

COMMUNITY HEALTH EDUCATION

NEWSLETTER - FEBRUARY/MARCH 2021



Thinking Spring! Second Year for Seed Distribution

It's one of the best times of the year! In the coming days as Yoopers trudge through the snow that accumulated the night prior to get to their mailboxes, many will be delighted to find seed catalogs awaiting their mittened hands. At Sault Tribe Community Health, we are sharing in this joy as we plan and prepare for our 2021 Seed Distribution Event.

In 2020, Sault Tribe Community Health partnered with MSU-Extension FRTEP and the Queen City Seed Library of Marquette to distribute seeds to over 200 tribal members and households. Participants could sign up to receive a wide variety of seeds including peas, carrots, cucumber, kale, onion starts, and a "Four Sisters Seed Kit", an adaptation of the traditional Three Sisters garden with the addition of sunflowers.

Participants can expect similar offerings this year during registration, as well as educational information including recipes, seed saving information, and planting



tutorials in their packets. Also, similar to last year, participants will have the option of picking up their seed packets at select locations around the 7-county service area or having the packets mailed to them. After registration participants can expect to begin receiving seeds around the end of April.

Sault Tribe Health Education expects registration to fill up quickly so be on the lookout for registration information in March on Sault Tribe social media platforms, including the **Tribal Food Sovereignty Facebook** page or contact Josie Fegan at **906-632-5210** for more information.

For seed starting and gardening resources check out the following websites:

www.canr.msu.edu/resources/michigan_fresh_starting_seeds

<https://www.farmersalmanac.com/seed-starting-101-12003>



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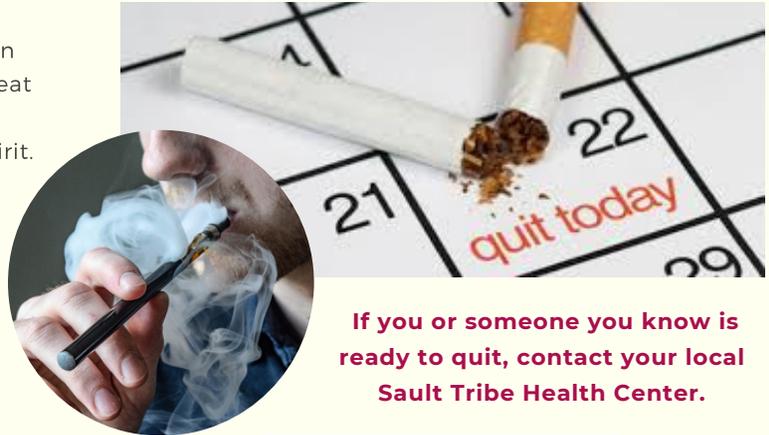
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Renew Your Motivation to Quit in the New Year

Quitting commercial tobacco is a difficult journey. It takes commitment, a good support system, and begins with a plan. Even though it may be challenging, the beginning of a new year is a great opportunity to take the first step to quit and is one of the most important steps you can take to improve your mind, body, and spirit.

Remind yourself: **Ngo-Giizhigad eta gwa na'gishkitoon!** Just for one day, I can do it! It is important to remember to not give up and that you can do it. Seeking support from those around you will strengthen you in your quit journey and allow you to better navigate through tough times. Using FDA-approved medications can help you handle withdrawal symptoms, are proven to be safe and effective, and can help you through the early stages of quitting. Patients can almost double their chances of quitting successfully by combining a medication plan with regular quit coaching support.

Community Health Education offers the Nicotine Dependence Program to assist tribal members in their efforts to quit commercial tobacco. When you enroll in the Nicotine Dependence Program, a trained Tobacco Treatment Specialist will speak with you over the phone to create an individualized treatment plan. Eligible patients will also have access to evidence-based medications and receive regular follow up support to ensure they are on track to successfully quit.



If you or someone you know is ready to quit, contact your local Sault Tribe Health Center.

Escanaba	(906) 786-2636
Hessel	(906) 484-2727
Manistique	(906) 341-8469
Marquette	(906) 225-1616
Munising	(906) 387-4614
Newberry	(906) 293-8181
Sault Ste. Marie	(906) 632-5210
St. Ignace	(906) 643-8689

ANISHINAABEMOWIN WELLNESS PHRASE:

D/baaj/imow/inan - Stories

February Brings Traditional Winter Activities

Community Health Education is working hard with community partners and other Sault Tribe Departments to bring in-person programming back to the community in a safe way. During the month of February, there were multiple events taking place for members to engage in learning more about seasonal traditional activities.

Gooniginebik | Snow Snake Teachings - February 8 & February 22:

Virtual teachings were held via BlueJeans online platform, where instructors Jesse Bowen and Cathy Devoy shared the origin stories of the Snow Snake game, how to make a Snow Snake and how to play.

Bootaagan Workshop & Teachings - February 18-20:

Instructors Kevin Finney, Frank Sprague, Punkin Shananaquet and Dan Cornelius traveled to Sault Ste. Marie and Bay Mills to share traditional teachings of the Bootaagen, the Corn Pounding Dance and the importance of corn to our communities' food sovereignty. These teachings will be made into instructional videos that can be shared with our community.

Lantern Lit Snowshoe Hike - February 26:

The Sault Tribe Wellness Collaborative hosted a lantern lit snowshoe hike on the Big Bear Nature trail, taking advantage of the warming temperature and giving our members an opportunity for traditional Indigenous fitness!



Debunking Wellness Myths Series: Part 2

Keeping a healthy well-being is essential to everyone. 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**.



Myth: Eating Carbs Makes You Fat

Fact: Many individuals avoid consuming carbohydrates to lose weight, but carbs are part of a healthy diet and are necessary for your body. In fact, carbohydrates are the body's main source of energy. This myth is based on the hypothesis that carbs spike insulin levels, which, in turn, makes individuals store calories as fat. But, as the National Institute of Health explains, "No single nutrient or food group can make you fat. Individuals increase body fat when they consume more calories than they burn. Neither a no-carb diet nor a high-carb diet are ideal if you are trying to live a long and healthy life."

At the end of the day, it is the type of carbohydrate you consume that is important. Simple carbohydrates, such as pizza, cookies, candies, and soda, are void of almost all fiber, vitamins, and minerals. For this reason, they are digested quickly, have a high glycemic index, lead to rapid spikes in blood sugar, and are considered "empty" calories.

On the other hand, complex carbohydrates such as oats, barley, brown rice, quinoa, farro, beans, and lentils supply a tremendous amount of protein, fiber, vitamins, and minerals. These carbohydrates help decrease the risk of heart disease, diabetes, some cancer, and metabolic syndrome. They also help with weight loss, body fat reduction, and muscle growth.



Myth: The Longer Your Session of Exercise, the More You Improve Physical Fitness

Fact: The amount of time you exercise does not necessarily determine your physical fitness. In fact, 20 to 30 minutes of high-intensity exercise can be more effective than an hour of light- to moderate- intensity exercise. Instead of focusing on the amount of time, concentrate on the intensity. ACSM and the CDC recommend 150 minutes of moderate intensity activity or 75 minutes of vigorous intensity activity per week, or a combination of moderate- and vigorous- intensity activity. The guidelines also suggest that you spread out this exercise during the course of a week, to allow your body to recover in between sessions.



Myth: Salads Are Always a Great Choice When Eating Out

Fact: "I am going to eat a salad because it's the healthiest item on the menu." Come on. We've all heard this before—from friends, from coworkers, and possibly from our own mouths. Salads are easily the most famous "diet food." Although it sounds like a good idea, salads are not always the best choice when it comes to dining at restaurants.

Yes, eating those green leafy vegetables are indeed making you healthy. But, take note of all the add-ons heaped on top of the lettuce bed. Toppings such as cheese, bacon, croutons, sweetened fruit, or creamy dressings can end up making the sugar, calories, and fats high in amount. Same as those mouthwatering foods you want to resist.

If you want to select a healthier salad, search for one with leafy greens, such as spinach or kale, and a small serving of fat and lean protein. You should also consider an oil-based dressing instead of a creamy-based one.



COMMUNITY HEALTH EDUCATION PROGRAMS

Good Health and Wellness For 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: Charlee Brissette at 906-632-5210

Michigan Tribal Food Access Collaborative "Food is Medicine" Grant

Tribal Food Sovereignty Collaborative
Food Access and Educational Resources
Contact: Josie Fegan 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

Lisa Myers, MS

Health & Wellness Manager
lmyers@saulttribe.net
632-5210 ext. 45255

Mary-Ellen Hemming, BS

Health Educator - SSM
mhemming@saulttribe.net
632-5210 ext. 41373

Maddy Lamma, BS

Health Educator - Big Bear
mlamma@saulttribe.net
632-4994

Heather Hemming, BS

Health Ed. Supervisor
hhemming@saulttribe.net
632-5210 ext. 41372

Josh Firack, BS

Health Educator - Big Bear
jfirack1@saulttribe.net
635-4991

David Wesoloski, BS

Health Educator - Manistique
dwesoloski@saulttribe.net
341-8469 EXT. 29573

Charlee Brissette, MS

Health Educator - SSM
cbrissette@saulttribe.net
632-5210 ext. 45241

Josie Fegan, MPH

Health Educator - SSM
jfegan@saulttribe.net
632-5210 ext. 41111

Lyndee Zeigler, BS

Health Educator - St. Ignace
lzeigler@saulttribe.net
643-8689 ext. 34532