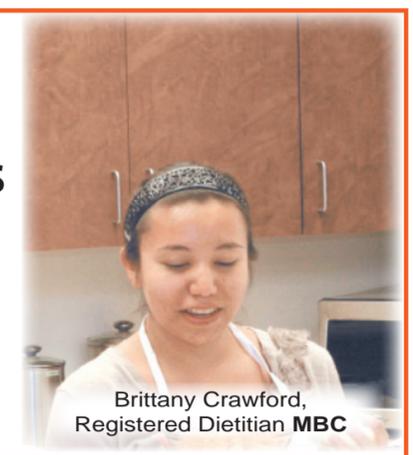
Please be weather aware, be safe, and enjoy Spring!!!!

Information provided by CDC
800-232-4636

Don't Forget The April Cooking Demos

April 15
11:00 am
April 17
12:00 noon

Dates are Tentative



Brittany Crawford,
Registered Dietitian MBC

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