



Cherokee Nation Tribal Council Health Committee Report

Claremore Indian Hospital

Month/Year of the report: April 2021

George L Valliere 918-342-6434

Email: george.valliere@ihs.gov

Accomplishments:

- **Staffing:** Still recruiting for two Hospitalists.
- **Visits:** Outpatient visits for April up 42.8% over the same period the previous year.
- **Revenues:** Revenues for FY2021 decreased 5.6% over the same period the previous year.

Future Plans / New Initiatives:

- New Services:
 - Drive up COVID testing still available by appoint thru Emergency Room
 - CIH still vaccinating all community members 12 years of age and older M-F.

Workload:

	<u>Actual numbers/month</u>		<u>CN</u>
Outpatient visits up	42.8%	35,815	12,622/(6,553 patients)
Dental visits up	642.1%	423	261
Admissions down	21.4%	55	51
Newborns up	4.5%	23	17
New charts		1020	
Reactivated Charts		79	

These statistics are compared to FY2020 statistics for the same time period. (April)
Occupancy rate for April 2021: 13.0%

Third Party Collections:

April collections

Medicare:	\$ 740,834.95
Medicaid:	1,021,678.09
Private Insurance:	1,174,025.82
V.A.	<u>89,291.76</u>

\$ 3,025,830.62

Year-to-date collections for FY 2021: \$ 17,971,398.37

Amount billed for April 2021: \$ 5.2 million

Collections are down compared to FY2020 collections for same time period. \$ 1,061,433.39

Percentage of account receivables pending for claims > 120+ days: 13%

PRC Activities:

April cases

			<u>CN Patients</u>
Funded:	397 cases:	\$ 830,305.00	153
Denials:	256 cases:	\$ 392,041.00	5
Deferred:	288 cases:	\$ 106,254.00	131
CIH clinics:	19		
Ortho	32		

Files to Committee 992



Health Committee Report

June 2021



Highlights

April 18 – April 24, 2021 was Medical Laboratory Professional week. Medical Laboratory Professionals are instrumental in obtaining specimens and utilizing equipment and procedures to determine the health of patients. The work that Medical Laboratory Professionals perform is imperative in assisting medical providers to detect illness and determine options for treatment.

"Let me thank the Amo Clinic for taking such good care of me for the last 15 years, or so! Really appreciate the up-beat, can-do atmosphere and the fact that no problem is too big, nor too little to be addressed! Thank you!"

-Patient compliment

Health Committee Report

April 2021



384 surgical
procedures
performed in April



490 clients were
served by Emergency
Medical Services



139,716 total
RX's were filled



267 Women were
served by the Breast
& Cervical Cancer
Screening Program



64 babies were
delivered at
Hastings Hospital



97% of CHS
referrals were
approved in April



4,896 patients
were seen at the
ED/Urgent Care



57,040 total drive
thru Covid-19 tests
administered

Health Committee Report

Provider Recruitment

CNHS Provider
Vacancy Rate

4.4%

IHS Provider
Vacancy Rate
Benchmark

25%

Contract Health

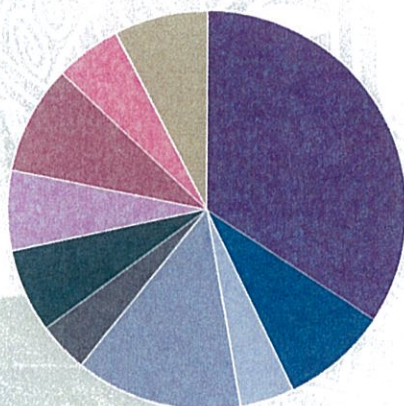
Projected annual
expense

53.0 Million

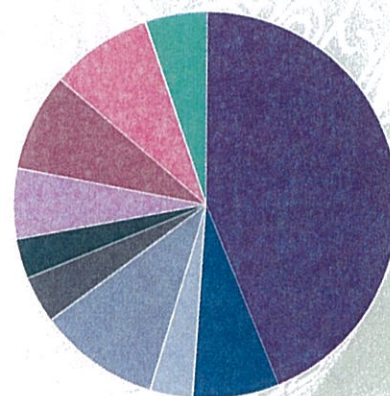
Referral Approval Rate

97.1% ▼

Monthly Visits by Location



YTD CHS Spend by Location

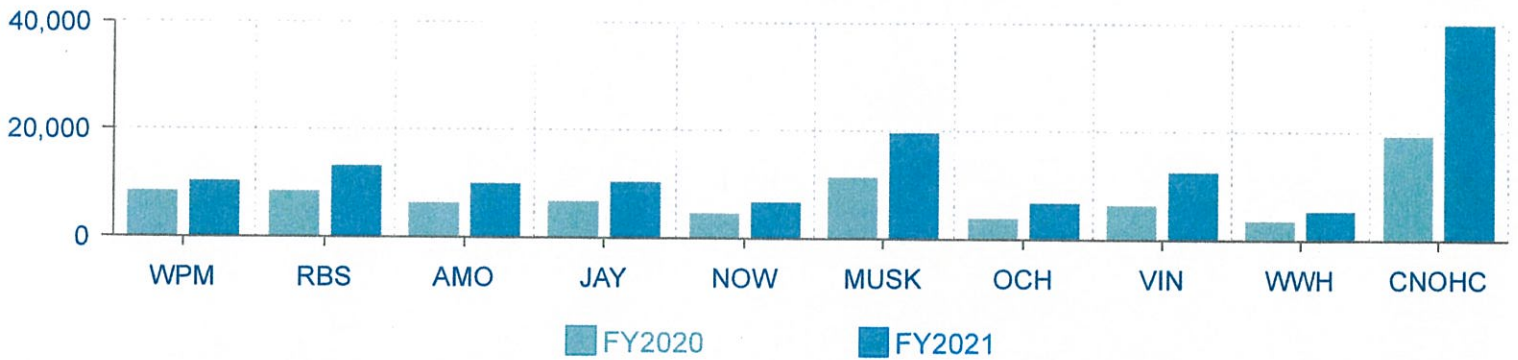


TAHH	34.1%	VIN	8.6%
OCH	4.4%	TRHC	13.6%
NOW	4.1%	JAY	6.7%
AMO	6.5%	RBS	8.9%
WPM	5.4%	WWH	7.6%

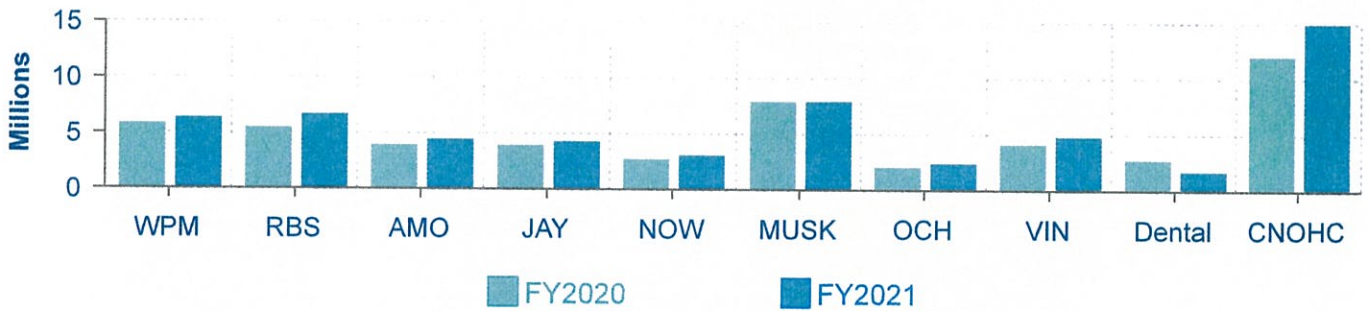
WWH	43.7%	VIN	7.2%
OCH	3.6%	TRHC	10.2%
NOW	3.9%	JAY	3.3%
AMO	5.9%	RBS	8.2%
WPM	8.6%	CIH	5.3%

Patient Visits and Revenue

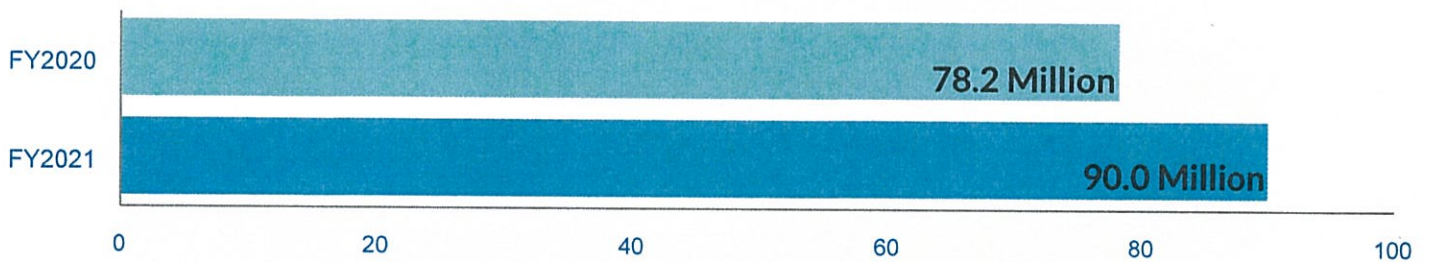
Ambulatory Care Visits: Monthly



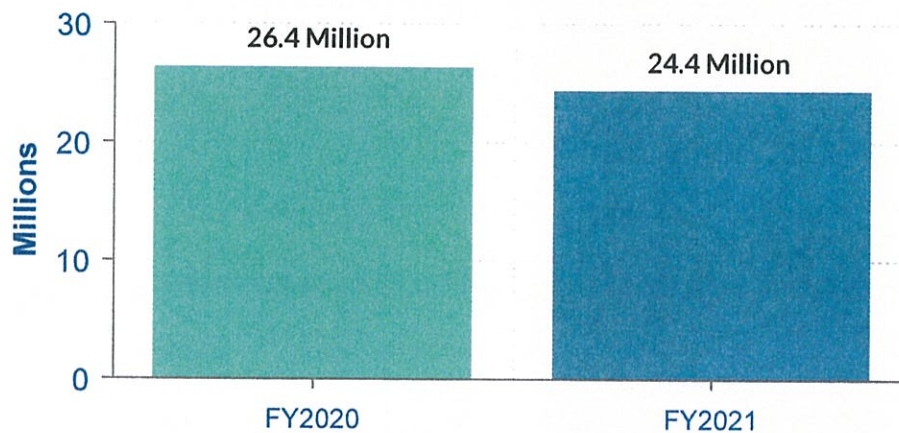
Ambulatory Care 3rd Party Revenue: Year to Date



Third Party Revenues Combined: Year to Date



Third Party Revenue Comparison CN WW Hastings Hospital Year to Date



Service Summary

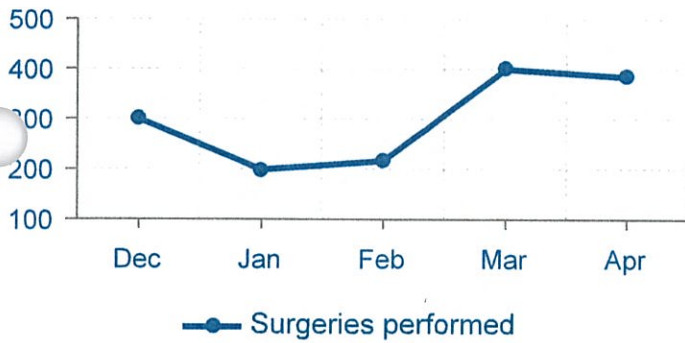
ED/UC Left Without Being Seen



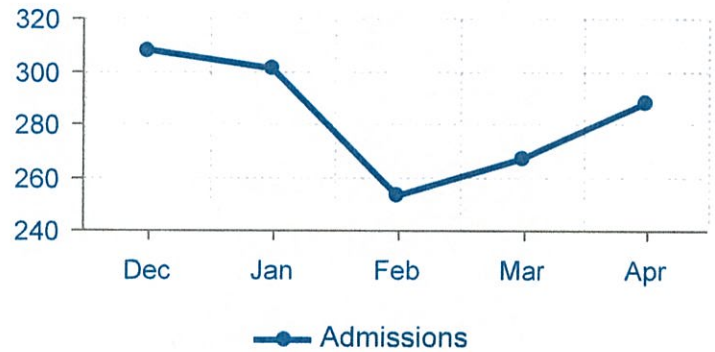
ED/UC Services Delivered



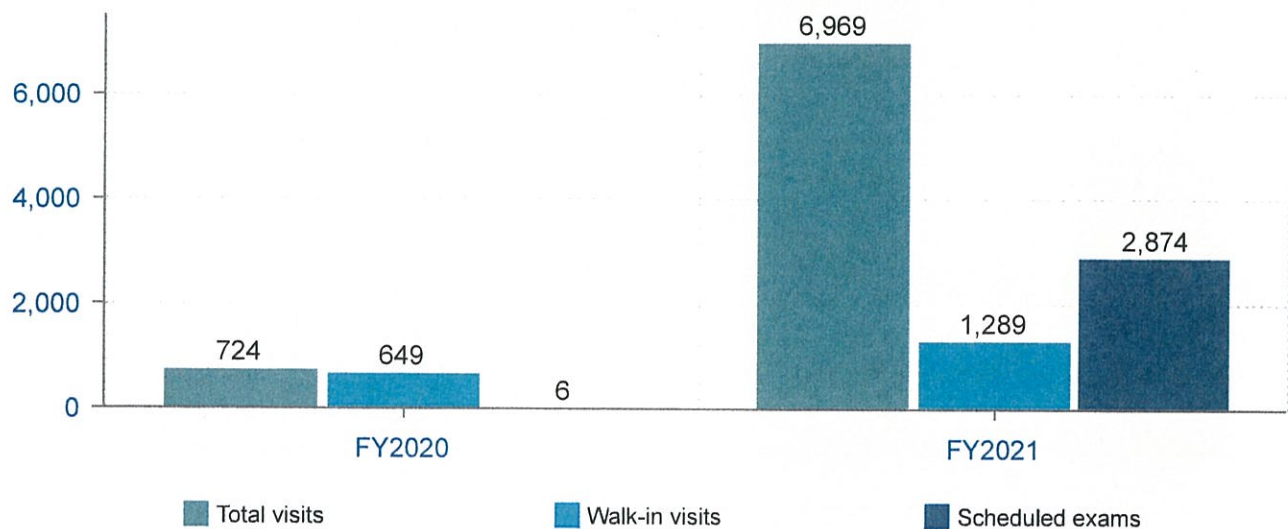
WWH General Surgery



WWH Inpatient Care



Dental Services: Monthly



COVID-19 Summary

April 2021



Epidemiologist Hotline calls:
422



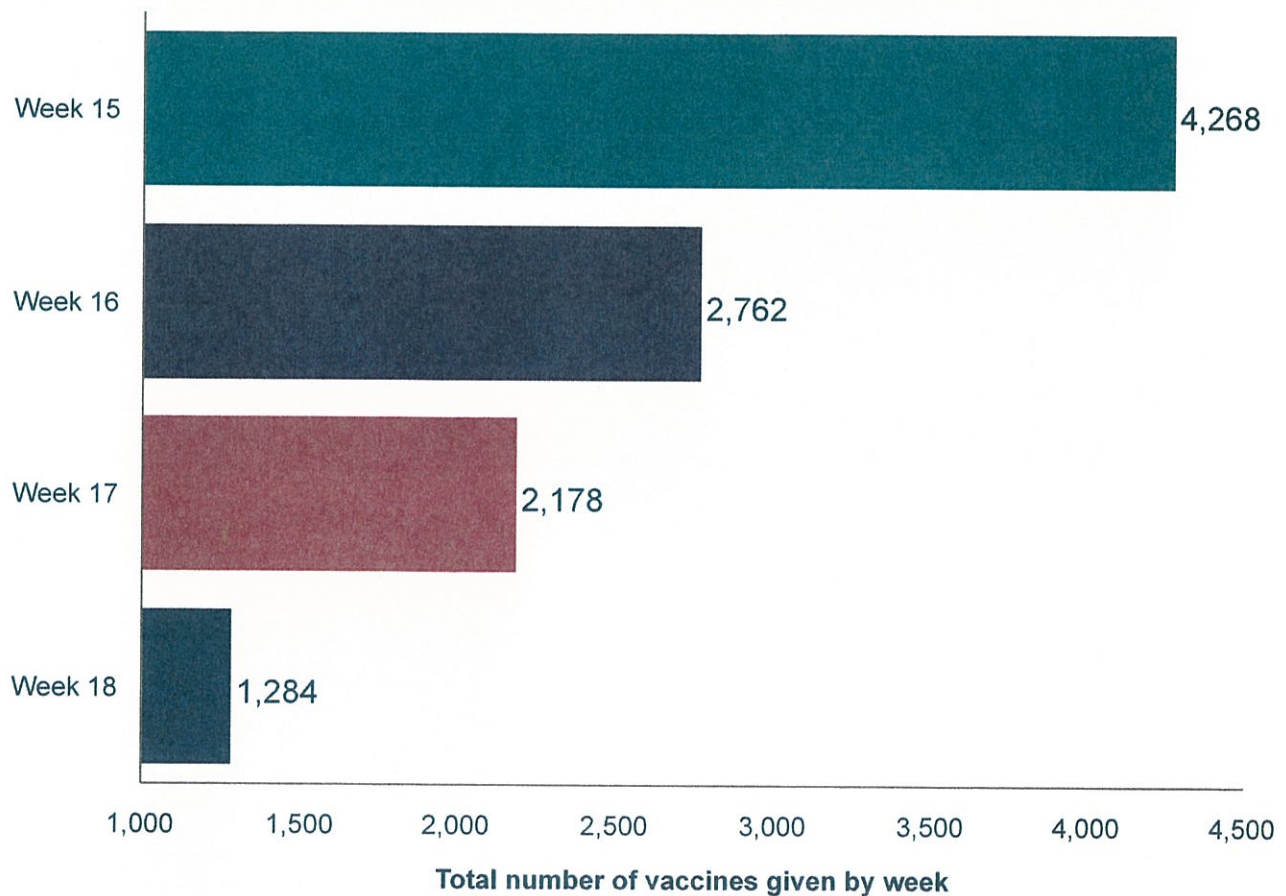
Positive Cases Investigated:
133



Daily Follow-up Calls:
1,467

COVID-19 Vaccine Distribution

April 2021





Cherokee Elder Care

a community PACE program

1387 W 4th Street
Tahlequah OK 74464
<http://eldercare.cherokee.org>

Phone: 918-453-5554
Fax: 918-431-4112
eldercare@cherokee.org

June 1, 2021

TO: Councilwoman Mary Baker Shaw, Chairman of Health Committee,
and all Members of the Health Committee.

FROM: Cherokee Nation Comprehensive Care Agency, d.b.a. Cherokee Elder
Care.

SUBJECT: FY21 update and a brief summary of Cherokee Elder Care and
the services it provides its participants.

Cherokee Nation Comprehensive Care Agency was established by Legislative Act 3-04, within the Executive Branch of the Cherokee Nation; the Act was signed by The Cherokee Nation Tribal Council on February 17, 2004.

Cherokee Health Partners, LLC was the first entity to be established under the umbrella of Cherokee Nation Comprehensive Care Agency. Cherokee Elder Care became active prior to the ground breaking for the site of Cherokee Elder Care in August of 2006. Cherokee Health Partners, LLC was moved under Cherokee Nation Health, in late 2014, to better serve the community as a whole.

Cherokee Nation Comprehensive Care Agency d.b.a. Cherokee Elder Care entered into a 3-Way Agreement with The Centers for Medicare and Medicaid Services (CMS) and The Oklahoma Health Care Authority (OHCA) in 2007, which by regulation, Cherokee Nation Comprehensive Care Agency, d.b.a. Cherokee Elder Care became a Program for All-Inclusive Care of the Elderly (PACE) through that agreement under the guidelines of Medicare Advantage and Title XIX, the Social Security Act.

Because of this 3-Way Agreement, Cherokee Elder Care (CEC) receives payments from both CMS and OHCA for the needs of the participants in their care; by the signing of the agreement, CEC must adhere to the regulation of both governmental entities.

CEC functions as an HMO, using the combined funds from both agencies, CMS and OHCA, to care for the Participants needs. CEC participants pay no co-pays for any Medications or outside specialty services. CEC receives no funding from The Cherokee Nation.

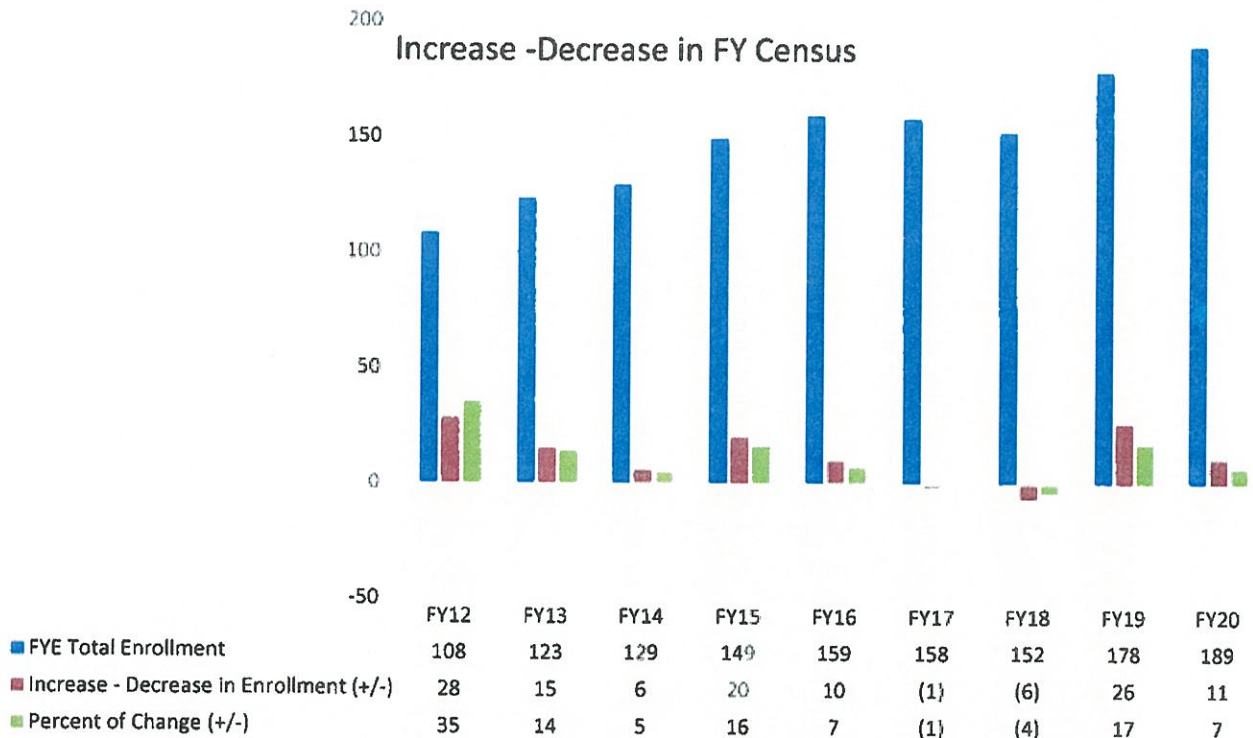
CEC has its own set of policies; CEC uses CMS, OHCA and The Cherokee Nation's regulations to guide the creation of all policies. CEC has its own 401K plan, life insurance, Long Term Disability, and vision insurances for its employees. CEC shares

a MOA with Cherokee Nation, CNB, LLC, The Housing Authority of the Cherokee Nation and Cherokee Nation Industries, Inc. The MOA was signed by all entities in 2008, it provided all of these entities the ability to share with its employees the Med/Dental/STD sliding scale premiums set by Cherokee Nation. Since Cherokee Nation is self-funded and has BC/BS as its underwriter, CEC as well as the other entities named, receive from Cherokee Nation HR, a listing of claims, medications, admin fees and etc. that must be reimbursed for the monthly usage by its employees. CEC also has its own payroll system and Federal Tax ID concerning all payroll functions.

CEC reports to Cherokee Nation Tribal Council monthly through the Cherokee Nation Finance Department; providing monthly financials, as well as Annual Audit report completed by an external audit firm. In addition, TERO vendor reports, and employee numbers are sent monthly to the Commerce Department of the Cherokee Nation.

FY21 opens with census for October at 185, November census was 186, and to end the calendar year, December census has dropped to 184. After several winter months and COVID-19 related disenrollment's, May census has climbed back to 194 with the hard work of our Marketing and Intake team; June census will start as of May 27, at 196, so close to our goal of 200. The breakdown in census for May 2021: 91 Native Americans 47%, 100 Caucasians 50%, 3 African Americans 1%, 1 Asian .5% and 2 Multi-cultural 1.5%.

The most current employee count is April 1, 2021 there were 71 total employees that serve CEC participants. Of the 71, 41 or 58% are Cherokee citizens; 6 or 8% are other tribal members; and 24 or 34% are Non-Native American. Bringing April 1, 2021 total Native employees to 71%, compared to 29% Non-Native.



CEC follows the Cherokee Nation Fiscal Year. The above chart represents FY12 thru FY20. CEC has shown a steady increase since FY12 ending with 108 participants, through FY20 ending with 189. The chart above shows percent and number of increase or decrease annually from the preceding fiscal year. On a calendar year basis, CEC has shown a slight decrease from 185 Participants December of 2019 to 184 in December of 2020. FY21 as discussed earlier started slowly, but, jumping ahead to June 2021, this will show an increase net of 196; CEC is excited in making plans to open our Adult Day Center soon under guidance of Cherokee Nation, the CDC, and OHCA. Our Participants are wanting to return to our Adult Day Center that was closed over a year ago due to COVID-19.

In May of 2018 due to deaths and disenrollment's of various reasons, CEC's census dipped to 139, an all-time low. With the slowing of COVID-19 CEC is working diligently to increase and serve elders in any way possible for their social, physical, and mental health.

CEC cannot enroll anyone that is not living in their home, but, during the course of their enrollment; if the participant can no longer live safely in their home environment and their level of care deems nursing home placement, it is funded as a normal service of CEC. As of April 30, 2021, the most current information, CEC had 11 participants in LTC, with 3 additional participants in a skilled bed within a nursing home, but still under CEC care, and 14 participants in an Assist Living environment under CEC care. CEC had one Participants utilizing their Respite days during April 2021. CEC provides respite days for the care giver or other circumstances for participants needing

short stays in a Nursing Home environment. They are monitored by CEC providers during their stay.

September FY2020 ended with an Audited Non-qualified opinion, and a gain, bringing the FYE20 gain to \$742K. March 2021 data has been processed, and a FY21 gain to date of \$335K. Our 1/3 audit closed with one Finding; CMS has reviewed and released CEC, the 2018 1/3 audit has been closed. Our population is still aging and frail; the fall and winter months have passed; In-patient care has dropped dramatically from the winter months. Hospital and skilled stays are common; FY19 had experienced a larger number of the population in need of acute care in hospital and out-patient settings. With seven (7) months of data into the new fiscal year, expense drivers remain the same. Pharmacy, In-patient and payroll. CEC cost drivers are In-patient, Out-patient, LTC, Skilled beds, Medications, Nursing Home, and Assisted Living also are strong drivers of the expenses.

CEC is dealing with the COVID-19 outbreak following CDC, WHO, Cherokee Nation, and CEC Guidelines. Our Adult Day Center is closed and participant care is still our priority and being led by our Medical Director John Galdamez.

Our participants are contacted twice a week and are provided meals and activities while we all follow quarantine guidelines set by our Executive Management Team and the appropriate organizations listed above. CEC has had great success with our Grand-Pad program; Participants receive reminders of appointments, can send emails and CEC is working on a socialization program to encompass the Participants utilizing the Grand-Pads. Participants are brought into our clinic if the providers feel that it is necessary for the participant's health. All PPE guidelines are being followed for safety of our employees and participants.

Please contact Thelma Pittman, CFO, at (918) 207-4936 to answer any questions; or Connie Davis, Executive Program Director at (918) 453-5554.

Respectfully submitted to the Health Committee of the Council of the Cherokee Nation.

Exhibit 1: CEC Marketing Report for FY21

Exhibit 2: Most current News Letter – next News Letter will be processed in July 2021; CEC News Letters are released semi-annually.

EXHIBIT 1: MARKETING REPORT FY21

Marketing Plan 2021



Email: Rachel-jackson@cherokee.org

Website: <http://eldercare.cherokee.org>

Tel: (918) 453-5554

1387 W. 4th St Tahlequah OK 74464



CHEROKEE ELDER CARE

Supporting people with dementia and their families

Cherokee Elder Care- PACE

What is Cherokee Elder Care - PACE?

Cherokee Nation Comprehensive Care Agency d.b.a. Cherokee Elder Care (CEC), was created by Legislative Act and accepted by the Cherokee Nation Tribal Council, February 17, 2004; the Agency resides in the Executive Branch of the Cherokee Nation Government. (CEC) was established by the same Legislative Act 03-04.

Programs for All-Inclusive Care (PACE), is designed to maintain elders in the community as long as possible. The forward-thinking of Tribal Council Members, many Cherokee Nation employees, and the Oklahoma Health Care Authority (OHCA) Tribal Representatives, looked at this model of care, saw the significance of how elders would be helped, and began a journey that is still helping elders in Oklahoma today. CEC became the first PACE to be sponsored by a Native American Tribe and that is still true today. CEC is one of eleven rural PACE sites that are operational from the original twelve.

The "All-Inclusive Care" translates to what the participant needs socially and physically to thrive; CEC provides transportation when needed, specialty physicians, socialization and the list goes on to cover the needs of the participant. CEC also supplies needed medications at no expense to the participant. All services are provided by funds received from The Centers for Medicare and Medicaid Services (CMS). CEC receives no funding from our initial sponsor the Cherokee Nation.

CEC groundbreaking was on August 24, 2006. (See Below). The grand opening was held on April 24, 2008, and the first participants were enrolled on August 1, 2008. CEC opened with one Native American and one Non-Native as the first participants in Oklahoma.



Where is Cherokee Elder Care - PACE going?

Growth was steady through 2019 but then an unprecedented Covid-19 Pandemic struck early in 2020. This forced the closure of our Adult Health Day Center and cancellation of all of our major marketing events and outreach. Major event cancellations included the Annual Red Fern Festival in Tahlequah, the Diamond Daze Festival in Sallisaw, the Strawberry Festival in Stilwell, the Cherokee Holiday and Elder Summit in Tahlequah, and a multitude of other health fairs and roundtables. Despite the limitations CEC has still been able to accept enrollments. Although the pandemic was a setback for our plans for growth into new zip code areas, we still look to the future in building a new site in Muskogee OK adjacent to Cherokee Nation Three Rivers Health Center. Our Administrative Team can continue the process of completing an additional PACE application for the new location. This additional site would enable us to apply for 17 new zip codes to add to our service area. Our hope is to expand into the following areas: Pryor, Mazie/Chouteau, Inola, Coweta, Redbird/Tallahassee/Porter, Haskell, Taft, Morris, Wainwright, Oktaha, Council Hill, Checotah, Warner, Webbers Falls, Gore, Porum, Boynton, and Hitchita.

When is Cherokee Elder Care - PACE Fiscal year-end?

CEC's year-end is based on a fiscal year-end of September 30. This report has been created using data for that period of time, October 1, 2019, through September 30, 2020. With the completion of this report CEC will be statistically based on a calendar year to coincide with the annual CEC quality report, and reporting to CMS, other reports such as financials will not change. To better understand the following information and change of reporting, below is a calendar and fiscal year census.

FISCAL YEAR TOTAL CENSUS					CALENDAR YEAR TOTAL CENSUS				
OCTOBER 19 - SEPTEMBER 20					JANUARY 120- DECEMBER 20				
MONTH	Duel-Eligible	Medicaid only	Medicare only	TOTAL	MONTH	Duel-Eligible	Medicaid only	Medicare only	TOTAL
Oct-19	159	21	0	180	Jan-20	163	22	0	185
Nov-19	156	22	0	358	Feb-20	162	21	0	368
Dec-19	163	22	0	543	Mar-20	162	23	0	553
Jan-20	163	22	0	728	Apr-20	166	22	0	741
Feb-20	162	21	0	911	May-20	168	22	0	931
Mar-20	162	23	0	1096	Jun-20	170	22	0	1123
Apr-20	166	23	0	1285	Jul-20	166	23	0	1312
May-20	168	22	0	1475	Aug-20	164	23	0	1499
Jun-20	170	22	0	1667	Sep-20	165	24	0	1688
Jul-20	166	23	0	1856	Oct-20	160	25	0	1873
Aug-20	164	23	0	2043	Nov-20	160	26	0	2059
Sep-20	165	24	0	2232	Dec-20	158	26	0	2243
Totals	1964	268	0	2232	Totals	1964	279	0	2243

Marketing Statistics Cont'd

Below is a breakdown of inquires (cold calls), events, meetings, and visits by month in 2020. These marketing visits were completed in collaboration with the Marketing Team including the Community Outreach Coordinator, UCAT RN, and Intake and Marketing Manager.

Month	Inquiries (cold calls)	Community Events	Informational Meetings	Board & Committee Meetings	Miscellaneous calls and events; & business visits	Total Events by Month 2020	Total Events By Month 2019
Jan	44	0	1	6	36	87	329
Feb	28	0	1	7	38	74	103
March	13	0	0	3	0	16	38
April	26	0	0	1	0	27	48
May	22	0	0	2	0	24	38
June	31	0	0	3	0	34	76
July	38	0	0	4	0	42	34
Aug	26	0	0	1	0	27	46
Sept	31	0	0	1	0	32	61
Oct	35	0	0	1	25	61	68
Nov	28	0	0	4	7	39	26
Dec	28	0	0	2	0	30	32
Total For Year						493	899

The above table depicts the events and Inquires have decreased greatly as compared to 2019. The Marketing Team was able to visit and participate in 493 face to face encounters, phone calls or events during 2020, which averages 41 events or calls per month. A detailed listing of the events is available upon request. The service area map is attached in Appendix (iii) as stated on page 5, to give a visual of the amount of territory that the Marketing Team has covered in 2020. Adherence to regulations was met in all of the calls and events, including increased precautions due to the Covid-19 pandemic. Marketing places were designated for dropping off literature to all marketable guideline facilities including local businesses, clinics, doctor's offices, nutrition centers, senior citizen centers, apartment complexes, healthcare events, and city offices all of which in the service area. All of the 2020 outreach events were canceled due to the Covid-19 pandemic.

Of the 493 events meetings, or calls the Marketing team had 350 Referrals. Those referrals were predominantly made by the potential Participant themselves or a family member or friend. We also saw many from our professional referral sources i.e. Doctor's offices, DHS, APS, etc.

This data is continually collected and maintained in the marketing department for reference. Census is recorded by Finance on a monthly basis as well as Marketing. Marketing continues to record the reason for disenrollment, whether involuntary or voluntary.

Appendix

- (i) Calculation of payments
- (ii) Information Sheet
- (iii) Map of Service Area

Appendix (ii) Information Sheet

Cherokee Elder Care

Services

- Primary Medical & Nursing Care
- Medical Specialist
- Therapy - Physical, Occupational & Speech
- Home Health Services
- Transportation
- Social Services
- Behavior Health
- Hospitalization
- Medications
- Medical Equipment
- Adult Day Health Care & Social Activities

Qualifications

- Be at least 55 years old
- In need of some level of nursing home care
- Be able to live safely in the community
- Live within the service area, CEC covers several zip codes surrounding the city of Tahlequah in Northeastern Oklahoma

*Individuals do not have to be Native American to qualify

CEC PACE participants are agreeing to receive all needed health care services (other than emergency service), including primary care and specialist physician services from the PACE organization or from an entity authorized by the PACE organization.

CEC PACE participants may be liable for the cost of services obtained without their CEC team approval (except for emergencies)

PACE

is a federal program designed to keep the elderly living in their homes, connected with their communities, and out of the nursing homes.

CEC Zip Code Service Area

- Adair County - 74931 Bunch, 74457 Proctor, 74960 Stilwell, 74964 Watts, 74965 Westville
- Cherokee County - 74427 Dry Creek, 74441 Hulbert, 74444 Moody, 74451 Park Hill, 74452 Peggs, 74464 & 74465 Tahlequah, 74471 Welling
- Delaware County - 74347 Kansas, 74359 Oaks, 74368 Twin Oaks
- Mayes County - 74352 Locust Grove, 74365 Salina, 74364 Rose
- Muskogee County - 74423 & 74439 Braggs, 74434 Fort Gibson, 74401, 74402 & 74403 Muskogee
- Sequoyah County - 74945 Marble City, 74435 Gore, 74955 Sallisaw, 74962 Vian
- Wagoner County - 74446 Okay, 74467 & 74477 Wagoner



CHEROKEE ELDER CARE IS A PACE (PROGRAMS OF ALL-INCLUSIVE CARE FOR THE ELDERLY) ORGANIZATION

Cherokee Elder Care

1387 W. 4th St

Tahlequah, OK 74464

Website: <http://eldercare.cherokee.org>

Phone: 918-453-5554

TDD/TTY Users: 711 or 1-800-772-0453

Fax: 918-431-4112

Visit us on Facebook: www.facebook.com/cecpacok



Keeping PACE with today's healthcare needs to help you remain in your home for as long as possible!

Appendix (iii) Map of Service Area

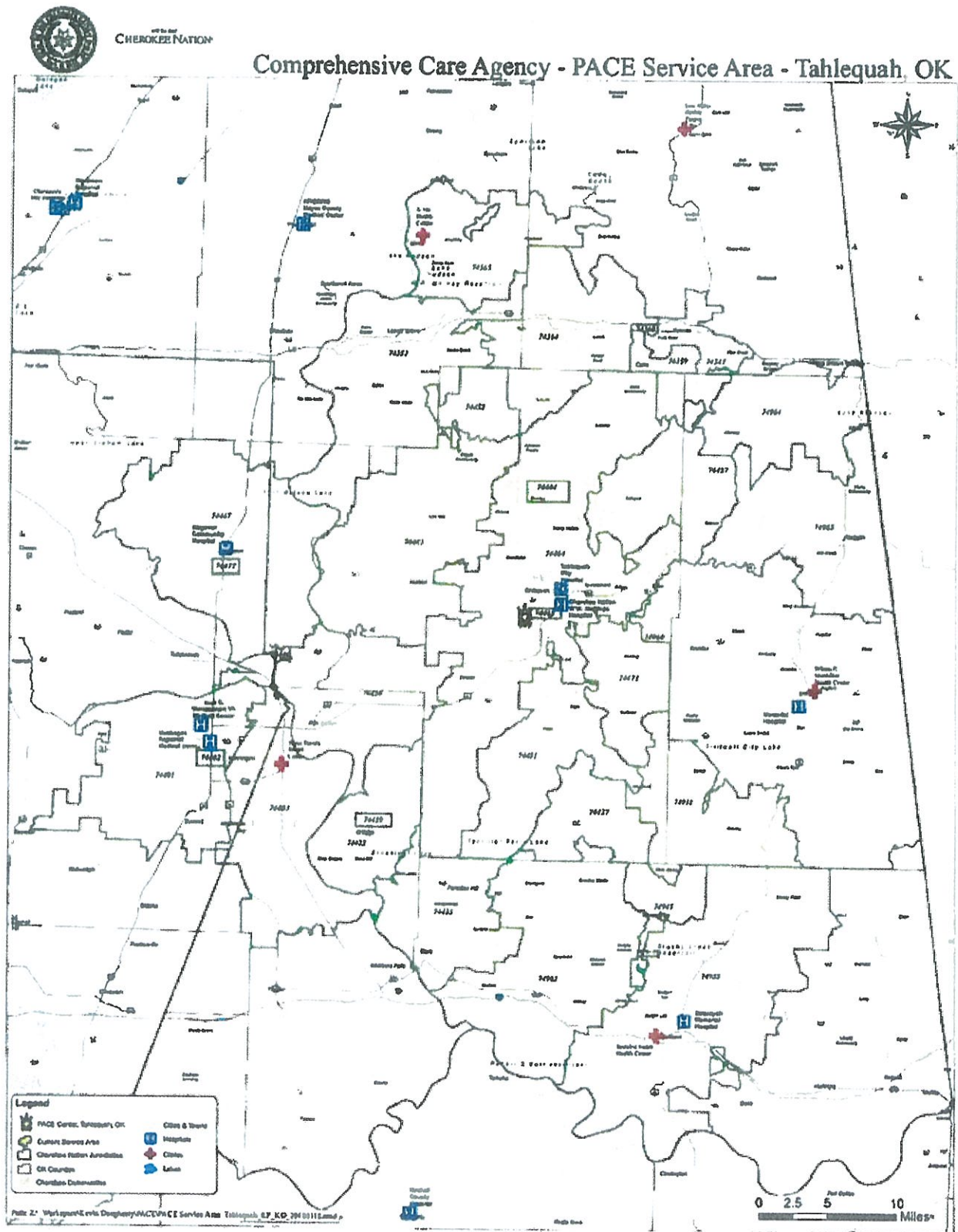




EXHIBIT 2: CEC LATEST NEWSLETTER



Program of All-inclusive Care for the Elderly Semi-Annual Issue Jan 2021

Grand Pad- Tablet for Seniors New Technology Coming to Cherokee Elder Care

As the pandemic continues to keep our day center closed for the immediate future, Cherokee Elder Care has been provided the opportunity to purchase GrandPad's for our participants. If you are not familiar with what a GrandPad is, it's a tablet that allows us to call you directly so we can see you for clinic visits and other activities.

This device also allows you to send emails back and forth with staff members and has the ability for you to join Zoom meetings which we plan to use for activities.



At this time, Cherokee Elder Care has only purchased 20 of these devices as a trial to see how our participants reacted and used the devices. Over the next few months, we will be deploying additional GrandPad's to all of our participants. Once you receive your device, you will be contacted by an individual with GrandPad who will walk you through on how to use the device and answer any questions you may have. You will ultimately be responsible for this device so

if it's lost or stolen then you may be responsible for the replacement cost. We hope you enjoy your GrandPad and we can't wait to see you again!

By Daniel Stout and Thelma Pittman



INSIDE THIS ISSUE

Grand Pad Tablet for Seniors	1
Cold Weather Safety for Seniors	2
Cold Weather Safety cont.	3
Happy Holiday	4
What's New	5
Cyber Security	6
Arney's Recipe Corner	7
List of Holidays	8

Woman And Her 4 Husbands Joke

The local news station was interviewing an 80-year-old lady because she had just gotten married - for the fourth time. The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation. "He's a funeral director,"

she answered. "Interesting," the newsman thought. He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living. She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she'd first married a banker when she was in her early 20s, then a circus ringmaster when in her 40s, later on a preacher when in her 60s, and now in her 80s, a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers. She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."



Cold Weather Safety for Older Adults

If you are like most people, you feel cold every now and then during the winter. What you may not know is that just being really cold can make you very sick.

Older adults can lose body heat fast—faster than when they were young. Changes in your body that come with aging can make it harder for you to be aware of getting cold. A big chill can turn into a dangerous problem before an older person even knows what's happening. Doctors call this serious problem hypothermia.

What Is Hypothermia?

Hypothermia is what happens when your body temperature gets very low. For an older person, a body temperature of 95°F or lower can cause many health problems, such as a heart attack, kidney problems, liver damage, or worse.

Being outside in the cold, or even being in a very cold house, can lead to hypothermia. Try to stay away from cold places, and pay attention to how cold it is where you are. You can take steps to lower your chance of getting hypothermia.

Keep Warm Inside

Living in a cold house, apartment, or other building can cause hypothermia. In fact, hypothermia can happen to someone in a nursing home or group facility if the rooms are not kept warm enough. If someone you know is in a group facility, pay attention to the inside temperature and to whether that person is dressed warmly enough.



Keep Warm Inside continued...

People who are sick may have special problems keeping warm. Do not let it get too cold inside and dress warmly. Even if you keep your temperature between 60°F and 65°F, your home or apartment may not be warm enough to keep you safe. This is a special problem if you live alone because there is no one else to feel the chilliness of the house or notice if you are having symptoms of hypothermia.

Here are some tips for keeping warm while you're inside:

- Set your heat to at least 68-70°F. To save on heating bills, close off rooms you are not using. Close the vents and shut the doors in these rooms, and keep the basement door closed.
- Make sure your house isn't losing heat through windows. Keep your blinds and curtains closed. If you have gaps around the windows, try using weather stripping or caulk to keep the cold air out.
- Dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers.
- When you go to sleep, wear long underwear under your pajamas, and use extra covers.
- Make sure you eat enough food to keep up your weight. If you don't eat well, you might have less fat under your skin. Body fat helps you to stay warm.
- Ask family or friends to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend.

You may be tempted to warm your room with a space heater. But, some space heaters are fire hazards, and others can cause carbon monoxide poisoning. The Consumer Product Safety Commission has information on the use of space heaters. Read the following for more information: [Reducing Fire](#)

Hazards for Portable Electric Heaters and Seven Highly Effective Portable Heater Safety Habits.

Bundle Up on Windy, Cold Days

A heavy wind can quickly lower your body temperature. Check the weather forecast for windy and cold days. On those days, try to stay inside or in a warm place. If you have to go out, wear warm clothes, and don't stay out in the cold and wind for a long time.

Here are some other tips:

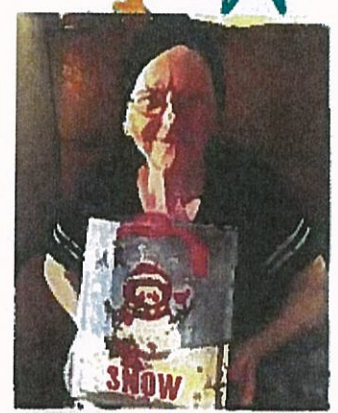
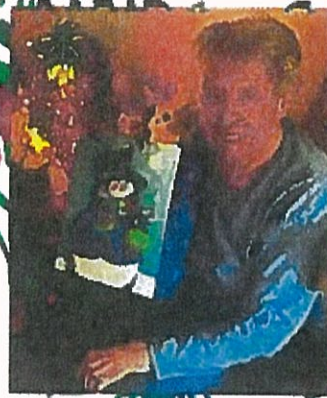
- Dress for the weather if you have to go out on chilly, cold, or damp days.
 - Wear loose layers of clothing. The air between the layers helps to keep you warm.
 - Put on a hat and scarf. You lose a lot of body heat when your head and neck are uncovered.
 - Wear a waterproof coat or jacket if it's snowy.
- Change your clothes right away if they get damp or wet.



From the Office of CEC Quality Improvement and the National Institute on Aging

Merry Christmas

We hope that everyone had a Happy Holiday season! Although we were not able to have our annual Christmas Party we hope you enjoyed a small gift from Cherokee Elder Care-PACE!



Staff work to put together gifts for 183 Participants



A big thank you to Cherokee Nation Businesses employees for sending over 500 handwritten Christmas Cards to include with the gifts from Cherokee Elder Care!-PACE!

Their goal was to brighten each Participant's Holiday and let them know others in the community are thinking about them this season.

We appreciate CNB for reaching out with this small act of kindness for our Participants.



Marci Gillespie, CNB Community Relations, delivering cards for CEC Participants

WHAT'S NEW?

New Hires:

Sandra Hathcoat, RN- Chief Nursing Officer

Beverly "Niki" Kirkland, RN- RN Case Manager working on Dr. G's Clinic Care Team

Transfers:

Kristi Monroy- Transferred from being in the ADHC to working in Lori Enlow's Clinic Care Team as a C.N.A./Phlebotomist

Michael Murphy- Will be transferring from the Transportation Manager to Facilities Manager in early 2021.

Charlotte Essman Driver, Transferred from a PRN to a regular full time position

Credentials-

Kristi Monroy successfully completed her Phlebotomy course through ICTC Muskogee.

Mary Crow, LPN- Transferred from being the Clinical Health Information Coordinator to the Quality Improvement Coordinator-Clinical.

New Additions:

TJ Ford, Dietician Welcomed a baby boy to her family in July.

Rachel Jackson, Intake and Marketing Manager and BJ Jackson, PRN driver- Welcomed a baby boy to their family in August.

Lisa Roach, Speech Pathologist also welcomed a new grand baby boy into her family.

Retirements:

Debra Johnson, Community Outreach Coordinator- Has retired from employment with CEC after 31 years of service with Cherokee Nation.

Sharon Mock, LPN- Retired from employment with CEC and also having been a dedicated LPN since 1979.

Resignations:

Paul Walker, Facilities Manager- Has resigned from CEC to pursue an opportunity to develop housing for elders through the CN Housing Authority.

Daniel Stout, Center Manager- Has resigned from CEC to pursue an opportunity with Life PACE in Tulsa as their Center Manager.

Dr. Arney-Primary Care Physician, will be transitioning to Medical Director at Life PACE in Tulsa, and last day is Feb. 4.

Arney's Recipe Corner

Disclaimer: These recipes are provided for your enjoyment, not because of their "healthy eating" status. I will promise that they are Arney Certified to be yummy. Please follow the recommendations of your physician/NP/dietician if you are on a special diet.



Baked Chicken Fajita Roll-ups

Yield: 3 servings

Ingredients:

For the marinade:

2 Tbsp. olive oil (you can use vegetable oil)

Juice of ½ lime

1 clove garlic, minced

1 tsp chili powder

½ tsp cumin

½ tsp dried oregano

½ tsp salt

Pinch of cayenne pepper (optional)

2 Tbsp. cilantro, chopped

For the chicken:

3 chicken breasts

½ red bell pepper, sliced

½ yellow bell pepper, sliced

½ green bell pepper, sliced

Instructions:

In a small bowl, whisk together all ingredients of the marinade. Set aside.

Slice the chicken breasts long ways into 2 even slices (like a top and bottom of a

sandwich) and firmly pound the chicken using the smooth side of a meat tenderizer to an even thickness of about ¼" thick, so that you have 6 flat, large pieces of chicken.

Place chicken into a large resealable freezer bag and pour marinade over the top, making sure they are completely coated. Allow to marinate for a minimum of one hour to overnight.

Preheat oven to 375 degrees. Coat the bottom of a 12x9 baking pan with a small amount of cooking oil.

Once the chicken has marinated, evenly place 6 bell pepper slices in the middle of one piece of chicken, roll the chicken up around the bell pepper slices, and secure with a toothpick. Repeat steps until all 6 pieces of chicken have been rolled up, and placed seam side down in the prepared baking dish.

Brush tops of the chicken rolls with remaining marinade and bake, uncovered at 375 for about 25-30 minutes or until the juices run clear. Serve and enjoy!

Cauliflower "Mac" and Cheese

Yield: 4 servings

Ingredients:

1 medium head of cauliflower, chopped into 1" pieces (I use frozen cauliflower)

2 cups 2% cottage cheese

1 cup plain, low-fat Greek yogurt (or any other plain yogurt)

1 egg, lightly beaten

½ tsp. salt

½ tsp. dry mustard

½ tsp. turmeric

¼ tsp. garlic powder

¼ tsp. pepper

1 ½ cups shredded cheddar cheese

Cooking spray

½ cup green onion, chopped

Directions:

Preheat oven to 350 degrees. Bring large pot of water to boil. Cook cauliflower in boiling water until crisp-tender, about 5 minutes. Drain well and pat dry using paper towels (be sure to remove as much liquid as possible to avoid cauliflower soup)

In a large bowl, mix cottage cheese, yogurt, egg, salt, dry mustard, turmeric, garlic powder, pepper and cheese. Stir in cauliflower. Transfer mixture to a lightly greased baking dish. Bake for 20-25 minutes. Serve topped with green onion.

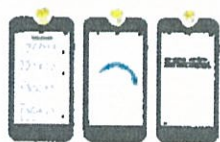


Collaborate Safely

Collaboration tools such as Microsoft Teams, Google Meet, Zoom and others allow you to pull together as a virtual team and communicate securely work together from home.

There are a few security risks you need to be aware of:

01



Your account passwords are the keys to the kingdom (and to all your data). Make your passwords strong and unique. Use Multi-Factor Authentication - combining your username and password with something that you own, such as a One Time Password app on your phone.

02



BEWARE: scammers will try to steal your username and passwords. COVID-19 has brought about an increase in cyber attacks targeting remote workers on all platforms. Don't click on links asking you to log into a site or update details and don't trust anyone asking you for your passwords over the phone or text.

03



Who can do what with my documents? You can give other people permissions to co-author, edit or just view your files through group membership, or you by sending a link to the file. Think about the information and how sensitive it is before sharing it. Anything with personal information, financial data or intellectual property is usually classified.

04



Don't download files to personal devices. If you are working on a personal device, viewing documents in a browser is probably ok if you have the link and the approval of the owner. Refrain from downloading it to your personal and non-managed devices.

05



Think twice before sharing files externally. External file sharing allows you to share a file with a person that is not part of your company's network. Remember that you are opening a window to your file shares or potentially sending sensitive data outside of your network so be careful about who you share your files with externally.

2021

From all of us at CEC, we wish you a Safe and Healthy 2021. Happy New Year!

7

WE WILL BE CLOSED FOR THE FOLLOWING HOLIDAYS

New Year's Day	January 1, 2021
Martin Luther King Jr Day	January 18, 2021
Good Friday	April 2, 2021
Memorial Day	May 31, 2021
Independence Day	July 5, 2021
Labor Day	September 6, 2021
Indigenous Peoples' Day	October 11, 2021
Veteran's Day	November 11, 2021
Thanksgiving	November 25 & 26, 2021
Christmas Eve	December 23, 2021
Christmas Day	December 24, 2021



Cherokee Elder Care

1387 W 4th St Tahlequah, OK 74464

Phone (918)-453-5554

Website: <http://eldercare.cherokee.org>



Visit us on Facebook: www.facebook.com/cecpaceok



Cherokee Nation Home Health Services, Inc.

Home Health

Hospice

Outreach

Home Health: Census as of 5/01/2021: 203

Native Americans served 02/01/2021-05/01/2021: 234

Hospice: Census as of 05/01/2021: 19

Outreach: Census as of 05/01/2021: 740

Total All employees: 144 (49 fulltime)

Native American: 85

Cherokee: 73