

COMMUNITY HEALTH EDUCATION

NEWSLETTER - APRIL 2020



Physical Activity At Home

During this Coronavirus pandemic, we encourage patients to keep moving

Though the the gym is closed and the physical activity referral program is not seeing patients face-to-face, there are still plenty of opportunities for people to be active.

Our Exercise Physiologists suggest getting outside to walk, snowshoe or bike at least once a day. They also recommend doing exercises at home, with or without equipment. Jumping jacks, high knee steps and walking up the stairs are a few cardiovascular activities that require no weights or gear.

Below is an **at-home workout**. If you don't have dumbbells, you can use soup cans or heavy books to add resistance to the exercises.

Warm-up: 30 sec - 1 min. each

March in place, high knees, side steps, grapevine step, arm circles, arm swings

Stretching: perform daily

One stretch for each muscle group, hold 20 sec. to 1 min.

Workout: 2-3 sets of 10-15 reps

Chair sit to stands
Glute bridges from the floor
Standing calf raises
Wall push-ups (or hands on counter)
One arm rows
Shoulder front/side raises
Single tricep extensions
Arm curls



Four Yoga-Inspired Practices for Resiliency and Delight

By Samantha Radecki, Sault Tribe Health Educator and Yoga Teacher

First, Savor Nature

Walk, pause and bask your senses in all of nature. Experience the sounds, smells and spectacular views.

Breathe the fresh air deeply into your lungs.

Allow your mind melt into the scenery or to dance in and out of daydreams.

Remember, all of yourself is welcome, though you don't have to act from every feeling or thought that arises.

Ask: what's most aligned with your authentic self? Take skillful actions (process inspired by contemporary yoga educator Coby Kozlowski).



Second, Take a News Break

Yes. Seriously! Taking a break can help us check back in with what's really important - our lives! This can mean no news platforms and no social media for a 6, 12 or 24-hour period.

Be aware of how you feel before, during and after your break. What shifts do you experience? Are these shifts helpful?

Third, Connect

Now is the time to lean into your sacred community - look to your family, your friends and your tribe.

As an experiment, think about one thing you could do to feel more connected right now. Is it asking a close friend for help? Offering to go grocery shopping for an elder? Attending an online yoga class? Or, something else?

Pause. Feel. Witness. Then act upon what calls you.

Fourth, Breathe, Relax, Feel, Watch and Allow

BRFWA teaches us to skillfully ride the waves of life (from the Kripalu Center for Yoga and Health).

Breathe - take three deep breaths, sigh out the exhalations.

Relax and melt your body into the earth. Soften your mind. Let your breath be easy.

Feel all bodily sensations and emotions.

Watch and witness everything. Let go of judgement or any urge to figure something out. Notice.

Allow - welcome all of yourself, though you don't have to act from everything that comes up.

When the practice feels complete - breath deeply and sigh. Move your body as called. Rub your hands together to build heat, then massage your neck and shoulders to integrate. Notice any shifts that have occurred.

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April Garden Planting & Seed Prep

In areas with shorter growing seasons, starting seeds indoors can significantly increase your harvest. Here, Health Educator Josie Fegan shares tips on how to get started.

- Make a list of what you'd like to grow and shop around. Make sure the company you choose aligns with your values and your budget!
- If you're starting seeds in late winter/early spring, use a grow light to help them get 6-8 hours of sunlight per day.
- Recycled egg cartons or the bottom of milk jugs make great seed starting containers. Poke holes in the sides near the bottom for excess water to drain.
- Start seeds between April 15 and May 15 - 6 weeks prior to the last frost.
- Label! You don't want to forget which seeds you planted where!
- When planting, fill clean containers with moist potting mix and bury seeds to the depths listed on their seed packet. Cover planting containers with a clear covering to prevent dry-out.
- Regularly and gently water your seeds using a mist or syringe - a turkey baster also works!
- When your seedlings start to appear, remove the clear covering to ensure they get enough light and water. Be careful, too much direct sunlight can damage young plants.
- Have fun and experiment! Learn more here:
www.almanac.com/content/starting-seeds-indoors



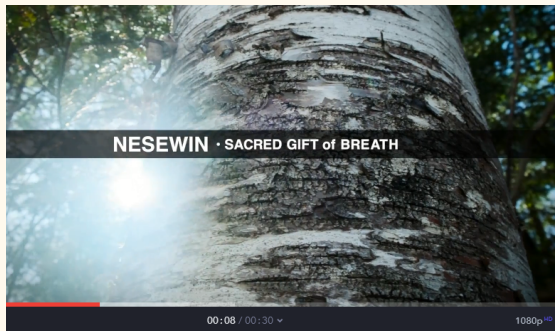
Seedlings beneath grow lights.



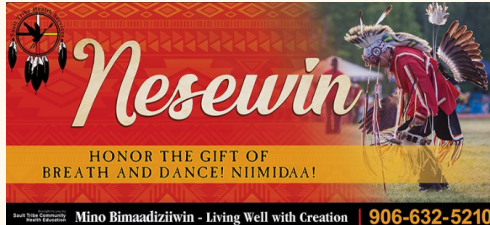
Indigenous Seeds: The Hidasta Shield pole bean. Grown by the Hidatsa people of modern-day North Dakota. Mentioned in Buffalo Bird Woman's Garden (1917).

Health Ed. Launches New Commercial & Billboards

Our new commercial teaches about Nesewin, encourages smoking cessation and promotes the Nicotine Dependence Program. Airing now on 9&10 News and FoxUP/TV6.



This Mino Bimaadiziwin billboard is located on I-75 on the north-bound side, just north of the Dafter exit.



This Nesewin billboard will rotate throughout the Eastern Upper Peninsula.

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