



# CVFEKNETV OPONVYECKV



## HEALTH TALK

OFFICIAL PUBLICATION OF THE MUSCOGEE NATION DEPARTMENT OF HEALTH



### MCN HEALTH EXPANDS EMERGENCY DEPARTMENT IN OKMULGEE



Photo by Shelby Botone, MCN Communications Manager

The Muscogee Nation Department of Health is proud to announce the opening of a newly expanded Emergency Department at the Muscogee Nation Medical Center, marking a significant step forward in delivering high-quality, efficient emergency care to the Okmulgee community.

The expansion increases the Emergency Department's capacity from 7 to 12 treatment rooms, addressing the growing demand for emergency services. This enhancement, along with the new physician coverage, is part of a strategic effort to reduce patient wait times and ensure that critical care is delivered more efficiently.

"This expansion reflects our commitment to investing in the Muscogee people and our surrounding communities," said (A) Secretary of Health Shawn Terry. "We've heard your feedback - we needed more space, and now we've made it happen. By increasing capacity and adding providers, we are enhancing the emergency care experience for our patients."

The 13,000-square-foot Emergency Department now features a redesigned layout with a central nurses' station, improving communication among medical staff and enhancing patient monitoring. The facility also includes dedicated spaces for isolation, decontamination, X-ray, and CT imaging, ensuring comprehensive emergency care in one location.

"This new space allows us to streamline effective emergency care when every second counts," said Jimmie Jones, Director of Nursing. "With expanded capacity and an improved patient care design, our team can respond more efficiently to critical cases, leading to better outcomes for our patients and their families."

MCN Health remains committed to its strategic plan of enhancing healthcare access and improving quality of life by prioritizing both the patient and employee experience.

### 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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Progress is at the heart of everything we do — and this year, it's evident in every corner of our health system.

In Okmulgee, we've opened a newly expanded emergency department at the Medical Center and acquired a new building for Express Care to better serve our patients. We're also continuing to grow our specialty care services with the addition of wound care and the expansion of women's health to Okemah, bringing vital services closer to home.

These advancements are just the beginning. As we look ahead, we remain focused on creating more opportunities to support the health and well-being of our communities.

Thank you for trusting us with your care and for being a part of this exciting journey forward.

SHAWN TERRY  
(A) SECRETARY OF HEALTH



Photo Courtesy of Terra Branson-Thomas



### MCN HEALTH CELEBRATES PATIENT EXPERIENCE WEEK

MCN Health recently wrapped up a successful Patient Experience Week, marked by appreciation, celebration, and connection across all facilities. From balloon garlands and sweet treats to thoughtful decorations and smiling faces, the week was dedicated to recognizing the patients at the heart of everything we do.

Each location found a unique way to celebrate — from interactive displays to fun giveaways — all in the spirit of saying "MVTO" for trusting us with your care.

Patients are encouraged to complete the brief survey they receive after their appointment, as this feedback plays a vital role in identifying areas of excellence and guiding ongoing improvements. Those who have had a positive experience are also invited to leave a Google review.

"We are committed to making the MCN Health experience one of kindness and compassion — for our people, for our communities, and for our future," said Trisha Tucker, Manager of Patient Experience. "Patient Experience Week is about more than decorations and cupcakes. It's about listening to our patients, celebrating the relationship we've built with them, and making sure they know how much they matter. That recognition extends beyond this week — it's something we carry with us every day."



## STAY HYDRATED DURING THE SUMMER HEAT

Hot weather means your body loses water faster and staying hydrated is key to staying healthy, alert and energized.

### Why It Matters

Water regulates body temperature, cushions joints and helps you stay focused. In summer heat, dehydration can cause headaches, fatigue, muscle cramps or even heat exhaustion.

### Tips on How to Stay Hydrated

- Drink at least 8 cups of water a day.
- Keep a reusable water bottle with you.
- Snack on hydrating foods like watermelon, cucumbers, or oranges.
- Limit caffeine and alcohol, which can dehydrate you.
- Do not wait until you feel thirsty—its a sign you are already low on fluids.

Kids, seniors and anyone working outside need even more water and regular breaks. Stay safe, drink up and stay cool!

## ANNOUNCEMENTS & EVENTS

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

- June 30 - MCN Holiday
- July 4 - Fourth of July
- July 9 - MCN Sovereignty Day

**HOSPITALS REMAIN OPEN AND OPERATIONAL 24/7**

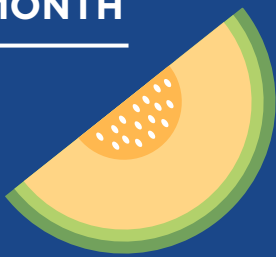
### Muscogee Nation Festival

- June 26-29, 2025

Each year, thousands gather at the Claude Cox Omniplex in Okmulgee for a weekend filled with activities celebrating the Muscogee people.

## MVSKOKE WORD OF THE MONTH

**FVMECV**  
(fuh-me-juh)  
cantalope



## JOIN OUR TEAM!

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



## MCN HEALTH HIGHLIGHTS CAREERS & COMMUNITY WELLNESS AT JOB FAIR & EXPO

MCN Health welcomed over 200 attendees to its Job Fair & Health Expo on Thursday, April 17, 2025, at the Mvskoke Dome in Okmulgee. The event provided a unique opportunity for citizens and community members to explore career opportunities, access health resources, and connect directly with MCN Health services.

The expo featured a wide variety of booths representing departments across the health system, including Human Resources, Citizenship, Community Health, Dental, Optometry, Public Health Nursing, and more. On-site résumé support, career guidance, and application stations were available, along with information about MCN Health's comprehensive benefits.

In addition to career exploration, attendees enjoyed food trucks, family-friendly activities, and the opportunity to connect one-on-one with MCN Health departments. Vaccinations and wellness exam scheduling were also available on-site, highlighting MCN Health's ongoing commitment to addressing social determinants of health and improving access to care.

"We were proud to offer services like vaccinations and health education while also connecting attendees with potential careers," said Abbi Lee, Public Health Officer for MCN Health. "This event brought together the heart of public health—community engagement, access to care, and workforce development—all in one place."

## PROVIDER SPOTLIGHT

This issue, we are thrilled to present Hannah Rogers, Physical Therapist at Okemah Indian Health Center.

Dr. Hannah Rogers earned her Bachelor's degree in Psychology from Oklahoma State University in 2021, where her interest in holistic patient care began to take shape. She went on to earn her Doctorate in Physical Therapy from Southwest Baptist University in 2024, obtaining her Oklahoma License to Practice physical therapy that same year.

Her passion for physical therapy was sparked when she experienced the transformative impact of movement-based therapy while recovering from a significant injury herself. This personal journey inspired her to pursue a career in helping patients regain mobility and enhance their quality of life. Dr. Rogers aspires to pioneer innovative physical therapy programs that empower Muscogee Nation citizens to lead healthier, more active lifestyles.

In her free time, Dr. Rogers loves to travel, with favorite destinations including Caribbean. She also treasures spending time with her husband and family, enjoying long walks, hiking adventures and cooking.



Hannah Rogers, PT, DPT  
**PHYSICAL THERAPIST | OKEMAH**

## HOMPVKS CE! Tasty & Wholesome Recipes

### Blueberry Buckle

by John Foster Oje, CFM CFPM  
Director of Dietary Services

#### Cake Ingredients

- 2 cups and 1-2 Tbsp of sifted, all-purpose flour separated
- 2 teaspoons baking powder
- ½ teaspoon salt
- ¼ cup (½ stick) unsalted butter, softened
- ¾ cup sugar
- 1 large egg
- ½ cup milk
- 1 pint blueberries

#### Topping Ingredients

- ¼ cup unsalted butter, softened
- ½ cup sugar
- 1/3 cup sifted all purpose flour
- ½ teaspoon cinnamon



#### Directions:

1. Preheat the oven to 375°F. Grease an 8-inch pan. Set aside.
2. Sift together 2 cups of flour, the baking powder and the salt. Set aside.
3. Cream the butter and sugar until fluffy, about 3 minutes.
4. Add the egg to the butter and sugar mixture.
5. Add the flour mixture in 3 parts, alternating with the milk. Toss the berries with the remaining 1 to 2 tablespoons of flour (to separate and scatter evenly throughout the batter) and fold in. Pour batter into the prepared pan. Set aside.
6. Combine ingredients for topping with a fork to make crumbly mixture. Sprinkle this over the batter.
7. Bake for one hour, then test for doneness by gently inserting a fork. If it does not come out clean, give the cake another 5 to 10 minutes to bake.
8. When the cake has cooled, run a knife around the edges and lift the cake out of the pan. Serve with whipped cream.