

# COMMUNITY HEALTH EDUCATION

NEWSLETTER - JUNE/JULY 2022



## Sault Tribe Partners for National Trails Event!

Sault Tribe Health Education in partnership with the Sault Ste. Marie Building a Healthier Community Coalition organized a scavenger hunt to celebrate National Trails Day. The event was open to the public throughout the month of June. Twenty-two individuals participated in the trail event.

Participants were invited to visit seven local trails, registering their visit on the Sault Convention and Visitors Bureau app. Participants were encouraged to take a 'selfie' with a wooden gnome that was hidden along the trail and share the photo on social media with the challenge hashtag, #gnomeyourtrail.

Community partners organizing the event provided prizes for participants who completed either 2, 4, or all 7 of the trails. Prizes included a custom Sault Ste. Marie bandana, a small flashlight, compass, or insulated carabiner mug depending on number of trails completed. Twenty-two hikers completed 2 trails, 14 hikers completed 4 trails, and 7 adventurous people completed all 7 trails. Participants completing all 7 trails were also entered into a drawing for a DoubleNest Eno Hammock and other items.

Bird's Eye Outfitters hosted the registration for the trail event on June 4th. Interested trail seekers were able to pick up event information including the event QR code and trail instructions, information on the "7 Leave No Trace Principles," and the 7 Grandfather Teachings. The Spirit Stone Trail, the North Country Trail, and the OUTHouse Consortium also assisted with educational materials and prizes.

Sault Tribe Health Education, Sault Ste. Marie Building a Healthier Community Coalition, and area partners encourage families and hikers to use trails for a healthy form of physical activity. The CDC states, "Having access to places for physical activity, such as parks and trails, encourages community residents to participate in physical activity and do so more often." For more information on the American Hiking Society's National Trails Day please visit <https://americanhiking.org/national-trails-day/>.

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Wooden gnome located at each of 7 trails for the scavenger hunt

## Sault Tribe Health Education Seed Distribution Events



Sault Tribe Health Education partnered with Michigan State University Extension FRTEP to offer Sault Tribe members free seeds, or minnkaanensan. Recipients were able to choose which seeds they were interested in receiving out of a wide variety of seed kits, including a three sisters kit (corn, beans, squash), a pizza kit (tomatoes, peppers, basil, onion), a salsa kit (jalapeños, tomatoes, cilantro, onion), or a kids choice kit (watermelon, pumpkin, snap peas, rainbow carrots).



The Seed Distribution Events were highly successful. Approximately 290 Sault Tribe members signed up to receive seeds for themselves or their families. A Sault Tribe member stated "I am very pleased and grateful for the seed kit and little cookbook. I will be planting the kids choice seed kit with my 7 year old grandson."

## The 7 Principles of Leave No Trace

Use these principles to continue the efforts of keeping public lands wild, and reducing human impact on these lands!



### Plan Ahead and Prepare

Know before you go! Check the weather, local regulations, and trail conditions. Know your group's abilities and how to use your gear.



### Travel and Camp on Durable Surfaces

Only use established trails and sites. Know the local camp regulations and disperse your



### Dispose of Waste Properly

Do not leave behind orange, banana, or apple peels. Pack out all garbage, including hygiene products. Know how to properly dispose of human and pet waste.



### Be Considerate of Other Visitors

Use the Right of Way rules. Keep pets on leash at all times, and camp at a distance from others. Use quiet voices and be respectful with the use of electronics, music, and drones.



### Leave What You Find

Do not collect natural items or move them. Be aware of local invasives and prevent their spread through transportation. Help preserve historical or cultural sites.



### Minimize Campfire Impacts

Know your local campfire and stove regulations. Use branches you can easily break, and completely burn out or extinguish fires. Do not cut green material from trees.



### Respect Wildlife

Use the "rule of thumb." Avoid wildlife during sensitive times. Use proper food storage procedures and keep pets under control.

## Sault Tribe Health Educators Level 2 Kayak Certification



Two Sault Tribe Community Health Educators, Maddy Lamma and Lyndee Zeigler, attended a Level Two American Canoe Association (ACA) Kayak Instructor Certification Workshop (ICW) in Annapolis, Maryland in June. Tom Nickels of Riverwind Kayak organized, facilitated, and instructed the course. Both Health Educators participated in the Instructor Development Workshop (IDW) and passed the Instructor Certification Exam (ICE), becoming newly certified Level 2 Kayak Instructors.

Lamma and Zeigler were able to advance their ACA Level One Kayak Instructor knowledge and skillset, as this course taught the essentials of kayak touring. Education and proficiency in kayak touring allow paddlers to safely and enjoyably kayak on lakes, calm protected ocean environments, and other flatwater settings.

The Sault Tribe Health Educators will utilize their new certification in the Nibi (water) Program. The Health Educators plan to offer paddling excursions for the Physical Activity Program patients to provide them the opportunity for more varied types of physical activity outdoors in the summer months. They will also be offering kayak instruction combined with water teachings by Traditional Medicine to YEA students from the Sault, Hessel, St. Ignace, Manistique and Escanaba. Community Health wishes you a fun and safe kayaking adventure this summer.

### Summer Safety Tips

Summertime means longer days, sunshine, picnics, barbecues, and kids out of school. Here's how to make the most of your summer and stay healthy, too.

- 1. Move more and sit less.** Summertime is filled with plenty of activities to enjoy, such as hiking, canoeing, etc.
  - a. Exercise in the morning or evening, when it is cooler outdoors, or choose to work out in an air-conditioned building.
  - b. Wear light-weight, light-colored, loose-fitting clothing to help sweat evaporate and keep you cooler.
- 2. Eat a healthy diet.** Summertime provides a vast array of delicious fruits and veggies to make any meal healthier.
  - a. Wash fruit and vegetables before using, in case bacteria are present on the rind or peel.
  - b. Wash hands, utensils, containers, and work surfaces before handling food to prevent bacteria.
  - c. Follow food safety guidelines - keep cold foods in an insulated cooler and bring a thermometer for grilled foods.
- 3. Hydrate.** Drink plenty of water and do not wait until you are thirsty to hydrate. Water assists our bodies to sweat and cool down naturally.
- 4. Wear sunscreen and insect repellent.** Use a broad-spectrum sunscreen with a sun protection factor (SPF) of at least 30. Put more on at least every 2 hours, and after swimming or sweating. Use insect repellent and wear long-sleeved shirts and long pants to prevent mosquito bites and ticks.

Centers for Disease Control and Prevention. (2019, May 17). CDC's eight tips for safe and healthy summertime work and play. Centers for Disease Control and Prevention. Retrieved May 25, 2022, from <https://www.cdc.gov/media/releases/2019/p0517-eight-tips-healthy-summer.html>



**Anishinaabemowin Wellness Phrase:**  
**G'binaadizwin aawan g'manidookewin. Weweni  
baamasen dash.**  
**Your life is your ceremony, so walk in a good way.**

# COMMUNITY HEALTH EDUCATION PROGRAMS

## Good Health and Wellness in Indian Country (GHWIC) Grant

Policy and Environmental Changes to Prevent Obesity  
Changes to Prevent Commercial Tobacco Use  
Community Clinical Linkages to Prevent Type 2 Diabetes  
Community Clinical Linkages to Prevent Heart Disease and Stroke  
Contact: Heather Hemming at 906-632-5210

## Tribal Practices for Wellness in Indian Country (TPWIC) Grant

Seasonal and Cultural Activities for Well-being  
Intergenerational Learning for Resilience  
Indigenous Physical Activity  
Contact: Heather Hemming at 906-632-5210

## Nicotine Dependence Program

Sault Ste. Marie	906-632-5210
Hessel	906-484-2727
St. Ignace	906-643-8689
Manistique	906-341-8689
Escanaba	906-786-2636
Munising	906-387-4614
Marquette	906-265-1616
Newberry	906-293-8181

## Physical Activity Referral Program

Chi Mukwa (Big Bear) Arena  
Sault Ste. Marie  
906-635-4991 or 906-635-4994



## HEALTH EDUCATION TEAM

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