



CVFEKNETV OPONVYECKV

HEALTH TALK



OFFICIAL PUBLICATION OF THE MUSCOGEE NATION DEPARTMENT OF HEALTH

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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FESTIVAL FUN!

MCN HEALTH HOSTS JUNIOR OLYMPICS AND HEALTH FAIR
DURING TRIBE'S ANNUAL CELEBRATION



MCN Health proudly participated in the 48th Annual Muscogee Nation Festival, hosting the Junior Olympics and a Health Fair as part of the community celebration. The Junior Olympics, one of the festival's highlights, brought together 430 participants and 15 teams who competed in various events, including tug of war, softball throw, long jump, and a range of track and field competitions. The event encouraged physical activity and teamwork, reflecting MCN Health's commitment to promoting wellness among the youth.

Additionally, the MCN Health Fair attracted hundreds of guests, providing vital health information and resources, along with giveaways. The fair also served as an important opportunity to gather data through community surveys. This data will help MCN Health gain insights into the social determinants of health impacting the Muscogee Nation and will guide future health initiatives aimed at improving the well-being of citizens. MCN Health extends a special thank you to the EMS team, Public Health Nurses, and the many volunteers whose hard work ensured the health, safety, and success of the festival.



EPIC ACHIEVEMENT

MCN HEALTH RECEIVES GOLD STARS LEVEL 9

The Muscogee Nation Department of Health has achieved Level 9 status in the Epic Gold Stars Program, placing the organization among a select group of top performers committed to enhancing access to high-quality, connected health care. This distinguished honor was awarded at the Annual Epic Users Group Meeting held in Verona, WI from August 19-21.

MCN Health went live with Epic, a new electronic health records system, in the spring of 2022. This implementation allows clinical teams to be connected and provides a holistic view of the patient at their fingertips, fostering better continuity of care. Additionally, this change gave access to MyChart, enabling patients to play a more active role in their care.

The Epic Gold Stars Program recognizes healthcare organizations that demonstrate exceptional use of Epic's electronic health record system to improve patient care and efficiency. Achieving Level 9 signifies MCN Health's commitment to leveraging advanced technology to enhance clinical outcomes and streamline operations.

"We are thrilled to be recognized at Epic's highest levels for our dedication to implementing innovative health care solutions," said Tim Hicks, Acting MCN Secretary of Health. "This achievement is a testament to the hard work and dedication of our entire team, and it underscores our mission of improving the quality of life for our people and our communities."

Brandy Russell, MCN Health's Technology and Analytics Officer, added, "We are only getting started. Achieving the highest Epic Gold Stars rating was a goal set by our team a long time ago. This recognition does not come easy, and I'm so proud of the work we've done this far."

The Epic Users Group Meeting brings together healthcare professionals from around the world to share best practices, innovations, and the latest developments in Epic's software. MCN Health's achievement places the department among a select group of top performers globally.



2024 JUNIOR OLYMPICS TEAM RESULTS



1ST PLACE

Little Coyotes (144)

2ND PLACE

Okmulgee Indian Community (103)

3RD PLACE

Glenpool Indian Community (101)



WELL-CHILD CHECKS

it is important to schedule an annual well visit for children of all ages. Well child checks start as early as 3 days old and go all the way until the child reaches 18 years. Unlike sports physicals, well-child checks cover a variety of different health aspects such as:

- Comprehensive annual assessment of child’s overall wellness, growth, and development.
- Full-body evaluation including review of sleep, diet, mental health, and immunizations.
- Includes routine screenings for hearing, vision, cholesterol, anemia, and blood exams.
- Allows for a more in-depth examination of concerning health conditions, if applicable.
- Performed on an annual basis, even if a child is not due for immunizations.
- Determines the health, wellness, and safety of a child outside of the scope of sports performance,
- Allows a child to develop a healthy relationship with their provider to reduce anxiety and stress for future office visits.

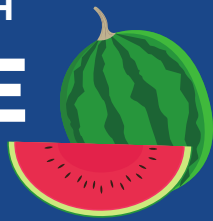
To schedule an appointment for your child, please call your MCN Health pediatrician.

ANNOUNCEMENTS AND EVENTS

SAVE THE DATE - Pink Party 2024
Thursday, October 24
River Spirit Casino Resort | Tulsa

MVSKOKE
WORD OF THE MONTH

CVSTYLE
Watermelon



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



“COMPLICATIONS CAN BE PREVENTED”
MCN HEALTH HOSTS 18TH ANNUAL DIABETES SUMMIT



The Muscogee Nation Department of Health hosted the 18th Annual Diabetes Awareness Summit on August 8 at River Spirit Casino Resort. With over 200 attendees, the summit featured presentations from experts in diabetes, health, and nutritional food knowledge. This year’s event focused on the theme “Complications Can Be Prevented,” highlighting the importance of early prevention and management of diabetes.

Attendees were able to take advantage of a variety of activities, including free health screenings, physical activity breakouts, and the opportunity to network with health exhibitors. NDN Elvis even made an appearance for some fun entertainment while attendees enjoyed a nutritious lunch.

“This year’s diabetes summit has been more impactful than ever,” said Public Health Director Abbi Lee. “It’s not just about education; it’s about empowering our citizens with the tools and knowledge they need to prevent complications and live

healthier lives. By coming together, we continue to build a stronger, more informed community that is ready to face the challenges of diabetes head-on.” According to the CDC, Native Americans are almost three times more likely to be diagnosed with diabetes than any other ethnic group. The Muscogee Nation remains dedicated to decreasing these numbers by making investments in modern therapies.

“With these new resources we’ve been focusing on major advancements in population health, preventative medicine as well as diabetic care,” said Acting Secretary of Health Tim Hicks. “For us to change history, for us to look to the future, we have to continue to educate. We have to let everyone know what they can do to combat this disease.”

PROVIDER SPOTLIGHT

This month, we are thrilled to present Dr. Nehal Patel, Dental Supervisor at Sapulpa Indian Health Clinic.

Nehal Patel grew up in the Oklahoma City and Norman area, and pursued his undergraduate studies at the University of Oklahoma. In 1999, Dr. Patel graduated from the University of Oklahoma College of Dentistry. Following his graduation, Dr. Patel practiced dentistry in private practices in Oklahoma City and Dallas.

In 2004, he joined the MCN Health, working in various locations such as Okmulgee, Koweta, and currently at the Sapulpa Indian Health Center.

Outside of work, Dr. Patel is an avid supporter of OU sports, particularly football, and enjoys spending quality time with his family and traveling when possible.

“I have enjoyed my time working for the Muscogee Nation and I’ve done my best to make a positive difference in the oral health of our patients.”



Dr. Nehal Patel - DDS
DENTAL SUPERVISOR | SAPULPA

HOMPVKS CE! Tasty & Wholesome Recipes

Strawberry Compote
by John Foster Oje, CFSM CFPM
Director of Dietary Services

Servings 6

Ingredients

- 3 cups fresh Strawberries
- 3 Tbsp. cranberry juice
- pinch ground cinnamon
- pinch fresh or ground ginger
- pinch sea salt
- 1 tsp raw sugar (or golden monkfruit sugar)

Directions

- 1.Place 2 cups of the strawberries and juice in a small saucepan and bring to medium heat.
- 2.Once bubbling, reduce heat slightly and use a wooden spoon to muddle and mash the fruit.
- 3.Continue cooking over medium-low heat for 10-12 minutes, occasionally mashing fruit to combine. Turn off heat and add optional add-ins at this point the cinnamon, ginger, and sugar.
- 4.Remove from heat and stir in the rest of the strawberries. Then transfer to a clean container to cool thoroughly. Store in the fridge up to 1 week. Reheat to serve with oats, pancakes, waffles, and french toast.

