

# COMMUNITY HEALTH EDUCATION


NEWSLETTER - AUGUST/SEPTEMBER, 2022



## Mark your Calendars for the Community Health Fairs!



### Health Fair Schedule:

-  Sault Ste. Marie | September 19 | Big Bear Arena | 11am to 2pm
-  Kinross | September 21 | Kinross Rec Center | 1pm to 3pm
-  St. Ignace | September 28 | Little Bear East | 11am to 2pm
-  DeTour | September 30 | DeTour Health Center | 9am to 11am
-  Hessel | September 30 | Hessel Health Center | 1:30pm to 3:30pm

Sault Tribe Community Health is hosting health fairs this fall. Tribal and community members are encouraged to attend the drive-thru events to receive the flu shot, a COVID-19 vaccination, as well as a health and wellness goodie bag which will contain educational handouts with topics including: tobacco cessation, diabetes and hypertension management, nutrition, physical activity, and more.

If you would like more information regarding the Sault Tribe Community Health Fairs, please call Sault Tribe Community Health at (906) 632-5210.

## Kayaking with the YEA Circle of Life

In July, Sault Tribe Health Education and Youth Education & Activities Programs collaborated to host a Circle of Life Event at Soldier's Lake in Raco, Michigan.

YEA Programs across the Sault Tribe 7-county service area – including Hessel, Manistique, Sault Ste. Marie, and Rudyard – attended the event. Approximately 30 children, plus student workers and YEA Coordinators from each location, participated in the event.

At the event, youth were divided into groups and rotated between kayaking and land-based physical activities. Participants learned basic paddle strokes, water safety, and the importance of play as exercise.

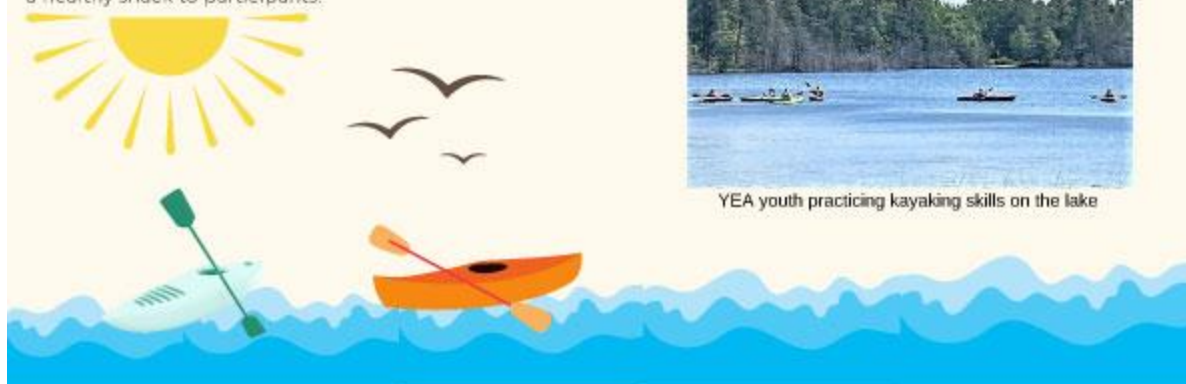
Sault Tribe Registered Dietitians attended the event and provided a healthy snack to participants.



YEA youth learn kayak skills and safety instruction from Health Educators



YEA youth practicing kayaking skills on the lake



Mackinac County's Project Backpack volunteers distribute backpacks for the drive-thru event



## Mackinac County's 2022 Project Backpack Recap

Sault Tribe Health Education Program participated in Mackinac County's Project Backpack in August. Project Backpack is a community effort to provide backpacks and school supplies for families with school-aged children. At the drive-through event, the Sault Tribe Health Education Program provided an educational handout on physical activity for youth, as well as jump ropes encouraging youth to "Be Active: Aabiji Maajiin."

Project Backpack showcases how Mackinac County rallies around students and their families to provide the best tools to start the school year off right. Thanks to donations from a variety of community organizations and individuals, Project Backpack was able to distribute 144 backpacks filled with supplies to 70 families for the 2022-2023 school year.



## Sault Riverfest Event Success

On August 20, the Sault Ste. Marie Building a Healthier Community Coalition (BHCC) collaborated the Chippewa County Community Foundation Bird's Eye Outfitters to host the Sault Ste. Marie Riverfest Event. This was Sault Ste. Marie's fifth annual Ultimate Paddle Day, now renamed the Sault Ste. Marie Riverfest. The event included two canoe races, frog fishing, yoga sessions, a battleship challenge with canoes and water guns, and a lazy float on a tube down the St. Marys River. The coalition organized the event to attract community families and highlight the area's many opportunities for outdoor and water-based activities.



## Fun Fall Family Festivities!



Hike local trails and enjoy the fall colors



Visit a pumpkin patch



Cook a healthy, hearty soup



## Kinross 5K Color Run Fun

Also in August, the Kinross Building a Healthier Community Coalition (BHCC) hosted the 2nd Annual Kinross 5K Color Run. The event was sponsored by the Sault Tribe Good Health and Wellness in Indian Country (GHWIC) grant, Good News Church in Kincheloe, the Kinross Food Coop and the Soo Coop Credit Union. A total of 25 community members participated in the 5K run and/or the 1-mile run. The races were free of charge for Sault Tribe members and proceeds from the race went toward improvements at the Kinross Recreation Center.





### Anishinaabemowin Wellness Phrase:

Endso giizhigat n'wii mino bmaadiz

Every day I will live healthy

## Welcome New Health Educator, Tina Robinson!



The Sault Tribe Health Education Program is excited to announce a new Health Educator and ACSM Certified Exercise Physiologist, Tina Robinson, who will be working in the Physical Activity Referral Program, located at the Big Bear Arena. Tina brings a wealth of knowledge in Cardiac and Pulmonary Rehab, which will be a huge asset to the program. Tina graduated from Lake Superior University with a Bachelor's Degree in Exercise Science. Tina says she chose to study exercise science because she saw how much her grandma enjoyed her cardiac rehab after her heart event and wanted to learn more about it.

Tina is looking forward to seeing how the program impacts people's lives and seeing the interest that develops from learning something new or rediscovering something that hasn't been on their radar for years. Furthermore, Tina says another rewarding part of the job is assisting people in achieving their physical fitness goals and seeing the satisfaction and confidence they see within themselves.

Tina and her husband have five children together between the ages of 14-25 and two grandchildren, ages 2 and 3. They have three dogs and one cat. In her free time, Tina enjoys reading, hiking, and camping. Additionally, she enjoys making things with her hands, such as baking, crafting, sewing, painting, beading, gardening, repurposing items, home remodeling, and building things. If you'd like to reach Tina, you can email her at [trobinson@saulttribe.net](mailto:trobinson@saulttribe.net) or by calling (906) 635-4991, x54678.



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