

# COMMUNITY HEALTH EDUCATION

NEWSLETTER - SEPTEMBER, 2019



## Michigan Becomes First State to Ban E-cigarette Flavoring: A Key Move in Fighting Youth Vaping

The state of Michigan made a landmark decision on Wednesday, September 4th, by banning the sale of flavored e-cigarettes and vape products. Gov. Gretchen Whitmer stated “youth vaping constituted a public health emergency” and that her “number one priority is keeping our kids safe and protecting the health of the people of Michigan.”

The ban will cover both retail and online outlets. It prohibits sales of products that use not only candy and fruit flavors but mint and menthol varieties as well. The ban will go into effect immediately, but businesses will have 30 days to comply.

I could not be more proud of our state for the decision to ban e-cigarette and vape flavoring,” said Mary-Ellen Hemming, Sault Tribe Community Health Educator, “Michigan is paving the way to protect not only our youth but all Michiganders by becoming the first state to do so.” Mary-Ellen recently attended the National Conference on Tobacco or Health in Minneapolis where public health researchers shared the links of youth addiction to e-cigarettes.

**“Colorful, lively, targeted advertising first encourages teens to try vapes. Then they become “hooked” to vaping because of the flavors. The final stage of the three-part cycle that keeps teens coming back for more is the amount of nicotine in vapes or Juuls,” Mary-Ellen explains. “So, by eliminating the appetizing flavors in vapes, Michigan is one step closer to breaking the chain of youth e-cigarette addiction.”**



## Functional Movement: Health Educators To Take World-Class Training

This month, our health educators will participate in a Functional Movement Systems training to expand upon how they assess a client’s mobility, flexibility and stability within the Physical Activity Referral Program. The educators will also learn exercises to help their patients improve in these areas. The training, which is taught across the country and around the world, will take place on Sept. 25th and 26th at the Big Bear.

So, what is Functional Movement and why is it important? Josh Firack, Health Educator, ACSM EP-C explains: “Functional movements are movements based on real-world, situational bio-mechanics. They usually involve multi-planar, multi-joint movements which places demands on the body’s core musculature and innervation. Proper functional movement precedes performance and may ultimately lead to injury reduction, especially in elders when it comes to staving off unwanted health conditions.”



## Important Tips for Exercising with Diabetes

It's well known that regular exercise is essential for anyone who has diabetes. Exercise makes the body more sensitive to insulin, which allows your body to use blood sugar as energy. Increased activity can help prevent some complications associated with diabetes including nerve damage and heart disease. Other benefits include improved sleep, more energy, controlled blood pressure, and lowered cholesterol.

But, what's lesser known is how to exercise in safe and effective ways that help manage the disease. Within our Physical Activity Referral Program, Diabetes Fitness Trainer Mike Goetz takes special care when working with diabetic patients. Below, he shares his insights.

- Exercise for diabetes should be done when blood sugars range from 130 to 240 mg/dL. When blood sugars are below 130, the patient's risk of hypoglycemia could increase. Exercising above 240 mg/dL could lead to a large drop in blood sugar which could cause light headedness and dizziness.
- The American College of Sports Recommends at least 150 minutes of low/moderate exercise, 5-7 days per week. Exercise should be performed at 40-60% of patient's peak heart rate. Duration is much more important than intensity. Longer workouts at a lower intensity benefit the patient more than short bursts of high intensity exercise.
- Resistance Training is also very important for people with Diabetes. Regular, consistent resistance training helps preserve healthy lean body mass. Resistance exercises should be performed 2-3 nonconsecutive days per week, allowing your muscles the adequate amount of time to rest. Make sure to hit all muscle groups, and increase weight as tolerated.

## Hikes and Kayaking Adventures Wrap Up Summer Programming

As August came to a close, so did Health Education's youth summer programming. Finishing strong, our educators led a youth hike at Tahquamenon Falls, another kayaking adventure day at Soldier Lake and several attended a kayaking certification training in Savannah, GA.

At Tahquamenon Falls, the group hiked in the forest and then played in the lower falls. And at Soldier Lake, the youth learned to make cattail mats, in addition to spending few hours kayaking and swimming in the water.

All of Health Education's summer programming featured outdoor physical activity, offered cultural teachings, and brought the kids to the water - teaching them how to flow with it, how to engage with it and how to be more comfortable and confident on the water.

### Tahquamenon Falls



## Soldier Lake



**Health Ed.'s  
Newly American  
Canoe Assoc.  
Certified Kayak  
Instructors:  
Charlee Brissette  
(L2), Samantha  
Radecki (L1), Jill  
Lawson (L2), Lori  
Gambardella  
(L2), Josh Firack  
(L1), Lisa  
Burnside (L1).**



## Health Education Welcomes Three New Arrivals!



"As is fitting for the birth of such a spectacular baby, fireworks and sparklers marked the occasion as Finley Ray Gilbert joined the Myers family on July 3rd. He weighed in at 7 lbs., 5 oz., measured 20 in. long, and as such, his father and the fishermen in the family deemed him a "keeper". Finley, your Grandma and family love you beyond measure. You have blessed our lives with your presence and you have already brought us immense joy and countless smiles. Adventure awaits and we are excited at the thought of sharing it with you." - Lisa

This summer has been the season of birth at Health Education! Health and Wellness Manager Lisa Myers welcomed her new grandson, Finley Ray Gilbert, Health Educator Josie Fegan delivered her second daughter, Emersyn Sage Babcock and Diabetes Fitness Trainer Mike Goetz welcomed his second son, Carter Lee Goetz.



"Carter Lee Goetz was born on 7/30/19 at around 1:50 in the afternoon. Carter weighed 6 lbs., 6 oz. and was 19.5 in. long. Carter joins his brother Connor as the dynamic duo and Connor absolutely loves his baby brother. Mom Jenna is doing absolutely amazing and is heading back to work within the next two weeks!" - Mike



"Emersyn Sage Babcock. Born June 20th, 2019 . Height: 20.5 in. Weight: 7 lbs., 10 oz. Emersyn, whose name came to me in a dream a few days after my due date, came four days late but when she decided to make her appearance, she didn't waste any time. We were only at the hospital for two hours before she arrived! Eme is the sweetest little baby who LOVES to eat, stare at her momma, and nap (thank goodness because having two under two is no joke!). We are soaking in the newborn days and enjoying the summertime as a family of four." - Josie

# HEALTH EDUCATION TEAM

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## UPCOMING EVENTS

- **St. Ignace Health Fair**  
September 11th
- **Fall Gear Giveaway**  
Kinross - Sept. 18th
- **Hessel Health Fair**  
September 19th
- **Canning & Preserving Workshops**  
Escanaba - Sept. 12 & 24  
Manistique - Sept. 16 & 25
- **Sault Health Fair**  
October 4th
- **St. Ignace Teen Health Fair**  
October 11th

**Anishinaabemowin Wellness Phrase:**  
**Aabawaasige - S/He [The Sun] Warms Things Up**

