

# COMMUNITY HEALTH EDUCATION

NEWSLETTER - APRIL/MAY 2022



## Sault Tribe Health Survey 2022!

Your voice counts! Sault Tribe Community Health is completing a survey for the Sault Tribe Health Division planning and grant evaluation. All Sault Tribe households in the service area will be invited to take the survey online. By hearing from our tribal members, we can better understand the issues affecting our tribe's health and wellbeing and assist with future programming.

### Frequently Asked Questions?

- **Who can participate in the survey?** - One adult (age 18 and over) living in a household of an enrolled Sault Tribe member can complete the survey on behalf of the entire household. Only households with an address within the seven-county service area are eligible to participate in this survey.
- **Why should I participate?** - The results of this survey will be used by the Health Division to evaluate existing tribal programs and plan for new or improved services to better address the health needs of tribal families.
- **Do I have to take the survey?** - The survey is totally voluntary. Your decision to take the survey won't affect the services you are eligible to get from the Tribe. Only one survey can be completed per household.
- **What topics are covered in the survey?** - The survey asks for basic information (such as age, race, income); and about your physical and mental health, health care, nutrition, tobacco and substance use, and physical activity. Those with a child living in the home, there are questions about the child's health, nutrition, and physical activity.
- **Will my answers be kept confidential?** - All surveys will be kept private, confidential, and secure as required by federal laws.

### In this Issue:

- Sault Tribe Health Survey 2022
- Indigenous Earth Day Celebration Recap
- Ways to Care for Mother Earth
- May is Mental Health Awareness Month
- Intertribal Ribbon Skirt Workshop



### Watch Your Mailbox



Sault Tribe Community Health asks tribal households in the service area to watch for your invite letter to come in the mail. You will need the web address and access code in the letter to take the survey. Please go online and complete one survey for your household by June 10, 2022. Once you complete the survey, you can enter a raffle drawing for a chance to win one of five \$100 gift cards.

If you have any questions or cannot locate your survey invite letter, please call Sault Tribe Community Health at 906-632-5210 or email: [tribalhealthsurvey@mphi.org](mailto:tribalhealthsurvey@mphi.org).

# Indigenous Earth Day Celebration Recap



In honor of Earth Day, the Sault Tribe Health Education and Advocacy Resource Center teams partnered with Mackinac County Wellness Coalition to host an Indigenous Earth Day Celebration on April 21, 2022. The event, held at the St. Ignace Public Library, offered three opportunities for community members to participate in local teachings. Anishinaabe Land Teachings, Tribal Sovereignty, Gratitude, the Origin Story of The Three Sisters, and ways to be a better 'Earthling' were shared. The event also included creating seed bombs, planting the three sisters, crafting using recycled materials, playing short Earth Day-themed word games, and taking an Earth Day pledge. Overall, the event received positive feedback and was a great success!

## Ways to Care for Mother Earth How to be a better "Earthling"



Plant a garden



Recycle clothes, plastic, cardboard, aluminum, and glass



Support local farmers and local businesses



Participating in trash pick up days



Driving slower and airing up tires



Shopping used before buying new (Goodwill, Facebook Marketplace, yard sales, etc.)



Repurposing food storage items - such as glass jars, plastic grocery bags, liter bottles, etc.



Practicing gratitude and offering traditional tobacco to Mother Earth.

## May is Mental Health Awareness Month

Mental health is just as important as physical health. Poor mental health will not only impact your body's ability to make healthy decisions, but it can also increase your risk of chronic diseases like heart disease and other health problems like obesity, weakened immune system, and more. Working on your physical health will not only add years to your life, but may also help prevent mental illness and improve your mood. A new study from Harvard researchers found that increased levels of physical activity can significantly reduce the odds of depression, even among people who are genetically predisposed to the condition (Ansello, 2020).

### Looking for some ways to incorporate more movement into your day?

1. Park further away from the entrance at work or any destination
2. Stand up or walk for all phone calls
3. Lunch time walk
4. During TV time, use commercial breaks as a cue to get up and move
5. Bedtime stretching

The Sault Tribe Community Health Education Physical Activity Program encourages increasing physical activity for a healthy body and mind.



Ansello, E. F. (2020). The Benefits of Physical Activity on Depression.

# Intertribal Ribbon Skirt Workshop

On April 8th, Sault Tribe Health Education facilitated an Intertribal Ribbon Skirt Workshop in Sault Ste. Marie. The hybrid event featured nine tribes from around the state. Participating tribes included Sault Tribe, Bay Mills Indian Community, Keweenaw Bay Indian Community, Saginaw Chippewa Indian Tribe, Gun Lake Tribe, Nottawaseppi Huron Band of Potawatomi, Little Traverse Bay Band of Odawa Indians, and Little River Band of Ottawa Indians. Seventy-seven participants from across the participating tribes were able to make a ribbon skirt while receiving instruction from tribal elders and facilitators. Sault Tribe hosted six participants and provided lunch, including a healthy soup made by a Sault Tribe dietitian. Participants were excited to gather socially and work on their projects. Most left with a completed skirt and plan to wear them to upcoming pow wows and ceremonies.



**Anishinaabemowin Wellness Phrase:**  
**Baawitigwaabo**  
**Water from the rapids.**



# 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



## HEALTH EDUCATION TEAM

### Lisa Myers, MS

Health & Wellness Manager  
[lmyers@saulttribe.net](mailto:lmyers@saulttribe.net)  
632-5210 ext. 45255

### Lyndee Zeigler, BS

Health Educator - St. Ignace  
[lzeigler@saulttribe.net](mailto:lzeigler@saulttribe.net)  
643-8689 ext. 34532

### Amber Manitowabi-Huebner, BS

Health Educator - Munising  
[amanitowabi-huebner@saulttribe.net](mailto:amanitowabi-huebner@saulttribe.net)  
632-5210

### Heather Hemming, MHA

Health Ed. Supervisor  
[hhemming@saulttribe.net](mailto:hemming@saulttribe.net)  
632-5210 ext. 41372

### Josh Firack, BS

Health Educator - Big Bear  
[jfirack1@saulttribe.net](mailto:jfirack1@saulttribe.net)  
635-4991

### Mary-Ellen Hemming, MHA

Health Educator - SSM  
[mhemming@saulttribe.net](mailto:mhemming@saulttribe.net)  
632-5210 ext. 41373

### Maddy Lamma, BS

Health Educator - Big Bear  
[mlamma@saulttribe.net](mailto:mlamma@saulttribe.net)  
632-4994