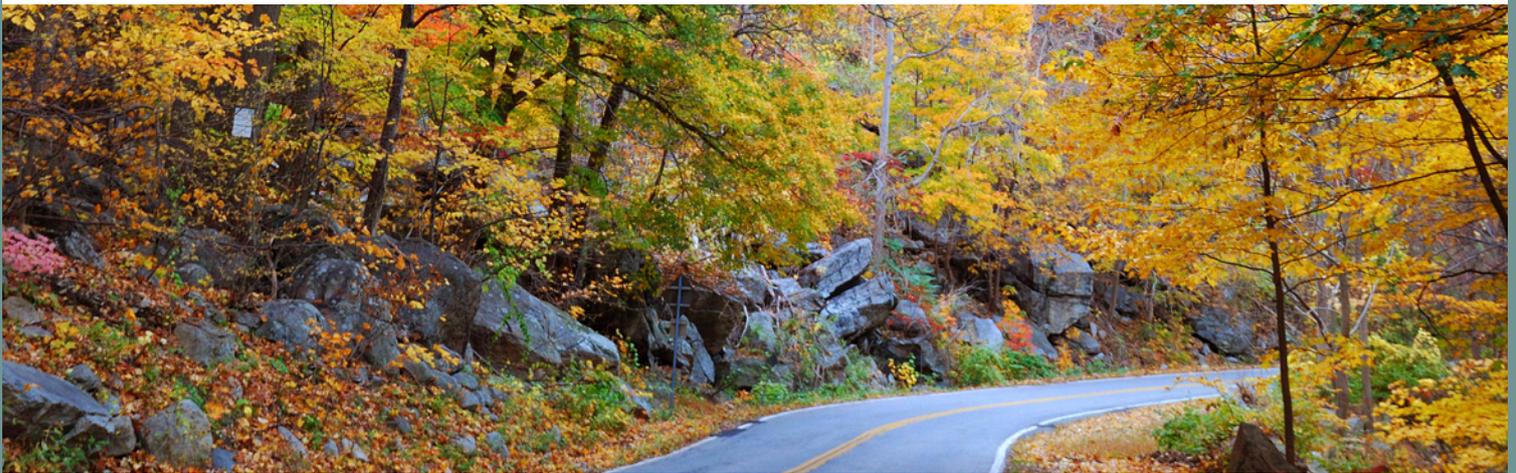


Community Health Education

September 2020



Youth benefit from Farmers' Market vouchers!



YEAs Farmers' Market voucher bundles includes tips to eat healthier, recipes & Market Vouchers!

During August and September, Sault Tribe Health Education is partnering with Sault Tribe Youth Education and Activities Program (YEA) and farmers' markets around the Sault Tribe 7-county service area to offer YEA participants a chance to reap the many benefits of fresh, local food and to interact with farmers from their area. Through the Farmers' Market Voucher Program, youth in Sault Ste. Marie, St. Ignace, and Manistique YEA groups will receive packets containing nutrition education, copies of Harvest of the Month posters, and vouchers that can be spent on fresh foods at their respective farmers' markets.

The Farmers' Market Voucher program is a project under the Michigan Tribal Food Access Collaborative (MTFAC) Mishkikiwaan Miidjim "Food is Medicine" grant that Sault Tribe Health Education received in spring of 2020. MTFAC grant objectives focus on supporting community-based nutrition strategies, increasing the percentage of tribal health systems with documentation policies for youth BMI and nutrition counseling in their Electronic Health Record systems, and increasing the number of available traditional nutrition education resources.

For more information on this program, or other opportunities like it, please contact Community Health Educator, Josie Fegan, at jfegan@saulttribe.net or 906-632-5210.

Back to School: Be Cool, No Juul. Go Far, No Puff Bar

As youth and families gear up to send children and teenagers back to school, it is essential now more than ever to educate and prevent youth from using e-cigarettes or vaping. The vape brand "Puff Bar," a disposable, all-in-one vape device, has surpassed Juul as the most popular vaping brand in many areas. Companies market it "as a cheaper, more convenient alternative to smoking a cigarette," and it comes in various flavors.

Results from the 2019 Youth Risk Behavior Survey, which surveyed U.S. high school students aged 13-17, indicate that:

- Significant decreases occurred in current cigarette smoking
- Significant increases occurred in current electronic vapor product use
- 50.1% of U.S. high school students had ever used electronic vapor products
- 24.1% had ever tried cigarette smoking

Data collected in May shows that teenagers and young adults who vape face a much higher risk of COVID-19 than their peers who do not vape. Stanford researchers found, "Among the participants who were tested for COVID-19, those who had ever used e-cigarettes were **five times more likely to be diagnosed with COVID-19 than nonusers.**"

For more information visit: www.behindthehaze.com and call your local Tobacco Treatment Specialist at (906)632-5210 or (906)341-9573.



New vaporizer pens, called Puff Bar, marketed in bright colors to attract a younger audience.

Nibi (Water) Program develops Instructional & Safety Videos

The COVID-19 pandemic has radically changed perspectives, norms and has impacted Sault Tribe's ability to host workshops and activities for the community. Health Education is finding creative ways to continue educating and serving the public for healthy activities and engagement.

Typically during the summer months, Health Educators are busy working with tribal youth teaching safe paddling instruction and assisting with summer camps. However, like many other activities this summer, these summer camps have been cancelled. Yet, there is still a need to raise awareness of water safety and promote good paddling skills. **"Because we are blessed to be surrounded by fresh water, it is very important that we do not take paddling and water safety for granted,"** says Health Educator Charlee Brissette.

To address this need, Health Education has teamed up with videographer, Matt Lamphere, to create videos that will be available to the public teaching various topics for safe paddling around the U.P.! Some of the videos topics will be:

Anishinaabe Water Teachings

Getting Started: Safety & Your PFD

What kayak is right for you?

Health Education will continue to pursue certifying some staff and YEA Coordinators through the American Canoe Association (ACA) to be Level 1 and Level 2 Kayak Instructors. This partnership ensures that our instruction follows the highest standards.

To learn more about this program, please contact Community Health Education at 906-632-5210.



The new instructional videos will be made available through a link to the public once completed.



Physical Activity Referral Program Addresses COVID-19



Even though the Big Bear (Chi Mukwa) Arena changed restrictions on public entry/services and the All-in-One Fitness Center was closed to the public, the Physical Activity (PA) Referral Program received approval to offer face-to-face services from the Big Bear Health Education rooms and All-in-One Fitness Center.

To ensure safety of patients and staff, PA staff are required to wear Personal Protective Equipment (PPE) during all interactions with patients, and take temperatures for each individual upon entering the building. After each appointment equipment is thoroughly cleaned with approved antiviral cleaners.

If you have any questions, please contact Community Health Education at 906-632-5210 or talk to your provider today!

ANISHINAABE WELLNESS PHRASE

Naa/gido/wen/dizan

Take care of yourself.

Community Health Education Welcomes New Staff!

MADDY LAMMA

Maddy is an avid outdoor enthusiast, who brings knowledge of kinesiology and administration to her new role in Health Education. Maddy graduated from Lake Superior State University in December of 2019 with a Bachelor's Degree in Kinesiology. When asked what drew her to pursue this field she said "I knew I wanted to work with in the health field, and when I started researching what degree to pursue I came across kinesiology. What popped out at me was the more holistic approach to health kinesiology offered. I think it is important to treat the whole person, not just the symptom."

She is looking forward to helping people live their healthiest and best lives by working through the Physical Activity Referral Program. She is also hoping to assist with the Nibi (Water) Program, by becoming a certified kayak instructor.

Maddy is originally from Sault Ste. Marie and loves taking advantage of all the U.P. has to offer. When she's not working, she can be found on the hiking trails, kayaking or camping. She is proud to have once climbed to the highest point in the Smokey Mountains! If you'd like to reach Maddy, you can email her at mlamma@saulttribe.net or by calling 906-632-5210.



LYNDEE ZEIGLER

Lyndee is a double bachelors graduate from central Ohio. She has been in healthcare and wellness for four years - specializing in exercise testing and prescription, health education, coaching, cardiac rehabilitation, tobacco cessation, and corporate employee wellness programs. She graduated Summa Cum Laude from Cornerstone University and Mount Vernon Nazarene University with her Bachelor of Science in Exercise Science and Biology, respectively. While attending Cornerstone University, Lyndee was a four-time national indoor qualifier and two-time national outdoor qualifier in track and field.

Lyndee will be serving as the new Health Educator in St. Ignace, and will be part of the Nicotine Dependence and Physical Activity Referral programs. She is most looking forward to watching how cultivating a culture of wellness, rest, healthy nutrition, and physical activity can transform lives.

In her free time, Lyndee enjoys antiques, reading, cooking and baking, traveling, hiking, and spending time with her husband, Jason, and two puppies, Leya and Ivy.

If you'd like to reach Lyndee, you can email her at lzeigler@saulttribe.net or by calling 906-643-8689, ext. 34532.



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