

From The Merle Boyd Center

Action Packed Summer Has Come And Gone

by Anthony Ramirez, Exercise Sprcialist MBC



Anthony Ramirez

“the Sac and Fox booth added some excitement to the fair this year providing a good display and variety to the event. The booth was helpful and informative to others that came through and the door prizes were excellent! Thank you for participating and I hope you return next year!”

Many know about our incentive program that is under way called Mîwîkô, which translates to move around, if you are not involved yet in the program please email, call or come see me! This is to give the tribal members that are able to use the Black Hawk Health Center an opportunity to turn their miles walked and bicycled into various incentive prizes. Try not to hesitate and jump onboard so you can push yourself to doing more exercise before each month passes by! Incentive and motivation are two key words that drive people to accomplish some pretty amazing things. With the correct amount of both just imagine the great things you can do! I'm sure there are some of you that have always wanted to run a 5k, 10k, or even a marathon so use that as your motivation and the training will help you receive incentives for the different amounts of mileage you earn and accrue! Another great motivator is to live a healthier and longer life. The ability to watch your grandchildren and also run around with them or possess the physical strength to lift a newborn or several month old baby to bring them eye level and tell them you will be able to play with them as they grow should be just as important as watching your own health. These are not just ideas or possibilities, but future realities if you make the decisions and commit to the actions that will shape your future. Whether you are young or an elder, it isn't too late to make a change and be a healthier individual.

Summer has now come and passed, school is back in session, and we are in the final months of 2013! Did you fully enjoy your summer? There was a large amount of events to partake in with the Sac and Fox Nation and also in each of the surrounding towns and cities. Recently my supervisor and I had a booth at the Indian Falls Creek Health Fair in Davis. The purpose of Indian Falls Creek is that it is a family church camp directed to Native American churches and people to teach and help better understand the word of God. The health fair was a great place to get the word out that the Sac and Fox Nation has a Special Diabetes Program which covers podiatry, exercise and diet for their use as a patient of the BHHC. The ability to attend this health fair was a treat indeed, to be able to not only focus on one certain age group, but to reach newborn up to elder about the services we have to offer will hopefully help the Native American population that is struggling with the susceptibility to diabetes. The health fair director of Indian Falls Creek, Jade Hansen, also wrote this to me

Healthy Eating, Being Active

Lifestyle Balance Program

The Diabetes Prevention Program created the Lifestyle Balance curriculum to help prevent diabetes among those who are at high risk. The program meets once a week for sixteen weeks and focuses on weight loss, healthy eating, and staying active.

Sac and Fox Nation Special Diabetes Program

Brittany Crawford, RD/LD
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E-mail: brittany.crawford@ihs.gov

Tentative meeting times will be Mondays at noon at the Merle W Boyd Center starting in October.

There will be ten spots available, please contact Brittany Crawford by September 30,2013 if interested in participating.



Tangy Fish Tacos

Makes 4 servings

Ingredients

- 8 corn tortillas (6 inches in diameter)
- 1 cup frozen whole kernel corn, thawed
- 1/3 cup green onion, sliced
- 1/2 cup green pepper, chopped
- 3/4 cup Mrs. Dash Garlic Lime 10- Minute Marinade
- 1 can no salt added diced tomatoes, well drained
- 1 lb tilapia

Preparation

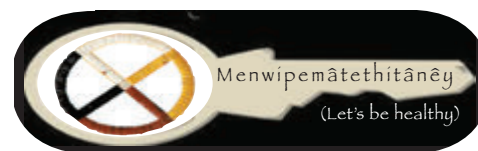
Marinate fish in 1/2 cup of the Mrs. Dash® Garlic Lime Marinade for at least 10 minutes. Remove fish from marinade, discarding marinade. Heat a large non-stick skillet over medium heat. Cook tortillas about 1 minute per side or until lightly browned and slightly puffy. Wrap in foil and keep warm. Add fish, corn, peppers and onion to skillet. Cook and stir until fish is cooked through and breaks into small pieces and vegetables are crisp-tender. Stir in the remaining 1/4 cup of the Mrs. Dash® Garlic Lime Marinade and tomatoes. Heat through. Spoon 1/2 cup fish mixture onto each tortilla. Fold in half and serve.



Brittany Crawford, Registered Dietitian MBC

Help, I Need Off This Hamster Wheel

Submitted by LaDona Johnson, CHR Coordinator



You know the commercial, “Help, I’ve fallen and I can’t get up!” Well, actually we may not have fallen, it may be we are running and can’t slow down!

Daily living demands that we stay on top of things. We think we can’t slow down a bit, we’ll get behind.

Ever noticed a hamster? That dude will get on that wheel and run, run, run and really never get anywhere. Another thing to notice is that at night, when it’s quiet, you can hear that hamster running so fast the wheel “hums”. We’re like that hamster, you know; just when you think it’s time to rest, your mind starts speeding along and the wheel starts humming again. Day and night, night and day, run, run, and run some more!

It seems more and more things are added to you in life, you really don’t get many breaks.

We try to adjust our lives and do what we can do to try to stay on track, but I fail so many times. It always appears that if I’m at the store, I try to choose the register that can get me through the fastest. I need that to stay on task. Of course, it’s inevitable; someone ahead of me isn’t happy with something, has 2,000 coupons, debit card doesn’t work, etc. etc. (I’m already clinching my jaws thinking about it). Why don’t I just choose the one I feel will be the best; then go to another because I’m so bad about choosing checkout lines. The one I choose first will be the slowest for sure. This happens again and again; I guess I’m a slow learner.

If you’re a caregiver, you probably feel like you’re doing a juggling act. If

you’re caring for your parents, you try to give it your all, they’re your elders, you know. Then it’s your children; it’s a rough world, our instincts are to encourage our children, no matter what age they are. It doesn’t matter how old your children are, it’s built in to you, help them when you can. You want them to avoid the same mistakes you’ve made. We want to protect them from hurts, pains, and this cruel world. Grandchildren come along, DO NOT MESS WITH THE GRANDKIDS!! Okay, that’s another can of worms I’ve opened. You care about your parents, your children and your grandchildren, that’s natural. Do you make time for yourself? Most of the time, you’re last on the list. You’re still on the hamster wheel. You’re so afraid if you put a halt to speeding along, you may tumble off the wheel and hurt yourself. You may lose your momentum.

If you spend time with one set of people, you feel guilty you didn’t spend time with the other. That’s where guilt, remorse, and all other kinds of emotions filter in. Where does it stop? It doesn’t, if you’re alive and kicking, compassionate and caring.

There comes a time we have got to get off the wheel!! We need rest and relaxation. We need to take care of ourselves too. We need to rest our bodies and minds. Love those you are involved with, do the best you can do, but realize you need time and rest too. That hamster wheel needs to be oiled and cleaned every once in a while. Your “cage” needs to be cleaned. You need to be fed and watered too.

Sounds like I have it all together, right? Wrong!!! If you have it all together and you know all the answers, could you please let me know??? Help!! I need off this hamster wheel!

FREE mesh backpack, shorts, t-shirts, hooded sweatshirts and more!

To Get Started
Get referral to exercise from
Black Hawk Health Center
And meet with
Exercise Specialist

Mîwîkô (Move Around)

Log actual miles walked or jogged, bicycled, or time lifting weights

For More Information Contact
Anthony Ramirez at (918) 968-9531 Ext. 205 or Anthony.Ramirez@ihs.gov

SAC & FOX NATION

September 2013

Black Hawk Health Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed for Labor Day	3 No Classes Open 8-4:30	4 No Classes Open 8-4:30	5 No Classes Open 8-4:30	6 No Classes Open 8-4:30
9 11:15 - Lunch Tone 12:15 - exercise dvd Beginner's weight training class 4:45	10 11:15 - YOGA 12:15 - CIRCUIT TRAIN 12-1 Cooking Demonstration 4:45 Low impact aerobics	11 11:15 - Lunch Tone 12:15 - exercise dvd 4:45 Circuit training	12 11:15 - YOGA 12:15 - CIRCUIT TRAIN 12-1 Cooking Demonstration 4:45 Low impact aerobics	13 Get out of the heat! Come exercise
16 11:15 - Lunch Tone 12:15 - exercise dvd Beginner's weight training class 4:45	17 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Low impact aerobics	18 11:15 - Lunch Tone 12:15 - exercise dvd 4:45 Kinect Zumba/Dance	19 Closed 12-4:30 for In-service Training 4:45 Cardio/core training	20 Lunch Dance Pick a game on the Kinect
23 11:15 - Lunch Tone 12:15 - exercise dvd Beginner's weight training class 4:45	24 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Low impact aerobics	25 11:15 - Lunch Tone 12:15 - exercise dvd 4:45 Kinect Zumba/Dance	26 11:15 - YOGA 12:15 - CIRCUIT TRAIN 4:45 Cardio/core training	27 Lunch Dance Pick a game on the Kinect
30 11:15 - Lunch Tone 12:15 - exercise dvd Beginner's weight training class 4:45				

11:15 and 12:15 Lunch classes Monday - Thursday
4:45-6 P.M. after work classes.
Class vote toning/weight training, low impact aerobics, core/cardio training
MONDAY thru Thursday OPEN TIL 6 PM!!

Sign up form for the Mîwîkô! Exercise Program

Name _____

Email _____

Phone Number _____

Shirt Size _____ Short Size _____

Referral to exercise _____