

COMMUNITY HEALTH EDUCATION

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Sault Tribe Health Division Vaccinates Hundreds Across the 7 County Service Area!

As the COVID-19 pandemic continues to affect all corners of the world, the Sault Tribe Health Division has made tremendous efforts in dealing with the pandemic and easing its burden on the Sault Tribe community. In a rapidly changing environment Sault Tribe Health Officials have been shifting as often as necessary to keep up with the demanding affects of the pandemic. On December 15, the Sanderson Field Municipal Airport welcomed a U.S. Coast Guard helicopter bearing the first shipment of the Pfizer-BioNTech vaccine. Health Director Dr. Leo Chugunov and Assistant Director Joel Lumsden were there to receive it.

The Health Division worked tirelessly to arrange the first vaccination clinic at the Sault Tribe Health Center, where Health Division employees across the seven county service area were offered the vaccine. According to an early online survey, only 16% of health division employees initially expressed interest in receiving the vaccine, however by the completion date of this publication Dr. Chugunov estimates that close to 50% of health division staff have been vaccinated. Additionally, due to the pleasant surprise of having more Pfizer-BioNTech vaccine solution than originally anticipated, this first clinic was opened up to a select number of highest-risk tribal elders.

"I feel like I won the lottery!" said Dalinda Brissette, who was among the first of the tribal elders to receive the Pfizer-BioNTech vaccine. In early December during heightened anticipation of vaccine approval, Health Division officials developed a priority list for vaccine distribution to ensure efficient vaccine clinic operations.

As more vaccines are delivered to Sault Tribe, staff across all departments are diligently collaborating to create vaccination clinics to reach as many people as possible. After having had two successful vaccine clinics, Dr. Chugunov has stated **"I have faith in both vaccines. We will see the results in the next couple of weeks."** Rae Ann Brand, NP, who has been instrumental in organizing the clinics, states **"We had a total of 1,342 people vaccinated over the last four days,"** speaking of the vaccine clinic that took place January 5, 6, 7. Both Brand and Dr. Chugunov expressed tremendous gratitude for the Health Division staff and Chi Mukwa (Big Bear) staff for working so quickly to organize these clinics.

For more information please refer to the [Sault Tribe website](#) or the [Sault Tribe Health Division website](#).

"I know how fortunate I have been to receive this vaccine! I feel a bit more safer and somewhat relieved to know that I am protected. However, I know it's still important to social distance and wear your mask. I urge everyone to get vaccinated as soon as they can. Vaccine is good medicine that saves lives!"

-Cathy Abramson, tribal elder.



Coast Guard helicopter delivering the first round of the Pfizer-BioNTech COVID-19 vaccine on December 15, 2020

Sault Tribe Behavioral Health for Staying Well amid Pandemic

The COVID-19 pandemic has affected people worldwide, not only physically but mentally and emotionally. Alexa Jones from Sault Tribe Behavioral Health (STBH) states, **“We have seen drastic increases in depression and anxiety specifically, but have also seen symptoms of other diagnoses exacerbated in response to the pandemic.”** STBH notes that these increases have been across all ages, those with diagnosed mental health disorders, and those with no history of mental health symptomology.

Jones also states that there are likely several pandemic-related reasons for the rise in mental health concerns, which include: **“isolation/decreased socialization, job loss/financial difficulties, lack of accessibility to services, struggles with childcare, etc.”** STBH has adapted through the pandemic and can conduct appointments over the telephone or video and in-person if the situation warrants.

It's important to be mindful of not only your physical health, but your mental and emotional health during this time as well. STBH provides informational handouts to consumers to assist with managing anxiety, coping with stress, as well as assisting kids with their well-being at home.

Please contact **Sault Tribe Behavioral Health** at (906) 635-6075 if you or anyone you know struggles with mental or emotional health concerns. The department's **urgent care services** are available Monday-Friday from 8a-5pm, and anyone can utilize these services. Staff can assist with signing people up for services, and even help access services elsewhere if necessary.

MANAGING CORONA VIRUS (COVID-19) ANXIETY

BlessingManifesting

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques



Tips for Goal Setting

FROM COMMUNITY HEALTH EDUCATION

- **Set & Achieve small "Wins" - this will help develop consistent action toward a desired goal.** -David Wesoloski
- **Make them attainable, measurable, relevant and time-based.** - Maddy Lamma
- **Identify challenges you may face with achieving your goal, and ways to cope with challenges, Your goals should be revisable, behavior-focused, and enjoyable.** -Lyndee Zeigler
- **Be kind and gentle with yourself. If at first you don't succeed, try again.** -Mary-Ellen Hemming
- **Give yourself a timeline and be realistic.** - Josh Firack
- **Find your reason why this goal is so important to you, and never lose sight of that.** - Charlee Brissette

ANISHINAABE WELLNESS PHRASE

Gana/wenin/didaa

Let's look after/care for each other.



Debunking Wellness Myths Series: Part 1

Keeping a healthy well-being is essential to everybody. As a result, society has become increasingly health conscious. More and more information is coming out on how to lose weight, how to get fit, how to eat, sleep, and breathe – however, how do you know if the information is based in science or not?

Community Health Education would like to set the record straight and help you separate fact from fiction in our four part **Debunking Wellness Myths Series**.



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Myth: Weight training will make you "bulky" and won't help you lose weight.

Fact: Many individuals, women especially, shy away from lifting weights because they fear that it will make their bodies look "bulky" rather than helping them slim down. There are many ways lifting weights changes your body, but bulking up is not one. Only intense strength training, along with certain genetics, can build large muscles.

In fact, lifting weights or doing activities like push-ups and crunches on a regular basis will help you build strong muscles and, in turn, help you burn calories more effectively. Muscle tissue burns around three times more calories than fat tissue.

Myth: You can spot train the body.

Fact: Abdominal crunches for a flat stomach? Tricep exercises for bat wings? Spot training is the idea that you can cause weight loss or muscle definition in one area without affecting other parts of the body. This myth is particularly persistent because everyone wants it to be true. Wouldn't life be easier if we really could get buns of steel after a few sets of squats and bridges? Sadly, research performed by the National Institute of Health indicates that it is anatomically impossible.

While you can target a certain muscle and grow its size and strength, you cannot burn fat from a certain area. Fat loss happens across the body, not in pockets or specific areas. And unfortunately, you cannot choose where the loss happens. Every person, given their bio-individuality, will have areas that are easier to lose fat and other areas that are more stubborn to lose fat.

Myth: Stress is the same for everybody and all stress is bad for you.

Fact: Stress is completely different for every person – what is stressful for one person might not be stressful for another. We each respond to stress differently and have different ways to manage it. And stress isn't necessarily bad for you. Stress is to the human condition as tension is to the violin string: too little and the music is dull and raspy; too much and the music is shrill or the string snaps. The issue, really, is how to manage it. Managed stress makes us productive and happy; mismanaged stress can be detrimental.

Myth: All skinny people are healthy and overweight people are unhealthy.

Fact: Being "skinny" or "thin" doesn't necessarily mean someone is healthy, just as being overweight does not mean a person has health problems. Every person holds fat differently. And there are many factors that affect a person's health; weight and body fat percentage are just a couple of those factors.

You can be thin and healthy. You can also be fat and healthy. Health is not dependent upon one's body size. Instead, I'd encourage you to shift your mindset to practicing healthy habits, such as performing pleasurable movement, nourishing yourself with whole foods, employing a self-care and sleep routine, and practicing mindfulness.

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