

Black Hawk Health Center

Summer Update!

by Anthony Ramirez, Exercise Specialist MBC



Anthony Ramirez
Exercise Specialist MBC

Summer activities are in full swing, we have hosted a walking/jogging “train the trainer” type event with the OI DC (Oklahoma Inter-Tribal Diabetes Coalition) to help start a walking or running program and how to keep it going, basketball and soccer camps are happening as we team up with the Seminole Nation, and NYPD (Native Youth Preventing Diabetes) is taking place from June 8-12 in Choteau, Oklahoma.

The walking and jogging clinic brought tribal representatives from as far as Dallas to participate and learn how they can take what information we gave them to start up their own program and get the population to walk and jog their way to health. The basketball camp will take place May 27th and 28th at North Rock Creek School in Shawnee and will be directed to ages 8-18 that are looking

to learn a sport, or increase their skill set. Sac and Fox Nation Diabetes Prevention Program is partnering with the Bright Path program of SFN Behavioral health and the Diabetes Prevention Program of the Seminole Nation to bring in A.J. Hawkins, a member of the 2010 NAIA National Champion OBU basketball team to work with the kids and give them a spark to learn and be healthier. The soccer camp will take place June 17th and 18th at the park on Butler Drive in the Falls Acres housing addition in Shawnee. This will be an event co-hosted by the Diabetes Prevention Programs of both the Seminole Nation of Oklahoma and the Sac and Fox Nation of Oklahoma.

Mark your calendars! July 9th-12th the annual powwow is coming. Experience the health fair that had over 500 in attendance last year with 50 booths set up to give information on many different health and wellness portions of life. Friday the Special Diabetes Program will be hosting a 3 on 3 basketball tournament for different age groups on the courts at the powwow grounds. Saturday Salateeska Baptist Church will have their annual volleyball and horseshoe tournament located by the pool.

There are plenty of things to do throughout the summer, don't let anything hold you back from having fun with your family and get your exercise on! Be the healthy role model your kids and grandchildren deserve to look up to and follow in those footsteps.

ATTENTION: SAC and FOX TRIBAL MEMBERS

POWWOW TIME IS APPROACHING. If you plan on attending any of the events, and an unforeseen medical need should arise, Black Hawk Health Center is available for your use. The Black Hawk Health Center is located east of the tribal complex/headquarters, across the highway.

If you do not have a medical record established, we will need the following documents to establish a medical record: CDIB (Certified Degree of Indian Blood); Photo ID (preferably a Driver's License); and a Social Security Card.

If you have any Insurance coverage (Insurance cards); Medicare card; and Medicaid or Sooner Care information, we would appreciate this information; but it is not needed to establish a medical record. The Health Fair will be on Thursday, July 9, 2015 – 10:00 am – 1:00 pm

Blackhawk Health Center

Merle Boyd Center

Sac and Fox Nation Health Fair

Thursday July 9th from 10 AM-1 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, E 930 Road off
highway 99

June is Fresh Fruit and Vegetable Month

By Elizabeth Burgess MS, RD/LD



Elizabeth Burgess MS, RD/LD

makes it easier to pass on tempting snack foods so you'll have more of your food budget for vegetables and fruit.

4. Try canned or frozen. For canned items, choose fruit canned in 100% fruit juice and vegetables with “low sodium” or “no salt added” on the label.

5. Buy small amounts frequently. Some fresh fruits and vegetables don't last long. Buying smaller amounts ensures you can eat the foods without throwing away any.

6. Buy in bulk when items are on sale. For fresh fruits and vegetables a large size bag is often a better deal. Canned or frozen fruits and vegetables can be bought in large amounts since they last much longer.

7. Opt for store brands when possible.

8. Buy fruits and vegetables in their simplest form. Pre-cut, pre-washed, ready to eat, and processed foods are convenient but often cost much more than when purchased in their basic forms.

9. Plant your own garden for fresh additions to meals. Herbs, cucumbers, peppers, or tomatoes are good choices for beginners.

10. Prepare and freeze vegetable soups, stew, or other dishes in advance. This way you save time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit can be good for smoothies or baking.

Fitting fruits and vegetables into a grocery budget can seem difficult. Spoilage and price of foods largely influence our grocery purchases. How do we fit fruits and vegetables into our budget without breaking the bank? Follow these 10 tips!

1. Use fresh vegetables and fruits that are in season.

2. Check the newspaper, online, and at the store for sales, coupons, and specials that will decrease food costs.

3. Stick to your list! Plan out your meals ahead of time and make a grocery list. This way you will save money by only buying what you need. Try not to shop while hungry. Shopping after eating

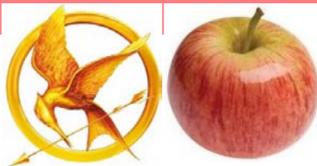
Weight Management: The Hunger Games

Join us for a 6-week program focused on teaching you about weight management and making healthy choices! Have fun learning about nutrition while competing with others for a chance to be the Sac and Fox Hunger Games Champion!

Led By: Elizabeth Burgess,
MS/Registered Dietitian
Phone: 918-968-9531 ext. 3042
Email:
Elizabeth.burgess@ihs.gov

Tentative Meeting Times:
Mondays, June 22-July 27 at 11am
Location: Sac and Fox Nation Learning Center

Please contact Elizabeth by phone or email by June 15th if interested in participating.



June Cooking Class Featuring: Shrimp with Romesco Sauce



Tuesday, June 23rd at 11:00 am
Thursday, June 25th at 12:00pm

Sac and Fox Nation Learning Center

Hosted by: Elizabeth Burgess MS, RD/LD

Summer Youth Soccer Camp

June 17th and 18th ages 7-16
Any Tribal certified youth

Registration is open now until space runs out
Both days will run 2 hours
Space is limited to the first 30 kids to register and those 30 will receive a free soccer ball after attending both days!

The camp will be held at the park on Butler Drive across from North Rock Creek School in Shawnee

All sessions will be instructed by Dewayne Tiger

For questions or to sign up call or email:

Anthony Ramirez, 918-968-9531 ext 3039; Anthony.Ramirez@ihs.gov



Presented to you by:
Sac and Fox Nation Special Diabetes Program
Seminole Nation Diabetes Program



June 2015 Black Hawk Health Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
1 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Cardio/core training	2 Exercise Room open 8-4:30 Anthony in Shawnee	3 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Lower Body Focus Training Class	4 Exercise Room open 8-4:30	5 Exercise Room open 7AM-4:30PM
8 Exercise Room open 7AM-4:30PM Anthony & Elizabeth at NYPD camp All week	9 Exercise Room open 8-4:30 Anthony & Elizabeth at NYPD camp All week	10 Exercise Room open 7AM-4:30PM Anthony & Elizabeth at NYPD camp All week	11 Exercise Room open 8AM-4:30PM Anthony & Elizabeth at NYPD camp All week	12 Exercise Room open 7AM-4:30PM Anthony & Elizabeth at NYPD camp All week
15 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Cardio/core training	16 Exercise Room open 8-4:30 Anthony in Shawnee	17 Exercise Room open 7AM-4:30PM 11:15 Circuit Training 12:15 Circuit Training	18 Exercise Room open 8AM-4:30PM Closed 12-4:30 for In service training	19 Exercise Room open 7AM-4:30PM 11:15 Circuit Training 12:15 Circuit Training
22 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Cardio/core training	23 Exercise Room open 8-4:30 Anthony in Shawnee Elizabeth Cooking class at edu building 11:00 AM	24 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Lower Body Focus Training Class	25 Exercise Room open 8AM-6PM, Elizabeth Cooking class at edu building 11:00 AM 5 PM Upper Body Focus	26 Exercise Room open 7AM-4:30PM 11:15 Circuit Training 12:15 Circuit Training
29 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Cardio/core training	30 Exercise Room open 8-4:30 Anthony in Shawnee			