

PROGRAM HIGHLIGHT



WALKING PROGRAM

The MCN Health Walking Program was created to encourage lifelong physical activity and improve the overall health of community members across the Muscogee Reservation. Its purpose is to reduce the risk of disease by offering opportunities and support for Natives to lead healthier lives. This initiative fosters community engagement, which is vital for achieving long-term healthy lifestyles.

In 2024, participants celebrated many remarkable achievements. Post-test reports revealed:

- 71% improved their overall fitness score.
- 18% experienced a 7% weight loss.
- 64% enhanced their BMI.

The Diabetes team is excited to continue supporting community members with more opportunities to stay active and healthy in the coming year!

2025 Walking Program
Stay tuned for sign-up opportunities for the 2025 Walking Program in January and February.

ANNOUNCEMENTS & EVENTS

MCN Health Clinics and Programs will be closed the following days:

- Dec. 24 - Christmas Eve
- Dec. 25 - Christmas
- Dec. 31 - New Year's Eve
- Jan. 1 - New Year's Day

HOSPITALS REMAIN OPEN AND OPERATIONAL 24/7

MVSKOKE WORD OF THE MONTH

HETUTE
(he-doe-dee)
SNOW



JOIN OUR TEAM!
Access Our Career Page by Scanning the QR Code Below or Visiting creekhealth.org/careers



MCN HEALTH RECOGNIZES EMPLOYEE SERVICE



Photos by Shelby Botone, MCN Communications Manager

The Employee Service Awards Luncheon is an annual event that honors MCN Health staff members who have reached significant service milestones. Honorees, along with a guest, are invited to a luncheon hosted by Human Resources, where they were presented with a token of appreciation for their dedication by (A) Secretary of Health Shawn Terry. The 2024 Employee Service Awards Luncheon was held at River Spirit Casino Resort on December 2. Below is the list of honorees for this year.

10 YEARS

- Brooke Adams
- Malinda Baker
- Myra Berry
- Rebecca Boswell
- Candace Cheatwood
- Tracy Duckworth
- Linda Duncan
- Jamie Dunn
- Danny Evans
- Susan Froman
- Emily House
- Ashley Howard
- Todd Hunter
- Kara Lee
- Hillary Martin
- Micah McDermott
- Johnette McKay
- Larry Mills
- Yvette Powell
- Lori Smart
- Clint Smith
- Rachael Sumka

10 YEARS

- Janene Taylor
- Katie Whitmer
- Tiana Woodward
- Kathryn Zackery

15 YEARS

- Vanessa Battiest
- Michelle Eartly
- Brian Fipps
- Michelle Hawkins
- Brenda Hogue-Trotter
- Brandi Johnson
- Tiffany Kyle
- Terri Morrow
- Samantha Oestreich
- Aundra Peters
- Gay Peterson
- Lee Ann Ray
- Marcus Vega
- Robert Washington

20 YEARS

- William Fixico
- David Gallegos
- Rebecca Garrett
- Christina McIntosh
- Brandy Russell
- Harold Walker
- Quinn Wilson

25 YEARS

- Debra Brill
- Marie Burns
- Doyle Jackson
- Joseph Johnson

30 YEARS

- Carolyn Fultz
- Kathryn Jones
- Loy Thomas



EMPLOYEE OF THE YEAR

Sparkel Holloway | Okmulgee - Radiology
Thank you for your outstanding contributions to the Muscogee Nation Department of Health and for being the face of the Patient Experience.

PROVIDER SPOTLIGHT

This month, we are thrilled to present Dr. Amanda Groden, Pediatrician at Eufaula Indian Health Clinic.

Dr. Groden is originally from Muskogee, Oklahoma. She pursued her undergraduate studies at Oklahoma State University and graduated from OSU medical school in 2018. She then attended and completed pediatric residency at Oklahoma State University Center for Health Sciences from 2018 to 2021.

Dr. Groden joined MCN Health in 2021 as a pediatrician at the Eufaula Indian Health Clinic, where she continues to practice. If not working, she can be found spending and enjoying time with her family. She also enjoys traveling, medical missions, and being a mom.

“My favorite part of pediatrics is following patients and families from infancy to adolescence to adulthood and being a part of their health, growth, and development during that time.”



Dr. Amanda Groden
PEDIATRICIAN | EUFAULA

HOMPVKS CE! Tasty & Wholesome Recipes

Classic Bone Broth
by John Foster Oje, CFSPM CFPM
Director of Dietary Services

Ingredients

- 2-3 lbs beef bones or chicken bones (a mix of marrow bones, knuckles, and joints provides good gelatin and nutrients)
- 2-3 lbs beef chuck roast or chicken thighs
- 1 medium onion, quartered
- 2 large carrots, roughly chopped
- 2 celery stalks, roughly chopped
- 1 head of garlic, cut in half horizontally
- 2 tbsp Flavored bouillon (or to taste)
- Water (enough to cover the bones and vegetables in the pot)
- Fresh herbs (such as thyme, sage & parsley) - optional
- Salt and pepper to taste

Roast the Bones: (optional)

1. Preheat oven to 400°F (200°C). Place the bones on a baking sheet and roast for 15 minutes, until nicely browned. Then add the meat and brown for 15 minutes more. This step adds depth of flavor but can be skipped if you prefer a lighter broth.

Prepare the Broth:

1. Transfer the bones to a large stockpot or slow cooker.
2. Add the onion, carrots, celery, garlic, and bouillon.
3. Fill the pot with cold water until the bones and vegetables are fully covered.



Cooking:

1. Bring the pot to a gentle boil, then reduce to a simmer.
2. Skim off any foam or impurities that rise to the surface within the first hour.
3. Continue to simmer for at least 12-24 hours for beef bones (8-12 hours for chicken bones). The longer it cooks, the richer the flavor and the more nutrients are extracted.
4. Add fresh herbs during the last hour of cooking if desired.

Strain and Store:

1. Carefully strain the broth through a fine-mesh strainer or cheesecloth into a clean container.
2. Season with salt and pepper to taste.
3. Allow the broth to cool before transferring it to storage containers. Refrigerate for up to 5 days or freeze for up to 6 months.

Tips:

- **Skim Fat:** Once cooled, you may see a layer of fat solidified on top. Skim it off if desired, though some prefer to leave it for additional richness.
- **Additions:** You can add a few bay leaves or a dash of turmeric for extra flavor and health benefits.