



Nimkee Memorial Wellness Center

Saginaw Chippewa Indian Tribe

Volume 1, Issue 1

December 1st, 2012

AVOIDING THE FLU

6 THINGS YOU CAN DO:

1. Find out about the Flu vaccines.

-You can get vaccines at doctors office and clinics. They are sometimes offered at drugstores, workplaces and community or senior centers.

2. Wash your hands.

-Frequent hand washing gets rid of germs on your hands that can make you sick.

3. Try no to touch your eyes, nose or mouth.

-If you touch something with the flu virus on it and then touch your eyes, nose or mouth,. The virus can enter your body and make you sick.

4. Avoid close contact with someone who is sick.

-If you are around people who are coughing and sneezing, try to keep your distance.



5. Take care of yourself.

-Eat healthy meals, exercise regularly and make sure you get enough sleep.

6. Cover your mouth.

-When you cough or sneeze, cover your mouth and nose with a tissue, then throw the tissue away and wash your hands. If you don't have a tissue, cough into your elbow.

Who should get a flu vaccine?

Anyone who wants to avoid the flu can consider getting vaccinated.

- 50 and older
- Living with chronic medical condition
- Living or working in a nursing home or other medical care facility
- 6- 23 months of age
- In close contact with children under the age of 2.

NOTE: Woman who are pregnant should talk with their health care provider about the flu vaccine

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.

Upcoming events:

- Worlds' AIDS day Dec 1st
- Family Supper Quick & Easy @ SCTC Dec 6th 5:30-7:30
- Breastfeeding Support Group Dec 7th from 11-1:30
- Walk-in Immunization Dec 19th from 10-4
- Shimmy Shakedown Nov 29th to Dec 20th at Fitness

WORLD AIDS DAY

December 1st is World AIDS Day...

You do not need to come in on Dec 1st, testing is available all the time at Nimkee and CMDHD. If you are a CHS eligible patient, you may receive a free test at Nimkee.

To check if you are CHS eligible, please call contract health at: 775-4633

No appointment necessary, walk

-in testing available any time between 8am - 4 pm.

If you would prefer to attend the health department in Isabella County, HIV testing is FREE for everyone of native descent of any tribe & also free to any Isabella County Resident.

Please call Kim at 773-5921 ext. 8409 to make an appointment at the Central

Michigan District Health Department (corner of Preston and Isabella Rd)

Free Chlamydia and Gonorrhea testing available at the health department as well.

Take Control of your Health and your LIFE, Get tested!

Please contact Robyn Grinzinger for more information 989-775-54649

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Central Michigan Community Hospital is now under McLaren

The McLaren billing department will only send 1 bill in the mail. After 21 days the McLaren billing department will begin to call you to remind you about your bill. If you are using Contract Health Services (CHS) for

support please bring your bill in as soon as you receive it. The turn around for a bill to be paid through CHS is at least 30 days.



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.

Eligibility for services: 989-775-4670

To be eligible for in-house services you must be a member of a federally recognized tribe or be a direct descendant of a member. Unless you are from the Saginaw Chippewa Indian tribe, you must live in the 5 county district that Nimkee Clinic serves (Isabella, Clare, Midland, Arenac, and Missaukee)

Please note:

Nimkee Memorial Wellness Center will be closed on Dec 24th & Dec 31st in observance of the Christmas holiday. In case you need assistance please call 989-772-8227.

Normal hours of Operation are as follows:

Mon – Fri
8 a.m. to 5 p.m.



Have a safe and happy holiday!!!

Vocational Training offered at IT

- ◆ Medical Billing Professional
- ◆ Medical Coding
- ◆ Medical Terminology

These classes are free to Tribal Members, associates of SECR and Tribal Operations.

Pharmacy Spotlight

is

Eric Decker, RPH., Pharm D



I am married with an 18-month-old son. My wife, Dawn and I met in college and have been together for over 10 years. She has been employed with CMU since 2005. I have one sister.

I was born and raised locally in Cadillac. I completed undergraduate studies at the University of Michigan and University of Minnesota. My pharmacy degree was completed through Ferris State University.

I love music, sports, electronics, and outdoor activities. My wife and I also enjoy working on home renovation projects and spending time with our son. I also love eating new foods.

I chose pharmacy because of the ability to help people get well. Pharmacists are a great resource to help patients answer medication and lifestyle questions without the hassle of an appointment. I enjoy being able to help patients who want to improve their health and lifestyle. My favorite moments from working as a pharmacist are when patients tell me they have had success with a medication or lifestyle change.

The Nimkee Clinic pharmacy has a fantastic set-up for a pharmacy. We are able to collaborate on-site with the providers writing prescriptions while providing additional resources to patients such as help to quit smoking. Everyone, patients and co-workers, has been a joy to work with.

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



Hand washing Quiz

1. Do you wash your hands with warm ___ cold ___ water?
2. To start you wet your hands and apply a small amount of ___?
3. Wash your hands until soapy lathers appears. How long do you wash hands? 10sec ___ 15sec ___
4. Do you rinse hands in warm ___ cold ___?
5. Dry your hands with a disposable or single use towel. True ___ or false ___? Answers on back page (no peeking)

Happy Holidays from Nimkee Pharmacy



Nimkee Memorial Wellness Center

2591 South Leaton Road
Mount Pleasant, MI 48858

Phone: 989-775-4600
Toll free number:: 1-800-225-8172
Fax: 989-775-4940



Toothache ache clinic offered every
Monday and Thursday at 1:00 p.m.
Please call Nimkee Clinic Dental
Receptionist for details. 989-775-4657.

“You only have to brush and
floss the teeth you wish to keep”

Dental Services: 989-775-4657

Providers and their dental staff provide comprehensive treatment and preventative dental services in our expanded dental clinic.

Periodic school prevention education

Orthodontics program for SCIT Tribal Member s (Limited finding)

(Hand washing quiz answers from
page 3:)

1. Wash hands in warm water
2. Soap
3. 15 seconds
4. Rinse hands with warm water
5. True

Fitness Center: 775-4690

- Comprehensive fitness education and programming with trained staff.
- A member may work out on one of the many strength training or cardio vascular machines available.
- Group exercise classes such as aerobics, yoga, senior activities & cardio

FITNESS FUN!!!

SHIMMY SHAKEDOWN
NOV. 29TH - DEC. 20TH

Visit Nimkee Fitness Center
THURSDAYS @ 5:10 P.M.

TO EXPLORE THE ART OF BELLY DANCING.
EACH WEEK LEARN HOW TO SHIMMY
AND PREPARE YOURSELF FOR THE SHIMMY
SHAKEDOWN CHALLENGE

DECEMBER 20, 2012

Winners put into a drawing to receive a
FREE shawl or Fitness Gear!

FOR MORE INFO: EMAIL JAYME GREEN AT
JGREEN@SAGCHIP.ORG
(OR ASK THE FRONT DESK FITNESS ATTENDANTS)

I DECLARE I HAVE THE GRACE I
NEED FOR TODAY. I AM FULL OF
POWER, STRENGTH, AND DETER-
MINATION. NOTHING I FACE WILL
BE TOO MUCH FOR ME, I WILL
OVERCOME EVERY OBSTACLE,
OUTLAST EVERY CHALLENGE,
AND COME THROUGH EVERY DIF-
FICULT BETTER OFF THAN I WAS
BEFORE. THIS IS MY DECLARATION.

