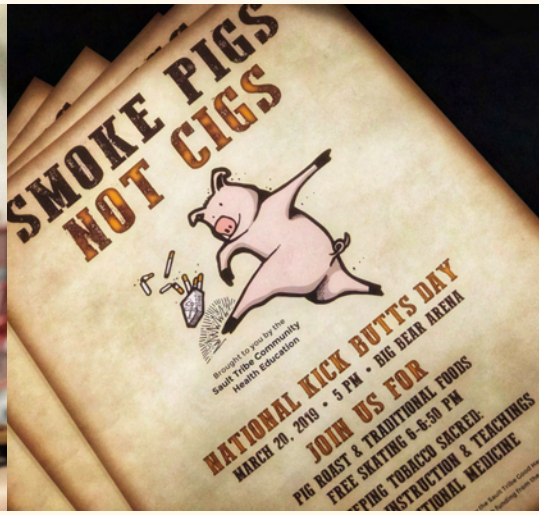
COMMUNITY HEALTH EDUCATION

NEWSLETTER - APRIL, 2019

Committed to Giving You Our Very Best



Health Educators Offer E-Cigarette Prevention Education to EUP Youth

This Spring, Sault Tribe Community Health Education brought e-cigarette prevention efforts to hundreds of students at local schools. E-cigarette use among youth has skyrocketed in the past few years - combating this epidemic is a top priority for Health Education's Nicotine Dependence Program. According to the Centers for Disease Control and Prevention, e-cigarettes are the most used form of tobacco among youth. Within our local communities, school systems are reporting similar findings.

In Sault Ste. Marie, Health Educators Mary-Ellen Hemming and Charlee Brissette spoke to JKL Bahweting 1st graders about avoiding cigarettes and e-cigarettes. Mary-Ellen also provided e-cigarette prevention information to Sault middle and high schools.

In Mackinac County, Health Educator Samantha Radecki partnered with the LMAS Health Department and MSU Extension to deliver e-cigarette prevention workshops to all LaSalle High School students in St. Ignace. These interactive workshops discussed the chemical components of many e-cigarettes (i.e. nicotine, diacetyl, vegetable glycerin, propelene glycol, and an array of other chemical flavorings) and their potential detrimental health effects (i.e. popcorn lung and nicotine addiction). The workshops also informed students about advertising that targets young people, about the highly addictive nature of nicotine and about identifying e-cigarette misinformation (i.e. busting myths such as e-cigarettes being "healthier" than cigarettes).

Samantha's team also surveyed all of the high school students to learn more about their beliefs, thoughts and potential e-cigarette use and they urged the school system to put up anti-vaping signage (example to the left). In the coming months, Samantha and the other health educators will present the e-cigarette prevention workshop to all Mackinac Island students and to community leaders in Mackinac County.

Youth E-Cig Prevention cont.

In Schoolcraft and Chippewa counties, health educators David Wesoloski and Mary-Ellen led National Kick Butts Day events aimed at combating the youth e-cigarette epidemic. In the west end, David's "Skate, Not Vape" event in Manistique drew nearly 100 youth and their family members. In Sault Ste. Marie, Mary-Ellen's "Smoke Pigs, Not Cigs" program drew close to 90 attendees. At both events, students pledged to be cigarette and e-cigarette free.

Yoga Sessions Offered for St. Ignace YEA Students

To help youth remain physically active throughout the winter months, Samantha Radecki partnered with St. Ignace YEA coordinator Sue St. Onge to offer bi-monthly yoga sessions to the YEA students.

In addition to guiding physically strenuous poses for strength and flexibility, Samantha also led students through short meditations, breathing practices and discussed ways to ride the waves of emotions and experiences.

In total, 12 students were served and they all enjoyed the practice and expressed their gratefulness for the classes.

Teen Health Fairs: Pickford April 12 & DeTour May 1

This month, our Community Health Educators are gearing up for two upcoming teen health fairs. First, scheduled for April 12th is the Chippewa County 2019 Teen Health Fair from 8 a.m. to 12 p.m. at Pickford Public Schools. Then on May 1st, a second teen health fair will be presented to DeTour students. At both fairs, Sault Tribe Health Education will provide educational materials for grades 6 through 12 on topics including vaping/e-cigarettes, commercial tobacco use and physical activity.

In Pickford, Sault Tribe Registered Dietitians will also provide healthy breakfast information. All Pickford youth attendees, we expect to see about 200 students, will receive a cinch bag and a water bottle in the Pickford school colors.

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Booshke Giin – *It's Up to You*

CHE Spotlight: Lisa Myers

Lisa Myers is Community Health Education's Health and Wellness Manager and she oversees the entire health education team and their various programs and grant projects. She has been with Sault Tribe Community Health since 2012 and in the past seven years, Lisa's played a major role in procuring and managing more than $10 million in grant funding to combat chronic disease and to improve the health of our tribal members and communities.

Her work is currently focused on increasing physical activity opportunities, increasing access to healthy, indigenous foods and creating more smoke-free environments. She says her favorite thing about her job is improving the quality of life of those she serves.

Lisa holds a Master of Science in Community Service from Michigan State University and an Associate's degree in Child Psychology and a Bachelor of Science in Psychology from Lake Superior State University. She has worked in the education, social services and community service arenas for more than 35 years. Right now, she oversees all of Community Health Education's programs including the Nicotine Dependence Program, the Physical Activity Referral Program, the Good Health and Wellness in Indian Country grant projects, the Tribal Practices for Wellness in Indian Country grant projects and the National Indian Health Board Colorectal Cancer Screening grant project.

She and her husband Rick have lived in Sault Ste. Marie for the last 30 years. They have two grown children, Jeremy and Amber, and a grandson, Hudson (pictured with Lisa). Lisa loves being a grandmother and spending quality time with her grandchildren. She has another grand-baby that's due to join her family in July – and she can't wait! She and Rick now share their home with two dogs, two cats and three horses – most of which they rescued. Her favorite season is summer and she's looking forward to the sun, the warmth and the water.

If you'd like to connect with Lisa and learn more about her work and programming, email her directly at lmyers@saulttribe.net.

St. Ignace Inter-Generational Garden Info Session: Scheduled for April 22 at NEW Elders Center

This spring, Community Health Education is bringing an inter-generational garden to the new elders complex in St. Ignace. On April 22nd, Charlee Brissette will lead an informational session to share project goals and details.

This garden project will include a mentor-ship aspect - where St. Ignace youth will partner with elders center residents to build raised bed gardens, plant crops and maintain the gardens throughout the year.

To see this garden flourish, Community Health has partnered with MSU Extension's FRTEP educator Kat Jacques who will share horticultural expertise with the participants. She will educate the group on how to build and maintain their gardens and on the benefits of harvesting your own food.

To learn more about this project, contact Charlee Brissette at cbrissette@saulttribe.net.

HEALTH EDUCATION TEAM

Lisa Myers, MS
Health and Wellness Manager
lmyers@saulttribe.net
(906) 632-5210 EXT. 45255

Charlee Brissette, MS, ACSM EP-C, NASM CES
Community Heath Educator
cbrissette@saulttribe.net
(906) 632-5210 EXT. 45241

Mike Goetz, BS, ACSM EP-C
Diabetes Fitness Trainer
mgoetz@saulttribe.net
(906) 635-4994

Samantha Radecki, MPH, TTS, RYT-200
Community Health Educator
sradecki@saulttribe.net
(906) 6643-8689 EXT. 34532

Heather Hemming, BS, ACSM EP-C
Health Education Supervisor
hhemming@saulttribe.net
(906) 632-5210 EXT. 41372

Josh Firack, BS, ACSM EP-C
Community Health Educator
jfirack1@saulttribe.net
(906) 632-5210 EXT. 54991

Mary-Ellen Hemming, BS, TTS, ACSM-CPT
Community Health Educator
mhemming@saulttribe.net
(906) 632-5210 EXT. 41373

David Wesoloski, BS, TTS, CHES
Community Health Educator
dwesoloski@saulttribe.net
(906) 341-8469 EXT. 29573

UPCOMING EVENTS

Sports Gear Donation Drive
Kinross - April 1st through May 15th

Teen Health Fair
Pickford - April 12th

Inter-Generational Gardening Info Session & Chair Yoga Demo
St. Ignace - April 22nd

Youth E-Cigarette Prevention Workshop
Mackinac Island - April 25th

Teen Health Fair
DeTour - May 1st

Women's Gathering
Manistique - May 7th

Sports Gear Giveaway Event
Kinross - May 15th