

FLU 2014 REVISITED

Gene Hoyt, JD, MD, FCLM

In Oklahoma and across the nation we expect flu outbreaks most usually in January and February. Over the past several years the flu vaccine has been a good match to the circulating virus. "Flu" may be caused by any number of related viruses. The current vaccine covers what were thought to be the most likely viral pathogens for the 2014-2015 flu season. So far both locally and across the nation the flu A virus, H3N2, has been the most commonly detected illness causing virus. In March 2014 a mutated, or changed form of the A virus, was found. This mutated A could not be incorporated into the vaccine in time for

the onset of the flu season. The current vaccine does not fully or completely protect against this mutated viral form. The vaccine does appear to be a close match for both the H1N1 and subtype B virus which are now circulating.

Get your flu shot, it's not too late. The vaccine is effective against both H1N1 and subtype B flu strains and may provide some protection against the influenza, H3N2 variant. 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 if they have the vaccine and get the best flu preventative medicine has to offer—the flu shot. Many places including the County Health Departments, your local pharmacy, Walmart, Walgreens, and CVS are still giving the flu shot. The flu shot is based on extensive research of viral illness which circulated in the southern hemisphere earlier 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 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 yourself from these common ailments. "Just do it" is not just the Nike logo. It's good Oklahoma common sense!

Happy New Year!

NOTICE
Sac and Fox Nation Veterans
 will be electing officers
 at the February 10th meeting
 All Veterans Attend



*The Sac and Fox Nation Indian Child Welfare
 continue the quest for foster parents.*

For more information, please contact:
 918-968-3526 ext. 1713

**BE THE REASON....THEY FEEL LOVED,
 THEY HAVE HOPE, IT GETS BETTER!**

Happy January Birthday Elders

Eddie Lee Blanchard Taylor Neal Finley Gregory Paul Walker Sandra D'ann Bruehl Avis E. Austin Cheryl Ann Carter Robert Lewis Tyner Charles Arthur Holland Donald Lee Fixico Janis Gail Fleming Dora Steel Young Alphues Christjohn Wilson Harriett Janean Hunter Jesse W. Baldwin Carla K. James Debra Joyce Ornelas George L. Thurman Forest C. Nelson Truman Andrew Carter Edward Littlehead Cecelia L. Snodgrass Gloria M. Castillo Cathy Lynn Tamminga Christina Louise Roan Glenn Mitchell Logan Mark Kent Megehee Pamela Ann Longshore Lana Jo Duncan Bobby Duane Longshore Annette Hunter Rice Charles Larry Ryan Anita Lynn Hooley Simon Carter Retherford Frank Gokey Carol Rose Littlehead Dino Ray Riley Elvis Edgar Ellis John Bill Croley Paula Kaye Bean Cheryl Ann Torres George Nullake Sarah Rhodes Donna Diane Gorton Mamie Long Landis Marileen McClellan Frank E. Rhodd Alma Louise Davis Sandra Kay Patton Daniel R. Tyner	John L. Cummins Rosa D. Hawzipta Keith Edward Franklin Valerine Charolette Lasley Antowine N. Warrior David Keith Butler Thomas Morris Warrior Jacqueline Helfer LaDonna Renee Brown Toni Colline Littlewalker Dee Ann Manatowa Cynthia Ina Crane Walter Andrew Nullake Glenn K. Morton Rosita V. Quintana Margaret McKinney-Woodward Lewis Marez Louise E. McIlvaine Wanda Marie Wolf Minnie Franklin Emil V. Nelson Karolyn Kaye Heuston Harry Benson Walker Viola Freida Prewitt Samuel F. Morris Sharon Elaine Franklin Margaret Frances Wood Roger Keith James Amos Black David Michael Tibbitts Arthur Marez Arnold Ray Terry Barry Dean Irons Mary Frances McCormick Dolores Lurlene Kahrahr Alden Ray Franklin Ronald Dean Lopez Thelma D. Rogers Victor James Barnes Brenda Sue Floyd Sandra Ray Sherri A. Vandervort Marilyn Jean Spoon James Howard Roubidoux Richard Eugene Walker Mary Christine Harjoe Johanna Myers David Eric Schexnider Edward Scott Troy
---	--

Business Committee Meeting Minutes
 are now accessible on the Website and Facebook
sacandfoxnation-nsn.gov

Sac and Fox Enrollment Department
is trying to locate the following Tribal Members:

Victor James Barnes DOB: 1902	Bridgette Jean-Marie (Harkins) DOB: 7/27/1980
Clyde Benjamin Davis DOB: 12/06/1933	Arthur H. LaBelle DOB: 1917
Anthony Myron Mack DOB: 12/25/1940	Glen Kenneth Morton DOB: 1927
Brandon Dean Thacker DOB: 03/01/1979	Donald L. Tyner DOB: 12/08/1938

If you have any information on them, please inform the Enrollment Department at 1-800-259-3970, extension 1040 or 1041. If they have passed away, send us a Copy, of their Death Certificate or Obituary.



SAC AND FOX NATION
RAP ASSISTANCE APPLICATION

FAX: 918-968-0098
 PH: 918-968-3526
 EXT: 2000 & 2001
 RAP APP
 Form#2011-01

NAME _____ PHONE # (____) _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

BIRTHDATE ____/____/____ SOCIAL SECURITY # xxx-xxx-(____) SFN ROLL # _____

Sac and Fox Nation tribal membership will be verified by the Sac and Fox Nation RAP Department

Please List Statement of Need: _____

Please Provide the Following:
 The bill you are requesting assistance with & proof of residence if the bill is not in your name.

Type of Assistance Requested (Please Check All That Apply)

<input type="checkbox"/> Tribal Energy	<input type="checkbox"/> Elders Lawn Care	<input type="checkbox"/> Dental
<input type="checkbox"/> Hardship	<input type="checkbox"/> Emergency Appliance	<input type="checkbox"/> Dentures
	<input type="checkbox"/> Vision	<input type="checkbox"/> Orthodontic
		<input type="checkbox"/> Hearing Aid

****NOTE****
 You must receive an award letter **PRIOR** to receiving any Health services requested above. If you receive services prior to an award letter being issued, you are responsible for the charges.

CLIENT'S STATEMENT OF RIGHTS AND RESPONSIBILITIES

I hereby authorize the Sac and Fox Nation RAP Department to make any necessary inquiries relating to my account's which the RAP Department may be considering making payment on my behalf. I understand that I have the right to a hearing of any action of the Sac and Fox Nation, which I consider improper, and also any unreasonable delay in decision. (Request for fair hearings may be made in writing to the Business Committee of the Sac and Fox Nation, 920883 S. Hwy. 99 Bldg. A, Stroud, OK 74079) I understand that any person who knowingly, willfully and fraudulently provides false information for the purpose of obtaining benefits which he/she is otherwise ineligible to receive, may be subject to prosecution to the fullest extent to the appropriate Tribal statutes.

DATE _____	SIGNATURE OF APPLICANT OR GUARDIAN _____	GUARDIAN FOR _____
	PERSON ASSISTING WITH APPLICATION _____	RELATIONSHIP TO APPLICANT _____
DATE _____	RAP SPECIALIST _____	