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On the cover: "Strong Medicine," by local Tulsan Shan Goshorn, an Eastern Band Cherokee artist, is a woven pattern inspired by a traditional Cherokee basket design called "spider's web." The words in the weave come from IHCRC's mission statement, vision, goal and medicine wheel explanation.

The mission of Indian Health Care Resource Center of Tulsa, Inc. (IHCRC) is to provide quality, comprehensive health care to Tulsa area Indian people in a culturally sensitive manner that promotes good health, well being and harmony.

The vision of IHCRC is to eliminate health disparities, expand innovative family-focused practices and promote an embracing approach to care that strengthens physical, mental, emotional and spiritual wellness within the Indian community.

The long-term health promotion goal is to improve general health status and reduce the incidence and severity of chronic disease by engaging the Indian community in ongoing health promotion, prevention and disease management activities.

Letter from the IHCRC President and the CEO

On October 25, 2012, the completion of Indian Health Care's facility expansion and remodeling project was commemorated at a special dedication ceremony. Long-time friends and partners, government and tribal leaders, philanthropic supporters, current and former board members and the staff celebrated the achievements made by Indian Health Care Resource Center of Tulsa (IHCRC) since its humble beginnings in 1976.

Our health center now has a total of 52,392 square feet with the recent addition of 26,000 square feet to the original facility that opened in 1999. Integrating all of the health center's clinical services was a major goal of the facility expansion project, enabling patients to conveniently access our comprehensive health services under a single roof.

Throughout its history, Indian Health Care has stayed true to its mission and commitment to promote wellness and healthy living within the Tulsa Indian community. Our unique approach is integrating our medical, vision, dental and behavioral health services to meet the needs of our patients. In support of these core health services, we maintain a wellness department, on-site pharmacy, diagnostic laboratory and digital x-ray imaging department. Through the efforts of our Health Education and Wellness staff, we reach out to the Indian community with on-going health promotion, disease prevention and wellness programs. Our facility and clinical operations

are accredited by the Accreditation Association for Ambulatory Health Care.

IHCRC is a community-based, nonprofit agency with a local Board of Trustees. With a majority of tribal members on our Board, we are an Indian-controlled organization that serves members of all federally recognized tribes. Our organization operates on an annual budget of over \$16 million. We are funded through multiple sources, including federal, state and private grants and contracts, third party reimbursements and private donations. The base funding IHCRC receives from the Indian Health Service enables us to provide health care at no cost to American Indian tribal members.

The mission of Indian Health Care is to provide quality, comprehensive health care to Tulsa area Indian people in a culturally sensitive manner that promotes good health, well being and harmony. The long-term health promotion goal of our health center is to improve general health and wellness and to reduce the incidence and severity of chronic disease.

At IHCRC, we are integrating care coordination within patient-centered medical homes. Nurse case managers, medical providers and wellness teams work closely with patients to create care coordination plans – placing the individual at the center of a personal care plan that meets the needs of each patient.

Caring is strong medicine.



Janice Edmiston, President, IHCRC Board of Trustees



Carmelita Skeeter, CEO



Above: Janice Edmiston,
President, IHCRC
Board of Trustees

Below: Carmelita Skeeter,
Chief Executive Officer





Facility Expansion Dedication Ceremony

On October 25, 2012, members of the Board of Trustees, employees, the many friends and supporters of Indian Health Care Resource Center of Tulsa (IHCRC) gathered in the lobby of the health center to celebrate the completion of the facility expansion project. IHCRC Board President Janice Edmiston presided over the dedication ceremony. The presentation of the colors was conducted by the Muscogee (Creek) Nation Color Guard and the Native Nations Youth Council Drum Group. Bill Wamego offered a cedar blessing and the invocation was given by Don Miller, IHCRC Behavioral Health Counselor.

The ceremony continued with remarks and the presentation of a proclamation by City of Tulsa Mayor Dewey Bartlett, Jr. that October 25, 2012 was Caring is Strong Medicine Day. Honored guests Principal Chief George Tiger of the Muscogee (Creek) Nation and

Rear Admiral Kevin Meeks, Director of the Oklahoma City Area Indian Health Service, recounted the history and accomplishments of Indian Health Care and the importance of the health services the organization provides to the local American Indian community. Jim Cameron, IHCRC Vice President and Facilities Chair, highlighted the features of the expanded health center, including the addition of dramatic artwork created by local artist Shan Goshorn (Eastern Band Cherokee) and sculptor John Gooden of Kingfisher, Oklahoma.

Carmelita Skeeter, IHCRC CEO, added her personal reflections on the history and future of Indian Health Care, noting the ties the organization maintains with many supportive partner agencies in the community. Mrs. Skeeter recognized Katy Brown for her tireless efforts to all the details of the facility expansion project, maintaining close coordination with

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Facility dedication ribbon cutting

a team of engineering, architectural and construction contractors. After thanking everyone for their attendance and support, Carmelita invited the guests to stay for lunch and take a personal tour of the facility.

Completion of the Expansion

Integrating all of the health center's comprehensive health services was a major goal of Indian Health Care's facility expansion project. Under a single roof, IHCRC patients are able to receive medical, mammography and radiology, pharmacy, health education and wellness, dental, optometry, behavioral health and substance abuse treatment services.

Key Features of the Facility Expansion and Remodeling Project

- Doubled total facility space to 52,392 square feet, adding 26,000 square feet of new and remodeling 14,000 square feet of existing space for more efficient patient flow.
- Expanded space for behavioral health, substance abuse treatment and medical care, medical records, staff breakroom and restrooms.



- Expanded pharmacy, with separate entrance, two drive-thru pick up lanes and second robotic prescription system.
- Supported installation of a digital diagnostic imaging system for x-ray and mammography.
- Moved the WIC nutrition program, health education and wellness clinical staff, substance abuse treatment and children's mental health support services from the satellite office to the main campus.
- Established dedicated wellness facilities, including a physical activity area, counseling and education offices, nutrition and health education classrooms, and a demonstration kitchen.
- Created the Jim Cameron Event Center overlooking Centennial Park for the clinic and community to conduct meetings, group counseling sessions, health education classes, and training events.
- Facilitated the transition to electronic health records system and telemedicine services.
- Installed state-of-the-art multimedia system throughout the clinic.

Design Features

- Created relaxing ambience throughout the clinic with peaceful and harmonious artwork, including addition of two new commissioned pieces.
- Created a unified external design to flow with existing building, including addition of distinctive arched floor-to-ceiling windows along the south and west walls of the Event Center.
- Updated the patient parking lot with addition of center island staircase and improved landscaping.
- Redesigned main entrance exterior with a seating area, enhanced landscaping and rock bed with sculpture.

Art, Sculpture and a Natural Park Setting

Art in the Clinic

Two new art pieces now grace the walls of Indian Health Care. Both works of art were created by local Tulsa artist Shan Goshorn, the Eastern Band Cherokee artist who also created the set of three medicine wheel paintings for IHCRC, which have hung in the health center’s boardroom since the facility opened in 1999.

“Feather Plume Dance” greets everyone when entering the main waiting room. This triptych is a giclee – a process of making fine art prints from a digital source using inkjet printing. The original printing is then hand-tinted to enhance the image. The piece was inspired by the distinct pampas grass, which surrounds the clinic. The original photo used to create the artwork was taken by the artist when visiting the Tall Grass Prairie in Osage County.

Another artwork, “Strong Medicine,” (see cover) is a woven piece that illustrates the wealth of ancient medicine gathered by

indigenous people from the earth combined with the American Indian philosophy of holistic health care. As shown on the cover, the woven pattern was inspired by a traditional Cherokee basket design called “spider’s web” chosen by the artist to show how these approaches are related to healing and how they can be integrated together for healthy living. The words in the weave come from IHCRC’s mission statement, vision, goal and medicine wheel explanation. This weaving is displayed in the office of Carmelita Skeeter, IHCRC CEO.

“The Healer” Entry Sculpture

After a redesign of the landscape beds at the entry to the health center was completed, sculptor John Gooden of Kingfisher, Oklahoma was commissioned to create a work of art to greet all who visit the facility. Modern and traditional tribal medicine are

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“Feather Plume Dance” by artist Shan Goshorn



Sculptor John Gooden with "The Healer"



both closely tied to the natural properties of plants. As healing is part of our connection to nature, what began as an idea of a medicine man has now become "The Healer."

The elder is doing more than planting a tree. He is providing a life lesson with the white willow sapling. The elder is showing faith in the future while planning for a time when he will no longer be here. He acknowledges the importance of respect for nature. He is attuned to the healing nature of plants and

wholeness of the earth. He is leaving a legacy.

True to his Indian culture, the boy, in turn, is learning by example from an elder. He is planning for his future. He is learning to respect nature while discovering a connection and relationship with the earth. He is learning to shape his own legacy while carrying on his Indian traditions.

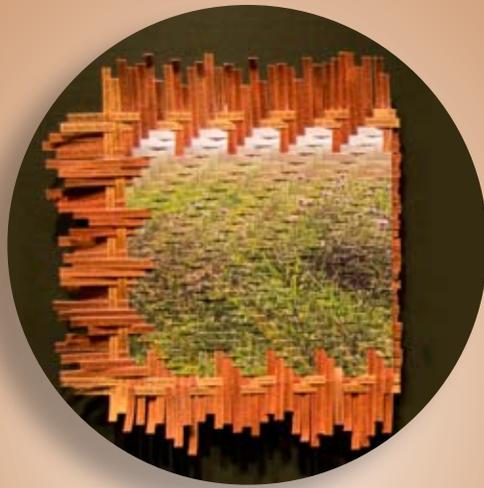
Triangle Park with "Woman and Children" Sculpture

Approaching completion in November 2012, a naturalistic park-like area is being created on the traffic triangle, located just south of the IHCRC campus at the intersection of Sixth Street and Peoria Avenue.

Native grasses will fill the triangle echoing the natural plains of Oklahoma. Passing through the center will be a crushed granite pathway, depicting a dry creek bed. The pathway will be subtly illuminated at night. A stone outcropping will gently wind along the pathway.

Across from the outcropping will be a flagstone area with native boulder seating where one can enjoy the sculptural focal point of this new area, also created by artist John Gooden as a sister piece to "The Healer" entryway sculpture. The "Woman and Children" sculpture in the triangle will portray a woman and her children walking toward the clinic, with her son playing a traditional Indian game of "shoot the hoop." The sculpture depicts the joy of family and the hope of healing for a better tomorrow.

Landscaping of the triangle will be complete in November 2012, with the sculpture to be installed in March 2013. IHCRC extends its thanks to Mayor Dewey Bartlett, Jr., the City of Tulsa and the Arts Commission for their support of this project.



The People We Serve



American Indian Primer

Adapted from Bureau of Indian Affairs sources

Who is an Indian? As a general rule, an American Indian or Alaska Native person is someone who has blood degree from and is recognized as such by a federally recognized tribe or village as an enrolled tribal member. Eligibility criteria for enrollment or membership in a tribe differ from tribe to tribe. In seeking answers to questions about Indians, it is important to remember that each tribe has its own culture, history and identity.

The daily lives of American Indians straddle the world of traditional Indian culture and the world of contemporary American society. American Indians occupy a unique status in this country today based upon their tribal identity and their protected rights with the federal and state governments. At the time of western contact with the native populations in North America over 300 American Indian and Alaska Native languages were spoken. Today, with the continued loss of native speakers, less than 200 tribal languages are still spoken. Of the 565 tribes currently recognized by the federal government, many are working to preserve their languages and create new speakers from among their tribal populations.

Where do American Indians and Alaska Natives live? They live throughout the United States or even outside the country. Over half of tribal members now live in urban areas away from reservations. In the 1950s and 1960s, many Indian tribal members were urged by the Bureau of Indian Affairs to relocate from reservations to metropolitan areas – in hopes of breaking a cycle of poverty and disease through new opportunities of education and employment. Today, many traditional tribal members regularly travel from their urban homes to their

tribal communities to visit relatives, attend family gatherings and participate in religious, cultural and social ceremonies.

How large is the American Indian and Alaska Native population?

The 2010 Census reported there were 5.2 million American Indians and Alaska Natives living in the United States, representing 1.7 percent of the 308.7 million total US population. This number includes 2.9 million people who reported only American Indian and Alaska Native in addition to 2.3 million people who reported American Indian and Alaska Native as well as one or more other races.

How many Indians live in Oklahoma and the Tulsa area?

The 2010 Census reported a population of 3,751,351 individuals residing in Oklahoma. A total of 321,687 Oklahomans identified by race as American Indians and Alaskan Natives and 482,760 individuals identified as American Indian when given the opportunity to report more than one race. The Oklahoma Indian population ranks second only to California in total Indian population. As a percent of total state population, American Indians in Oklahoma represented 12.9 percent – ranking the state with the fourth highest percentage of all 50 states, following behind Alaska, New Mexico and South Dakota. Of Census counts of Oklahoma residents reporting a tribal heritage, the four largest tribal counts included 185,850 Cherokees, 79,006 Choctaws, 44,170 Muscogee (Creeks) and 27,538 Chickasaws.

The seven-county Tulsa metropolitan statistical area (MSA) has a Census 2010 population of 937,478. A total of 123,565

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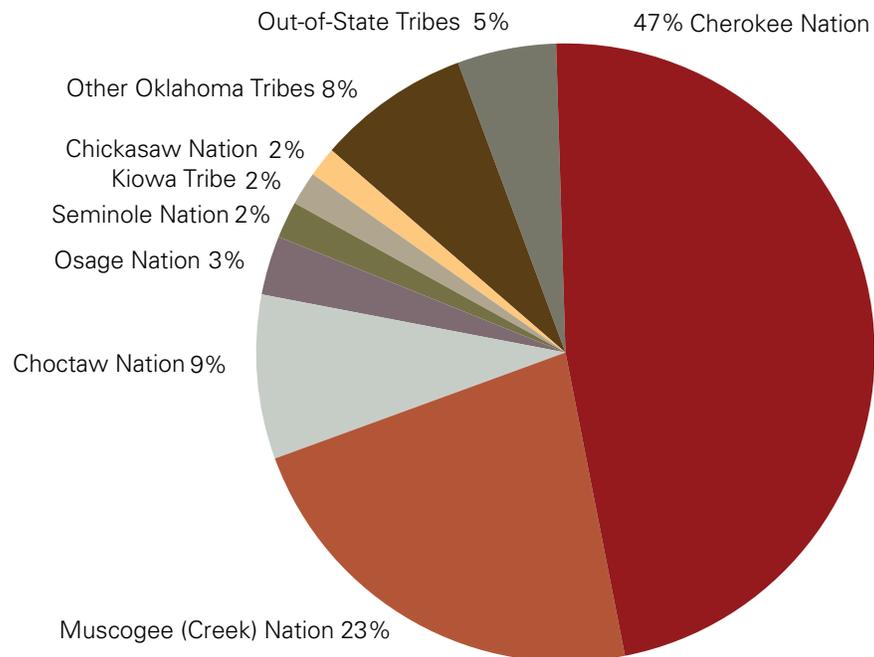
American Indian Primer *continued*

individuals living in the Tulsa MSA reported a race of American Indian/Alaskan Native (AI/AN) when given the opportunity to identify as an AI/AN as their primary race or in combination with another race – this metro Tulsa total equals 25.6 percent of the Oklahoma AI/AN state total. A total of 77,388 of individuals in the Tulsa MSA indicated their primary race as AI/AN.

The overall Tulsa MSA racial distribution is 70.9 percent white, 8.4 percent African-American, 8.3 percent American Indian, 1.9 percent Asian, Hawaiian and Pacific Islander and 4.2 percent Other. Ethnically, 8.4 percent of Oklahomans identify as having Hispanic origin. (Note: the US Census defines Hispanic origin as an ethnicity, not a race).

Tribal Memberships of IHCRC Patients and Clients

(17,503 active American Indian patients seen from July 1, 2009 to June 30, 2012)







Fiscal Year 2012 Patient Profile and Summary of Services

Active American Indian patients: 17,503

(Patients and clients with at least two visits during fiscal years 2010-2012)

The following statistical summary highlights the scope and volume of the services provided by IHCRC health providers during the past fiscal year (July 1, 2011 to June 30, 2012). All patients/clients had at least one visit during fiscal 2012. All patient/client totals are based upon an unduplicated patient count and includes only visits made to a primary provider (excludes secondary support providers, with the exception of ancillary visits to lab, diagnostic imaging and pharmacy).

Patient and client summary

New patients/clients enrolled: 2,298
 Total patients and clients: 11,342
 Female patients and clients: 6,843
 Male patients and clients: 4,499
 Total visits: 129,897
 (includes pharmacy and other ancillary providers)
 Female visits: 82,318
 Male visits: 47,579

Primary care medical services

(Physician, pediatrician, gynecologist, physician assistant, nurse practitioner and midwife primary care providers)

Patients: 9,260
 Female patients: 5,678
 Male patients: 3,582
 Visits: 32,177
 Female visits: 20,146
 Male visits: 12,031

Women's health services

Prenatal patients: 311
 Gynecological (PAP) exams 2,467

Immunization services

Patients: 1,226

Visits: 1,607

Hypertensive care

Patients: 1,685
 Patients under age 45: 442
 Visits: 3,627

Diabetes care

Patients: 919
 Patients under 45: 208
 Visits: 3,551

Dietary counseling and services

Dietitian clients: 953
 Dietitian visits: 2,476

Continued to next page



Patient Profile *continued*

Dental services

Patients: 2,265
 Visits: 5,114

Optometry services

Patients: 1,523
 Visits: 2,528

Diagnostic lab and imaging services

Lab visits: 3,700
 Radiology visits: 3,045
 Mammography visits: 1,424

Pharmacy services

New prescriptions dispensed: 93,673
 Refill prescriptions dispensed: 77,858
 Total prescriptions dispensed: 171,531
 Total pharmacy patients: 8,006
 Total pharmacy visits: 58,084

Behavioral health services

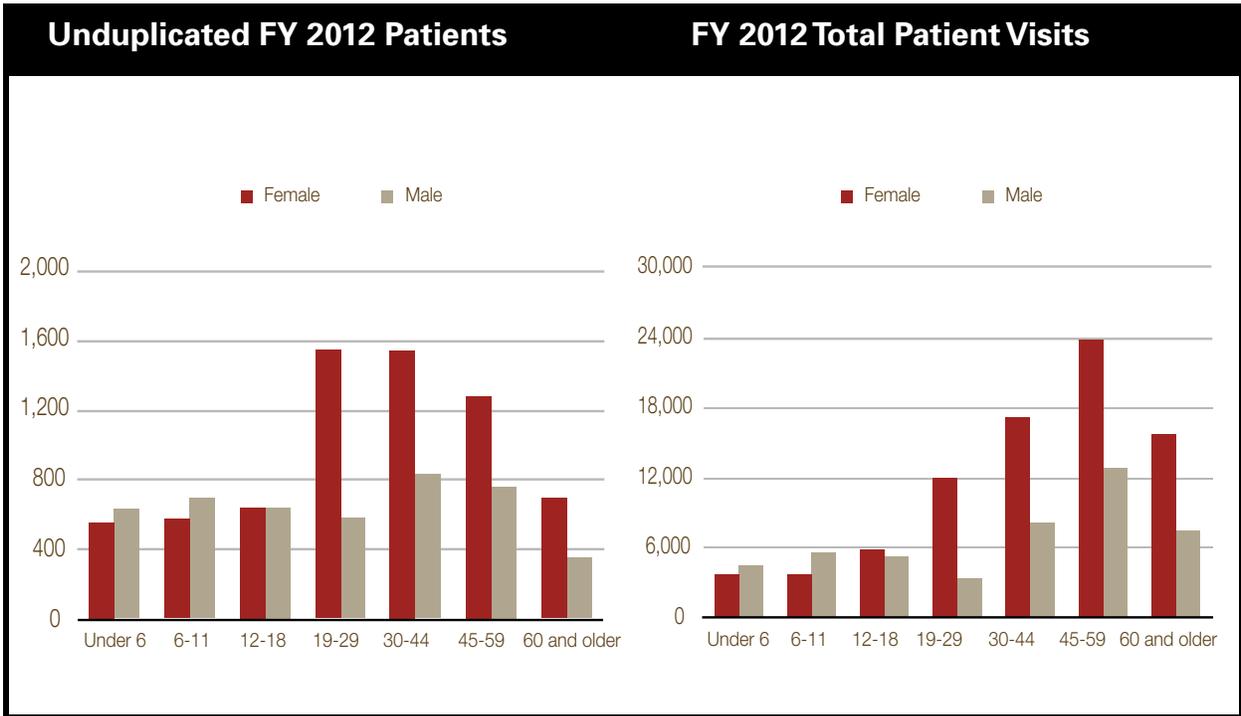
Clients: 1,821
 Visits: 9,329

Diversity of tribal members

Active patients served were members of 161 federally recognized American Indian and Alaskan Native tribes, of which 16,599 were members of 34 Oklahoma tribes and 904 were members of tribes located outside of Oklahoma.

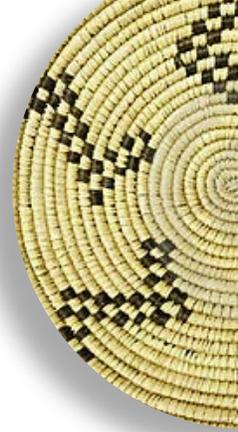
Top seven tribal memberships of active patients and clients:

Cherokee members: 8,296
 Muscogee (Creek) members: 3,940
 Choctaw members: 1,503
 Osage members: 542
 Seminole members: 332
 Kiowa members 307
 Chickasaw members. 275





*Providing Quality
Comprehensive Health Care*



Serving American Indians in the metro Tulsa area

Since 1976 Indian Health Care Resource Center of Tulsa, Inc. (IHCRC) has been committed to improving the health status of Indian people living in the Tulsa, Oklahoma metropolitan area. Our urban Indian clinic provides medical, dental, optometry, pharmacy, mental health and substance abuse treatment.

With a staff of more than 135 employees, IHCRC serves over 17,000 active patients – many of them persons with limited financial means. The service population of our health center includes members of over 160 federally recognized Indian tribes and nations. Our outpatient health center is fully accredited by the national Accreditation Association for Ambulatory Health Centers (AAAHC).

Indian Health Care Resource Center is a local nonprofit organization with a community-based Board of Trustees. The members of the IHCRC Board serve on a volunteer basis. The Board of Trustees is required to be composed of a majority of individuals who are members of a federally recognized American Indian tribe. Over the years, members of the Board have included tribal council members. Up to three seats on the Board are designated to be filled by health professionals.

Although IHCRC is a Federally Qualified Health Center, we are not a unit of the federal government, nor are we affiliated with any tribe. Our Urban Indian Health Organization (UIHO) is a contractual partner with the Indian Health Service. The IHS is responsible for providing health services to American Indians and Alaska Natives. The provision of health services to members of federally recognized tribes grew out of the special government-to-government relationship between the federal

government and Indian tribes. The IHS is the principal federal health care provider and health advocate for Indian people.

The IHS coordinates a comprehensive health service delivery system for approximately 2 million American Indians and Alaska Natives who belong to 565 federally recognized tribes in 35 states. The IHS annual budget exceeds \$4 billion. Health facilities within the IHS health system are managed by IHS, tribal and urban Indian health programs. Health services also include health care purchased from private providers. All health providers within the IHS system support a common mission to raise the physical, mental, social and spiritual health of American Indian and Alaskan Natives to the highest level.

Passage of the Affordable Care Act in 2010 included the permanent reauthorization of the Indian Health Care Improvement Act (IHCIA) – the main legislation that authorizes Congress to fund health care services for American Indians and Alaska Natives. The IHCIA made IHCRC and the Oklahoma City Indian Clinic permanent programs within the IHS's direct care program, stating that they are to be treated as service units and operating units in the allocation of resources and care.

Because the entire state of Oklahoma is designated by the Indian Health Service as a "Contract Health Service Delivery Area," every American Indian of any Indian tribe has the right to receive services from any IHS, tribal or urban clinic. IHCRC and the Oklahoma City urban programs collaborate with the Oklahoma tribes and IHS facilities to maintain continuity of care, particularly for American Indians who move to urban areas from rural towns – enabling the care of patients to be coordinated among tribal and rural IHS health facilities.

Comprehensive Health Services at IHCRC

Medical Services

The IHCRC medical staff provides care with a goal of helping our patients enjoy a high quality of life. Medical services include:

- Acute and wellness care
- Well-baby and pediatric care
- Maternal and early childhood case management and parenting education programs
- Women's health care, including prenatal care and family planning
- Adult and geriatric medicine
- Treatment for diabetes, asthma, hypertension, arthritis and other chronic conditions
- Testing and treatment for sexually transmitted diseases
- Lab and digital X-ray and mammography diagnostic services

Optometry Services

Comprehensive visual exams are provided using computerized diagnostic equipment. Routine eye exams are promoted to help patients with diabetes preserve their eyesight. Optometry services include:

- Vision testing and eyeglass prescriptions
- Testing for glaucoma and diabetic retinopathy
- Treatment of eye infections and other eye diseases

Dental Services

Preventive and restorative dental care is provided. Promotion of regular check-ups and patient educational counseling helps patients avoid teeth and gum problems. Dental services include:

- Dental check-ups and dental hygiene instruction
- Teeth cleaning, fluoride treatment and application of sealants
- Fillings and extractions
- Screening for oral cancer and other diseases

Behavioral Health Care

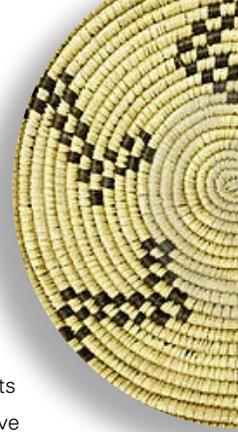
Comprehensive behavioral health and substance abuse treatment services are provided using a professional staff of psychologists, psychiatrists, social workers and professional counselors. Mental and substance abuse treatment health services include:

- Child developmental screenings
- Psychological assessment for children and adults
- Individual, group, family and marital counseling
- Psychiatric care and medications for children and adults
- "Gathering Strength – Restoring Harmony" Systems of Care wraparound support for children and the Annual Restoring Harmony Youth Pow Wow
- Facilitation of the Tulsa Indian Community Advisory Team (TICAT)
- Strengthening Our Native Youth" (SONY) drug and suicide prevention program
- Sponsorship of Native Nations Youth Council (NNYC)
- Graduate psychology internship program and psychology practicum student program
- Groups for recovery, relapse prevention and co-dependency
- American Indian traditional treatments, including the medicine wheel and the talking circle
- Counseling for family members affected by a parent or spouse's substance abuse

Pharmacy

Our pharmacy provides medications and counseling for prescriptions written by the clinic physicians. Two robotic prescription filling units help streamline the pharmacy operation. A pharmacy phone line and an Internet web-based system are available for patients to request prescription refills and check on the refill status. Two drive-thru lanes enable patients to pick-up prescriptions from their car window.





Health Education and Wellness

Free health promotion and disease prevention classes provide useful information about nutrition, diabetes, cancer, smoking, high blood pressure and various other topics. Health Education and Wellness services include:

- Nutrition education and dietary counseling
- Diabetes and weight management programs
- Individual diabetes and weight management counseling
- Indian Youth Program, sponsorship of the Community Family Club and co-sponsorship of the Native Nations Youth Council
- Healthy lifestyles out-of-school programs
- Summer Native youth wellness camps
- School and community gardening programs

WIC Nutrition Program

Participants in the Cherokee Nation's WIC (Women, Infants and Children) supplemental nutritional food program receive nutrition education and free vouchers to purchase baby formula and nutritious foods. Eligible clients include children under age five, pregnant women and breastfeeding mothers.

Patient Transportation

Free transportation is available for patients and clients without a means to get to our health center. Our facility is also served by the Tulsa Transit and the Morton Comprehensive Health Services bus systems.



IHCRC Leadership and Provider Teams

Leadership Team

Carmelita Skeeter, Chief Executive Officer
Emily Bolusky, Public Relations Manager
Russell Burkhart, Director of Planning and Development
Elizabeth Fair, Medical Records Supervisor
Judy Gibson, Chief Financial Officer
Eddie Hathcoat, Chief Operating Officer
Arthur Holleman, Dental Director
Deanna Holman, Accounting Supervisor
Darryl Hurley, Facilities Manager
Jennifer Jones, Optometrist
Karen McAhren, Diagnostic Imaging Supervisor
Tanya L. Mulder, Nursing Supervisor
Tamara Newcomb, Systems of Care Coordinator
Stacie Nutt, Human Resource Director
Nancy O'Banion, Director of Health Education and Wellness
Justin Postier, Pharmacy Director
Phyllis Pratt, Patient Business Office Manager
Ron Robertson, Network Systems Supervisor
Edward Rogers, Credentialing Coordinator
Michael Scott, Medical Director
Tim Shadlow, Indian Youth Program Coordinator

Medical Provider Team

Michael Scott, MD, Medical Director,
Family Medicine Physician
Shea Bowling, MD, Pediatrician
Breana Brumley, PA-C, Physician Assistant
Ian Bushyhead, DO, Family Practice Physician
Claude Denize, PA-C, Physician Assistant
Karly Fenske, RT (R), X-ray Technologist
Deni Fholer, MSW, LMSW, Medical Case Manager
David K. Haggard, MD, Gynecologist
Cassie Irving, RT (R), X-ray Technologist
Jennifer Jones, OD, Optometrist
Karen McAhren, ARRT, (R) (M), Diagnostic Imaging Supervisor
Stacy O'Sullivan, MD, Pediatrician
Kimberly Watson, APRN, CPNP, Pediatric Nurse Practitioner

Nurses and Midwives

Dayna Goines, RN, Pediatric Nurse Case Manager
Jamie Johnson, RN, Public Health Nurse
Tanya L. Mulder, ADN, RN, Nursing Supervisor,
Triage and Immunization Nurse
Lynne Burson, APRN, CNM, Nurse Midwife
Diane Day, APRN, CNM, Nurse Midwife
Leanne Hoch, APRN, CNM, Nurse Midwife

Maternal Child Health Support Team

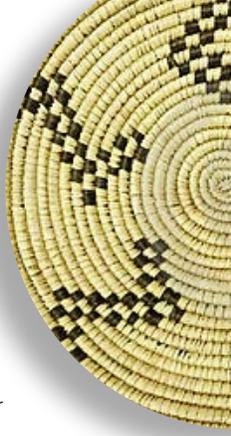
Susan Dudley, BS, Maternal Child Health Case Manager
Elizabeth Duncklee, LCSW, Social Worker
Margaret McIntosh, RMA, Prenatal Medical Assistant
LaToyia Williams, BA, Healthy Start Case Manager

Medical Assistants

Traci Bell, MA, Adult Medicine MA
Reagan Briggs, MA, Adult Medicine MA
Hope Cates, CMA, Pediatric Medicine MA
Shannon Davison, LPN, Pediatric Medicine Nurse, Float
Tia Fowler, MA, Behavioral Health Adult/Pediatric MA
Angie Lanning, Behavioral Health Adult/Pediatric MA
Margaret McIntosh, RMA, Obstetric Medicine MA
Lorianna Parker, MA, Adult Medicine MA
Ryan Perryman, MA, Adult Medicine MA
Chelsey Polhamus, MA, Adult Medicine MA
Angel Warford, RMA, PHBT, Pediatric Medicine MA

Health Education and Wellness Team

Nancy O'Banion, MS, Director of Health
Education and Wellness
Courtney Barkley, BS, Health Educator
Stacy Berg, MS, LPC, Diabetes Case Manager
Alison Forsythe, MS, RD/LD, Dietitian
Kevin Heeney, ME, Youth Activity Specialist
Jennie Howard, MS, Fitness Coordinator
Kay Meek, MA, RD/LD, Dietitian
Karen Rodgers, MS, RD/LD, CDE, Dietitian
Katie M. Ruhanen, RD, CDE, Healthy Tulsa
Pathways Project Coordinator



Debra Rummel, BS, RD/LD, Dietitian
Tim Shadlow, BS, Indian Youth Program Coordinator
Chad Stanton, BS, Activity Specialist
Gabrielle Taylor, MS, RD/LD, Dietitian

Dental Team

Arthur Holleman, DDS, Dental Director
Aliakber Akberali, DDS, Dentist
Stephanie Brazeal, Dental Assistant
Christina Harkey, Dental Assistant
Brenda Howell, Dental Assistant
Denise Johnson, Dental Assistant
Lindsay Sottong, RDH, Dental Hygienist

Pharmacy Team

Justin Postier, DPh, Director of Pharmacy
Jo Ann Gower, DPh, Pharmacist
Miranda Hall, PharmD, Pharmacist
Becca Leath, DPh, Pharmacist
Ryann Richey, DPh, Pharmacist

Laboratory Team

Kelsey Hendrix, BS, Lab Supervisor
Gail Burns, Phlebotomist
Rebecca Johnson, Phlebotomist

Behavioral Health Team

Steven Abernathy, PhD, Psychologist,
Director of Clinical Training
Amy DeMoss, AAS, Systems of Care Family Support Provider
Elizabeth Duncklee, MSW, LCSW, Social Worker
Kelli Erwin, LPC, LADC, Licensed Professional Counselor
Dean Martin, MD, Psychiatrist
Don Miller, LADC (under supervision),
Substance Abuse Counselor
Nancy Murphy, DO, Psychiatrist
Tamara Newcomb, PhD, Psychologist,
Systems of Care Coordinator
Stephen Patton, MD, Psychiatrist
Trenton Rabbit, BS, Youth Activity Specialist
Joanna Shadlow, PhD, Psychologist

Tim Shadlow, BS, Methamphetamine and
Suicide Prevention Initiative Coordinator
Heather Walker, MHS, LADC, Substance Abuse Counselor
Julia Warnock, MD, PhD, Psychiatrist
Lisa Weiche, LCSW, LADC (under supervision), Social Worker
Janet Willis, PhD, RN, Psychologist

Behavioral Health Doctoral Psychology Interns:

Scott Drabenstot, MS, LPC
Kyle Hill, MA
Jason Menting, MA

New Psychology Practicum Students:

Yvette Guereca, BS
Namik Kirlic, BA
Gregory Lengel, BS



Local, State, Intertribal and National Collaborations

Coordination with national health organizations

1. Centers for Medicare and Medicaid Services – Children’s Health Insurance Program Reauthorization Act
2. Indian Health Service
3. National Indian Health Board
4. National Council of Urban Indian Health
5. National Association of Community Health Centers

Collaborations with Oklahoma health agencies

1. Oklahoma Department of Mental Health and Substance Abuse Services Systems of Care contractor
2. Oklahoma Health Care Authority contractor
3. Oklahoma State Department of Health (OSDH) Chronic Disease Services Oklahoma Cares cancer program contractor
4. OSDH Turning Point Initiative partner
5. OSDH Vaccines for Children program participating site

Collaborations with Oklahoma Indian tribes and Indian organizations

1. Cherokee Nation Women, Infants and Children (WIC) nutritional services
2. Diabetes and Cardiovascular Health collaboration with the Miami Intertribal Consortium and the Claremore Indian Health Service (IHS) Model Diabetes Program
3. IHS, tribal and urban health care (I/T/U) partnership with the Oklahoma Health Care Authority to expand the capacity of the I/T/U health care delivery system
4. Oklahoma City Area Inter-Tribal Health Board
5. Oklahoma Native American Racial and Ethnic Approaches to Community Health (REACH) US Coalition for the prevention of diabetes and cardiovascular disease
6. Tulsa Indian Community Advisory Team

State and local health-related coalitions and community partnerships

1. Children’s Consortium of Tulsa
2. Community HealthNet
3. Family Health Coalition and a Tulsa Health Department Healthy Start subcontractor
4. INCOG Coordinated Public Transit – Human Services Transportation Plan Advisory Group
5. Susan G. Komen for the Cure – Tulsa Affiliate
6. MyHealth Access Network
7. Northeast Oklahoma Diabetes Educators

8. Oklahoma Afterschool Network
9. Oklahoma Fit Kids Coalition
10. Oklahoma Health Equity Campaign
11. Oklahoma Turning Point
12. Partners in Education
13. Pearl District Association
14. Pearl Farmers Market
15. Tobacco Free Coalition for Tulsa County
16. Tulsa Area Community Schools Initiative
17. Tulsa Children’s Behavioral Health Community Team
18. Tulsa Children’s Consortium legislative and policy advocacy group
19. Tulsa County Child Protection System Improvement Coalition
20. Tulsa County Pathways to Health
21. Tulsa County Wellness Partnership
22. Tulsa Emergency Preparedness Response community coordination team
23. Tulsa Food Security Council
24. Tulsa Healthy Pathways Partnership
25. Tulsa Metro Chamber Health Care Task Force

Networking with area professional and peer communities

1. American Lung Association – Tulsa Leadership Council
2. Northeastern Oklahoma Psychology Internship Program
3. Oklahoma Primary Care Association
4. Oklahoma State University (OSU) Dietetic Internship Advisory Board
5. OSU training rotations for medical students and residents, dietetic interns, clinical psychology students and counseling psychology students
6. Southwestern OSU College of Pharmacy training rotations for pharmacy students
7. Tulsa Community College training rotations for allied health services
8. University of Oklahoma (OU) Medical School Psychiatry and midwifery services contracts; rotations for medical school students, medical residents, nurse practitioner students, physician assistant students, pharmacy students and social work students
9. University of Tulsa training rotations for School of Nursing, clinical psychology and dietetic interns



Special Events and Ceremonies

Special Events and Ceremonies

Dance of the Two Moons Annual Fundraiser

Indian Health Care's Annual Dance of the Two Moons was held Saturday, April 21 at the Hard Rock Hotel and Casino. The Dance of the Two Moons is the annual pediatric fundraising event for IHCRC – the funds are used to help support our pediatric programs and summer youth wellness camps. These camps provide a full schedule of team building, exercise and nutrition education activities for Native children. The Native Nations Youth Council Drum Group performed as part of the event's opening ceremonies. The Dance of the Two Moons featured an entertaining and enjoyable evening of

Roaring '20s themed activities, with a silent auction and live music performed by The Zuits. The 2012 Dance of the Two Moons Honoree was Tom McKeon and his wife Stacey. Mr. McKeon is the President of Tulsa Community College. Dr. Jay Anderson served as the IHCRC Board Chair of the event.

Annual Restoring Harmony Pow Wow Celebrates Children's Mental Health

On Saturday, April 28, 2012, the Tulsa Indian Community Advisory Team presented the fifth annual Restoring Harmony Pow Wow. With the support of its presenting sponsor Indian

Continued to next page



Special Events and Ceremonies ~ *continued*



Health Care Resource Center (IHCRC) the Pow Wow is held each year to promote National Children's Mental Health Awareness Day (May 9, 2012) and National Children's Mental Health Awareness Week (May 6-12, 2012).

This year's pow wow was once again held at the West Side YMCA. Attendees at the Restoring Harmony Pow Wow included dancers, singers, volunteers, arts and crafts vendors, exhibitors – and of course the general public. This fun, safe and family-friendly event included activities for all ages, including an awareness hike, dance specials to honor our youth and elders, educational and vendor booths and youth speak outs. Terri White, Commissioner of

the Oklahoma Department of Mental Health and the Substance Abuse Services Department, explained the significance of improving the quality of services to children and families who live and cope with mental illness. The Restoring Harmony Pow Wow Committee honored Commissioner White with a presentation of a Pendleton blanket. The success of the annual Restoring Harmony Pow Wow is due in large part to contributions from and partnerships with Tulsa area tribal and community organizations and agencies. Together we will continue to work with a unified focus on bringing an awareness to children's mental health issues and to increase access to available mental health and social services.

10th Annual Native Youth Summer Wellness Camps

IHCRC hosted another great year of summer camps for Native children in grades 1-8. A new addition to the program was "Native Cultural Camp." This camp was developed at the request of parents who want their children to learn more about their Indian heritage at our camps. The children learned how to play stickball, how to make moccasins and listened to a traditional storyteller. The highlight of the week was a set of field trips made to the Cherokee Nation, the Creek Nation and the Osage Nation cultural and history centers. Also new this year were two sessions of camps at Haskell Middle School in Broken Arrow, offered at the request of the Broken Arrow Indian Education program. The campers learned to make stickball sticks from the Cherokee Nation staff. Campers also participated in physical fitness activities, experiential learning games and traditional Indian games.





The Wellness Adventures Camp was offered again this summer at the Tulsa Public Schools HelmZar Challenge Course. Campers enjoyed the team building games and activities and learned about diabetes prevention and nutrition. The high elements are the favorite part of camp, in which campers are allowed to choose their level of challenge. When asked about their favorite part, campers always say, “The zip line was the best part!” The Fit Kids Healthy Futures camps focused on physical activity, nutrition, diabetes prevention, games and activities. The youth also learned about gardening and how to grow healthy food. Campers at all camps received healthy lunches and snacks. Summer camps are provided at no cost to Native American children in the Tulsa area through the support of IHCRC and generous donors.

Komen Tulsa Race for the Cure

On Saturday, September 15, 2012, a race team sponsored by Indian Health Care Resource Center of Tulsa participated in the 16th annual Komen Tulsa Race for the Cure in downtown Tulsa at the ONEOK Field. Each year, IHCRC pledges our support of this major Komen for the Cure fundraising event by sponsoring a Race for the Cure team. Up to 75 percent of revenue received by the Komen for the Cure Tulsa Chapter through fundraising and sponsorship stays in Tulsa to further breast cancer education, screening and treatment for the uninsured and medically underserved. The remaining 25 percent helps to fund national research through the Susan G. Komen for the Cure Research Grant Program. IHCRC is one of three local agencies that currently receives Komen grant funding.

Continued to next page



Special Events and Ceremonies ~ *continued*



Parent of the Year – Kesia Harry

IHCRC uses the Komen grant to support our Native American Breast Cancer Screening and Education program. A local Susan G. Komen for the Cure grant helps ensure Indian women can receive a mammogram without worry of ability to pay.

IHCRC 35th Annual Meeting and Awards Ceremony

Monday evening, November 21, 2011, patients, friends, Board members and employees of Indian Health Care Resource Center of Tulsa gathered at the Downtown Doubletree Hotel for the historic 35th Annual Meeting of the organization. As the guests gathered and queued in line for dinner, they were treated to the drumming and singing of the Native Nations Youth Council (NNYC) Drum Group. Madeline Teague, President of the IHCRC Board of Trustees welcomed everyone to the Annual Meeting. She called on the Osage Nation Color Guard to present the colors. The NNYC Drum Group joined in with a flag song and a salute to the Osage Nation Color Guard led by Gary Elsberry, Commander of

American Legion Post 198 of Pawhuska. Deni Fohler delivered the invitational prayer. Copies of the 2011 IHCRC annual report were distributed. The report highlighted the accomplishments of the past year, including the long-awaited completion of the major facility expansion and remodeling construction project. Minutes of the 2010 annual meeting were presented by IHCRC Secretary, Jim Cameron. Board Treasurer Herbert P. Haschke, Jr. presented IHCRC's annual financial report with a comment that the independent auditors gave IHCRC a "clean bill of fiscal health" without any audit exceptions. Motions were made and approved to formally accept the reports given by IHCRC's Secretary and Treasurer. Pam Iron, Executive Director of the National Indian Women's Resource Center and former Executive Director of Indian Health Care Resource Center, presented a history of the early days of IHCRC and her perspective on the health care needs of American Indians. Following Ms. Iron's address, Dave Kollmann and Jim Blose of Flintco, presented Carmelita Skeeter and Jim Cameron, IHCRC Board Facilities Chair, with an award of distinction received by Flintco for managing the IHCRC facility design and construction project.

Artist and sculptor John Gooden of Kingfisher, Oklahoma then took the stage to share his insights about the creative process that led to development of a design for a bronze sculpture to be placed at the IHCRC facility entryway. He unveiled a maquette or miniature of a new sculpture of an Indian elder and a Native youth.

The IHCRC Annual Meeting closed with the traditional presentation of honorary awards to community supporters, families, Board members and staff members. Pam Iron



was presented with a Pendleton blanket. The importance of maintaining strong Indian families and service to the community was acknowledged with recognition awards for the Elder, Parent, Youth, Board Member, Employee and Volunteer of the Year.

Special recognition awards were given to:

Youth of the Year – Abigail Gruse
Parent of the Year – Kesia Harry
Elder of the Year – Jimmy Whiteshirt
Volunteer of the Year – Robert Anquoe
Employee of the Year – Deni Fholer
Board Member of the Year –
Dr. Charles Knife Chief

IHCRC Employee Service Awards

were presented to following groups of employees: 5 Years – Stacy Berg, Heather Curl, Kerri Dry, Alison Forsythe, Beth Gonzalez, Kevin Heeney, Brandi Hines, Jennifer Howard, Justin Postier, Sherry

Surrell, Karen Thomas, Clayton Tselee, Heather Walker, Angel Warford, Jennifer Welch, Shawn White and LaToyia Williams; 10 Years – Emily Bolusky, Nancy O'Banion, Edward E. Rogers and Dr. Laura Taylor; 15 Years – Russell Burkhart, Claude Denize, Judy Gibson, Goletha Lewis and Phyllis Pratt; and 35 Years – Carmelita Skeeter.

Oklahoma City Area Indian Health Service Area Director's Awards

The Ninth Annual Oklahoma City Area Indian Health Service Area Director's Awards Ceremony and Banquet was held on July 19, 2012 in Oklahoma City. This event recognizes individuals and health teams who have helped advance the goal of the Indian Health Service to ensure comprehensive health services are provided in a culturally competent manner to American Indian and Alaskan Native people.

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IHCRC's Health Education and Wellness Department School and Community Gardening staff received the IHS Area Director's Group Award.



**Dr. Arthur Holleman,
Dental Director
entertained children at
the Teddy Bear Clinic.**



The Indian Health Service, an agency within the Department of Health and Human Services, is responsible for providing health services to American Indians and Alaska Natives. The provision of health services to members of federally-recognized tribes grew out of the special government-to-government relationship between the federal government and Indian tribes. Individuals working at federal Indian health, tribal health and urban health facilities within Kansas, Texas and Oklahoma were recognized at the awards ceremony for excellence in job performance. The following employees of Indian Health Care Resource Center of Tulsa received an Area Director's Award at the 2012 Annual Ceremony.

- Denise Fholer, Medical Case Manager – Area Director's Individual Excellence in Customer Service Award; and Area Director's Peer Recognition Award
- April Shea Bowling, MD – Area Director's Exceptional Individual Performance Award (Clinical)
- Emily Bolusky, Public Relations Manager – Area Director's Merit Award (Nonclinical)
- Deanna Holman, BBA, CPA, Accounting Supervisor – Area Director's Lifetime Achievement Award
- Health Education and Wellness Department School and Community Gardening Staff – Area Director's Group Award

4th Annual Teddy Bear Clinic

Back by popular demand, IHCRC held its fourth annual Teddy Bear Clinic on September 8. A festive atmosphere was created in each department of the clinic,

providing a positive experience for children attending the event with their favorite teddy bear, doll or other stuffed animal.

Each of the children took their stuffed animal throughout the clinic for a well-bear checkup. At its core, the event was designed to lessen a child's apprehension and anxiety towards doctors and nurses and to promote a favorable impression of a health care setting in general.

The Tulsa Sheriff's Department provided fingerprinting for the kids and other booths represented at the event included the Cherokee Nation's Women Infants and Children (WIC) program, CHIPRA child insurance, Restoring Harmony Systems of Care, Big Brothers Big Sisters and Camp Fire USA. Face painting, balloon sculptures and Captain SuperTooth from Delta Dental of Oklahoma also added to the fun.

Winter Stomp Dance and Community Meal

Tulsa area Indian people of all ages gathered at a winter stomp dance and free community meal to celebrate the arrival of 2012. The Saturday, January 21 event was hosted by the Broken Arrow Indian Education Department at the Broken Arrow Public Schools Central on Main event center.

The stomp dance and meal was presented by Indian Health Care's Gathering Strength and Restoring Harmony systems of care mental health staff and the Tulsa Indian Community Advisory Team (TICAT). The stomp dance was led by members of the Muscogee (Creek) Nation Ceremonial Grounds. In addition to stomp dancing and devouring tasty Indian tacos, guests with lucky numbers went home with cakes and raffle prize winnings.

Special Events and Ceremonies ~ *continued*



The systems of care staff works together with parents of children with emotional disorders to meet the physical, emotional, social, educational needs of the child and the family. By design, Indian Health Care's systems of care team is culturally sensitive to the needs of American Indian families. Sponsoring of the stomp dance and community meal is an example of a community and staff goal to increase the number and diversity of culturally relevant activities available to Native American youth and their families.

Drive Thru Flu Clinic

Indian Health Care launched what promises to be a new medical tradition with the staging of its first ever Drive-Thru Flu Clinic. In an effort to make it easier for our American Indian patients to get an annual flu shot – especially for those with busy schedules or work hours that make it difficult to come to our health center during regular business hours. Any of our established patients who were at least four years old were eligible to get a free flu shot.

The logistics of the event were set up for maximum customer convenience and easy access – complete with a security officer and our Chief Operating Officer directing the cars through the various clinic stations. Participating individuals had to first sign a release before driving through the parking lot to the next station to receive their flu shot. Getting the shot was as easy as rolling down their window and rolling up their sleeve.

IHCRC's business office employees provided clerical support and the nursing staff gave 215 flu shot immunizations during the three-hour clinic. The flu clinic will be held again next year.



Inaugural Drive-Thru Flu Clinic



IHCRC Board of Trustees L to R, back row: Joe Neely, Dr. Jay Anderson, Bob Bitting, Ed Pierce, Dr. David Moon, Herbert P. Haschke, Jr. and Jim Cameron. Front row: Janice Edmiston, Madeline Teague, Goldie Phillips and Mary Ann Vasser.

2012 IHCRC Board of Trustees

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Janice Edmiston, President, Choctaw and Sac & Fox, Development Director –
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Goldie Phillips, Comanche, Retired Substance Abuse Counselor

Ed Pierce, Citizen Nation Potawatomie, Deputy – Tulsa County Sheriff's Office

The need

According to the 2010 Census, the seven-county metropolitan Tulsa area is home to 123,565 Indian people (primary race and multi-race totals). For over 36 years, Indian Health Care has been committed to improving the health of Indian people living in the Tulsa area. The health center serves a large intertribal population comprised of members of more than 160 federally recognized tribes. Members of any federally recognized tribe and their dependents are eligible to receive care at Indian Health Care.



INDIAN HEALTH CARE

RESOURCE CENTER OF TULSA

550 S. Peoria Avenue, Tulsa, OK 74120

918-588-1900 • ihcrc.org