

COMMUNITY HEALTH EDUCATION

NEWSLETTER - FEBRUARY/MARCH 2022



Gardening for a Healthy Heart!

If we're lucky, we've all walked through a vegetable garden on a sunny day sampling cherry tomatoes and snap peas straight from their vines. We might spend a few minutes pulling weeds from around the basil plants and carrot tops, shading our eyes to examine all of our hard work coming to fruition. However, many of us don't pause to think of the heart benefits we receive from gardening.

While all vegetables provide health benefits, it can be useful to identify those that provide extra cardiovascular benefits when planning our gardens and placing seed orders. Leafy green vegetables, such as spinach and kale, are a great source of Vitamin K, which promotes proper blood clotting and protects arteries. Planting strawberries in your garden or raised beds is a great choice for protecting against the inflammation that contributes to the development of heart disease. Lastly, beans are a wonderful addition to your seed library as eating beans has been linked to reduced blood pressure and inflammation. Other heart-healthy vegetables include tomatoes, bell peppers, and carrots.

Beyond the nutritional benefits of eating healthy, homegrown foods, gardening is a gentle form of physical activity that is associated with a reduced risk of death from heart disease. Gardening is also a calming activity that can help protect us from the harmful health effects of stress. A study from Britain's Royal Horticultural Society (RHS) "surveyed more than 6,000 people, and results indicate that those who garden every day have wellbeing scores 6.6% higher and stress levels 4.2% lower than people who don't garden at all. Those who gardened 2-3 times a week had a 4.1% higher wellbeing score and 2.4% lower stress levels compared to people who don't garden at all."

This spring take some time to develop a garden to enhance your physical and mental well-being. Enjoy the sunshine and your healthy harvest all while lowering the effects of stress and maintaining your fitness. Here's to a good growing season!

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Sault Tribe Health Educators Present at Les Cheneaux Schools



In response to the local vaping epidemic, Les Cheneaux Community Schools invited the Sault Tribe Nicotine Dependence Program to educate students on the risks of vaping. Community Health Educators, Josie Fegan, Mary Ellen Hemming, Amber Manitowabi-Huebner, and Lyndee Zeigler, provided insight on what vaping is, vaping statistics, health concerns, an overview of nicotine, big tobacco companies, and resources for overcoming vaping addiction to the middle school and high school students. At the end of the session, students were provided vaping education cards and stress balls reminding students to “Live Tobacco Free.” The presentation was well received by administration and students alike. The youth were engaged, interacting with the presenters and asking many questions.

Self-Care Tips for Your Health

Practicing self-care and self-love are imperative for our physical and mental health and allows us to bring more energy into our day-to-day interactions and relationships. After all, the relationship you have with yourself is what sets the tone for every other relationship in your life. Give yourself some self-care, too, with these simple practices:



Exercise lifts mood and helps you feel better both physically and mentally



Unplug from technology for at least 1 hour. Taking a break helps us recharge

Get outside and enjoy the fresh air. Being outside helps reduce stress, lower blood pressure, improve short-term memory, eliminate fatigue, cope with depression, and improve sleep quality

Express your gratitude. Remind yourself daily of things you are thankful for and write them down. Be specific and replay them in your mind

Surround yourself with positivity and silence the negative talk. Where your focus goes, your energy goes. Practice reframing your thoughts



Practice giving yourself a daily affirmation



Pay it forward. Lending a hand and helping others may lead to a longer life.



Slow down and take a breath. Find time to rest and relax

Ribbon Skirt Workshop Recap

Sault Tribe Health Education partnered with Sault Tribe Elder Dalinda Brisette and MSU-Extension to host a Ribbon Skirt Workshop on February 12th in Sault Ste. Marie. Seven participants attended the workshop where they were provided with all of the materials needed to make their own ribbon skirt. Participants could bring their sewing machine or borrow one for the event. Facilitators and participants shared stories and teachings on the ribbon skirt and were able to work at their own pace to complete their project. Many participants shared that they were making the skirt to wear for a ceremony, upcoming work event, or to gift to a loved one. Sault Tribe Health Education plans to facilitate another Ribbon Skirt Workshop in April.



Movement, Food Demonstration, Native Craft Party Recap



On February 16, the Sault Tribe's Nutrition, Health Education, and Advocacy Resource Center teams partnered together to host a Movement, Food Demonstration, and Native Craft Party at the St. Ignace Public Library. To kick start the event, Lyndee Zeigler, Community Health Educator, led participants through a mini workout utilizing resistance bands. Participants got to keep their resistance band and were encouraged to keep exercising at home. Next, Jennifer Schmidgall, Dietician, provided a food demonstration for participants. The recipe she made was Cowboy Caviar, which was full of color, fiber, as well as fresh and whole ingredients. All the participants were provided with samples of the Cowboy Caviar to enjoy, along with the Cowboy Caviar recipe, a fiber handout, and a thermos. To finish the event, Ashley Gravelle, Cultural Healing Educator, instructed and assisted participants with creating an Ojibwe Prayer Wheel. The participants received information from the Advocacy Resource Center to take home along with their Prayer Wheel Craft. Overall, the event received positive feedback and was a great success!

February is American Heart Month

February is American Heart Month. American Heart Month was established by President Lyndon B. Johnson in December 1963. By establishing this designation, he set aside a time when all people can focus on their cardiovascular health.

The American Heart Association (AHA) has diet and lifestyle recommendations that promote a healthy heart.

The AHA has the following suggestions to maintain a healthy heart:

1. Burn at least as many calories as you consume. You should aim for at least 150 minutes of moderate intensity activity or 75 minutes of vigorous intensity activity or a combination of the two each week.
2. Eat a healthy diet that includes a wide variety of fruits and vegetables, whole grains and whole grain products, healthy sources of protein such as fish, legumes, nuts, low fat dairy and lean sources of poultry and other meats. You should emphasize minimally processed foods and foods with little to no added sugar or salt. Also you should minimize your alcohol intake.
3. Live tobacco-free. Avoid smoking, vaping or the use of any tobacco or nicotine products, and avoid second hand smoke.

In celebration of American Heart Month, take these suggestions from the American Heart Association and make your heart happy and healthy. Please reach out to Sault Tribe Community Health at 906 632-5210 for assistance. We have Registered Dietitians, Exercise Physiologists and Tobacco Treatment Specialists ready to assist you on your journey.

The American Heart Association diet and Lifestyle Recommendations. www.heart.org. (n.d.). Retrieved March 10, 2022, from <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendations>.



Anishinaabemowin Wellness Phrase:
Minjimendan giminoayaawin.
Keep your wellness in mind.

COMMUNITY HEALTH EDUCATION PROGRAMS

Good Health and Wellness in 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: Heather Hemming 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



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