



# CVFEKNETV OPONVYECKV



## HEALTH TALK

OFFICIAL PUBLICATION OF THE MUSCOGEE NATION DEPARTMENT OF HEALTH

### MCN HEALTH CELEBRATES NATIONAL PATIENT RECOGNITION WEEK

In the month of February, we celebrate National Patient Recognition Week. At MCN Health, we see the value of Patient Recognition. Your feedback allows us to see our facilities, services, and care through your eyes so that we can best meet the needs of all of our patients.

One of the pillars of our strategic plan is Patient Experience and Satisfaction. Quality care is as much about experience as it is about medical outcomes. How you're treated at our facilities, how seamlessly you journey through our health system, how informed you are about your care and how comfortable you feel during your stay — all of these elements define your experience with Muscogee Nation Department of Health, and they matter.

We have improved and progressed in the past year simply from listening to our patients. In 2023, MCN Health opened a call center, which was a direct response based on feedback from the community that phones were not answered in a timely manner. The aim of the call center is to get back to the basics of patient experience, which include speaking to a live person rather than an automated system and fewer missed calls.

As we celebrate National Patient Recognition Week, we want our patients to know that recognition extends not only through this week, but every day of the year. We are committed to making the MCN Health experience one of kindness and compassion for our people, for our communities and for our future.



*Shawn Terry*

SHAWN TERRY  
SECRETARY OF HEALTH

### MCN HEALTH EMPLOYEE HOLIDAY PARTY 2023

On December 13th, the Muscogee Nation Department of Health hosted the annual Employee Holiday Party, a special gathering to express gratitude to the extraordinary individuals who have devoted themselves to serving Muscogee citizens and communities throughout the year. This event was an opportunity to come together, appreciate one another, and reflect on a year of our collective achievements.

The Holiday Party was an opportunity for employees to connect beyond their day-to-day work responsibilities. It served as a platform to foster new friendships, strengthen existing relationships, and build community among a diverse workforce. The laughter and conversations that filled the room exemplified the genuine community within the MCN Health System.

Muscogee Nation Department of Health extends heartfelt gratitude to every employee for their unwavering commitment, dedication, and hard work. We thank you for the remarkable contributions to Muscogee citizens and communities, which have positively impacted countless lives throughout the year. We are incredibly thankful for the dedication and service of MCN Health employees and look forward to continuing collaborative efforts in the year ahead. Together, we will strive to make an even greater difference in the lives of our Muscogee citizens and communities.

### MUSCOGEE NATION TRAINING THE NEXT GENERATION OF ROBOTIC SURGEONS



Left to Right: Dr. Sterling Stolle, D.O., Dr. Micah Wright, D.O

Micah Wright, D.O., a urogynecologist at Council Oak Comprehensive Healthcare, is a specialist in robotic surgery. He was the first surgeon to perform a robotic surgery using the da Vinci XI system at the hospital in October. Now, he is using da Vinci's SimNow dual robotic teaching and surgical consoles to educate others on techniques.

Sterling Stolle is one of Dr. Wright's students, learning to execute intricate procedures with the robotic surgery system. As an Oklahoma State University surgical resident and member of the United States Air Force, Dr. Stolle has a background in precision training and appreciates the importance of having an experienced leader.

"I appreciate how this technology allows me to experience more of what it's like to operate the robot with the security of Dr. Wright close by," Dr. Stolle said. "If needed, he can seamlessly and quickly take control from his console. It's peace of mind for me and the patient as I gain experience with the technology."

### CVFEKNETV OPONVYECKV (HEALTH TALK)

This newsletter is your official source for valuable information and updates on MCN Health. This publication will keep you informed and help you discover new ways to improve your quality of life.

### WHAT'S IN THIS ISSUE

- MCN Health: Next Generation of Surgeons
- Program Spotlight: Mother|Baby Program
- Provider Spotlight: Dr. Blizzard
- Go Red For Women Luncheon
- Mvskoke Word of The Month
- Hompvks Ce: Chicken Noodle Soup



MCN HEALTH HOLIDAY PARTY 2023  
Photo by Shelby Botone, MCN Multimedia Specialist



## GO RED FOR WOMEN LUNCHEON

February is recognized as American Heart Month to raise awareness about heart disease and strokes in the US. The Go Red for Women Luncheon plays a vital role in spreading awareness about the prevalence of heart disease and strokes among women. It is alarming to note that heart disease is the leading cause of death among Native American women.

This event will feature inspiration, education, and community among women. The Go Red for Women luncheon is expected to be a powerful and moving experience. Attendees are encouraged to wear red, symbolizing the shared passion to end heart disease and stroke in women.



Registration: 10:00 AM

Break Out Sessions: 10:30 AM

General Session and Luncheon: 12 AM/Noon

Health Exhibitors - Risk Assessments - Walking Program Sign-Ups - Chair Yoga - and so much more!

**For More Information Contact:**

Angela King - 918.752.7949  
 Duane Meadows - 918.752.7949  
 Cheryl Aguilar - 918.758.6910

**Registration Link:**

<https://form.jotform.com/240026018315140>

### MOTHER | BABY PROGRAM

The Mother/Baby Program addresses nonmedical issues utilizing the Family Spirit home-visiting model, that put mother and baby at risk, such as addiction, domestic abuse, and lack of secure housing and adequate food. In addition to education, in-home or Telehealth visits by a Registered Nurse allow for monitoring and early intervention of common maternal health risks.

Depending on the needs of the client, the nurse provides education and case management to address non-medical issues. Visits become less frequent as the infant grows, with client eligibility continuing until her child is three years old. The mother earns incentives such as car seats and baby supplies, as she continues in the program. These visits allow the mother to develop a trusting relationship with the nurse, so she will be more likely to reach out for health interventions when needed. At present, due to capacity, program enrollment is limited to first-time mothers or those whom practitioners consider high risk.

For more information, please contact April Ronquillo at [april.ronquillo@creekhealth.org](mailto:april.ronquillo@creekhealth.org) or at 918-758-5112

### ANNOUNCEMENTS AND EVENTS

**Go Red for Women Luncheon**   
 Thursday, February 15th - 10:00 am

**Mvskoke Tribal Child & Youth Coalition 2024 Spring Celebration**  
 Wednesday, March 20th | 10:00 am - 2:00 pm

### MVSKOKE WORD OF THE MONTH

### HETUTE ESTE

(he-doe-dee is-dee)

New Year **2024**

### JOIN OUR TEAM!

Access Our Career Page by Scanning the QR Code Below or Visiting [creekhealth.org/careers](http://creekhealth.org/careers)

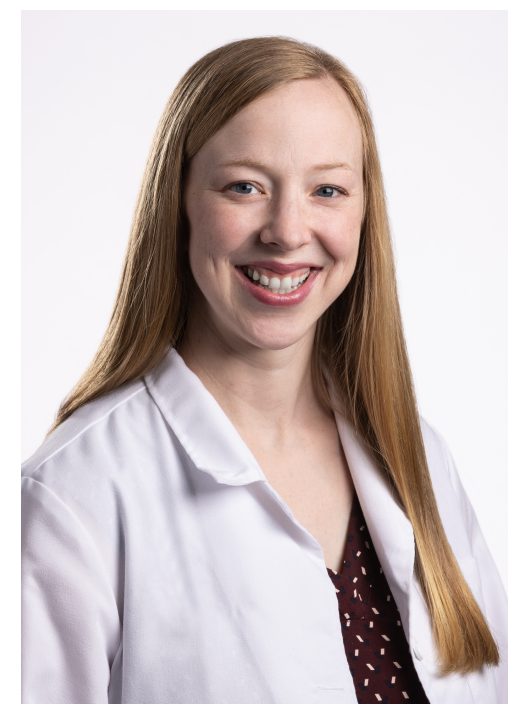


### PROVIDER SPOTLIGHT

This month, we are thrilled to present Dr. Julie Blizzard, Pediatrician at Council Oak Comprehensive Healthcare in Tulsa.

Originally from Springfield, Missouri, Dr. Blizzard completed her residency at OU-Tulsa before joining MCN Health as a Pediatrician in 2021. Starting in Okmulgee and now over to Council Oak in June 2023, she has been an invaluable asset to the MCN Health system. In addition to her duties, Dr. Blizzard is a volunteer faculty member, offering guidance and instruction to medical students and residents at OU-TU School of Community Medicine.

Outside of work, she enjoys attending OSU football games with her family and taking strolls with her dog Ronnie. Dr. Blizzard's passion for pediatrics was ignited by her childhood pediatrician, who inspired her to pursue this career. She finds great joy in helping and supporting children through her work.



Dr. Julie Blizzard - DO, FAAP  
**PEDIATRICS | COUNCIL OAK**

## HOMPVKS CE! Tasty & Wholesome Recipes

### Chicken Noodle Soup

by John Foster Oje, CFSM CFPM  
 Director of Dietary Services

🕒 Prep: 10 minutes    🍴 Servings 8 Cups

**Ingredients**

- 1 whole chicken
- 4 cubes low sodium chicken bouillon
- Enough water to cover the chicken
- 1 handful of linguine broken in half
- 1 onion, medium diced
- 1 c. potatoes, medium diced
- 1 c. celery, medium diced
- 1 c. carrots, medium diced
- 1c. tomatoes, medium diced
- Sea Salt and fresh Black Pepper to taste



**Directions**

1. Cover chicken with water; add chicken bouillon in large pan. Cook until chicken comes off bones easily.
2. Save broth. Debone the chicken and put meat in broth, add the remaining ingredients (add more or less vegetables to taste) except noodles and let simmer on low heat for several hours, stirring occasionally
3. Add noodles about 1/2 hour before serving. Cook until noodles are tender.

LEFTOVER SOUP CAN BE FROZEN