

COMMUNITY HEALTH EDUCATION

NEWSLETTER - JUNE/JULY 2020



Committed to Giving You Our Very Best



Sault Tribe Seed (*Miikaanensan*) Distribution Event

Sault Tribe Community Health, Michigan State University Extension, and the Queen City Seed Library of Marquette teamed up to offer Sault Tribe members free seeds, or ***minnkaanensan***, during the COVID-19 pandemic. Recipients were able to choose which seeds they were interested in receiving out of a wide variety of offerings.

Participants could also sign up to receive a “Four Sisters ***Miikaanensan*** Kit”, an adaptation of the traditional Three Sisters garden, as part of their package that included seeds, nutritional information and recipes. The seeds in the Four Sisters kit: corn, beans, squash, and sunflower seeds are traditionally planted as companion plants.



The corn or sunflowers provide support for the vining beans while the beans contribute nitrogen in the soil. The squash plants’ large leaves provide ground cover in the garden helping to prevent weeds from growing. Nutritionally, the components of the Four Sister Garden are great sources of starch, protein, vitamins, and minerals.

Approximately 210 individuals signed up to receive seeds for themselves or their families. Participants were able to receive their seeds from the Sault Ste. Marie or Manistique tribal health centers or have their seeds mailed to them.

Nibi: Summer is the time to be on the water!

With the warmer weather coming around, now is the perfect time to get outside for some healthy doses of Vitamin D. What better way to do it than with some activities on the water? Michigan has **3,288** miles of freshwater coastline, meaning there are ample opportunities to take part in health boosting water activities.

Health Education has produced some resources to help tribal and non-tribal members with water safety tips and Anishinaabe water teachings. One such resource is a waterproof informational booklet that can be used by paddlers to learn safety measures for venturing out onto the water. This booklet includes helpful information such as why it is important to wear

Be Smart. Be Safe.
HAVE FUN!



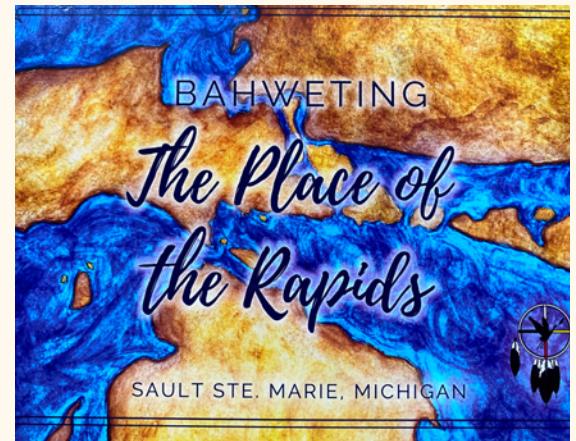
A BEGINNER'S GUIDE TO SAFER PADDLING

your life jacket, and how to plan for weather especially here in the Great Lakes region. It also encourages paddlers to Know Their Limits.

Additionally, an informational postcard was created that includes Anishinaabe water teachings and Ojibwe language to spread the teachings of our Anishinaabe way of life. This card will be distributed to local retailers and Sault Tribe buildings. Be sure to pick one up from the Community Health waiting area today!

If you would like more information about Health Education's **Nibi** Water program, please reach out to Charlee Brissette, at cbrissette@saulttribe.net. or by calling 906-632-5241.

Mino Kwazhiwen! Happy Paddling!



Did you know?

Being around water or hearing water sounds can have a naturally calming effect on the body. According to the book *Blue Mind* by Wallace J. Nichols, PhD, experiencing sounds of water with its high levels of predictability allows the mind to relax into a meditative-like state.

Check out: <https://experiencelife.com/article/blue-mind/>



Sault BHC Coalition Sponsors EUP Trails Challenge



The **Sault Ste. Marie Building a Healthier Community Coalition** is celebrating National Trails Day with its 'Eastern U.P. Trails Challenge' through the month of June.

This challenge encourages people to get out of the house, head to their favorite trail, and capture the moments during the adventure. Eligible trails for the challenge include water trails, biking trails, and walking trails. For a full list of Eastern UP Trails, go to <http://www.eup-planning.org/trails>.

Here's how you can join the fun:

1. Take a picture of your adventure as a selfie.
2. Update your profile picture with our 2020 EUP Trails Challenge Facebook frame.
3. Post a comment on why trails are important to you with the name of the trail and your picture(s) on the Trails of the Eastern UP Facebook page.
4. Tag posts with **#EUPTrailsChallenge**, **#NationalTrailsDay**, **@EUPTrails**, and **@AmericanHiking**



Sault BHCC Member Cara Ortiz and her husband using the 'Hit The Trails' Facebook Frame

Every Monday in the month of June, a post will be randomly selected from the prior week, and one participant will win a prize.

While you are out and about enjoying the great outdoors – Mary-Ellen Hemming, Sault BHCC member wants to remind participants about being safe – **"We are hoping that people get out there and safely use [the trails] while social distancing".** For more information about the 2020 EUP Trails Challenge, and EUP outdoor resources, head to the Trails of the Eastern U.P. Facebook page and start posting your trailering adventures.



Nicotine Dependence Program Adapts Amid COVID-19



Despite the COVID-19 pandemic limiting the full scope of tribal services, the Nicotine Dependence Program continued to offer its services with a few adaptations to successfully meet the needs of our patients. These accommodations included: all patient visits entirely over the phone, relaxing eligibility requirements, mailing informational materials, and cessation medication drive through pick up.

Our trained Tobacco Treatment Specialists strongly encourage any Sault Tribe member who uses commercial tobacco to quit. Patients can expect to receive regular 1-on-1 support and individualized quit plans to assist them with managing withdrawal symptoms with access to evidence-based cessation medications, overcoming obstacles, and feeling more confident in coping with triggers.

If you or someone you know is interested in quitting commercial tobacco use, please refer them to the program at your local Sault Tribe Health Center or contact your local Tobacco Treatment Specialist, who can answer any questions. The program will continue to do all visits over the phone through June and July.

Sault Ste. Marie - 906.632.5210

St. Ignace - 906.643.8689

Manistique - 906.341.8469

Hessel - 906.484.2727

Newberry - 906.293.8181

Munising - 906.387.4614

Anishinaabemowin wellness phrase:

N'wiingashkwake
I'm picking sweetgrass



Contact the Health Education Team

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