

# NIMKEE MEMORIAL WELLNESS CENTER

## Nimkee News

Happy St. Patrick's Day

March 2013 Volume 2, Issue 3

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### Our Mission:

The mission of Nimkee Memorial Wellness Center is to provide comprehensive, quality health care through a holistic approach, to prevent disease and to promote wellness of the Native American population.

## Elevated Lead Levels

Children are more vulnerable to lead than adults. While all children are at risk from lead, children living in older housing and in poverty are at the greatest risk. Children who eat paint chips or breathe dust from flaking or peeling lead-based paint are the most likely to develop a problem. Children may also develop high blood lead levels by drinking water contaminated with lead that may be in the plumbing system or by being exposed to contaminated soil or other lead hazards.

Elevated lead levels can cause permanent learning and behavior disabilities. ALL children age 12 months through 6 years should be screened for lead.

Nimkee can now do a lead level in the office with a simple finger poke blood sample.

**We will have a walk in immunization clinic and lead testing on March 27th.**

**The Shamrock** (traditional spelling: seamróg, meaning summer plant) is a three-leafed clover that grows in Ireland. A common image in Celtic artwork, the shamrock is found on Irish medieval tombs and on old copper coins, known as St. Patrick's money. The plant is also reputed to have mystic, even prophetic powers-- for instance the leaves are said to



## Nimkee No Shows

Recently we have been having a lot of no-shows. Please be advised we are short providers in Medical. If you miss or going to be late to your scheduled appointment there is going to be a wait to get back in. We will do what we can, however appointments are not available right away.

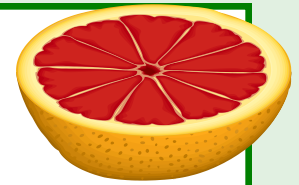
If you make a same day appointment and are unable to keep the appointment; please call and cancel right away. Each day we have work-in patients that would like to be seen by a provider.

Dental has a long waiting list. Please cancel appointment if you are unable to make it.

Please help us in making your appointment as quick as we can by cancelling any appointments you are not able to make.



## The grapefruit effect



**G**rapefruit can interact with your drugs.

An article in the *Canadian Medical Association Journal* points out that drug interactions with grapefruit were noted more than 20 years ago.

Recently, more and more commonly prescribed newer drugs are found to interact with grapefruit (the fruit and the juice) and can cause serious side effects. Problems can occur even if the grapefruit is eaten hours before taking certain medications.

Adverse effects include sudden death, acute kidney failure, respiratory failure, gastrointestinal bleeding, bone marrow suppression in ill people, and other serious side effects.

There are more than 85 drugs that may interact with grapefruit, and 43 can have serious side effects. Other citrus fruits such as Seville oranges, often used in marmalade, limes and pomelos also contain the active ingredients (furanocoumarins) that interact with grapefruit.

## Patient Satisfaction Surveys Now at Nimkee Clinic

The Patient Satisfaction Survey is a short, easily administered questionnaire that provides Nimkee Memorial Wellness Center with information and insight on their patients' view of the services we provide. Health Centers can use survey results to design and track Quality Improvement over time, as well as compare themselves to other Health Centers.

Please help us, help you; take a minute to fill a survey out after your next visit to any area of NMWC. Surveys are conveniently located on Nimkee lobby

Nimkee Memorial Wellness Center is working hard at providing the Saginaw Chippewa Indian Tribe and community the best possible care through our Quality Improvement efforts.

## LETS GET INFORMED

Post Partum Support Group	Public Health	4th Friday of each month	11-1:30pm
Breastfeeding Support	Public Health	1st Friday of each month	11-1:30pm
Becoming a Love & Logic Parent	Public Health	Every Friday	3-5pm
Baby Moccasins	Andahwod	March 22	1-4pm

Another First AID class open, due to popular demand ☺

**FIRST AID Training** on Thursday **March 28<sup>th</sup>**, 9am – 12 noon.

**Basic First AID course includes:**

Checking ill or injured persons

Soft Tissue injuries- wound and burn care

Injuries to muscles and bones

Sudden illnesses

Environmental Emergencies: Heat and Cold Related Emergencies, bites and stings (please see below for photos)

Classes are free for Tribal Members or patients of Nimkee/Saganing.

For all other employees the fee is \$19.00, at the American Red Cross office, the same class is \$70.00

Certifications are valid for 2 years.

Please contact me if you are interested in registering ☺

Robyn Grinzinger

989-775-4649



Brown Recluse~ also called Fiddle Back (can you see the fiddle on the spider?)

## Optical



- CHS will pay for a pair of eye glasses costing no more than \$106.00 and for a pair of bifocals costing no more than \$139.00; anything over and above these amounts will be the patient's responsibility for the payment.
- Patients are eligible for an eye exam **ONCE** every year.
- Optical has a **box full of glasses** that need to be picked up. If you have ordered glasses; please check to see if your glasses are in. To make an appointment or cancel an ap-

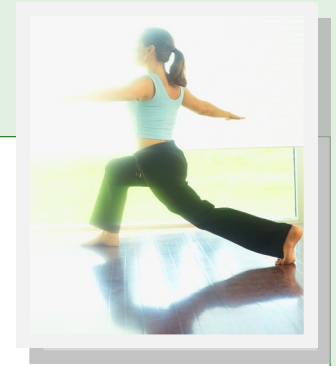
**Pharmacy Services:**  
**989-775-4608**

**Mon thru Fri,**  
**8 a.m. to 5 p.m.**

-Licensed Pharmacists are available for education and consultation regarding your medication regimen, and smoking cessation.

-Prescriptions and "selected" over the counter medications are available free of charge to patients of the clinic

# Fitness Center



**March** into Fitness with Nimkee Fitness Group Exercise Classes!

## NEW Classes:

**Mommy & Me-** A class to strengthen your body and bond with your baby( 12 months & under). This class will be every Tuesday at 11am. 45 minutes in length.

**Fat Blast 4-** This class is a plyometric/4 minute interval class that raises your heart rate (max calorie/fat burn). It includes strength moves along with high intensity cardio. Come check out this class to blast your fat away every Thursday at 4pm.

**Zumba Express-** This class is Zumba in 30 minutes. The fun really flies by every Wednesday at 5:30pm.

## Pharmacy News.....

Nimkee Pharmacy is a very busy place. Each day we fill hundreds of prescriptions for our patients and each week on Thursday we return 3-4 dozen back to stock that patients fail to pick up. We do not have lots of storage space in the filled prescription drawers so the older filled scripts need to make room for the newer ones. It would be a great help if patients wanting their prescriptions filled would call in a day or two before they want to pick them up. If they realize that they will not be able to pick them up as requested then call and we will notate that on their bag and it will not be returned to stock. This would save time and the patient wouldn't have to wait while the prescription is filled again.

Thank You

Andy Henning



## Public Health

**H**ave you ever wanted to take a CPR class? Well, I have an opportunity for you.

**Next class: Thursday, March 14, 8:30am - 12 noon.**

**WHERE: Nimkee Public Health Kitchen**

Become certified in Infant, Child and Adult CPR (with Automated External Defibrillator training). CLASSES are FREE for all Saginaw Chippewa Tribal members and patients of Nimkee/Saganing.

For all other employees, the fee is \$27.00. Please email me and I can sign you up.

Thank you and have a great day

Robyn

rgrinzinger@sagchip.org or 989-775-4649



**Nimkee Memorial  
Wellness Center**

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Toll free: 1-800-225-8172  
Fax number 989-775-4940

We are on the web

[Sagchip.com/nimkee clinic](http://Sagchip.com/nimkee-clinic)

# Men and Woman !!

If you have your Women's Health Exam or Men's Health Exam now until **March 31, 2013**, you will be entered into a drawing to win the golf clubs!!



If you are not sure when you are due for your next health exam, contact the clinic to find out!!

Women's Health  
Jenna at 989-775-4604  
Judy at 989-775-4629  
Men's Health  
989-775-4679

**Medical Care: 989-775-4600**

- Providers and their medical staff are present to provide comprehensive medical care.
- Lab work can be drawn in-house
- Monthly walk-in immunization clinic.
- Monthly Men's health exams.

**Attention Dental Patients:**

Please be advised if you cannot make it to your scheduled appointment; please call and cancel. We have 200 + patients on our cancellation list that can come in; to replace your appointment time.

## Shamrock Smoothie

YIELD:

5 Servings

INGREDIENTS:

- 2 cup kale, chopped
- 16 oz skim or low fat milk
- 16 oz plain or vanilla yogurt
- 2 large ripe banana, frozen
- ¼ cup + 1 Tbs honey (optional)



DIRECTIONS:

- Wash the kale leaves and dry. Remove stem and center rib and discard. Chop the kale and then measure.
- Place all of the ingredients in a blender and blend well until smooth.
- Enjoy.

