



CVFEKNETV OPONVYECKV

HEALTH TALK



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Dear Community,

At MCN Health, we have been working hard over the past few months to create a strategic plan to facilitate our initiatives for the coming years. Through a series of planning meetings, we have identified five significant pillars that will guide our efforts. These pillars include Enhancing Patient Care, Employee Growth and Satisfaction, Community Engagement and Outreach, Patient Experience, and Financial Growth and Sustainability. Our mission is to “Improve the Quality of Life of Our People and Our Communities,” and we believe that these pillars will help us achieve that. We will keep you updated through this newsletter on our progress as we support these objectives.

Mvto,

SHAWN TERRY
SECRETARY OF HEALTH

MCN HEALTH CELEBRATES LARGEST PINK PARTY IN HISTORY



Photo by Shelby Botone, MCN Multimedia Specialist

The Muscogee Nation Department of Health held its 21st Annual Pink Party on October 16 at the River Spirit Casino Resort. The event serves to raise awareness for breast cancer and honor breast cancer survivors.

Secretary of Health Shawn Terry emphasized the significance of breast cancer screening stating that, “It is a top priority for the health system’s strategic plan.” Terry also noted that Native American women are especially susceptible to breast cancer, with higher rates than any other demographic.

A fashion show was also held during this year’s event featuring traditional Mvskoke clothing and contemporary apparel. The fashion LeAnne Taylor, News On 6 Anchor, and breast cancer survivor, served as special guest and emcee.

WELCOME TO OUR FIRST ISSUE OF 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.

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Dr. Micah Wright, Director of Minimally Invasive Gynecological Surgery

MCN HEALTH ACHIEVES HISTORIC FIRST WITH ROBOTIC SURGERY SYSTEM

On Monday, Oct. 9, Council Oak Comprehensive Healthcare became the first Tribal healthcare facility in the lower 48 United States to perform minimally invasive surgery utilizing the da Vinci XI robotic surgery system. The da Vinci robotic surgery system allows surgeons to complete minimally invasive operations using specialized robotic instrumentation equipped to perform the same function as scissors, scalpels and forceps. Surgeons control the robotic arms of the system from a surgical console using instruments attached to their wrists and with the assistance of magnified, 3D views from miniaturized surgical cameras.



“This robot will be a valuable resource for the Muscogee Nation Department of Health,” said Dr. Wright. “The use of the robot extends the surgeon’s vision and movement capabilities, leading to an overall more precise surgery. The major bonus, though, is it is minimally invasive. Not only are there less complications, but the recovery process is, in most cases, so much easier for the patient,” Dr. Wright said. In recent decades, robotic surgery has revolutionized the way surgeons perform a number of procedures. In addition to enhancing the views, precision and range of motion for surgeons, robotic-assisted surgery decreases the incidence of surgical complications for patients compared to traditional open surgery. Smaller incisions mean less risk for infection, blood loss, pain and scarring. All of these benefits add up to shorter hospital stays and quicker recovery. In addition to gynecological surgeries, Council Oak physicians anticipate using the da Vinci robotic surgery technology for several minimally invasive operations, including hernia repairs and gallbladder removals.

“The investment in this surgical system is going to transform surgical care for the Muscogee Nation Department of Health,” said Shawn Terry, Muscogee Nation Secretary of Health. “We are excited about the enhancement it offers to our surgeons and the benefits it provides to our patients. We are constantly looking for ways to provide the very best in patient care – this robot is just one step towards creating a center for excellence in surgical care.”



Abbi Lee, PhD, MPH
PUBLIC HEALTH DIRECTOR

Health is more than just the wellness of our individual, physical bodies. It is also determined by the conditions in which we live and work; our income, education, stress, socialization, transportation, and food security. These are called social drivers of health. When we experience a lack of these resources, we experience poor health outcomes for ourselves and our communities.

While the western world is just beginning to consider health outcomes through a social driver lens, indigenous people have always looked to a holistic view that extends beyond ourselves. Indigenous health is also influenced by our history, our beliefs, and our worldview. It places a greater emphasis on our values of community and relationships.

ANNOUNCEMENTS & EVENTS

MCN Health Clinics and Programs will be closed the following days:

- Dec. 25 & 26 - Christmas
- Jan. 1 & 2 - New Year

Council Oak Express Care Hours

Friday, December 22
7AM - 7PM

Saturday, December 23
9AM - 5PM

Sunday, December 24 - Mon, December 25
CLOSED

HOSPITALS REMAIN OPEN AND OPERATIONAL 24/7

MVSKOKE WORD OF THE MONTH

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snowman



JOIN OUR TEAM!

Access Our Career Page by Scanning the QR Code Below or Visiting creekhealth.org/careers



MCN HEALTH RECOGNIZES EMPLOYEE SERVICE



Photo by Shelby Botone, MCN Multimedia Specialist

On November 9th, a luncheon was held to honor employees who have dedicated their careers to the Muscogee Nation Department of Health. The event recognized those who have reached 10, 15, 20, 25, and even 30 years of consecutive service. Special recognition was reserved for Ms. Janet Cargil, who has been with MCN Health for an impressive 40 years. We extend our deepest gratitude to all the honorees for their unwavering commitment to the health and well-being of our communities.

PROVIDER SPOTLIGHT

MCN Health will introduce and feature providers to both existing and new patients and families through our "Provider Spotlight" series. This month, we present Dr. Wesley (Bo) Dunn, Muscogee Nation citizen and Chiropractor.

Dr. Dunn earned his Oklahoma License to Practice in 2008 after graduating from Cleveland Chiropractic College in Kansas City. Dr. Dunn first worked at Campbell Chiropractic in Morris, OK, before becoming the Muscogee Nation Department of Health's first chiropractor in 2013.



Dr. Wesley (Bo) Dunn - D.C
CHIROPRACTIC | OKMULGEE BAKER BUILDING

Dunn's passion for chiropractic care was sparked by a chiropractic adjustment that he says changed his life. After months of medication treatments for headaches caused by a high school football injury, an adjustment resolved the condition, and that's when he recognized the need for chiropractic care in the Muscogee Nation Healthcare System. Dr. Dunn's vision is to see chiropractic care grow not only within MCN Health, but at all tribal healthcare facilities across the country.

In his free time, Dr. Dunn enjoys watching Oklahoma State sports and Kansas City Chiefs football. He also loves watching his children (Osten and Taylor) play sports and going to the movies with his family.

HOMPVKS CE! Tasty & Wholesome Recipes

Broccoli Salad

by John Foster Oje, CFSM CFPM
Director of Dietary Services

🕒 Prep: 10 minutes 🍴 Servings 8 Cups

- Ingredients**
- 5-6 cups broccoli florets chopped
 - 2 cups carrots grated
 - ⅔ cup dried cranberries
 - ½ cup salted sunflower seeds
 - ⅓ cup red onion small diced

- Dressing**
- ¾ cup olive oil mayo
 - ¼ cup Greek yogurt
 - 1 ½ tablespoon Dijon mustard
 - 1 ½ Tablespoon white wine vinegar
 - 4 Tablespoons Monk fruit sugar substitute
 - ¼ teaspoon sea salt
 - ¼ teaspoon pepper



- Directions**
1. Combine broccoli florets, dried cranberries, sunflower seeds, and onion in a large bowl
 2. In a separate bowl, whisk together mayo, yogurt, vinegar, monk fruit sugar, salt, and pepper until smooth and well combined
 3. Pour dressing over broccoli combination and toss or stir well
 4. Broccoli salad may be served immediately, but for best flavor refrigerate for at least one hour before serving. Make sure to toss the broccoli salad thoroughly again before serving

Keep refrigerated if not consuming right away.