

COMMUNITY HEALTH EDUCATION

NEWSLETTER - OCTOBER/NOVEMBER 2021



How to Approach Thanksgiving Healthily

For anyone trying to maintain their health and wellbeing, the holidays can be a tricky time. Thanksgiving, in particular, centers around food in many families and homes. Striking a balance between enjoying yourself and staying on track with your wellness goals can be challenging. Fortunately, we do not recommend abstaining from the things you love. Instead, we suggest following smart guidelines and planning ahead to ensure you make the most of your holiday – without going overboard.

The Day Before...

- Have at least one or two lighter vegetable or fruit-based dishes
- Set aside time to exercise on the big day - a pre-feast yoga flow, turkey trot, or long walk with family after the big meal goes a long way
- Get plenty of rest the night before

The Day of...

- Try not to skip meals - as this often leads to drops in blood sugar and excessive hunger, which results in eating larger portions and choosing higher calories foods
- Eat a small, healthy breakfast and a lunch if the main meal is dinner
- Drink plenty of water throughout the day
- Wait to consume caloric beverages such as cider, eggnog, or alcohol until the meal is served

During and After the Meal...

- Be conscious about building a balanced plate. Fill 1/2 of your plate with fruits and vegetables, 1/4 with starch, and a 1/4 with protein
- Practice mindful eating - Eat slowly, pay attention to your food and enjoy it
- Eat in an order - First eat the vegetables and fruit, next protein, and last the starches as these contribute calories but are least satisfying
- Enjoy your food without guilt. One meal or one day of overindulgence won't derail your progress.
- Maintain healthy habits including positive sleep hygiene, physical activity, and balanced eating and encourage your loved ones to do so too!

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- Seed Saving



Practicing Gratefulness for Wellness



What does gratefulness mean to you? It could mean showing appreciation through words and actions, providing gifts or spending time with a loved one, or engaging in prayer and ceremony. "The regular practice of gratitude has many benefits, including increased life satisfaction and having a clear purpose in life. Gratitude practices, such as making a list of things that inspire gratefulness or expressing gratitude toward another person, can be helpful in decreasing symptoms of depression and improving overall psychological well-being. In addition to individual health benefits, gratitude can promote prosocial behavior and generosity."

According to Lori Gambardella, Traditional Medicine Practitioner, to practice gratefulness is "one of our oldest traditions; tobacco offering. When you offer tobacco, you are giving thanks for all your blessings, all the things in life you are grateful for. This has been something our people have lived by for a very long time. Also, showing love to self, community and family is a form of gratefulness. Providing help to our people shows a form of humbleness/gratefulness." Remember, the next time you are feeling down or are dealing with personal struggles, consider practicing gratefulness as it can help improve your overall health and wellness.

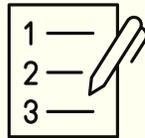
Ways to Practice Gratefulness



Tobacco offering



Showing love to self & others



Make a list of things that inspire gratefulness



Providing help to our people



Source: Beaudoin, Marie-Nathalie & Maki, Kelsey. (2020). Mindfulness in a busy world: Lowering Barriers for Adults and Youth to Cultivate Focus, Emotional Peace, and Gratefulness.

2021 Health Fair Success!

The Sault Tribe Community Health department hosted their annual health fairs to help protect local communities. This was a drive-through event. Community Health provided flu shots as well as the first, second, or third Covid-19 vaccinations to eligible community members.

In addition to the vaccinations, the health fairs provided health education materials covering topics such as smoking cessation, diabetes management, nutrition, influenza, pneumonia, and physical activity. Wellness items such as band-aids, face masks, hand sanitizer, back massagers, handgrips, and no-touch door opener tools were also provided to attendees.

The health fairs were held in Kinross, Sault Ste. Marie, St. Ignace, Detour, and Hessel. In total, the Community Health team provided 449 flu shots and 362 Covid-19 vaccinations. The Community Health team is always happy to help serve the community. A big thank you to attendees and staff who participated in the event. We will see you all next year!



Seed Saving 101

Fall is the time of harvesting, feasting, and for food sovereignty enthusiasts – seed saving! Seed saving is the process of extracting and saving seeds from this year's crops for future growing seasons. If you're new to seed saving, some easy plants to begin with include peas, beans, and squash. These plants are self-pollinators that don't require other plants to be fertilized and will grow true-to-type seeds.

Tips for Saving Seeds

Growing – If you plan on saving seeds, make sure your garden plans allows cross-pollinating plants enough space to not cross with other varieties of their species. Crops like corn, melon, tomato need ample space to ensure their seeds remain “true-to-type” or only receive genes from parent plants of their variety.

PC: SierraSeeds.org

Patience – Some plants require you to wait to harvest the seeds past the time of their edible portion being ripe. If you plan to also eat some of your plants, plant extra to harvest the seeds from.

Preservation – Small paper envelopes and glass jars work well for seed storage. Ensure your seeds are placed a cool, dry place until you are ready to plant them.

Knowledge - Check your local library for resources on seed saving or food sovereignty. Utilizing local resources enables them to continue serving the community and can save you money!



Anishinaabemowin Wellness Phrase:
Apane go zaagitoon gibimaadiziwin.
Always treasure your life.

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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