

SPRINGTIME HAZARDS BE CAREFUL OUT THERE!!

by Gene Hoyt MD BHHC

It's springtime! It's sunny, warm and winter is really gone. It's time to be outside and there are so many jobs that need to be done. What do you want to do first?

Make sure you and your equipment are ready to start. I know you've lost your summer tan and feel pale but, make sure you are properly dressed while working outside. Wear appropriate clothing and not your shorts or bathing suit. Long pants and long sleeved shirts help to protect you from insect bites, sunburns, contact allergies and flying debris. Look at all the dust you've caused and listen to you snort and sneeze! Remember Oklahoma is an allergy hotspot. Tree and grass pollen as well as mold can make your outdoor adventure into an uncomfortable experience. If you have seasonal allergies, you should consider taking your allergy medicine before you expose yourself to the great outdoors. Face masks and respirators may also be helpful. When you finish don't sit around in dirty clothes admiring your work: Take a shower and change clothes to decrease your allergy exposure.

You are ready to go. Are your machines ready? Check the oil and other fluids. If you need to change the oil or other petroleum based fluids you must safely dispose of the used fluids. Recycle them don't just drain oils out on to the dirt. Don't put petroleum fluids down the drain or into storm drains or septic systems. Many of these fluids are highly flammable. Oil related fluids, batteries and other machine related refuse can be taken to many auto supply stores for recycling. While you are in the garage or shop consider the hazards to your family and pets that have been stored over the winter and may also be beyond a useful date: weed killers, pesticides and household chemicals. Now you are really ready to get started: gloves, hats and eye protection and good common sense.

Grass is growing. Maybe you need to mow and clean your yard. Be careful! Emergency rooms across the country see hundreds of thousands of people each year who are injured from flying debris from lawn mowers, trimmers and power saws. Some of the injured are mere on-lookers. Always make certain to protect and watch out for children, pets and others who might be struck by flying debris. Machines run hot; burns are a common use injury. Hot also reminds us that hard work can make you sweat. Dehydration can cause you serious injury. Always have plenty of non alcoholic fluid available to drink.

"Oh, my aching back." Many of us are

weekend warriors. There is much to be done and little time to complete the job. We start out bright eyed with shovels and hoes and end up with aches and pains. Be careful not to overdo your outdoor tasks. Use common sense to decrease the risk of muscle injury and strains. Ice to swollen injuries and heat to aches and pains often help as well as pills and potions.

Use of fertilizers, lawn granules and various sprays are not without risks to you, your family and pets. Chemical dusts can be inspired into the lungs. Many chemicals can be absorbed through your skin causing you serious injury. Remember gloves and long sleeved shirts. Always wash your hands before eating or drinking after any chemical use.

"Down and dirty" in the garden. Always, always wear your gloves. I know you watch carefully for what might cut you, stick you or bite you. That's the point (good pun). But, you simply can't see the many small hazards that exist in the dirt: sticks, shards of metal and glass or biting bugs. Poisonous bugs such as spiders or poisonous snakes may also infest your garden. Poison ivy grows throughout Oklahoma. It may just be in your garden.

"Don't forget to clean out the gutters." They are full of dirt, last year's leaves and may be the home of biting bugs such as wasps and hornets. When you get the ladder also get someone to come with you to watch you from the ground while you are on the ladder or on roof. Be mindful of the wind which could blow you ladder down. Be sure the ladder fits you weight wise and that it fits the job. Is it tall enough to do the job you have planned? Most ladder accidents occur from imbalance, from people reaching too high or too far laterally for the ladder.

In Oklahoma the greatest of our spring risks is the weather. As I write this article the winds are blowing 40 MPH. Warnings are myriad: tornado, severe thunderstorms, hail and even frost abound. May is potentially our most dangerous weather month. Be prepared! If you have a cellar or safe room make certain it is accessible. Move whatever obstructs the door for fast access. Notify Emergency Management of your shelter location so they are aware of where you are if your area is stuck by a severe storm (<http://stillwater.org>). If you do not have a hidey hole, talk to neighbors, friends or landlords about available safe shelters.

Enjoy the springtime, it will be summer soon enough.

Gene Hoyt MD



Members of several departments recently attended a Coordination of Care meeting at the Sac and Fox Nation Court House. Left side, from left: Sue Bryant, Social Services; Danita Kollars, MSW; Vickie Rutledge, ICW Director; Karen Simmons, Behavioral Health Services Manager; Laura Guess, B.H. Administrative Assistant, Charlotte Cartwright, Court Clerk, and Juan York, Child Welfare Specialist II; (SFN Photo)

The mission of the Sac and Fox Nation Behavioral Health Services Program (BHS) is to provide the highest quality clinical and other related behavioral health services possible. The services are performed to alleviate the social and emotional impact of substance abuse, physical or mental illness or disability, enhance social and personal functioning, and to promote those conditions essential to assure maximum benefits from short and long-term health care services and to prevent illness.

SERVICES: Outpatient services shall include the following:

- Individual, family and group counseling
- Psychotropic Medication Therapy
- Marital Counseling
- Primary Psychological Screening for Developmental Progress
- Advocacy, Behalf of Clients
- Alcohol/Substance Abuse Counseling
- In-Service Trainings to Other Departments of Health Center/Tribal Programs
- Consultation
- Prevention Education/Activities
- Crisis Intervention
- Case Management
- Referrals
- Aftercare/Follow-Up
- Domestic Violence Screening
- Groups

AVAILABILITY OF SERVICES: Outpatient services are available are 8:00 a.m. to 4:30 p.m., Monday through Friday. The 3rd Thursday of each month the clinic is closed at 1:00 p.m. for staff meeting. Each Wednesday from 3:30 a.m. to 4:30 p.m., the BHS department will have staff meeting.

HOW TO ACCESS SERVICES: For Behavioral Health Services, one must contact the Black Hawk Health Center at (918)968-9531 or 1(800)830-0683.

EMERGENCIES: If an emergency arises after normal business hours, go to the nearest hospital or contact your tribal or local police or call 911. Notification of emergency hospital visits after hours must comply with the Black Hawk Health Center's Contract Health Services policy and procedures.

STAFFING: It is the policy of the Black Hawk Health Center that all Behavioral Health Services staff has an understanding of the unique needs of the clients they serve. The current staff: (1) Behavioral Health Services Manager (2) Licensed Clinical Social Worker (3) Tribal Youth Coordinator (4) Substance Abuse Counselor (5) Administrative Assistant and (6) Contract Psychiatrist. Professional staff is both licensed and credentialed and participate in quality assurance activities.

Brown Family Reunion

If you plan on attending please call one of the people listed below to RSVP by May 1. We are trying to get a count on how many plan to make it. Also if you would be interested in Tee shirts let us know that too. Thanks!

Please Call:

- Glenda (Brown) Fuller @ 405 962-5732**
- Ronnie Lauderdale @ 405 765-2700**
- Twiggy (Wilson) Gregory @ 405- 434-9136**
- John Soap Jr. @ 405-585-968**
- Sissy Franklin @ 405 567-9254**

Oklahoma Tobacco Helpline

1
800
QUIT
NOW

Muscogee (Creek) Nation

WIC Program

Stroud Clinic

USDA Building 920883 S. HWY 99

Open 1st and 3rd Wednesday of each Month

Hours: 9:30am - 3:30pm

Closed for Lunch 12:00pm - 1:00pm

1-800-648-2302 or 918-968-1784 for information

Closed last business day of each month for staff training.

Standards for participation are the same regardless of age, race, sex, color, national origin or handicap.

Absentee Shawnee Tribe of Oklahoma

Domestic Violence Program

Mission Statement

The Absentee Shawnee Tribe of Oklahoma's Domestic Violence mission is to eliminate violence in Native Country and to strengthen Native families to end the cycle of violence. Absentee Shawnee Tribe Domestic Violence program serves Native American families and Non-Native families by providing advocacy in the areas of Domestic Violence, Sexual Assault, Stalking, and Dating Violence.

The Domestic Violence Department provides services to:

Victims of Domestic Violence, Sexual Assault (on call 24 hours per day), Stalking, and/or Dating Violence. We serve Native and non-Native victims as well as their children, as these problems affect everyone in our community. When a victim flees the situation they often leave behind all of their belongings, that's where we step in, offering a hand up to the victim. We offer advocacy for the victim, through the process of court, counseling, housing and utility assistance, referrals as needed (for services ASTDV does not provide), shelter, and transitional housing. We have four transitional houses fully furnished, where victims will be provided the opportunity to get an education and obtain job skills. Emergency transportation can be provided as well. For questions regarding necessary paperwork in order to receive assistance please contact the AST Domestic Violence Office.

Absentee Shawnee Tribe of Oklahoma

2025 S. Gordon Cooper Drive Shawnee, Oklahoma 74801

Phone: (405) 275-4030 Fax: (405) 273-1192

National Domestic Violence Hotline: 1-800-799-7233

National Sexual Assault Hotline: 1-800-656-4673