

## Black Hawk Health Center

### New Health Center

From Donald P. Whitehead, Health Director

In the fall of 2014, the Health Director was asked by the Business Committee to conduct a feasibility study to consider the construction of a new health clinic. A need was found to enhance the health services of the Black Hawk Health Center (BHHC) and Merle W. Boyd Center (MBC) by supporting existing services and adding additional services to better care for the Native American population. The feasibility study identified needed new services, cost of those services, and determined there is a need for a new facility.

Black Hawk Health Center (BHHC) and Merle W. Boyd Center (MBC) provide a limited range of outpatient services for the tribal members of the Sac and Fox Nation and Native American community. Services include primary medical care, behavioral health, pharmacy, community health, laboratory, radiology, diabetic education, nutrition counseling, podiatry, physical therapy, wellness and exercise therapy. The BHHC facility was completed in 1998.

As far back as August 4, 2003, plans were made to expand the clinic facility and add services. Other attempts have been made over the years with little or no success. The 1992 10 Year Plan identified expanding the "Black Hawk Clinic" to be a full service facility.

Services in the clinic have changed very little over the years. There have been positive upgrades in pharmacy, laboratory, and radiology, but the expansion of services has been held back by lack of adequate space and design. One of the major factors in physician recruitment is the existence of a modern, well equipped facility capable of providing the level of services necessary to support their practice. The current 20 year old design cannot address those needs. BHHC could provide a wider range of health services not currently available on campus and require a referral to other health care providers.

After discussion with the Elected Officials, it was recommended that a new facility be considered for construction with expanded services. The new facility should be contiguous with the Merle W.

Boyd Center (MBC). This would create a unified service, better provider-to-provider communication, and easier access for patients. Currently, patients seen at BHHC have to get back in their cars to go to MBC. For many patients, this is a physical hardship. Behavioral Health Services should also be housed in the new facility which would improve continuity of care. The new facility should have expanded dietary services to accommodate cooking classes, diabetic instruction and hands-on programs. The exercise program needs to be expanded to include space for exercise programs, added exercise equipment, physical therapy services, and other group activities. New services will include Dental and Optometry programs year 1 and Wound Care and Audiology programs year 2.

A selection committee interviewed architectural firms in January. After a lengthy process, JHBR Architects, Oklahoma City, was chosen. JHBR has a long successful record of designing health care facilities. In the process, it was decided that a Construction Manager (CM) Firm would be used throughout the design and construction process. The advantage of using a CM is better coordination of the design process, value engineering, and producing a Guaranteed Maximum Price (GMP). Flintco, LLC out of Oklahoma City was selected. Agreements were negotiated and the Business Committee approved them April 23, 2015.

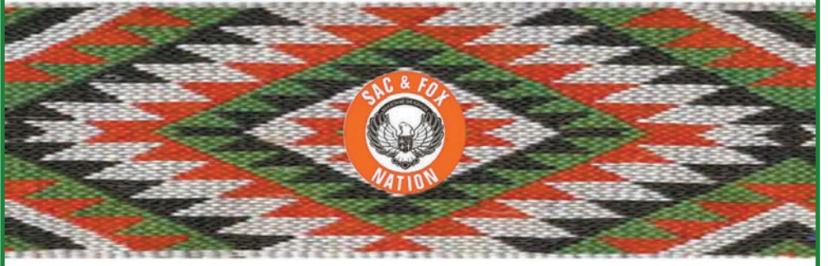
The stages of a construction project are: (1) Schematic Design (development of concept drawings, site location, facility size/orientation, and community input); (2) Design Development (site plans, floor plans, etc.); (3) Construction Documents (detailed plans with specifications of all aspects of the project that are used as bid documents by subcontractors); and (4) Construction.

This process needs community input. It is important that input is received from a wide variety of interested parties; patients, Elders, Veterans, and staff. Over the next several months, opportunities will be made available for groups to discuss the new facility.

## Merle Boyd Center

### Sac and Fox Nation Health Fair

Thursday July 9<sup>th</sup> 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

### Find Extra Flavor from Herbs By Elizabeth Burgess MS, RD/LD



Elizabeth Burgess MS, RD/LD

After months of cold weather, spring has finally arrived. Take advantage of the season by planting an herb garden. Herbs are great for people who may not have the ideal space to grow large plants or the time to care for more tedious crops.

For convenience, many home improvement stores carry pre-potted herb plants that only require maintenance and care. While an herb garden provides a healthy hobby, it also provides an abundance of healthy flavor. Substitute salt with a new herb from your garden. Listed below are common herbs with their nutritional benefit.

- Basil: is a very popular herb in Italian dishes, this plant provides magnesium that is helpful in managing cardiovascular disease
- Rosemary: great for flavoring chicken, pork, and salmon, it also is a great source of vitamin A
- Thyme: add this to vegetable dishes for extra flavor and vitamin C
- Oregano: garnish pizza, mushrooms, or omelets with fresh oregano to increase your vitamin K intake

SAC & FOX NATION					May 2015					Black Hawk Health Center Activities									
Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday					
[Silhouettes of people running]					1	Exercise Room open 7AM-4:30PM 11:15 Circuit Training 12:15 Circuit Training													
4	Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Cardio/core training				5	Exercise Room open 8-4:30 Anthony in Shawnee				6	Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Lower Body Focus Training Class				7	Exercise Room open 8AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Upper Body Focus			
11	Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Cardio/core training				12	Exercise Room open 8-4:30 Anthony in Shawnee				13	Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Lower Body Focus Training Class				14	Exercise Room open 8AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Upper Body Focus			
18	Closed for Sac and Fox Nation Victory Day				19	Exercise Room open 8-4:30 Anthony in Shawnee Elizabeth Cooking class at edu building 11:00 AM				20	Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Lower Body Focus Training Class				21	Exercise Room open 8AM-12PM, 4:30-6PM Closed 12-4:30 for in service training 5 PM Upper Body Focus			
25	Closed for Memorial Day				26	Exercise Room open 8-4:30 Anthony in Shawnee				27	Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Lower Body Focus Training Class				28	Exercise Room open 8AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Upper Body Focus			
					29	Exercise Room open 7AM-4:30PM 11:15 Circuit Training 12:15 Circuit Training Elizabeth Cooking class at edu building 12 noon													

### 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.

### 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!



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



### Cooking May Class

Featuring:

### Zucchini Pappardelle



Tuesday, May 19<sup>th</sup> at 11 am

Friday, May 22<sup>nd</sup> at 12 pm

Sac and Fox Nation Learning Center

Hosted by: Elizabeth Burgess MS, RD/L