

# Community Health Education

COMMITTED TO GIVING YOU OUR VERY BEST

## Educators Present Drum Making Workshop

BY CHARLEE BRISSETTE

On June 30<sup>th</sup> Sault Tribe members, from as far as Wisconsin, joined Ogeemachichuck (also known as Bud Biron) and Community Health Education to bring traditional hand drum teachings to tribal members. This full day hand drum making workshop took place at the Nokomis/Mishomis building on Shunk road.

As Bud explained, the dewegan (Drum) was a gift from the women to the men. Women inherently have traits that allow them to cleanse their spirits, create life and keep them close to Gizhemnido, the Great Creator. In early times the men felt that there was something missing for them. This is where the dewegan comes in. Bud also explains:

“ The drum is the heart beat of our people, the Anishinaabe. Our people need to hear the drum so that we stay together as one.

The drum draws together all living beings, because it is the heart beat of mother earth. And we all have hearts so we feel that connectedness.”

The workshop, which began at 8am, consisted of an opening talking circle to introduce everyone, as well as some drum songs to start the day in a good way. The first step to this important process was to choose a drum ring that you

connected with. Participants then had to sand the edges of the rings and they had the opportunity to burn designs into the rings to distinguish them and put their selves into the ring. Some chose to put words or symbols that were representative of their names or their clans on their drums.

Lunch was prepared by Charlee and Jennifer and consisted of traditionally inspired foods. Participants feasted on Three Sisters soup, manoomin (wild rice) pilaf, waawaashkesh (deer) and bezhike (bison) meatballs, and berries. The afternoon was spent stretching the wet elk hides and lace, to later tie and shape them into what you see in the pictures. Participants took their finished drums home to let them dry completely, where they could then be used for personal use.

The workshop was finished with a closing circle where participants had the opportunity to share what they took away from the whole experience. Making traditional teachings accessible to Sault Tribe Members, families, and the community is a priority for Health Education. Through tribal workshops, community and familial connectedness and well-being are strengthened. Health Education plans to offer similar workshops in the future. Keep an eye out for workshops in your area!



## Unit 4 Sault Tribe Members Spiralize Fruits and Vegetables

BY DAVID WESOLOSKI

Health Education partnered with Manistique Health Center Registered Dietician, Gail Sulander, to facilitate a Spiralizing Workshop at the Escanaba Tribal Health Clinic. At this workshop, the first of two workshops that will be offered at the clinic, Unit 4 Sault Tribe members learned how to spiralize apples, pears, cucumbers, carrots, and zucchini to create their own individual salad. All of the participants were very satisfied with the program and most indicated they plan to either purchase a spiralizer or use theirs more often.



## The Health Fairs are coming!

BY MARY-ELLEN HEMMING

Mary-Ellen Hemming and Charlee Brisette jumped in feet first with Les Cheneaux School Health Fair on May 3<sup>rd</sup> where they provided tobacco free living and physical activity information to one hundred and fifty (150) students in grades three through twelve. Physical activity games weren't the only thing offered. A lung demonstration for tobacco education also caught the children's attention, demonstrating the difference in a smoker's and non-smoker's lung.

A few days later on May 8th, the educators Mary-Ellen Hemming and Jennifer Eyler continued to provide Sault Tribe Community Health Information and physical activity trail brochures at the War Memorial Employee Health Fair.

Sault Tribe Community Health is gearing up for their own Health Fairs, scheduled for:

September 12 – St Ignace

September 27 – Hessel

October 3 - Sault Ste. Marie

October 25 – Detour



## Shkode: Fit for Life adds Wellness Coach to Staff

BY ASHLEY VOGEL

If you're wondering who the new face around Community Health and Big Bear Arena is, it's one Mr. Camden Mace Ledy, but you can call him Cam. The Pickford native has joined the Community Health team as the Youth Wellness coach for the summer session, roughly until the end of August.

The middle child of six it seems Cam was made to step into this position primarily working in the Shkode: Fit for Life program that targets the 12-18 year old age range. With three older sisters and two younger sisters Cam has the skills to connect to various age groups. Within the program Cam will be responsible for fitness testing to evaluate the participants' strength, flexibility and body

composition. He will also be in charge of creating daily running routes and a running schedule so that the participants will feel confident enough to complete not one, but two 5k races through the beautiful scenery of Petoskey and Cedarville.

While there is a physical aspect to Cam's new position, it also comes with administrative duties; he keeps records of attendance, mileage logs, race data and accomplishments for each participant as well as submitting reports detailing events, records and updates to the Health Educators as they work further towards their goals for the program.

When asked what he hoped to bring to the position a pensive Cam responded: "I plan to incorporate a running plan that keeps kids coming back each day. Physical activity is an extremely important aspect of life, therefore adding fun, active games into the program such as Pac-man tag and kickball will keep the kids moving, along with mixing it up and allowing the kids to be kids."

When not encouraging youth to reach their fitness goals Cam can be found enjoying his favorite foods; pasta, French fries and Lindor Chocolate – I'm assuming not all together... Going to the beach, where he can crack his back on command if you're sharing party tricks, playing competitive volleyball, boating, running, traveling and exploring new places. One of those places he hopes to explore one day is Greece, particularly "the islands, such as Santorini and take in the beautiful beach scenery." And would also love the opportunity to see the Parthenon in person, in Athens.

Closing out the interview I asked the twenty-two year old aspiring Occupational Therapist what he really wanted people to know about his new position, he had this to say: "As a coach, you always want the best for your athlete. Getting to know each player from day one and see how far they have grown as an individual is a satisfying reward as a coach. I want to make an impact in the kids lives by promoting physical activity and to prove that anyone can stay active, even as life goes on. The main goal is to be active, but to have fun while doing it."

Welcome to the Community Health Team, Cam! We're looking forward to watching you inspire our youth in their fitness journey.



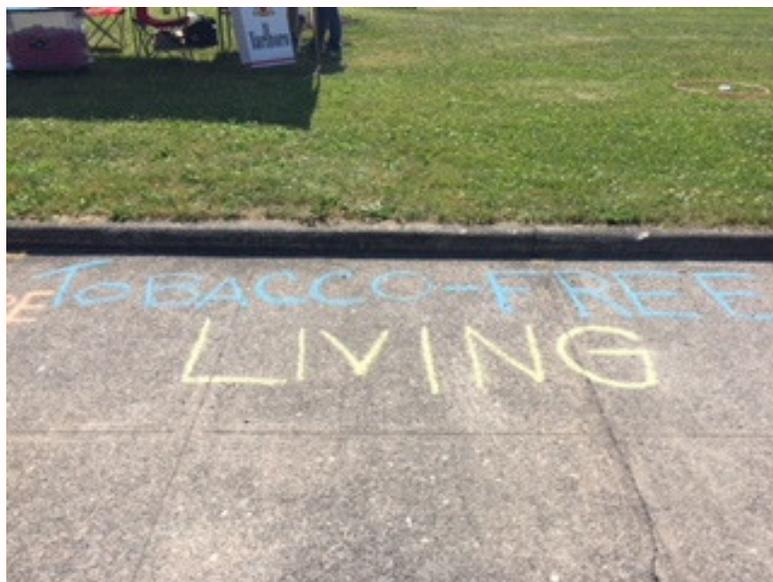
## Teaming up with YEA Circle of Life

BY MARY-ELLEN HEMMING

Health Educators were invited to the beach to provide physical activity demonstrations for 17 youth from the surrounding areas of St. Ignace, Hessel and Manistique YEA groups. The group participated in relay races on the beach after the demonstrations. Coloring books in Anishinaabe with activities in both English and Anishinaabe were provided.

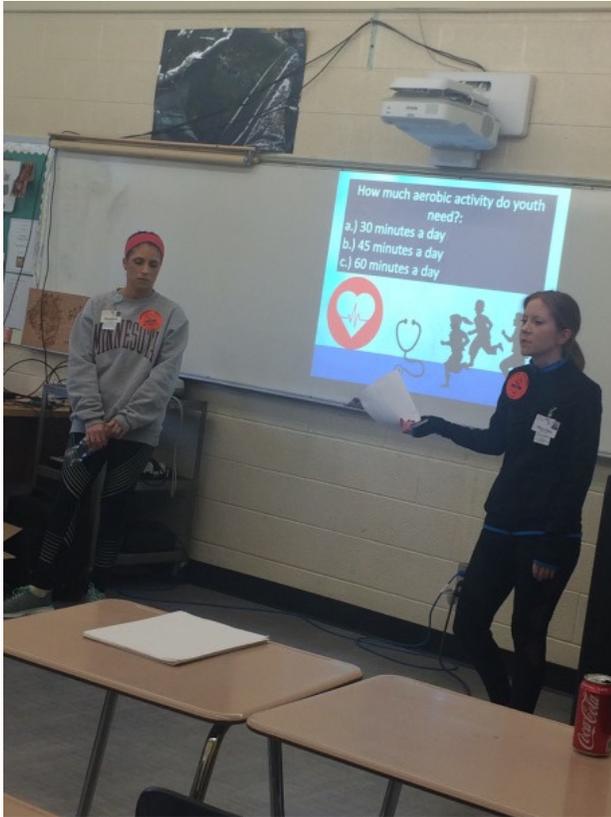
## Tobacco-Free Living Finds Space at Engineer's Day

BY: MARY-ELLEN HEMMING



The Nicotine Dependence Program ventured out into the sweltering heat for one of the biggest Sault Ste. Marie events of the summer, Engineer's Day. Health Education joined forces with the Chippewa County Health Department as part of the Tobacco-Free Living Coalition to bring as much information as possible regarding pregnancy and smoking education as well as the dangers of second and thirdhand smoke.

No less than fifty people attended the booth, where the Nicotine Dependence Program was able to reach out to the tribal community and provide information about the program, many of which seemed keen to contact that program and receive more information on services provided.



## Hemming Sisters Join Forces for Fitness

BY MARY-ELLEN HEMMING

In May Health Educators Heather and Mary-Elle Hemming were invited to the Rudyard YEA site to share a power point with fifteen students in the Native American culture class. The presentation included facts related to fitness, a video and concluded with Activity BINGO. All of the other YEA sites have expressed interest in expanding a fitness program to their site.

## Community Health Awarded New Grant

BY CHARLEE BRISSETTE

In May 2018, Health Education was awarded the Tribal Practices for Wellness in Indian Country Grant. This three year project supports tribal practices that build resiliency and connections to community, family, and culture, which over time can reduce risk factors for chronic disease among Sault Tribe members and their families. Be on the lookout for cultural programming from Health Education coming soon!



## Eyler, Hemming Certified

BY CHARLEE BRISSETTE

Congratulations to Community Health Educators, Mary-Elle Hemming and Jennifer Eyler, who recently became certified Tobacco Treatment Specialists through Mayo Clinic's Tobacco Treatment Specialist training program.

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## Upcoming Events

WHAT'S NEXT?

### Canning and Preserving

- Cedarville - July 18
- Sault Ste. Marie - July 23
- Manistique = July 24
- Munising - July 26

### Kayak Instructor Training

July 14 & 15

### Sweet Grass Gathering

July 18

### YEA Circle of Life

July 19

### Sault Tribe Health Center

#### Farmer's Market

#### Soft Opening

July 23

### Rattle Making Workshop

July 28 & 29

### Sault Tribe Health Center

#### Farmer's Market

#### Grand Opening

July 30