

# From The Merle Boyd Center

## Meet Sac and Fox Nation Podiatrist Dr. James E. Webb Jr., D.P.M



Dr. James E. Webb Jr., D.P.M

A Podiatrist, Doctor of Podiatric Medicine (DPM), is the only health care professional whose total training focuses on the foot, ankle and related body systems. Dr. Webb treats people of all ages with common disorders of feet including bunions, heel pain/spurs, hammertoes, ingrown toenails, warts, corns, calluses, sprains, fractures, infections, and injuries. Dr. Webb also provides the Sac and Fox Nation with a comprehensive diabetic foot care program. He stresses the importance of proper foot care and routine checkups.

Dr. Webb is affiliated with the Oklahoma Podiatric Medical Association and American Podiatric Medical Association and served as the Oklahoma Podiatric Medical Association President from 2003-2004. Dr. Webb's education follows as;

- College High School – 1982
- Westminster College in Fulton, MO Bachelor's Degree – 1986
- California College of Podiatric Medicine in San Francisco Graduate Studies – 1990
- University of Southern California Los Angeles County Medical Center Internship – 1990
- Maryland Podiatric Residency Program in Baltimore, MD Emphasis: Podiatric Orthopedics & Podiatric Surgery - 1992

Dr. Webb has been providing the Sac and Fox Nation with Podiatry services since January 2013. The Podiatry clinic is located in the Merle W. Boyd Center. The hours of operation are every Wednesday from 8:30am to 3:30pm. In order to receive an appointment one must have a referral placed by Black Hawk Health Center or other IHS provider.

Contact number for the Merle W. Boyd Center is 918-968-9531 ext. 3000

## Folic Acid Awareness Week

By Elizabeth Burgess MS, RD



Elizabeth Burgess MS, RD

The second week in January is dedicated to folic acid awareness. Folic acid is a type of B vitamin that is usually found in supplements or fortified foods such as cereal. It is important to make sure we receive folic acid in our diets for multiple reasons. The vitamin is responsible for

helping body tissues grow and making body cells work. Folic acid is especially important during pregnancy as it can help prevent birth defects like spina bifida. In adults, folic acid deficiency may cause anemia, gray hair, a swollen tongue, and peptic ulcers. Food sources high in folic acid are dark green leafy vegetables, dried beans, peas, and citrus fruits. Look for fortified or enriched foods like breads, cereals, and rice that may also contain folic acid.

### Recommended Amounts:

Males age 14 and older: 400 mcg/day  
 Females age 14 and older: 400 mcg/day  
 Pregnant teens 14-18 years; 600 mcg/day  
 Pregnant females 19 and older: 500 mcg/day  
 Breastfeeding females 14-18 years: 600 mcg/day  
 Breastfeeding females 19 and older: 500 mcg/day  
 Source: Medline

## Tax Exemption for American Indians and Alaska Natives

Don Whitehead, Health Services Director

Starting in 2014, every person needs to have health coverage or make a payment on their federal income tax return called the "shared responsibility payment." Some people are exempt from making this payment. As a member of an Indian tribe, you can ask the Internal Revenue Service (IRS) for this exemption before you file your federal income tax return. You don't need to ask for an exemption if you're not going to file a federal income tax return because your income is below the filing threshold. If you're not sure, you may want to ask for an exemption.

If you get this exemption, you can keep it for future years without submitting another application if your membership or eligibility for services from an Indian health care provider remains unchanged. You can use one application to apply for this exemption for more than one person in your tax household.

You will need documents showing tribal membership or eligibility for services from the Indian Health Service, a tribal health care provider, or a urban Indian health care provider, your Social Security numbers (SSNs), if you have them, and Information about people in your tax household. We ask for Social Security number and other information to make sure your exemption is counted when you file your federal income tax return. All the information you give will be kept private and secure, as required by law.

Your documentation, completed and signed application must be sent to the address below. They will follow-up with you within 1-2 weeks and let you know if they need additional information. If you get this exemption, they will give you an Exemption Certificate Number that you'll put on your federal income tax return. If you don't hear from them, visit [HealthCare.gov](http://HealthCare.gov), or call the Health Insurance Marketplace Help Center at 1-800-318-2596.

**Health Insurance Marketplace – Exemption Processing**  
 465 Industrial Blvd.  
 London, KY 40741

**Black Hawk Health Center can assist you in filing for an exemption.**

If you should need copies of the application with instructions, help with filling out the application, or a letter of eligibility for services from the Indian Health Service please contact the Black Hawk Health Center at (918) 968-9531. We will be happy to assist you in completing the forms.

## 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**

## January 2015 Black Hawk Health Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Happy New Year</i>		1 Closed for New Years Day	2 11:15 SWEATIN' to Oldies 12:15 Circuit Training
5 11:15 SWEATIN' to Oldies 12:15 Circuit Training 5 PM Cardio/core training	6 open 8-4:30 Anthony in Shawnee	7 11:15 SWEATIN' to Oldies 12:15 Circuit Training 5 PM Lower Body Focus Training Class	8 12:15 CIRCUIT TRAIN 2:15 Yoga 5 PM Upper Body Focus	9 11:15 SWEATIN' to Oldies 12:15 Circuit Training
12 11:15 SWEATIN' to Oldies 12:15 Circuit Training 5 PM Cardio/core training	13 open 8-4:30 Anthony in Shawnee	14 11:15 SWEATIN' to Oldies 12:15 Circuit Training 5 PM Lower Body Focus Training Class	15 Closed 12-4:30 for In service training 5 PM Upper Body Focus	16 11:15 SWEATIN' to Oldies 12:15 Circuit Training
19 11:15 SWEATIN' to Oldies 12:15 Circuit Training 5 PM Cardio/core training	20 open 8-4:30 Anthony in Shawnee	21 11:15 SWEATIN' to Oldies 12:15 Circuit Training 5 PM Lower Body Focus Training Class	22 12:15 CIRCUIT TRAIN 2:15 Yoga 5 PM Upper Body Focus	23 11:15 SWEATIN' to Oldies 12:15 Circuit Training
26 11:15 SWEATIN' to Oldies 12:15 Circuit Training 5 PM Cardio/core training	27 open 8-4:30 Anthony in Shawnee	28 11:15 SWEATIN' to Oldies 12:15 Circuit Training 5 PM Lower Body Focus Training Class	29 12:15 CIRCUIT TRAIN 2:15 Yoga 5 PM Upper Body Focus	30 11:15 SWEATIN' to Oldies 12:15 Circuit Training

## JANUARY 2015 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pow-wow Committee Sponsoring NEW YEAR'S DANCE Thursday, Jan 1, 2015 Community Building	EAC Monthly Mtg Wednesday, January 14, 2015 SMPC-Shawnee	Keep Warm and Be Prepared . . . always wear a hat and gloves, and keep blankets in the car.	1 New Years Day OFFICES CLOSED	2 Oatmeal w/raisins Boiled Egg Toast Orange Juice
5 Salisbury Steak Mashed Potatoes Carrots Pears	6 Lima Beans w/ham Cabbage Cornbread Fruit Cocktail	7 Spaghetti Green Beans Garlic Bread Jello w/fruit	8 Fried Chicken Scalloped Potatoes Zucchini Peaches	9 Chili w/beans Sm. Baked Potato Crackers Mandarin Orange
12 Baked Fish Cole Slaw Corn on Cob Applesauce	13 Vegetable Stew Crackers Cheese Slices Vanilla Pudding	14 Beef Hotdog Potato Wedges Cottage Cheese w/ Tomato Peaches	15 Meatloaf Mac & Cheese Green Beans Tropical Fruit	16 Biscuit & Gravy Bacon Boiled Egg Orange
19 Chef Salad Fried Okra Crackers Plain Cake	20 Pork Ribs Potato Salad Baby Carrots Mandarin Oranges	21 Cheeseburger French Fries Pork & Beans Fruit Cocktail	22 Chicken & Noodles Squash Crackers Pears	23 BeefnBean Burrito Chick. Quesadilla Chips & Salsa Pineapple
26 Spaghetti WC Corn Garlic Toast BS Pudding	27 Pot Roast Mashed Potatoes Green Beans Wheat Bread Applesauce	28 Tuna Casserole Carrots Bread Peaches	29 Indian Taco Fresh Veggies Salsa Grape Dumplings	30 French Toast Sausage Patty Boiled Egg Milk

### Oklahoma Tobacco Helpline

1
800
QUIT
NOW

Join us at the first cooking class of the New Year!

Featuring:

Banana Bread Protein Muffins

Participants will learn how to turn this classic food item into a healthier option AND receive a prize for participating!

Merle Boyd Center

January 13 at 12:00 pm

January 14 at 11:00 am

(Limit 25 people)