

COMMUNITY HEALTH EDUCATION

NEWSLETTER - JANUARY, 2019



New Year's Resolution: Be (And Stay) Well

Intentions, Resolutions and Advice for 2019

The New Year can be a time of rebirth and renewal - and with positive energy and the right intentions, your resolution can be achieved and maintained throughout 2019. If you're resolving to improve your health and wellness - whether by exercising more regularly, becoming mentally and emotionally balanced or finding a deeper connection with spirit - Sault Tribe Community Health Education is here to help. Below, our health educators share their best advice for being (and staying) well in 2019.

Charlee Brissette, Personal Trainer & Native Dance Fitness Instructor
Look to the Medicine Wheel



From an Anishinaabe Ojibwe perspective, wellness can be found by balancing the four aspects of health represented in the Medicine Wheel: East: Spiritual Health; South: Physical Health; West: Mental Health; North: Emotional Health.

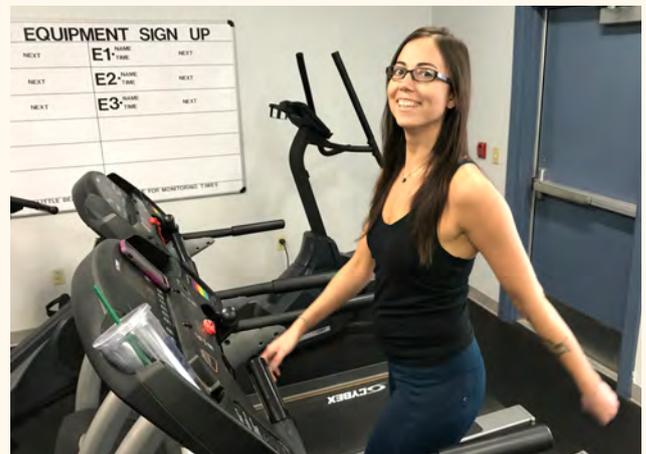
"One way to identify your New Year's wellness resolution is to first assess how balanced you are in your life. To do this, take a look at each direction and rate yourself on a scale of 1 to 10, with 10 being a state of total fulfillment in that area of your health. If you feel you can improve in one aspect of your life, what is something you could do to improve that

area? For instance, if you give yourself a 5 in Spiritual Health, what is one thing you could do to improve in this area? Let that one thing inspire your resolution."

Connect With Your WHY

Charlee also says the most critical part to being successful in pursuing your goals is to be deeply connected to your reason WHY.

"Why is it that [insert goal here] is important to you? Those that have a strong reason why, are more inclined to stick to their behavior change, whether it's quitting commercial tobacco, eating better or exercising more. Business and life coach Tim Robbins says it best: 'The secret to unleashing your true power is setting goals that are exciting enough to ignite your passion.'"



Josh Firack, Exercise Physiologist
Exercise: Start Small & Be Consistent

For many, improving health with diet and exercise is a top priority in the new year. If being more active is on your list and you plan to stay with it, our health educators say to start small and smart.

Josh Firack says, "If you're new to exercise or have just been away for a while, don't try to do too much right at the start. Over the years I've witnessed so many people who have resolved to exercise in the New Year overwhelm themselves to the point where they quit a few months in. You want exercise to fit into your life, not take it over. You could commit yourself to working out 2-3 days for 30-60 minutes a session for two weeks. Once your routine becomes a regular part of your week, then you can add more days or more time if you want to. Just remember, the biggest part of fitness is consistency. If you're consistent and continue to challenge yourself within your workouts, you will see results."

Mary-Ellen Hemming, Personal Trainer
Staying Fit: Get Creative with "Workouts"

Mary-Ellen agrees with Josh and says to "Doing a little something is better than doing nothing at all when it comes to physical activity. ... Even if you only have 10-20 minutes to devote to activity for the day, it will help your physical health and will also continue to reinforce the habit. Research shows that physical activity in chunks of 10 minutes or more has beneficial effects for health. Keeping resistance bands at your desk, taking walks of 10 minutes or more, taking the stairs at work and other short bouts of activity are helpful in continuing to strengthen your body and strengthen your mental association for physical activity."

Heather Hemming, Exercise Physiologist
Shift Your Mindset to Create New Habits

Additionally, Heather says that simply shifting the way you view exercise can make a powerful impact on your routine and results. "I always encourage people to think of exercise as something they "have" to do everyday, such as going to work. ... You have the power to make the healthy choice and what's best for you. Put yourself and your health first."

Check Out The Big Bear's Fitness Offerings on Their NEW Website: chimukwa.com



Samantha Radecki, Yoga Teacher
Pick One Thing & Always Begin Again

Finally, to see your resolution, whatever it may be, create real change in your life. Samantha says "Commit to that one thing, that one WHY, and give yourself permission to begin again."

"For example, if my resolution is to find a deeper connection with spirit in 2019, I would focus on doing one thing to support my resolution. For me, it's practicing meditation. I would resolve to meditate when I wake up in the mornings, and I would also resolve that if one day (or week) I do not meet this goal, I will begin again the next day. I will reaffirm to myself that, 'It's OK I'm not perfect. I am doing my best. I will begin again, and again, and again.'"

Bi-Weekly Employee Fitness Classes to Start Jan. 7th



New free lunchtime fitness classes will be offered to all Sault Tribe employees in 2019! The weekly classes will occur on Mondays and Thursdays from 12:10- 12:50 p.m. in the Sault Tribe Health Center Auditorium in Sault Ste. Marie.

On Mondays, Health Educator Samantha Radecki will lead yoga and on Thursdays, Health Educator Charlee Brissette will lead Native Dance Fitness. All yoga props (mats, blocks, straps and blankets) are provided. Please wear comfortable clothes and bring water for both classes and exercise shoes for native dance.

David Wesoloski: Serving West-End Communities

Many of you may already know David Wesoloski - he's a community health educator who serves the Sault Tribe community in the U.P.'s West End. David holds a Bachelor's of Science in business computer informatics and in community health education and minors in psychology and writing from Northern Michigan University. Though originally from Wheeling, Illinois (a northwest suburb of Chicago), David has been a proud Yooper for more than 10 years. He's been with Sault Tribe Community Health Education for the past three.

Within Community Health, David's primary role is being a Tobacco Treatment Specialist in the tribe's Nicotine Dependence Program on the West End. While he's stationed in Manistique, he frequently travels to Munising, Marquette and Escanaba. He is also part of five community coalitions working on health related initiatives. When asked about the best part of his job, he said, "being able to shift from my NDP work to coalition work is a very good dynamic that I thoroughly enjoy. Public health is a very dynamic field, so it means a lot to me to have exposure to varied aspects of it." In terms of big impact, he'd like to see a large work site wellness policy or initiative implemented not only within Community Health, but across the Sault Tribe as a whole.

With his girlfriend Kate, David owns a home in Manistique and cares for 3 dogs, 2 cats, a rabbit and more than 50 plants. He also plants and harvests a vegetable garden each year and enjoys experimenting with vegetarian takes on traditional American dishes. When not busy with work, the animals or the garden, David hikes, skis, bikes, travels, plays video games and "geeks out" on sci-fi flicks. He says that a trip to Japan in 2010 helped reshape his world view and "was a major catalyst in setting (him) on the path of health, wellness, and ... meditation." If you would like to connect with David directly, email dwesoloski@saulttribe.net



YEA Youth Serve Elders Traditional Feast at Social

This December youth and elders joined to feast, share stories and socialize at the Sault Tribe Wellness Collaborative's first Senior/Youth Social event. The social took place on December 12th at the Big Bear Arena as part of an elder youth mentorship program.

Participants enjoyed live music from the JKL string band and Youth Education and Activities (YEA) members served the tribal elders a traditional feast which included maple brined turkey, rutabaga mash, rainbow cole slaw, dinner rolls and an apple berry crisp for dessert.

The event was sponsored by the Sault Tribe Tribal Practices in Indian Country grant, the Sault Tribe Special Diabetes Program for Indians grant, and the Chi Mukwa (Big Bear) Community Recreation Center. The Sault Tribe Wellness Collaborative is composed of community health educators and community recreation center staff. The collaborative plans to organize several socials per year.



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It Is Good

