

COMMUNITY HEALTH EDUCATION

NEWSLETTER - OCTOBER, 2018



Cultural Activities Shine in September

To celebrate and honor Anishinaabe tradition, Sault Tribe Community Health Education (CHE) offered an array of cultural activities and events throughout September. From native dance classes to workshops on the sacred use of tobacco - all offerings aimed to improve tribal health and well-being through cultural enrichment.

DRUM MAKING IN SAULT STE. MARIE

On Sept. 15, tribal member Bud Biron, Ogeemachickuck, facilitated the first of three Sault Tribe drum making workshops this season. This workshop took place in Sault Ste. Marie. Seventeen tribal members of various ages participated and altogether, fifteen drums were tied. At the event, Bud not only instructed people on how to make a drum out of cedar and elk skin, he also gave Anishinaabe teachings.

Sault Tribe CHE will host two more drum making workshops this year. They will take place on Oct. 13 in St. Ignace and on Nov. 3 in Manistique.



N8V DANCE & BEADING IN MARQUETTE

By blending traditional native dance steps with modern physical activity exercises, Michelle Reed has created N8V Dance Fitness - a unique, high energy, fun-filled native dance work-out class. This fall, thanks to support from CHE, Michelle has offered several classes for community members at Northern Michigan University (NMU).

Michelle created N8V Dance Fitness in 2015 to inspire people of all ages to be more physically active while incorporating traditional native styles of dance. She has taught classes for youth as young as five, and for adults as young as seventy! In her classes, Michelle teaches the basics of many dance styles seen at powwows such as Traditional Dancing, the Round Dance, and the Crow Hop, and offers modifications for all fitness levels and abilities.

Michelle, a member of the Lac du Flambeau Ojibwe Nation, also keeps busy by creating gorgeous powwow regalia and painting women's handbags. She is a big advocate for supporting native art work. After her dance class on Sept. 21st., Michelle offered a native beading workshop where students created their own beaded NMU pendant.

CHE is now working to create the Sault Tribe's own version of a native powwow dance fitness class, inspired by Michelle's N8V Dance Fitness. CHE's first class demonstration will be led by Charlee Brissette and will take place at Community Health's Indigenous Pink Day event on Oct. 18. For more details, contact Charlee at cbrissette@saulttribe.net.

Niimiida! Let's dance!

(Cultural Activities Continued)

CULTURAL TEACHINGS OF ASEMAA

In addition to dancing and making drums, Sault Tribe CHE also hosted a cultural and language teachings of asemaa workshop. The workshop was led by Greg Johnson (Biskakone) of Wasagoning and took place at Northern Michigan University in Marquette.

At the event, more than 20 participants gained a greater sense of respect and appreciation for the traditions, practices and values surrounding asemaa. They learned the importance of growing and processing their own tobacco for ceremonies and how the commercial tobacco industry is harmful to human life and the environment. Ultimately, the workshop served as a reminder of how all living things are interconnected.

Fall Celebration – Oct. 19



The fall season is upon us! With the changing colors of the leaves come feasts and ceremonies that Anishinaabe people have been practicing for many, many years. Harvest feasts, ghost and spirit feasts and fasting are just some examples.

This October, CHE has partnered with Bay Mills Indian Community and Bay Mills Community College to host a fall celebration. At the celebration, community members will receive cultural teachings, feast on a potluck meal, and have the opportunity to kayak on Monocle Lake.

This event will start at 4 p.m. on Friday, Oct. 19, at the Monocle Lake boat launch in Brimley. It is open to everyone and no prior registration required. Please make sure to dress warm and bring a dish to pass. For more details, contact Charlee Brissette or the CHE front desk staff at 906-632-5210.

Anishinaabemowin

wellness phrase:

Dagwaagin

It is fall/autumn



Digital Story Telling: Using Tech to Enhance Tradition

At the Sault Tribe, we know the importance and power of storytelling. To encourage more of this – with a modern twist – CHE hosted a digital story telling workshop in September. The workshop was facilitated by Creative Narrations – a storytelling firm from Tucson, Arizona – and helped bring tribal members' stories to life in a fun and new way.

At the workshop, tribal youth, adults and staff learned how to tell stories using current technology. Each participant wrote a personal narrative, recorded their voice telling their story and added images and videos to produce a short film. To write the narratives, each person dove inward, mustered some courage, and told a heart-felt personal story. Some talked about their health and well-being, while others their careers or their families. By the end, each participant shared not only a story, but a piece of themselves, with the rest of the group.

Sault Tribe CHE plans to host their next digital story telling workshop in early 2019. If you would like to express your interest in attending, please contact health educator Samantha Radecki at 906-632-5210.



CHE Highlights Physical Activity and Smoking Cessation at Health Fairs

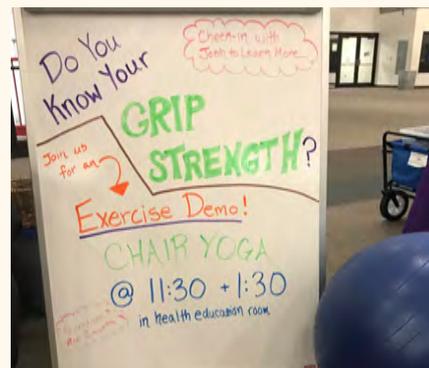
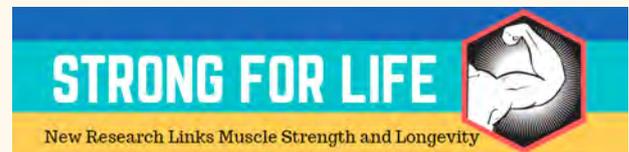
DO YOU KNOW YOUR GRIP STRENGTH?

For the Sault Tribe Community Health Fairs this fall, CHE decided to offer attendees a real hands-on experience. Led by one of the newest CHE team members Josh Firack, health educators tested participants' grip strength as an indicator for overall health and longevity.

This test was prompted by new research from the University of Michigan. According to the study, which used grip strength tests to determine a person's overall strength and accounted for socio-demographic factors and chronic conditions, people with muscle weakness were 50% more likely to die prematurely than those with muscular strength. Researchers also said grip strength is a predictor of chronic disease and disability.

For Health Fair attendees who scored low or substandard on the grip strength test, CHE offered hand held grip strengthening devices and showed community members how to use them. CHE also provided an flyer containing information on the emerging grip strength research and how to improve one's overall strength with physical activity.

CHE will continue to provide grip strength testing at the remaining fall health fairs, which will take place in Manistique on Oct. 17 and in Detour on Oct. 25.



ENDING NICOTINE DEPENDENCE

CHE's Nicotine Dependence Program (NDP) was also present at the St. Ignace, Hessel and Sault Ste. Marie Health Fairs. In the Soo, Health Educator Mary-ellen Hemming provided information on the Sault Tribe's tobacco cessation program, second and third-hand smoke and on the risks associated with pregnancy and smoking. Health educators also gave out stress snakes, stress lungs, packs of mints and air fresheners - all messaging the importance of maintaining tobacco free environments.

At each fair this fall, this table has been well-received. Many have taken information for themselves or for loved ones trying to quit. At the table, community members have said, "My daughter could use this information," and, "I will give this to my co-workers to encourage them." CHE's NDP will continue their efforts in ending nicotine dependence and will be present at the two remaining health fairs this year.

Manistique Gathers for Health Enrichment Event



At the 12th annual Dagwaagin Health Enrichment Gathering in Manistique, more than 50 tribal and community members learned about Ojibwe traditions that inspire healthier ways of life.

Tribal youth from the Escanaba and Manistique Youth Education and Activities groups (YEA) presented on the event's themes of increasing culturally relevant physical activity and healthy eating habits. The Escanaba YEA facilitated a Yoga in Anishinaabemowin demonstration, which combined the mind-

body yoga practice with native culture and language. Additionally, students from Manistique shared two recipes during a cooking demonstration, both featuring indigenous foods from the Great Lakes region. There was also information regarding traditional nutrition and how to incorporate indigenous foods into everyday life.

Finally, a tribal elder graciously provided the meal blessing and everyone enjoyed a hearty feast of local and traditional Anishinaabe foods. This event was coordinated by CHE and Manistique Rural Health.

Save the Date: Indigenous Pink Day is Oct. 18

October 18, 2018, marks Indigenous Pink Day and this year, Sault Tribe Community Health is on a mission to educate more tribal and community members about breast cancer.

Breast cancer is the most common type of cancer in women and is the second leading cause of cancer death in native women. According to the American Indian Cancer Foundation (AICF), one in eight native women will be diagnosed in their life time. Native women also experience cancer diagnoses at a rate that 7% higher than women of other ethnicities.

Sault Tribe's Indigenous Pink Day event will be held in the auditorium of the Health Center in Sault Ste. Marie. At the event, Community Health will provide educational information on early breast cancer detection and the importance of yearly check-ups. They will also offer pink treats and giveaway prizes sponsored by the AICF and Community Health Educators will host lunchtime native dance exercise demonstration.

So, how can you join the fight? Wear pink in support of survivors, share Indigenous Pink Day celebrations on social media, and most importantly, be proactive - regularly perform self breast exams, get routine screenings and encourage others to do so as well.

Heather Hemming: New Health Ed. Supervisor



As the new CHE Health Education Supervisor, Heather Hemming is leading by example. Not only is she a dedicated Sault Tribe health educator, she's also a health and fitness enthusiast. Her personal lifestyle is fueled by mid-day exercise, playing in hockey and volleyball leagues, eating a nutritional diet and upholding an optimistic outlook - all of which are positively reflected in her work at Sault Tribe Community Health Education.

Heather holds a Bachelor's degree in exercise science and kinesiology from Lake Superior State University. She is also an American College of Sports Medicine (ACSM) certified exercise physiologist and inclusive fitness trainer, a certified lifestyle coach and she is highly skilled in facilitating community coalitions. In this new role, Heather will continue her duties managing and coordinating the Good Health and Wellness in Indian Country and Tribal Practices grants, while also directly overseeing CHE's emerging Physical Activity (PA) Referral Program.

Heather, who is a Sault Tribe member and long time tribal employee, is the PA Referral program's lead developer. She says the program's intentions are to promote prevention, self-management, and treatment efforts among tribal members diagnosed with diabetes, hypertension, obesity and other chronic diseases. With more culturally appropriate programs like this, Heather would like to see the CHE team continue to work as a cohesive unit to provide the best services to Sault Tribe members.

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UPCOMING EVENTS

EAST

Drum Making Workshop
St. Ignace- Oct. 13th

Fall Celebration
Monocle Lake, Brimley - Oct. 19th

Indigenous Pink Day
Sault Ste. Marie - Oct. 18th

Rattle Making Workshop
Sault Ste. Marie - Oct. 20th & 21st

Health Fair
Detour - Oct. 25th

WEST

N8V Dance Fitness
Marquette - Oct. 12th & 25th

Health Fair
Manistique - Oct. 17th

Drum Making Workshop
Manistique - Nov. 3rd

For all registration information, call
Community Health at (906) 632-5210.

