

GYAH'-WISH ATAK-IA

THE TURTLE SPEAKS



© VOLUME 4, ISSUE 3

AUGUST 20 0

Public Notice

Notice of Annual Meeting

On September 11, 2010 the Wyandotte Nation shall hold their Annual Meeting at the Artie Nesvold Community Center at the tribal headquarters located on Highway 60 near Wyandotte, Oklahoma. The Annual Meeting will start at 10:00 a.m.

The Election Committee of the Wyandotte Nation has determined that there are no contested posts for elective office within the government of the Wyandotte Nation for 2010. Therefore, it is not necessary to hold an election at the tribe's annual meeting on Saturday, September 11, 2010. Regular elective posts will be available September 2013.

Unopposed candidates for 2010 are as follows:

- Second Chief Billy Friend
- Board of Director Vivian Fink
- Grievance Committee:
Doug Lofland
Marshall Graham

“Employee of the Year”



by Deana Howard

I am pleased to announce that Debbie Dry, member of the Wyandotte Nation was recently named employee of the year by her co-workers. Debbie has been employed by the Tribe since November 2007 as Planning Specialist. Debbie was chosen for her strong work ethic, dependability, loyalty, and positive attitude. She is very passionate about her job and takes on additional assignments as well volunteering for projects outside of her normal job responsibilities. In her spare time, Debbie enjoys

playing the guitar, working outside, and golf. Congratulations Debbie! We appreciate all of the hard work you do to make the Wyandotte Nation a success.

Gyah'-wish Atak-ia

- Wyandotte Nation**
- Board of Directors**
- Leaford Bearskin**
Chief
- Billy Friend**
Second Chief
- Ramona Reid**
Councilperson
- Vivian Fink**
Councilperson
- Norman Hildebrand**
Councilperson
- Juanita McQuiston**
Councilperson

Gyah'-wish Atak-ia is published quarterly for tribal members by the Wyandotte Nation at its headquarters in Wyandotte, Oklahoma. Inquiries may be addressed to:

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The Chief Says



Chief Leaford Bearskin

With the coming and going of July half of our year has passed us by.

Our first half of 2010 has been good to us. Our business corporations are doing well, our tribal government is functioning well, and the remaining half of the year looks promising in all areas.

As most of you know, two of our objectives have been education for all our youngsters and health insurance for all our families. In order to accomplish these objectives we need to have enough money to pay for these services.

We have outlined plans through our Economic Development agency to earn enough money to afford these objectives.

We have hired a construction company to increase our Clinic and Fitness Center facilities and another to construct a building to consolidate our economic development offices into one location. This project is progressing nicely.

From Billy Friend - Second Chief



I hope this month's Turtle Talk finds all doing well and enjoying their summer. Once again, we find ourselves preparing for our Annual Meeting, Pow-wow and Cultural Week. Each year these events continue to grow and improve as more people get involved. I want to encourage you to get involved in as many of these activities as possible, either as a volunteer or a participant.

July has been a very busy month here at the tribal headquarters, with not only a lot of construction projects in full swing, but also several significant events taking place. Chief Bearskin was asked by the Wyandotte County Historical Society to come to Kansas City to take part in a series of interviews being done in conjunc-

tion with the National Archives Department, entitled the "The Greatest Generation". This group is interviewing as many of the remaining World War II Veterans to document the history of the war, as told by those that were present. The videographer said it was one of the best interviews that had been completed. As soon as the video is produced, we will try and make it available, if possible. (picture on page)

In addition, this month we took our summer interns on the annual historical journey to Upper Sandusky, Ohio to the home of our last reservation in that state. We had all seventeen of our interns in attendance and it was a great experience for all. We visited the old Mission Church, grist mill, Wyandot County Museum and Courthouse, Chief Tarhe's monument and several other places that are significant to our history.

In June, I had the privilege to travel with the Wyandotte Nation's Honor Guard to our Nation's Capital in Washington, DC. We had the opportunity of visiting all of the war memorials and also

taking a tour of the Arlington Cemetery and many other landmarks. One of the highlights of the trip was a special tour of the Pentagon, ending with a visit to the Air Force Chief of Staff's office. It is always an honor for me to travel with this great group of men who for years have voluntarily represented and served the Wyandotte Nation at events across the Nation.

Last but not least, on Friday, July 16th, I took Chief Bearskin to the Lawrence, Kansas Airport where there just happened to be the only B-24 Liberator Bomber left flying today. During the height of the war, there were 18,876 of these planes produced, one of which we know was given the name the "Big Chief" and was flown by our very own, Chief Bearskin. The plane we went to fly in that day was named "Witchcraft" and has been completely restored by the Collins Foundation out of Stowe, Massachusetts. There were many people there that day marveling at the plane, but Chief was the only one that had ever flown one in (continued on next page)

Member News

Billy Friend . .

(continued from previous page) combat. Chief had the privilege of sitting up in the flight deck with the pilot and with several others of us on board, we were taken for about a 40 minute flight around the Lawrence area. It was definitely a once in a lifetime experience for me and brought back a lot of memories for Chief. As he and I sit in the cockpit before the flight, I asked him how old he was when he flew his first mission and he told me we was 23 years old and then 65 years later he began to inform me what every instrument and gauge in the cockpit was for. It was amazing. I have included several pictures of our day in this quarter's newsletter. I hope you enjoy.

As always, I give thanks for all that our Creator has blessed us. "In every thing give thanks: for this is the will of God in Christ Jesus concerning you" 1 Thessalonians 5:18. If you should have any questions or concerns about tribal programs or activities, please contact me. It is with great honor that I serve you as Second Chief.

Ske:noh, (peace and well being)

Billy Friend

Hamëdadú:rö'



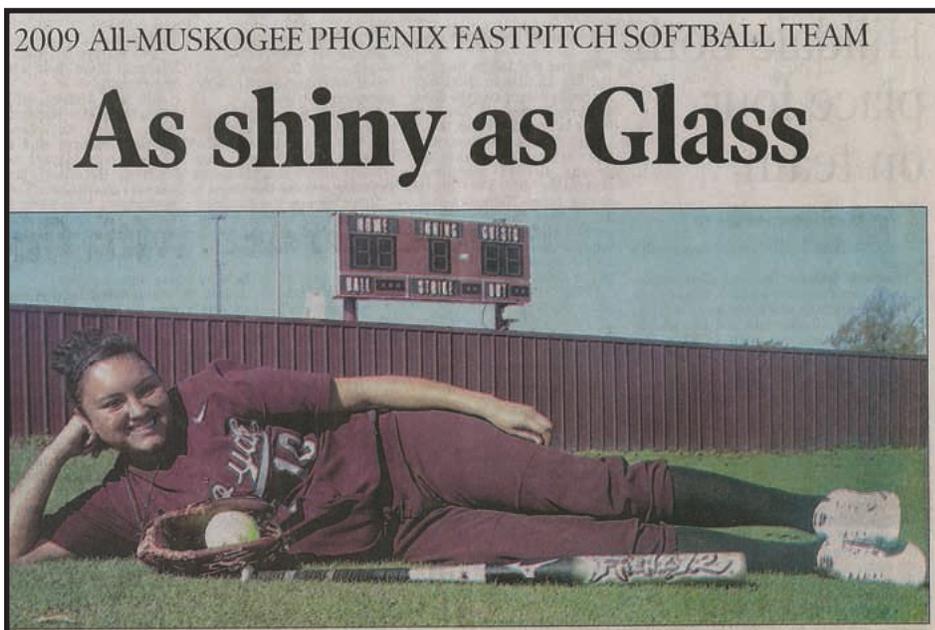
Harris Family Reunion

Here we go again, our reunion will be right after the Wyandotte Nation Annual Meeting September 11, 2010. We will meet at Twin Bridges Park and share desserts, stories, pictures and just general fun. Bring a chair, your camera, and a drink. We meet at the huts in back of the park office storage area.

Hope to see you there.

Ramona Reed
PO Box 1
Wyandotte, OK 74370
Phone: 918-678-4803
rryndotok@tds.net

Most Valuable Player



Sequoyah's Cortney Glass head the team as the Most Valuable Player.

Retired



After nearly 25 years of service, Education Director Carla Culver has retired. She was very instrumental in starting the Turtle Tots Preschool program and has expanded it to the great program it is today. Thank you Carla for your many years of service and dedication!

We'll miss you!



Member News continued . . .

Caleb S. Kropp



Wyandotte Nation tribal member, Caleb S. Kropp, son of Steve and Rachelle Kropp of Napoleon, MO and grandson of Don and Shirley Kropp of rural Miami, OK is preparing to graduate from high school and depart for college in the Fall of 2010.

Caleb has had a full high school career and is celebrating the rewards of hard work, discipline and dedication. He is graduating with a 3.84 grade point average and through the dual credit program at Wellington/Napoleon High School where he attends, will have 23 college credit hours toward his degree before he begins the Fall semester at The University of Central Missouri.

While performing well in the classroom, Caleb also utilized his time to impact the lives of those around him by engaging in a number of organizations and program at school and in the community. He has been the Huddle Leader for the schools Fellowship of Christian Athletes for 4 years, in the National Honor Society for 2 years, Future Community and Career Leaders for 3 years, participates in the A+ program and was a volunteer in the Upward Youth Basketball Program. He has also been his class sec-

retary for 4 years.

Caleb was also selected to participate in the Missouri Boy's State program in 2009 and was sponsored by the Wellington American Legion and local business partners from his community.

Caleb is a member of the Wellington Restoration Branch where he attends church and assists with the youth camps and classes supported by the church throughout the summer months.

Leadership roles fit Caleb well as he quarterbacked the Missouri state 1A semi-final football team to a record or 12 -2 while setting all but one passing record at his school. His senior year performance warranted a total of 13 listings in the Missouri State High School Athletic Assoc. record books. Caleb will be playing football at the Univ. of Central Missouri in addition to his course work.

He is pursuing a degree in Health Sciences and plans to continue his education to earn a masters degree upon completion of his bachelors.

In preparing for his career choice, Caleb spent time shadowing various roles performed by professionals at a local hospital near his hometown. He worked as an administrative intern at Lafayette Regional Health Center in Lexington, MO upon graduating in May.

Business Women of the Year



Tribal Member, Kimi Shelton, was recently nominated for Woman-owned Business of the Year by Cherokee Nation's Certified Indian Owned Businesses. Kimi started This N That Promotional Company in 2008. This N That is a Native American woman-owned business that prides itself in providing businesses with all their promotional needs. Kimi is the only employee of This N That and offers a wide range of services – from researching the perfect items to business promotion, to the ordering and on time deliver of every customer's order.

Kimi is a wife and mother of five boys. She works from home. Kimi believes that This N That is successful because of her great knack for time management and her stick-to-it ability, as well as her good communication and customer service skills.





First Peoples Fund

P.O. Box 2977, Rapid City, SD 57709-2977

phone: (605) 348-0324 **FAX:** (605) 348-6594

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online: www.firstpeoplesfund.org

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Rapid City, SD 57701

FOR IMMEDIATE RELEASE
June 8, 2010

CONTACT: Lori Pourier, President
(605) 348-0324

FIRST PEOPLES FUND ANNOUNCES COMMUNITY SPIRIT AWARDS CEREMONY IN THE TWIN CITIES

(MINNEAPOLIS/ST. PAUL, MN) – On September 10, 2010, the First Peoples Fund, a national organization dedicated to supporting Native American artists, will honor Community Spirit Award recipients with a ceremony and reception at SteppingStone Theatre in St. Paul, Minnesota. Each year First Peoples Fund recognizes outstanding artists for their unselfish work to bring spirit back to their communities through their artistic expression, commitment to sustaining cultural values and, ultimately, service to their people. The honorees include:

Alfred “Bud” Lane III – (Siletz)

Basket maker
Siletz, Oregon

Wade Fernandez – (Menominee)

Performing artist, Musician, Songwriter
Keshena, Wisconsin

Richard Zane Smith – (Wyandot)

Clay, Storytelling, Wyandot Songs for Children
Wyandotte, Oklahoma

Ramona Peters – (Mashpee)

Ceramics
Mashpee, Massachusetts

Trudie Lamb Richmond – (Schaghticote)

Traditional Storytelling
Ledyard, Connecticut

Therese St. Cyr – (Oglala Lakota)

Beading, Regalia, Dancing
Winnebago, Nebraska

The ceremony will also recognize **Elouise Cobell** (*Blackfeet*) for her long-time community work in the areas of social justice, treaty rights, and cultural sustainability.

This marks the first time the Community Spirit Awards have been held in the Twin Cities. The 2010 ceremony, based on the theme of celebrating and honoring the Native people of Minnesota. It will feature local American Indian performers.

Job Hotline
1-877-WYN-DOTT
(1-877-996-3688)
Announcements
Only

Roll #1789

Each edition of the tribal newsletter will include a Roll Number. The lucky tribal member will receive a tribal t-shirt mailed to them. Contact Kim Garcia at 918-678-2297 ext. 217 to claim your prize.

PLEASE SEND YOUR
MEMBER NEWS TO:
TURTLE TALK
64700 E HWY 60
WYANDOTTE, OK 74370
OR FAX TO
(918) 678-2944

Culture Days 2010 Schedule of Events

"Stand and Be Counted As A Wyandotte"

Wednesday, September 8th

5:30 PM - 7:00 PM - Chicken Dinner at the Title VI Building

7:00 PM - 8:30 PM - Language Class (Everyday Words)

Thursday, September 9th

9:00 AM - 11:00 AM - Language Class (Everyday Words)

11:00 AM - 12:00 PM - Know Your Nation

12:00 PM - 1:00 PM - Lunch Served At Title VI Building

1:00 PM - 3:00 PM - History (Stand and Be Counted As A Wyandotte)

3:00 PM - 5:00 PM - Special Interests (flute making, moccasins, beading, pottery, natural foods & remedies)

5:30 PM - 7:00 PM - Traditional Wyandotte Dinner at Title VI Building

7:00 PM - Whenever - Traditional Stomp Dance

Friday, September 10th

(Main activities held at Bearskin Fitness Center and Title VI Building)

9:00 AM - 11:00 AM - Language Class (Everyday Words)

11:00 AM - 12:00 PM - Know Your Nation

12:00 PM - 1:00 PM - Lunch Served At Title VI Building

1:00 PM - 3:00 PM - History (Genealogy - Where To Begin Looking)

3:00 PM - 5:00 PM - Special Interests (flute making, moccasins, beading, pottery, natural foods & remedies)

All attendees are encouraged to attend the Pow-Wow and Annual Meeting.

Casino News



By Jordan Newell

Wyandotte Nation Casino has been staying busy this summer! Club Wyandotte has recently teamed up with Overstock.com to bring our players the new Premier Rewards program. Players can now trade their points for Overstock.com gift cards, giving players over 800,000 rewards for their points. This program is truly unlike any other rewards program in the area. To help kickoff the new Premier Rewards program, Wyandotte Nation Casino is presenting the \$60,000 Overstock.com Giveaway in August. This promotion combined with the willingness and knowledge of WNC employees is sure to show players the value of their points, and the unrivaled ability of the new Premier Rewards program exclusively at Wyandotte Nation Casino. The fall season has several other great promotions in the mix that are sure to entertain, and provide guests the great time they experience every time they visit the casino. As always, none of these special events and promotions would be possible without the continued support from all Wyandotte Nation Casino employees, and loyal players. We will continue to take strides forward towards a very bright and exciting future.



Feeding the Fun.

The food and beverage department is busy carving new and exciting trails. We are enjoying a busy quarter and adding new items to our lineup as the summer boils on.

Concession is gearing up to do a big make-over with a lighter deli -scape in mind. We are adding new items to the menu, and offering fresh choices to accommodate our crowds.

Twin Bridges Restaurant has added a smoker to our tools. Tuesday nights are still rib night and now they are better than ever and we are featuring a bbq platter all day on Sundays. We are finding an inexhaustible way to add flavor to everyday with our new asset. We are about to add a salad bar and we look forward to having the best salad bar for miles around.

The lounge is adding a Wii, for our kids at heart. The lounge is blossoming into one of the best in the area. Thanks for another great season.



The Lucky Turtle Casino is proud to be a part of the Wyandotte Nation. We were honored to have Chief Bearskin to start our 6th Anniversary with the cutting of the cake.

We are preparing for the Pow-Wow coming up on September 10th. Hope to see you there. Stop by and see us at the Turtle and have a cool drink.

We have donuts on Monday, Tuesday, and Thursday for our guest from 8am to 11 am. and serve popcorn on those same days from 2pm until 6pm. We are known for our guest service and cleanliness.

Cultural News

by Sherri Clemons

Kweh Kweh all Wyandotte People! It has been a fast summer! The Heritage Department has been at a fast run all summer. We have been gathering many old records stored in Kansas City, KS. Some have not been touched by a Wyandotte for many years, like the 1842 Upper Sandusky Treaty. What a treat to hold this in my hands. It is sad we are not the owners of these wonderful documents, but at the time there was no place to pass them down to and that lead to the problem , where they will be safe, now we are spending time locating and copying each one, in hopes of someday having a Cultural Center to store and display these great treasures of our people.

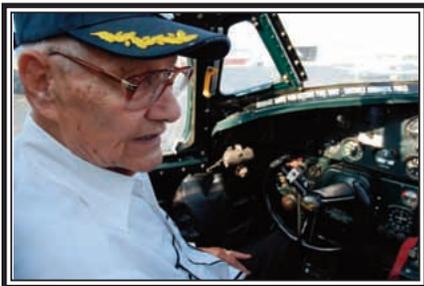
The 21st Annual Pow-Wow is just around the corner and we would like to invite everyone to come and enjoy this great event. It is a fun and safe place for families . There will be lots of food, crafts, and dancing! Some to watch and some everyone can get up and dance. Bring lawn chairs and relax.

Along with Pow-Wow is the 7th Annual Cultural Days. The schedule is on the web site. Please come and join in on the fun.

We just returned from a trip to Upper Sandusky, OH with seventeen Summer Interns. Having only one that made the trip two years ago it was a wonderful trip. I am always delighted to see the faces of tribal members when they come to Ohio and realize what Grandma or Grandpa told them is really true, that as a people, Wyandotte's were and still are a great people. I would like to say to all the interns , what a wonderful time I had sharing this trip with them.



Chief & Billy in the B24 Bomber



Tribal Department Reports

Environmental Department

Well, with warm weather comes a lot of busy outside activities. The month of May found our department out in the water performing sediment sampling for Water 106 and 319 grants. The sediments were sampled from Lost Creek and Sycamore for Heavy Metals analysis. We also assisted TEMS (Tribal Environmental Management Services) with sediment sampling from the Spring and Neosho Rivers and Lost Creek. These water ways are very important to the Wyandotte Nation as they provide resources for sustenance and cultural ceremonies for many tribal members.



During this month we also conducted a bio-assessment on Lost Creek to determine the health of the water body and its micro organisms. Our monthly water monitoring sites, which include Spring and Neosho River, Lost and Sycamore



Creek, continue to be sampled, and testing for nutrients and heavy metals for all sites, on a quarterly basis.

June picked up where May left off. On June 2nd, 3rd, 21st, and 22nd we helped with the Summer Youth Program. On these days in the afternoon our department talked with the Summer Youth on issues such as "Their Watershed", "Radon and the dangers of it", and "Recycling". We also attended Wildcat Glades Park in Joplin, MO, along with the Wyandotte Nation Summer Youth Program.



During this month, soil sampling and tests were performed on the Tribal Complex area to determine the soil composition and nutrient levels. The tests were in for use with the Planning and Development Department and the Department of Transportation, for a possible tree grant.

The Wyandotte Nation Environmental Department in conjunction with the Eastern Shawnee Tribe of Oklahoma, would like to remind all Wyandotte Tribal Members between the ages of 9 – 14, to participate in the National Radon Poster Contest. Radon is a tasteless, odorless and invisible gas that occurs

naturally within the Earth. It has been linked to cancer in all ages. The National Winner for this poster contest will win an all expense paid trip to Washington, DC for themselves and their parents. For more information you may contact Christen Lee or Kathleen Welch.

Our Department continues to offer bacteria and metals testing on private wells for all Wyandotte Nation Tribal Members. For more information contact Christen Lee (x241), Kathleen Welch (x235), Janice Wilson (x245) or Earl Salisbury (x252).

Look for our booth at the Ottawa County Free Fair in August!

Bearskin Healthcare

We encourage you to read this important information regarding Contract Health Services. This will help you understand how Contract Health Services works.

There have been a lot of misunderstandings involving the Contract Health Services. Here are some examples:

- If you call in your emergency on an ER visit, this does not mean that your visit will be paid for. This is only a qualification for consideration by a determination from the Contract Health Services Committee. The only cases being considered at this time are Category I or Priority I cases. If your illness has persisted for days, you have the opportunity to come in to the clinic to avoid an unnecessary emergency room visit, which might not be paid for or considered a Category I case. Any family member can call in an emergency visit if you are unable to since it has to be called in within 72 hours.
 - If you are denied, you have 30 days to appeal this decision. You cannot wait months, 1 year, or more.
 - If you choose to go on your own to a physician for services, or any other type of facility, you cannot expect for the Bearskin Contract Health Services to
- (continued on next page)

Department Reports (cont.)

(continued from previous page)

pick up your bill on your balances. In order to qualify for payment, you will need to come through this clinic and let our physician write up a referral to be submitted to our Contract Health Services to be reviewed at a committee meeting which are usually held every Tuesday. These days are subject to change occasionally.

- In order to be eligible for Contract Health Services through the Bearskin Health Clinic, you need to have a current chart here or electronic health record. If you do not, you will not be considered until you fill out the information and send it in to the clinic.

- Once you have been approved on a visit or an emergency room visit, you are required to report each and every visit ahead of the scheduled time, in order for this to be approved through the Contract Health Services committee. Every visit has to be pre-approved. If you do not contact Bridget Burleson, our Contract Health Specialist before going to another scheduled appointment, that visit will not be paid for by our funds. This is a very strict requirement. This is to emphasize that this is the patient's responsibility, not the physician's office or the hospital's offices.

- If you do not have insurance, you may be required to fill out an application at Department of Health Services in your county. It is mandatory that you apply within the month of your hospital visit, ER visit, or whatever the case may be. You can have the hospital call in to the state DHS office if it falls on the last day of the month. These are necessary rules that we have to abide by and are going to be changing in the next few months. The new rules will require the patient to apply before treatment at a physician's office. If you have an ER visit, and do not have health insurance, you will be required to apply the day of the ER visit. The hospitals should have information on how to do this while you are at the hospital. They can fax this to

the DHS office. If you have any questions regarding these new rules, you can contact Bridget Burleson at Ext. 227.

Please read these Contract Health Services Guidelines carefully. It is very critical that you abide by these rules. I wish we did have the funds to take care of every health problem that comes across our clinic, but unfortunately, we do not. (*please see guidelines on page 15*)

Karen Duderstadt, Business Services Manager, Bearskin Health Clinic

Greetings from Bearskin Healthcare & Wellness Center!

Did you know that all Tribal members receive a free membership? Bring in your tribal membership card and our staff will sign you up and get you started on your way to living a healthy lifestyle. The spouse of Tribal member's, age 55 and older, are also eligible for a free membership. The Tribal member must come in with their membership card and spouse to sign up. This is a great way to get started. Have you been in to check out the renovations provided by the stimulus? The Bearskin Clinic has undergone a major change in color scheme, while the rest of the building has undergone some overdue painting of its own. The Bearskin Fitness Center has installed new lockers, flooring and paint throughout the facility. Several new machines have been added in the cardio room to assist with improving tribal members' healthy lifestyle. There is a new shoulder press, lat pull, biceps curl machine and triceps press down machine. Come in and try them out!

There are many health benefits associated with regular exercise. These include weight loss, aging more slowly, stress reduction, improved sleep, increased joint and muscle strength, blood pressure control, prevention of artery disease and reduced blood sugar. However, it is necessary to follow recommended guidelines to meet the minimal

amount of exercise required to produce these benefits. The three categories that one must meet include aerobic activity, resistance training and stretching. Aerobic activity is going to make the heart become a more efficient pump and beat more slowly at rest. This type of activity burns calories for energy that would otherwise be stored as fat. Recommendations are 20 – 60 minutes of aerobic activity 3 – 5 times a week. This includes walking, bicycling, dancing, and running.

Resistance training is recommended a minimum of two times per week. Resistance training is when a force is applied against the muscle. The force used could be elastic bands, weights or even soup cans. This makes our muscles and bones adapt by becoming stronger. This can help in prevention of osteoporosis. Recommended training, using resistance is 8-12 repetitions per exercise, with 8 – 10 exercises involving all muscle groups.

Stretching is very important in living a healthy lifestyle. It is recommended 3 – 5 times per week. Get into a stretching position and reach until there is a gentle to modest amount of stretch. Make sure you continue to breathe. Hold the stretch for 20 – 30 seconds. The muscle will begin to relax. Do not bounce when stretching; this could cause injury to the muscle by tightening the muscle rather than lengthening.

Remember to listen to your body. While beginners to a fitness routine will most likely experience some tightness and discomfort, it should be minimal. Pain is a signal to stop and figure out what is wrong. The incorrect posture, position or just pushing oneself too far could be the reason. Drink plenty of fluids. Stay in tune with your body and be aware of any little aches and pains you experience. You are responsible for recognizing painful or inappropriate bodily responses to particular exercise. Don't ignore pain or you may be sorry later. Remember that maximum effort (continued on next page)

Department Reports (cont.)

(continued from previous page)
leads to maximum results.

Tips for success:

- If you've been inactive for a long time, are overweight, have a high risk of coronary heart disease or some other chronic health problem, see your doctor for a medical evaluation before beginning a physical activity program.
- Choose activities that are fun, not exhausting. Add variety. Develop a repertoire of several activities that you can enjoy. That way, exercise will never seem boring or routine.
- Wear comfortable, properly fitted footwear and comfortable loose-fitting clothing appropriate for activity.
- Find a convenient time and place to do activities. Try to make it a habit, but flexible. If you miss an exercise opportunity, work activity into your day another way.
- Use music to keep you entertained.
- Surround yourself with supportive people. Decide what kind of support you need. Do you want them to remind you to exercise? Ask about your progress? Participate with you regularly or occasionally? Allow you time to exercise by yourself?
- Don't overdo it. Do low to moderate level activities, especially at first. You can slowly increase the duration and intensity of your activities as you become more fit. Over time, work up to exercising on most days of the week for 30-60 minutes.
- Keep a record of your activities. Reward yourself at special milestones. Nothing motivates like success.

High Blood Pressure

<http://www.nlm.nih.gov/medlineplus/highbloodpressure.html>

Also called: HBP, HTN, Hypertension

Blood pressure is the force of your blood pushing against the walls of your arteries. Each time your heart beats, it pumps out blood into the arteries. Your blood pressure is highest when your heart beats, pumping the blood. This is called systolic pressure. When your heart is at rest, between beats, your

blood pressure falls. This is the diastolic pressure.

Your blood pressure reading uses these two numbers, the systolic and diastolic pressures. Usually they are written one above or before the other. A reading of

- 120/80 or lower is normal blood pressure
- 140/90 or higher is high blood pressure
- 120 and 139 for the top number, or between 80 and 89 for the bottom number is prehypertension

High blood pressure usually has no symptoms, but it can cause serious problems such as stroke, heart failure, heart attack and kidney failure. You can control high blood pressure through healthy lifestyle habits and taking medicines, if needed.

NIH: National Heart, Lung, and Blood Institute

Family Services, Tag and Enrollment

Kate Randall, Director

918-678-2297 X224

krandall@wyandotte-nation.org

Dana Butterfield, Tag & Enrollment

918-678-2297 X219

dbutterfield@wyandotte-nation.org

As we approach the end of the summer, the anticipation of change is evident all around us. The children become aware that school is approaching and the excitement of the summer months soon will become just a memory. Let us hope their childhood memories are filled with stories of family outings, visits with cousins, camping in the yard, swimming on the creek and having overnight visits with friends. Those childhood memories last us a lifetime. At the Nation, we are already making preparations for our upcoming cultural event, Pow-wow and Annual Meeting. The tribal participation at all of these events has grown with each passing year. It is always a wonderful time for our tribal families to get together to share their memories, family histories, and learn about the journeys

of all of the Wyandotte ancestors that walked before you. It's a great week to meet with old and new friends alike. We look forward to seeing you in September!!

PROGRAM ANNOUNCEMENTS & FAMILY SERVICES NEWS:

SCHOOL SUPPLIES: Effective August 2, 2010 Walmart school supply gift cards will be available in the amount of \$100.00 for each enrolled Wyandotte child, preschool through the 12th grade, residing within a 200 mile radius of the tribal headquarters. Also offered this year is the cost reimbursement program for school supplies. If you opt NOT to use a gift card you may purchase school related items at your own cost and submit the receipts, up to \$100.00 per child, to the Tribe for reimbursement. We will accept receipts dated July 1, 2010-September 30, 2010. The reimbursement program gives our parents the option of purchasing his/her children's school related supplies at the stores of their choice.

ENROLLMENT: The deadline for new members to submit applications for enrollment is August 15, 2010. All new members are voted on during the September 11, 2010 Annual Meeting. Prior to the annual meeting, the Enrollment Committee meet and review all potential applicants to ensure they meet the criteria for membership as defined in the Nation's Constitution. Membership cards will be issued after the Annual Meeting and mailed out soon after.

NEW ENROLLEE BENEFIT: Enroll your child before his/her first birthday and receive a \$50.00 gift card and a baby blanket with the tribal logo. This is a Nationwide Program and we hope to encourage all of our new parents to get their infants enrolled in their first year.

SENIOR CITIZEN SUMMER ENERGY ASSISTANCE: Seniors age 62 and older are eligible to apply for \$100.00 (continued on next page)

Department Reports (cont.)

(continued from previous page)
energy assistance, beginning 7-1-10 through 9-30-10. Seniors must live within a 100-mile radius of the tribal headquarters to be eligible.

BURIAL ASSISTANCE: Burial Assistance in the amount of \$750.00 is available on a Nationwide basis for all enrolled Wyandotte Nation Tribal Members. A death certificate and an itemized funeral home bill must accompany the application.

HANDICAP TAGS: Effective January 1, 2010, handicap individuals may apply for a handicap license plate. The required medical form is available upon request and must be signed by your primary care physician.

TRIBAL TAGS: (Oklahoma Indian Territory Only). In order to better serve our tribal members, we ask that you call the tag office to make an appointment to come in for tags. By mail, please remember to enclose your check and insurance verification form for renewals. For new tags, we require an original title, insurance, and proof of membership.

SUMMER LIHEAP/CRISIS-OKLAHOMA RESIDENTS ONLY: (as funds allow) Low Income Home Energy Program is available during summer months based on income guidelines with proof of earnings. A detailed application is required for this federally funded program.

CHILD PASSENGER SAFETY SEATS: The child passenger safety seats are available only at the tribal headquarters. A variety of safety seats are available in sizes ranging from newborn up to 100 pounds. **WINTER SCHOOL CLOTHING:** This program begins on October 1, 2010 through March 1, 2011. The program is income and radius based. Families must reside within a 50 mile radius of the tribal headquarters and meet poverty income guidelines. The winter clothing vouchers are \$50.00 per school age child.

PROMOTING SAFE & STABLE FAM-

ILY INITIATIVE: The (PSSF) program is a federally funded program aimed at providing family preservation and support services to prevent the breakup of Indian Families. Family crisis may be averted through tribal intervention during emergencies. At-risk families are encouraged to contact the family services department as we may be able to help. The health, well being, and safety of our tribal families are our top priority.

Planning/Development

Construction is underway for the Wellness Center Expansion, and is scheduled to be completed in March 2011. The area for the safe room and parking lot can be seen in the picture below.



The new water tower has been installed, and the new system will be on line shortly. A gate valve has been installed that will allow us to switch back and forth between towers. A new fence is currently being put in to place around the tower and well house.



A connecting road to link Wolf Rd. to Porcupine Rd. is being completed. The

connection is near the duplexes and housing, and will allow for future growth. This project is being funded by the American Recovery and Reinvestment Act (ARRA).



We have submitted another tree grant application this year. We would like to plant trees along the roadway leading up to the Wellness center, and also add to the trees at the Pow-Wow grounds that we planted last year.

Housing Department

We are very excited about the progress of our current housing projects. The recent construction of two senior rental duplex units was completed at the beginning of June. Minor yard work is still in progress, however the additional duplexes have already been rented to qualifying senior tribal members who moved into the units later in June and have begun settling in.

The construction of the twelve single family rental units is coming along quite nicely. Currently, eight of the houses are framed with half of those already containing their brick exteriors. Work on the single family units will continue and is estimated to be completed around December 2010. We are excited to report that a few of the single family units will be completed before our Annual Meeting in September. We will again be having an open house following Annual Meeting to allow tribal members the opportunity to view the homes and see the completed projects. (continued on next page)

Department Reports (cont.)

(continued from previous page)

The open house will be held from 12:30pm to 1:00pm on September 11, 2010. We encourage any tribal members who are interested in seeing the houses to come and walk through the completed units.

The Housing Department recently conducted a housing survey to determine the current needs of our tribal members. We are very pleased with the number of surveys we received back in the mail and we would like to thank you for your cooperation. If you still have surveys that you have not yet sent in, it is not too late to send them. Please mail them to our office as soon as possible. We had several surveys returned stating the need for assistance. However, if no name was included on the survey, we are unable to send an application in response to those needs. If you would like to receive an application for any of the services we offer, please contact our office at the numbers listed below or you can e-mail Valari Eby at veby@wyandotte-nation.org.

We are very excited about the comple-

tion of the senior duplex units and are looking forward to the future completion of the single family units. If you have any questions, please contact our office at (918)678-2297, extensions 236 or 239.

Kathy DeWeese- Housing Director
Valari Eby- Housing Specialist
Paul Paquin- Project Coordinator
Don Graham- Project Coordinator
Brian Adkins- Residential Maintenance Tech

Elder Services

We have had a very busy summer so far this year. The fishing has been great and so have the gardens. A couple of our Elders caught enough fish that they were able to provide all of the fresh catfish for our 4th of July dinner. Boy was it tasty!! The elders are also providing us with fresh tomatoes, cucumbers and squash that we are using in our daily meals.

We had a great time at the horse races last month in Claremore. Everyone had

their own method of how to pick the winners.

We have a new VISTA volunteer. His name is John Charloe. He is updating our program information and entering data on the computer for our reports.

We are looking forward to seeing everyone at the Pow Wow and Annual Meeting which will be here before we can blink.

As always, please feel free to come and visit us anytime.

Brenda House, Director, Elder Services ext. 227

Dari Ann Hunnicutt, Caregiver Specialist ext. 253

Kandi Smith, Food Service Team Supervisor ext. 228

Leesa Hibbard, Lynda Wilson, and Seth Higginbotham, Food Service Team Members ext. 228

Berle Blevins, Experience Works Program ext. 228

John Charloe, Vista Volunteer ext. 227
Menu ext. 226

Calendar

Wyandotte Nation Tag Office

Please call Dana or Kate at
(800) 256-2539 ext. 219
and ext. 224 respectively for
appointments.
Handicapped Plates now available



The Pow-Wow Committee will have a calendar available for purchase during the 21st Annual Pow-Wow on September 10-12, 2010. The title for this calendar will be "Remembering 20 years of History." If you would like to pre-order a calendar please call Sherri Clemons at 918-678-2297 ext. 244 or email: sclemons@wyandotte-nation.org.

Education Department

Preschool:

Wyandotte Nation Preschool concluded the 2009-2010 school year with its graduation ceremonies held on May 17, 2010. We wish those graduates much success as they leave our facility to journey further into the world of higher education. The Wyandotte Nation Preschool had nine students make the Kumon In School Honor Roll. This is a great accomplishment for the students and teachers and we want to recognize their hard work and diligence. The previous school year closed and another is fast approaching as we will begin classes for the 2010-2011 year on August 18th. Preschool enrollment is remaining at close to capacity and that fact speaks well for the quality program we deliver to the children.

Before and After School Program:

With the beginning of the school year approaching, before and after school care will start transporting children to and from school. If you are a working parent or student and are searching for a quality program for your child to attend, please contact Tammy at ext 231.

Summer Program:

Summer program is in full swing with an average daily attendance of forty five children ages 3-12. Field trips, programs with other tribal departments and activities on site have kept the staff and youth busy. We participated in Just for Kids fitness program through Indian Health Services, cultural enrichment and environment awareness with Wyandotte Nation Family Services and Environmental Department during the month of June. On July 2, the summer program participants conducted a patriotic program in the Title VI building for the veterans and elders. The children made patriotic gifts for all veterans and elders in attendance. For the third summer, the Education Department has been blessed with additional staff through the tribal summer youth intern program. Jennifer Davis, Candace Hamilton, Blakely Johnson, Jeffery Kelley, Amy Qualls, Jacob Seeglit, Kate Williams, Nick Wills and Zachary Zuniga have been welcomed to the program by the kids and they are doing a stellar job.

Library:

In the past week, new movies and books have joined the shelves with familiar favorites. We are excited to tell our readers of Louis L'Amour books that we have several new DVD titles based on his works. If there is a title you are searching for, be sure to stop by and ask Jessie or Betty to try to locate it or ask for it to be added to the next purchase list.

Child Care & Development Fund Program:

The Child Care and Development Fund recently submitted an updated child count as the program seeks funding to continue to help offset child care expenses for tribal families. Ninety percent of the children attending our summer program are on tribal assistance which emphasizes the need for the program and how it benefits all parties involved.

Tribal Scholarships:

Notification letters have been mailed to all new tribal scholarship recipients. School contact information and student schedules for the fall term are required before funding will be issued. Reminder to continuing students, spring grades and fall semester schedules are to be turned in if you wish to be funded for the fall 2010.

If you have questions about the education programs at the Wyandotte Nation, please contact Tammy Charles at Ext. 231.

Workforce Investment Act (WIA):

The WIA funding for the current school year has been approved and grant notification has been received. Mr. Anderson is available to assist prospective clients as they work to further their job skills.

If you are interested in more information, contact Arthur at ext 234.

Submitted by: Tammy R. Charles



4th of July Celebration

BEARSKIN HEALTH CLINIC CONTRACT HEALTH SERVICES

(continued from page 10)

Bearskin Health Clinic Contract Health Services (CHS) is a federally funded program to assist eligible patients financially with specialized care that is not directly available from the Bearskin Health Clinic. Other contracted facilities are Hillcrest Medical Center in Tulsa, Integris Baptist Regional Health Center in Grove and Miami, St. John's Regional Medical Center in Joplin, Missouri, Freeman Health Systems in Joplin, Missouri, Craig General Hospital in Vinita, Wagoner Community Hospital in Wagoner, and Claremore IHS Hospital. **ASSISTANCE DEPENDS ON ELIGIBILITY, RESIDENCE, MEDICAL PRIORITIES, ALTERNATE RESOURCES, AND AVAILABILITY OF FUNDING.**

The Bearskin Health Clinic CHS program also contracts with specialty care physicians, hospitals, diagnostic groups and other health care providers to treat our patients at pre-arranged fees.

The Contract Health Service Program is funded yearly with federal funds by the Department of Health and Human Services (DHHS). Not all referrals for specialty care can be paid for by Bearskin Health Clinic Contract Health Services, because the funding they receive cannot accommodate every need of every patient. Medical priorities have been established for determining which referrals can be authorized for payment.

ELIGIBILITY REQUIREMENTS FOR BEARSKIN HEALTH CLINIC CONTRACT HEALTH SERVICES:

1. **Must be eligible for direct patient care services provided by Bearskin Health Clinic contracted facilities and/or an IHS facility. An individual is eligible if they are of Indian descent and a member of the Wyandotte Nation or Eastern Shawnee Tribe.**
2. **Non-Indians may be eligible in these situations: A non-Indian woman who is pregnant with an eligible Indian's child through pregnancy and postpartum; A non-Indian member of an eligible Indian's household who resides within the CHS service area is eligible for CHS if the Medical Officer in charge determines that services are necessary to control a public health hazard or an acute infectious disease. Patient must reside within the Bearskin Health Clinic 12 county CHS service area.**
3. **Out-Of-State residents are not eligible for CHS funds.**
4. **You must use all other resources to pay for your medical care, such as Medicare, Medicaid, VA, Worker's Comp, Title 19, Sooner Care, automobile insurance, and/or group health insurance, including IHS facilities when applicable.**
5. **CHS IS A PAYOR OF LAST RESORT!**

The priority system helps patients have equal opportunity

for specialty services and to make sure the funds are used to give the best possible benefits.

When services are not available at Bearskin Health Clinic and contracted facilities or at an IHS facility where the patient regularly receives care, a physician will initiate a referral to a contract specialty provider.

Contract Health Services Specialist at the Bearskin Health Clinic prepares all referrals to submit weekly for the CHS Review Committee. The Review Committee meets every week. They have an average of 20 cases on a weekly basis. Referrals from the Bearskin Health Clinic are reviewed and categorized in accordance with approved Bearskin Health Clinic CHS medical priorities.

If your referral is denied, the patient and/or provider has 30 days from the date of the denial letter is received to appeal for reconsideration. Appeal should be made in writing and mailed to: Attn: Appeals Review Board, Bearskin Health Clinic, One Turtle Drive, Wyandotte, OK 74370.

EMERGENCY CALL-IN PROCEDURES:

Call-ins are to be reported to the Bearskin Health Clinic in Wyandotte, Oklahoma (918) 678-2282 Ext. 227. This call should be made when a patient has an emergency and is unable to go to the nearest Bearskin Health Clinic contracted facility or IHS facility. The patient must call the CHS office within 72 hours after the beginning of the treatment (**THIS DOES NOT GUARANTEE PAYMENT UNTIL IT IS BROUGHT BEFORE THE CHS REVIEW COMMITTEE!**)

REFERRAL STEPS ARE:

1. Nurse/Provider will direct your referral to the Contract Health Services office.
2. Contract Health Services Specialist will counsel with you regarding eligibility, alternate resources such as Medicare, Medicaid, insurance, VA, Workman's Comp, Sooner Care, and Title 19, and schedules the appointment if necessary.
3. Patient will need a referral from Bearskin Health Clinic for **each additional** procedures, tests, follow-up exams, and or hospitalization. **This is the patient's responsibility to contact the CHS Specialist each and every time!**
4. If a patient schedules or reschedules an appointment without proper CHS authorization, the patient will be responsible for payment!
5. Get to know your CHS Specialist at the Bearskin Health Clinic to help with any scheduling and questions regarding Contract Health Services.

Further clarification and/or additional information concerning CHS may be obtained from the Contract Health Services Specialist, Bridget Burleson at 918-678-2282, Ext. 227.

Services Provided to Tribal Members

Service	Program Contact	Phone Number	Extension
Dental	Amanda Johnston	(918) 678-2282	257
Vision	Amanda Johnston	(918) 678-2282	257
Clinic (for appointments)	Linda Coatney or Elaine Fidler	(918) 678-2282	228
Pharmacy (Call in only)	Carolyn Nesvold	(918) 678-2282	224
Fitness Center	Kelly Walker	(918) 678-2282	259
Contract Health	Bridget Burleson	(918) 678-2282	227
Diabetes Clinic	Donna Krewson	(918) 678-2282	258
Nutrition	Brenda House	(918) 678-2297	227
Caregiver Services	Dari Ann Hunnicutt	(918) 678-2297	253
Enrollment	Dana Butterfield	(918) 678-2297	219
Tags	Dana Butterfield	(918) 678-2297	219
Housing Programs	Kathy DeWeese	(918) 678-2297	239
Student Housing Assistance	Kathy DeWeese	(918) 678-2297	239
Housing Improvements	Kathy DeWeese	(918) 678-2297	239
Well-Septic Construction	Kathy DeWeese	(918) 678-2297	239
School Supplies	Kate Randall	(918) 678-2297	224
Car Seats	Kate Randall	(918) 678-2297	224
Emergency Assistance	Kate Randall	(918) 678-2297	224
Scholarships	Carla Culver	(918) 678-2297	230
Job Training	Carla Culver	(918) 678-2297	230
Pre-School	Carla Culver	(918) 678-2297	230
Library	Carla Culver	(918) 678-2297	230
Adult Education	Carla Culver	(918) 678-2297	230
Childcare	Carla Culver	(918) 678-2297	230
Environmental	Christen Lee	(918) 678-2297	241
Human Resources	Deana Howard	(918) 678-2297	220
Turtle Trax Printing	Pat Wilson	(918) 678-2297	238