

February 24, 1967

Mrs. Sula S. Goodman
Public Health Service
Department of Health,
Education and Welfare
1614 N. W. Britton Road
Oklahoma City, Oklahoma 73120

Dear Sula:

Thanks for sharing with us Lou Allard's nice note. He's a fine one, isn't he? The last paragraph of Dr. Wagner's note was a good one, too. We are returning both letters as you suggested.

Your assignment to do a County Health Department Program Plan for Latimer County sounds interesting. Here are the names of some people you may want to contact in Latimer County: Dr. J. N. Baker, president of Eastern; Mr. Williams at the college; Fred Stovall at the newspaper; Dr. Lloyd Church, local dentist; Ray Johnson, the county agent (I believe); Jack Burton, the Methodist minister; Dual Autrey, a rural mail carrier; Seldon Taylor at the high school; Otha Beard at the REA Co-operative; Bill Welch.

We could go on and on, but these are some names which come to mind. Oh, yes, don't forget to go by to see Florence Miller, who is a delightful person. She recently retired from Eastern.

I'd be honored to be interviewed by you. We will work out a time.

We got a big kick out of your story of the Delaware crossing Washington. Charlie especially liked it.

Our best always.

Sincerely,

CARL ALBERT, M. C.
Third District, Oklahoma

CA/Wpg
Encl.

2-17-67 Carl, fortunately for me both of these pieces of correspondence hit my desk at the same time --- making it possible for me to laugh.

The one from Washington is from a man or men who confuse me upon reports with the political affairs of former judges who served DIH with my strong recommendations;

The more colorful one is from the man who perhaps takes the greatest personal pride in having dispensed with such judges, and who knows exactly how I felt about impeachment.

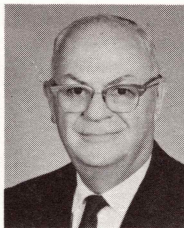
Isn't it interesting that the latter values "Talking Leaves," has missed it even.

Area administration removed newspaper publishers and free-lance writers and other of my recommendations from the list in January. Remember what a hard time I had getting your name on the list originally? I wonder why they did not take your name off the list!

Return of these will suffice for answer.

*you may
Keep extra copy of same
he missed.*

B. E. McBrayer, M.D.



With this first issue of 1967 may I, on behalf of all the personnel in the Area Office, wish you, our readers, a very successful, worthwhile and happy New Year. As we leave 1966, I hope that most of your thoughts in retrospect are pleasant ones.

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Many of you responded to my questionnaire of some months ago concerning our Area publications, "Talking Leaves," and "PHS Personals." It was evident from the replies I received that "Talking Leaves" was well liked and appreciated, but also many worthwhile suggestions were submitted.

As a result of your response I have decided to place our efforts in preparing and distributing this publication once a month.

We shall attempt to bring you information concerning many aspects of our program with articles written by the people who are responsible for such activities.

Editorializing will be held to a minimum and will be prepared by the Indian Health Area Director.

We will also hope to give you more information of the various Service Units, the programs they carry out, the services they

INDIAN HEALTH AREA DIRECTOR'S REGULAR
MONTHLY COLUMN IS CONTINUED ON PAGE 2

TALKING LEAVES

U. S. Department of Health, Education and Welfare; Public Health Service
Division of Indian Health; Oklahoma City Area

Vol. XII, 1

January 1967

NUTRITIONIST ADDED AT TALIHINA

Indian Health Program Expands

By

Miss Doris P. Longman, Chief
Area Nutrition and Dietetics Branch

Public health nutrition services are being augmented in this Area when Miss Agnes Schulz becomes Public Health Nutritionist for the Talihina Service Unit this month.

Consultant services have been provided previously by the Area Office since 1960, and prior to that through the Washington headquarters office of Division of Indian Health. With the appointment of Miss Schulz there can be more focus on nutrition in the 16 county Talihina Service Unit.



Miss Agnes Schulz, new Nutritionist for Talihina Service Unit, is shown with Miss Doris Longman, Chief, Area Nutrition and Dietetics Branch in Area Office.

Miss Schulz, rt., formerly Nutrition Consultant, Division of Maternal and Child Health, Oklahoma State Department of Health, has been with the County Health Department, San Angelo, Texas, for the past year.

Service Unit Directors and other medical officers at Talihina have said that poor nutrition is one of the Indian's greatest problems.

Miss Schulz is well known in Oklahoma from her years with the Oklahoma State Department of Health. She brings a wealth of experience to the job and also a fundamental knowledge of Oklahoma that will stand the Talihina Service Unit in good stead. She is a graduate of Oklahoma State University and obtained a Master's degree from Western Reserve University in Cleveland, Ohio.

Though her office will be at the hospital, the nutritionist will be a part of Field Medical Services, thus expanding services outside the hospital walls. She will be concerned with preventive health services particularly, and will help all staff to keep up-to-date in nutrition. She will also teach patients in

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Plain Talk Continued

IHAD, from Page One

render, and something of the people who have the responsibility for programs.

Changes in policy, personnel, resources, and regulations will be explained in the best way we know.

Our mailing list has been revised to assure that all current tribal leaders will receive copies of "Talking Leaves."

Every effort will be made to have this prepared in such a way that it will be informative, newsy and worthwhile.

We have been much encouraged in the past few months with successful meetings with Indian groups in many parts of our widespread Area. The development of Health Committees gives our Service Unit and Area personnel an opportunity to discuss programs and problems, to learn to know one another better, and to reach a common level of understanding. The end result will enable all of us to do our jobs better.

Again, best wishes and thanks to all of you for your cooperation.

Sincerely yours,

Benjamin E. McBrayer, M.D.
Benjamin E. McBrayer, M.D.



Buy U.S. Savings Bonds to retire on!

NUTRITION AND DIETETICS PROGRAM EXPANDS ---

From Page One

clinics, supplementing the teaching of Miss Eunice Cormack, Chief Dietitian at the Indian hospital.

Nutrition is a dynamic subject with new findings constantly being added. There is also much misinformation on nutrition disseminated through advertising that needs combatting. The staff at Talihina welcomes this extension of health services.

NUTRITIONISTS AND DIETITIANS

WORK TOGETHER

The nutrition and dietetics program in Indian Health provides a unique opportunity for public health nutritionists and dietitians to combine their talents to serve the Indian people in both prevention of illness and treatment of patients. The field nutritionist studies the nutrition problems of the community and counsels and works with the doctors, dentists, public health nurses, social workers, health educators, Extension workers, and with other health disciplines and agencies, in improving the nutrition of the Indian community. The dietitian is especially concerned with the nutrition of the hospitalized patient and management of the dietary department. She works closely with the doctors and with other hospital staff in seeing that the patient receives his proper diet and is instructed about his diet.

The nutritionist and the dietitian supplement each other. They well may work

with the same patient, the dietitian in the hospital and the nutritionist working with other field staff in providing follow-up of the patient after he leaves the hospital.

In the hospital nutrition education is also carried on by physicians and nurses. In the field the public health nurse does considerable nutrition education.

BEDSIDE INSTRUCTION



Mrs. Janice Byrd, Chief Dietitian, new to PHS Indian Hospital, Tahlequah, during this past year, is shown discussing diet with a Cherokee patient.

Mrs. Byrd has been invited to meet with the doctors at the hospital regularly this year to discuss the principles of diet therapy.

Service Units where there are no nutritionists or dietitians, rely on the director of nursing at the hospital and the food service supervisor for hospital food service management. Direction is provided by the nutrition and dietetic consultants from Area Office.

HOSPITAL DIETARY DEPARTMENTS

ARE IMPROVED

Miss Hazel Bolton, Area Dietary Consultant, has done a yeoman job these last several years in establishing the nutritional and cost accounting system for

Talking Leaves



A member of the Delaware tribe is shown receiving diet instruction from Miss Margaret Kellert, Chief Dietitian, at PHS Indian Hospital, Claremore.

Miss Kellert has just completed a highly successful year as President of the Oklahoma Dietetic Association.

hospital food supplies; in providing floor plans for dietary departments, and in getting much-needed approved equipment for the kitchens; in helping to recruit dietitians; to train dietary employees; and to assist in developing the Area program in other ways.

ED. NOTE: For photo of Miss Bolton see Page Four "Talihina Planning Discussed" under caption "Improved Medical Care Objective in a Parley With Architect at the Oklahoma City Office."

With medical and nursing staff from Talihina, she is reviewing schematic drawings to help hospital construction meet Indian Health program needs.

Food service supervisors and food service workers in all eight hospitals are very important to the nutrition and dietetics program and are considered in program planning. As the hospital dietary department becomes

adequately staffed, the dietitian and the nurse are freed to do more patient education.

FOUR HOSPITALS HAVE DIETITIANS

The four larger hospitals of the Oklahoma City Area (Claremore, Lawton, Tahlequah and Talihina) each have a dietitian. Mrs. Ellen Wapp, Chief Dietitian at the Lawton hospital, who is an Absentee Shawnee Indian, is presently involved in preparation for moving her department into the new hospital. Miss Eunice Cormack, Chief Dietitian at Talihina, has just completed a detailed study of dietary department staffing requested by Division of Indian Health. It is part of a study being made at the School of Business Administration, The University of Michigan.

Patient education is recognized to be a great need. The person who is ill most often needs diet counseling. Taking the proper diet in the hospital and at home can be important in preventing return as a hospital patient. More nutrition education is needed also in helping to develop a healthier new generation. Hospital and field health staff are involved in teaching the prenatal patient about her diet and mothers of infants about what to feed the baby. With a nutritionist in the field we can develop nutrition education further.

DR. CARRUTH J. WAGNER TELLS

PUBLIC HEALTH NUTRITION DIRECTORS

Dr. Carruth J. Wagner, Director, Bureau of Health Services, (then Chief of Division of Indian Health); speaking before the Association of State and Territorial Public Health Nutrition Directors, in October of 1965, said:

"Malnutrition among Indians and Alaska Natives occurs as a problem per se such as in anemia, obesity and emaciation and in periodic cases of kwashiorkor and marasmus. Malnutrition more often occurs as a major contributing factor to many other health problems and illnesses.

"Poor nutritional status increases susceptibility to a wide variety of infections and acute and chronic illnesses and reduces the capacity to recover. Repeated episodes of disease deplete nutritional reserves further, retarding physical and mental growth and development in children. Inadequate understanding of the relationship of nutrition to health, together with cultural, economic and social factors, contributes to increasing numbers of nutritional problems reported among Indians."

(For internal administrative use only)
Request information from
Benjamin E. McBrayer, M. D.
Indian Health Area Director
Editor, Sula Saltsman Goodman
Area Public Information Specialist

SERVICE UNITS

Cherokee, N.C.	Will L. Nash, M.D.
Philadelphia, Miss.	M. A. Dawson, Jr. M.D.
Claremore, Okla.	William D. White, M.D.
Clinton, Okla.	J. Gail Neely, M.D.
Lawton, Okla.	William J. Atkinson, M.D.
Pawnee, Okla.	Howard Goldberg, M.D.
Tahlequah, Okla.	Emerson D. Farley, M.D.
Talihina, Okla.	Ralph C. Bailey, M.D.
Shawnee, Okla.	Kermit S. Dugan, M.D.
Haskell Institute	Kenneth L. Koehn, M.D.

Talihina Planning Discussed

John H. Spaan, III, Chief
Area Construction and Maintenance

Preliminary drawings for the modernization and remodeling of the Talihina Indian Hospital were reviewed with representatives of the Choctaw and Chickasaw Nations at Talihina December 15, 1966. Harry J. W. Belvin, Principal Chief, Choctaw Nation, Mrs. Overton James, and Mrs. B. H. Roach, representing

CHOCTAW AND CHICKASAW TRIBAL REPRESENTATIVES
REVIEW ARCHITECT'S DRAWING FOR REMODELING



At PHS Indian Hospital, Talihina, three Indian leaders meet with Indian Health Area Director, Chief, Office of Tribal Affairs, and Service Unit Director to study remodeling plans for Indian hospital which is on land given by Choctaws.

Mr. James, Governor, Chickasaw Nation, attended the conference.

Dr. Ralph Bailey, Service Unit Director, Talihina, explained the proposed changes and how service would be improved when all the work is done.

Dr. B. E. McBrayer, Indian Health Area Director, and Mr. Calvin Beames, Chief, Area Office of Tribal Affairs, were also present.

IMPROVED MEDICAL CARE OBJECTIVE IN A PARLEY WITH ARCHITECT AT THE OKLAHOMA CITY OFFICE



Facing the architect over proposed drawing of plans for remodeling of Talihina hospital, dietary, nursing and medical personnel confer with Mr. Spaan who is sitting at right, and his Assistant Chief, Area Construction and Maintenance, Perry Tennison, who is standing at left.

Dr. McBrayer explained that this was a step ahead in our planning to provide better services to the Indian beneficiaries in the Talihina Service Unit. Dr. Bailey pointed out the various changes that are being proposed and the improvement that would result.

Mrs. James, Mrs. Roach and Chief Belvin indicated that they were very pleased with the planning and the prospects for the future. Area and Service Unit personnel appreciated the opportunity to present this planning phase in an effort to promote better understanding of the program and progress that is being made.

Friday, February 17
1614 N. W. Britton Rd.

Carl, I will try to make this brief. But you know me. I write just as if I had a glass in hand if I think the listener will understand me. Mostly, this is a very lonesome life. So when I write to you I write far too much. Occasionally I lose my temper and then I write those people far too much!

This is about three things. First, to report what went on way up there and filtered down to here as near as I can interpret from the strange ledge upon which I sit. Second, to report something I am doing in the Medical School and how I can utilize ~~by~~ you to my and your advantage in a report I will do, and how you can help me in the study I am making. Third, to share an incident which illustrates the fantastic way in which one works with newspapers, so that "technical consultation" on a Form 57 seems a strange way to describe how one helps a Federal administrator with the news world.

*Harris
interest in
Spain
black
OGH
mold*

*Victor
lonesome*

1. Because other things were going on which had political connotations, ~~and~~ a Personnel Officer in Bureau of Health Services, who has had the Indian Health assignment, was being ^{also} sent to Oklahoma City to spend a week --- Sula's seeming dissatisfaction was indicated to him so that he could interview the "trouble maker." From his personnel point of view, the problem seemed to be misclassification. So what is his recommendation? Appeal. This leaves me no other recourse.

In this type of thing Civil Service will review the justification for a higher grade only on the current statements of my Supervisor as to what he would like for me to do on my job. The past is OUT. So this will be a very strange and not very true appraisal, and it may very well limit me so in the future as to what I shall be allowed to do, that life will not be worth living in this job. But all this must be faced somehow, someday --- and I am not getting younger.

You will be interested that I have an appointment March 3rd with Hugh Strickland who is in the Personnel Office of BIA, Muskogee. We will work in his office after dinner. He will review my tentative materials and try to help me get them in a form which will not be offensive to Personnel and Civil Service type people. (Although I would shrivel up and die in their environment, when it comes to their language and mine I have to admit I have not mastered the two very different worlds of personnel management and newspaper reporting. It seems that already the medical world is influencing my writing to such an extent the newspaper people laugh. I am going to have to spend some time in our part of the world where people use four letter words, to overcome this four syllable handicap!) *Should I overcome verbosity, or drink more Scotch?*

While in Muskogee I shall learn all I can about the coming retirement of Marie Wadley whose work just now intrigues me. Instead of Tribal Relations they have her bringing together all the materials of related agencies - Federal, State and local - with whom Indians should work to speed up their industrial and employment development. How I wish they could hire a GS-9 (which is the grade they could legally give me) with the idea that I could be advanced if necessary to do the job. Ideally, they could combine that work with a small amount of needed public information. But it is just too good to come true in this world!

2. I am completing the last two hours credit on my Minor in Preventive Medicine and Public Health at the Medical School. The Major for the Master Degree is Journalism. (This was real pioneering to get these two schools to cooperate to allow me to do this. Since, a number of people have obtained their Master degrees and will do the medical and public health world some good. Whether I ever get my degree is not so important to me as keeping perspective on the job I am in.) This last course is Advanced Public Health Administration. My assignment is to do a County Health Department Program Plan for Latimer County, one portion or program in detail for a span of two years.

Tentatively, I am thinking this will be planning how the local part-time physician who serves as Director, and the full time Public Health Nurse, who is a wizard and dedicated, could challenge a local Volunteer Agency, such as Heart, to take the lead in community involvement in prevention and control of chronic diseases ~~which~~ known to be affected by DIET. My plan would then involve as consultants the dietitians and nutritionists available in the local General Hospital at Wilburton; the State TB Sanatorium nearby; and the Federal PHS Indian Hospital, where we have recently established a new position of Nutrition Officer.

In my report I would like to interview you, supposedly on one of your trips to your District, and portray you as keenly interested in the possibilities of a growing population in Latimer County based on so many people retiring these days and that being a developing section for this. To a County Health Department such growth ~~would~~ justify extra effort being extended to serve this particular population. I would use your statement to support recognized awareness of the possible need. Who reads such reports is very limited --- but frequently they are people who have influence. With your permission, I would like to pursue my studies, decide what you should have said, and send it to you for your "clearance," and editing in the light of your own understanding of that section and your District.

I would appreciate it if your office could supply me a confidential list of the people in that section whom I should interview to be up-to-date on the County as a County. I would then solicit their views on various aspects of health in Latimer and incorporate their comprehension into my report.

If at all possible I would supply you with a carbon copy of the Report for your own file on Latimer County. The statistics would be valuable because currently checked out in State Health Department, etc. Also, the State Health hopes and plans would be revealed therein.

3. We have an Assistant Nurse Officer retiring for whom the Agency would very much like to have some local publicity --- and she would ~~like~~ enjoy it. I have given the newspaper two ideas which were damned good on which they could well interview her for public interest. City Editors were not interested. Said too many Federal agency personnel were retiring under this 5% deal and they had carried too many retirement s. Stale stuff.

Well I know that around February 22 they always try to find a new angle on George Washington, and it grows harder every 100 years. So I put my mind on some angle with which I could horse trade with them. They were just zany enough to go for this ----

Once at a cocktail party I heard one of the City Editors ^{seen pictures} who thought he was so funny say, "We've always ~~heard~~ of ~~George~~ Washington crossing the Delaware, but in Oklahoma we've never seen a Delaware crossing Washington!" (meaning the street in northeast part of town)

So I offered to find ~~them~~ a Delaware for them to photograph crossing Washington, if they would interview my Assistant Nurse Officer.

When you read about Melvin Longhorn, a responsible part-time minister who works in our Financial Management Branch, ~~crossing~~ crossing Washington Street in Oklahoma City, you will know that ~~this~~ this Indian has a fine respect for me or he would not bow to such absurdities.

The irony for me will be the work involved in studying my reports, and my Position Description which was written down by my current Supervisor in an attempt to cut my activities down to my ~~xxxxxx~~ level of pay, hunting for examples of work he asked me to do and would not want me to stop doing, which show me taking more responsibility than the Civil Service Standard Classification describes as GS-7.

For instance: "PIS GS-7 do not determine the content nor subject matter of the information material they prepare. They receive their assignments from the supervisor."

The assignment could have been "Get story on Dexheimer retirement." But how do you show that in order to do this, one has to get the Voucher Examiner crossing Washington street on February 22nd?

How wonderful to be able to at least share this with you, and know that you see the appalling incongruity of all this with the value of the work which has been and still is being done despite fantastic hazards.

Pray for me to keep perspective.

Sula

When my Step Increase comes thru, they will be paying me more than they would have to to grade me more correctly at GS-9. This is the lowest rung of what they consider "professional" -- which is the crux. To a medic, no newspaper person is professional.