

# COMMUNITY HEALTH EDUCATION

NEWSLETTER - DECEMBER, 2019



## CDC Invests in Indian Country with New GHWIC Grant Program

Sault Tribe Community Health Education is pleased to announce they have been awarded a second Good Health and Wellness in Indian Country (GHWIC) grant from the Centers for Disease Control and Prevention (CDC). GHWIC is the CDC's largest investment in improving health among American Indians and Alaska Natives. The 5-year, \$98 million program, is designed to support a coordinated, holistic approach to improve healthy living and prevent chronic disease across Indian Country. Sault Tribe is the recipient of one of the 27 grants awarded in the nation.

Sault Tribe Community Health Education's 2019-2024 GHWIC project will implement strategies designed to:

- Reduce rates of death and disability from commercial tobacco use, diabetes, heart disease and stroke,
- Reduce the prevalence of obesity, and
- Prevent other chronic disease risk factors and conditions.

To successfully achieve these goals and improve the health and well-being of Sault Tribe members, Community Health Education will use evidence-informed and culturally-adapted strategies. Specifically, the health educators will work toward:

- Increasing physical activity,
- Reducing the prevalence of commercial tobacco use,
- Reducing the incidence of Type II Diabetes, and
- Reducing the prevalence of high blood pressure & high cholesterol.

According to Lisa Myers, Community Health and Wellness Manager and Principle Investigator of the GHWIC award:

**"This new Sault Tribe GHWIC program will provide our health staff the opportunity to expand upon the successes of our first Good Health and Wellness in Indian Country project that ended in September.**

**It will also allow us to collaborate with our community coalitions and leaders to continue to improve health, prevent chronic disease, and reduce health disparities among Sault Tribe members with the highest risk or burden of chronic disease.**

**We are very excited to continue working to improve the health of our people with the support and funding from the CDC."**



Lisa Myers and Heather Hemming at the 2019 GHWIC grantee meeting in Albuquerque, New Mexico.



# How to Enjoy Winter in the UP - Try Shifting Your Mindset

A Word from Health Educator Charlee Brisette

An article (by Fast Company) was recently circulating the internet speaking of how Norwegians celebrate the long, dark winter months they experience. Keep in mind, Norway is much further north than we are here in the U.P. - where they can go months at a time with the sun not even breaking the horizon - and despite this, Norwegians savor the winter season! So, how do they do it *and* what can we learn from them? The insights shared below could help make your UP winter worth savoring as well.

- **Spend time with friends and loved ones, in person**, not just on the phone. Having a close social circle is key for overall well-being.
- **"There is no such thing as bad weather, just bad clothing."** Dress appropriately for the weather; layer up, invest in good boots, jackets, hats and gloves.
- **Embrace coziness:** drink warm comforting beverages, layer on the sweaters, snuggle in the blankets, build a fire if you can.
- **Make a conscious effort to not participate in the "Misery Olympics"**, instead of commiserating with your friends about the winter, talk about skiing, snowshoeing or new books to read by the fire.



## West-End Winter Activities

In Marquette, Alger, Delta and Schoolcraft Counties - the opportunities for outdoor winter activity are endless! The trails are abundant and they're ideal for snow shoeing, cross country skiing and winter hiking. Additionally, there are many indoor activities offered at no cost to tribal members. Health Educator David Wesoloski pulled together the available winter resources below. So, research where you want to go, bundle up and enjoy!

### Outdoor Fun!

- **Marquette County:** Hogsback Mountain Trail; Sugarloaf Mountain Trail; Noquemanon North & South Trail; Iron Ore Heritage Trail; See more at <https://www.alltrails.com/explore/us/michigan/marquette>
- **Deltal County:** Rapid River Trail; Days' River Trail; Pioneer Trail Park; Bay de Noc Grand Island Trail
- **Schoolcraft & Alger Counties:** Lakeview Boardwalk; Environmental Lab Trail; Pine Marten Run; Indian Lake State Park; Munising Bay Trail Networks; Valley Spur Trail; Au Train Songbird Trail; Bay Furnace Interpretive Trail; Eben Ice Caves; See more at <https://www.lmasdhd.org/trail-guides>

### Or, Exercise Inside...

- **Marquette County:** YMCA, NMU PEIF facility (indoor recreation center, ice skating, etc.)
- **Deltal County:** YMCA; Civic Center; Wells Sports Complex (walking track, indoor turf, ice skating)
- **Schoolcraft County:** Schoolcraft Memorial Hospital(fitness center); Manistique High School
- **Alger County:** Alger Parks and Recreation Department (gym, fitness center, indoor playground for kids); Alger Centennial Ice Arena (ice skating)

*Anishinaabemowin Wellness Phrase:*  
**Goonikaa - There Is An Abundance of Snow**



# Create a Quit Plan for 2020!

The new year tends to bring a surge of fresh energy for creating resolutions, making big plans and changing lives. This year, if you use commercial tobacco products, maybe you could consider 2020 your year to be smoke free for good.

Health Educator and Tobacco Treatment Specialist Mary-Ellen Hemming shares 11 tips for becoming, staying and living commercial tobacco free. These were inspired by an article by "The Very Well Mind." For more details, visit: <https://www.verywellmind.com/tips-to-quit-smoking-for-new-years-2824378>.

Additionally, to enroll in the Sault Tribe's Nicotine Dependence Program and receive more support in your quit, talk to your Sault Tribe Health Provider or call Community Health at 906-632-5210.

- **Don't Let Fear Paralyze You:** Push through and put out that last cigarette. Recommit to your goals again, and again, and again and remember that the rewards on the other side will be worth this initial effort.
- **Use a Quit Journal:** Write down your reasons for being smoke free and your goals, Journaling can help cement your mindset and shift your perspective on quitting.
- **Find A Shoulder to Lean On:** Reach out for support from friends, family members or Tobacco Treatment Specialists in the Sault Tribe's Nicotine Dependence Program.
- **Eat Smart:** Stock up on healthy foods and keep them within reach to prevent mindless snacking and potential weight gain during your quit.
- **Drink Water:** Cleanse your system and curb your snacking appetite!
- **Get Your Beauty Sleep:** When tired, cravings can seem more intolerable. Try to get 8 hours of sleep each night and allow yourself to nap if needed.
- **Get Moving:** Exercise! It can improve your mood and minimize weight gain. 30 minutes of walking per day can be a great place to start.
- **Renew Your Resolve Daily:** Recall your goals and call on your strength and determination to keep going.
- **Be a Sponge:** Read what you can on the dangers and health effects of smoking.
- **Accept and Let It Go:** Trust the process of your quit and when cravings arise, embrace them, move through them and try not to give them a second thought once they pass. You are on the right track.
- **Be Patient:** Quitting can take time. Rest in this truth and know that with persistence you will live commercial tobacco free.



## Other Sault Tribe Wellness Events:

- **Sobriety Pow Wow - Dec. 31st in Sault Ste. Marie - Grand Entries at 1 and 6 p.m.**

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