

# COMMUNITY HEALTH EDUCATION



NEWSLETTER - OCTOBER/NOVEMBER/DECEMBER, 2022

## Diabetes Home Fitness Walk Event

In September, Sault Tribe Community Health partnered with the Diabetes Home Fitness Program to host a walk event at the Chi Mukwa Community Recreation Center parking lot. Community Health nursing staff monitored participants' vital signs, Registered Dietitians provided healthy snacks, and the Diabetes Fitness Trainer and Health Educators walked alongside participants. Sault Tribe Community Health hopes to continue offering social support wellness events to encourage program participants to adopt and maintain healthy lifestyles.

The Diabetes Home Fitness Program offers home-based exercise prescriptions for tribal members with limited functional abilities. The program aims to improve clients' functional mobility and activities of daily living (ADLs), as well as assist them in gaining back their independence. For information on the Diabetes Home Fitness Program, call Sault Tribe Community Health at (906) 632-5210.



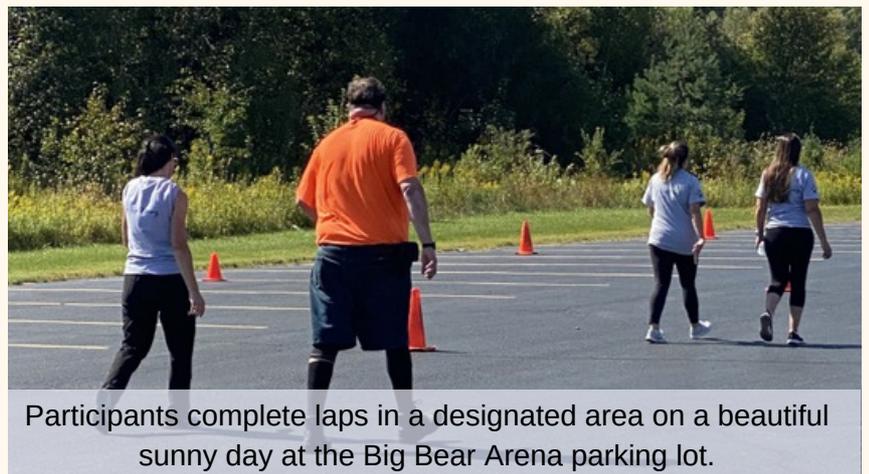
Nursing staff checking vital signs.



Community Health Staff supporting Diabetes Home Fitness participants in all capacities.



Participant enjoying a healthy snack.



Participants complete laps in a designated area on a beautiful sunny day at the Big Bear Arena parking lot.

# Fall Community Health Fairs Success

In September, Sault Tribe Community Health hosted their annual drive-through health fairs to provide education and help protect local communities. Community Health administered flu shots as well as Covid-19 vaccinations to eligible community members.

In addition to the vaccinations, the health fairs dispersed health education materials covering topics such as smoking cessation, diabetes management, nutrition, influenza, monkey pox, and physical activity.

The health fairs were held in Kinross, Sault Ste. Marie, St. Ignace, Detour, and Hessel. In total, the Community Health team provided 845 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 events.



Nursing staff providing vaccinations.



Participants receiving vaccinations through the drive-through set-up.



Nursing staff preparing vaccinations and working together.

# Fall Prevention Class Series helps tribal members reduce falls



Participants engage in group activities and learn safe, effective balance exercises.

Millions of people ages 65 years and older experience a fall each year. One in five falls causes severe injuries, such as broken bones or head injuries. Over 800,000 patients are hospitalized yearly because of a fall injury, resulting in a head injury or hip fracture.

Research has identified numerous risk factors for falling, many of which can be improved or modified to help prevent falls. Based on this research, the Exercise Physiologists in the Physical Activity (PA) Referral Program developed the Fall Prevention Class Series. The 6-week class series was held at Big Bear Arena, with each class lasting one hour. Exercise Physiologists focused on several key components of preventing falls, including lower body flexibility, trunk and lower body strengthening, and specific exercises to help improve balance.

The goals of incorporating this multifaceted approach were to increase participants' balance, improve their strength levels, and correct postural issues. The PA Referral Program plans to offer more functional balance classes to help the tribal community thrive and live sustainable, healthy lives.



Participant utilizing walking sticks to complete a balance exercise.

# The Great American Smokeout

The **American Cancer Society's Great American Smokeout** takes place on **November 17, 2022**. The third Thursday of every November commemorates this day as one encouraging smokers to develop a smoking cessation plan or to mark a quit date. With millions of Americans who smoke cigarettes, cigarette consumption remains the leading cause of preventable death and disease in the world.

## 1 IN 5 DEATHS ATTRIBUTED TO SMOKING



Quitting smoking is not easy, but it can be done. Consider joining the movement, and take the first step toward quitting cigarettes forever! Let the Great American Smokeout inspire you to start your journey toward a smoke-free life. Giving up smoking is a journey, but research has shown both counseling and cessation medications increase successful quit attempts.



The Sault Tribe Nicotine Dependence Program is a great resource that provides individuals with the tools and support they need to successfully quit using commercial tobacco products, as they meet one-on-one with a Tobacco Treatment Specialist. For more information on the Sault Tribe Nicotine Dependence Program, call (906) 632-5210.

# Maintaining Health and Wellness through the Holidays



**Plan Ahead:** Planning is your first defense in the effort to maintain your fitness and nutrition goals. One example of planning ahead is creating a physical activity agenda to schedule your workouts for the week.

**Stay Active:** Aim for 150 minutes of moderate-intensity physical activity with 2 days of muscle strengthening activity each week. And try incorporating movement with your family and friends during the holidays. For example, plan for an after-dinner walk, sign up for a holiday race together, or enjoy a football match in the backyard.



**Practice Self-Care:** Prioritize different self-care activities throughout the holiday season, such as praying or meditating, taking a warm bath, journaling, sharing positive affirmations with yourself and others, diffusing essential oils, playing with animals, hugging a loved one, getting a massage, or watching a comedy show.

**Prioritize Sleep:** Aim to get 6-9 hours of sleep each night. Sleep is paramount when it comes to maintaining positive health habits. The National Sleep Foundation recommends turning your phone off 30 minutes to an hour prior to bedtime, as well as using white noise to help you fall asleep and stay asleep.



**Avoid All or Nothing Mindsets:** A common pitfall is the belief that health and fitness goals are all-or-nothing. Do not fall into the trap of believing you have failed if you didn't stick to your game plan perfectly. When this happens, you may end up forgoing your goals altogether and then later regret your decision. A healthier mindset focuses on long-term, sustainable health. This doesn't mean perfection, this means making adjustments as seasons and holidays require.



## Anishinaabemowin Wellness Phrase:

Aagimaak nwii-nakaazinak  
I am going to use the snowshoes.

# Welcome New Community Health Staff!

## Robyn Waybrant, RN

Robyn joins Community Health as the new Diabetes Case Coordinator. Robyn was born and raised in Sault Ste. Marie, Michigan and graduated with a BSN degree. As a Registered Nurse, Robyn chose her career path because it is "tremendously rewarding and each day there is something new to be learned and someone in need of assistance." When asked what she is most looking forward to while working in Community Health, Robyn stated, "as a nurse, there are endless opportunities to expand my clinical abilities and knowledge base. Since beginning my role as Diabetes Case Coordinator, I have enjoyed working as part of a diverse health care team." Outside of work, Robyn enjoys cooking, baking, watching stand-up comedy, traveling to new places, and spoiling her dog, Copper.

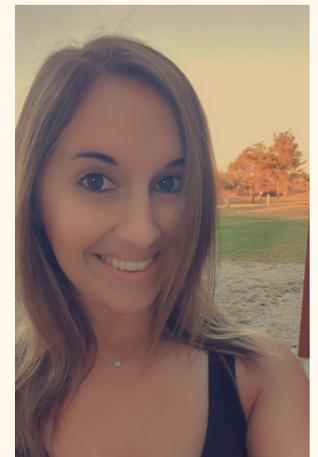


## Kylie Coffey, RDN

Kylie joins Community Health as the newest Registered Dietician. Kylie is from Rudyard, Michigan and recently graduated from Central Michigan's Nutrition and Dietetics Program. Kylie chose the field of dietetics because she "LOVES FOOD" and states she "always aspired to be a health care professional and to help others". After graduation, Kylie completed 1200 hours of supervised practice through Central Michigan University's Dietetic Internship Program. She experienced the dietitian's role in clinical practice with specialties in diabetes, oncology, weight management, community health, and food service. Kylie says she is most looking forward to making a positive impact within the community and to promote health and wellness. In her spare time, Kylie enjoys the outdoors, being on the water, yoga, workout videos, cooking and trying new recipes/flavors, watching true crime documentaries, and reading a good book.

## Martina Grogan

Martina joins Community Health as the new Program Clerk. Martina was born in Cheboygan, Michigan but grew up in Saint Ignace, Michigan. Most recently, Martina relocated to Dafer, Michigan to have a bigger house with more land. She has worked various administrative positions for other companies in Saint Ignace and states she "enjoys being around the people, getting to know them, and helping in any big or small way that I can." Within the Community Health Department, Martina is most looking forward to "making a difference. There is nothing more rewarding than being able to provide help to those in need." Martina is a mother of three and spends most of her free time with her family - hiking, fishing, bike riding, and movie nights. Martina enjoys playing volleyball, playing pool, and going golfing with friends and family.



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