

AUGUST 2018

COMMUNITY HEALTH EDUCATION

Committed to giving you our very best.



HEALTH EDUCATORS LEAD FULL-DAY KAYAK WORKSHOP FOR YEA

By: Heather Hemming

Health Education and Traditional Medicine staff partnered to provide a Kayak Workshop for tribal youth. In preparation for the kayak program, Health Educators, Charlee Brissette and Jennifer Eyler, Traditional Medicine Assistant, Lori Gambardella, and YEA staff Jill Lawson and Lena Walker, attended a Level 1 Kayak Instructor Training through the American Canoe Association (ACA) to become certified kayak instructors.

On July 19th youth from the Sault Ste. Marie and Rudyard YEA programs had the opportunity to participate in the Kayak Workshop as part of their Circle of Life Program.

On a beautiful, sunny 80° day at Soldier Lake, the youth rotated through three stations: kayaking with water teachings, physical activity games on the beach, and a dream catcher activity.

Sault Ste. Marie YEA Coordinator, Jill Lawson, shared her thoughts about the workshop. “When our students first saw the Circle of Life schedule, they were most excited about kayaking! I am so grateful for this opportunity provided by Community Health. On July 19th, Charlee, Jen, Heather and Lori came out to Soldier’s Lake with students from the Sault and Kinross/Rudyard area. Our students spent the day learning how to kayak with on and off water instructions, exercising, and creating dream catchers. To be able to have access to the kayaks and have professional trainers to teach our students the skills, is a feeling of empowerment. It was a beautiful sight to see the lake filled with kayaks with our students on board steering them.”

Health Education will lead another Kayak Workshop for the Manistique, Hessel, and St. Ignace YEA groups on August 8th. The Kayak Workshops are sponsored by the Sault Tribe Good Health and Wellness in Indian Country (GHWIC) grant.

CANNING AND PRESERVING CLASSES

By: David Wesoloski

Health Education partnered with the Delta County MSU-Extension Food Safety Educator, Stephanie Ostrenga, to facilitate Canning & Preserving Workshops in Escanaba, Manistique, and Wetmore.

From June through September, Stephanie will highlight a new food item using either the canning, freezing, or pickling methods of food preservation in each of the above locations.

Over the course of three hours, participants learned about the importance of food preservation in preventing spoilage, how to spot spoilage, best practices of food preservation, general tips, the two types of canning methods, and the importance of a food's acidic and alkaline value when preserving. Both Sault Tribe and community members learned how to preserve and properly can strawberry jam in June and salsa in July. All participants were highly satisfied with the workshop and walked away with their own jam and salsa to take home to enjoy!



Join us at the Sault Tribal Health Center on Ashmun St.
OPENS JULY 23!
Open 11-3 Every Monday!
Grand Opening July 30

CALL FOR VENDORS —
We are recruiting vendors for our new healthy farmers market. Please contact Jenni O'Dell at (906) 632-5259 or JO'Dell@saulttribe.net for more information.

SAULT TRIBE COMMUNITY HEALTH FARMER'S MARKET OPENS

By: Jennifer Eyler

The soft opening for the STHC Farmers' Market took place on 06/23/18. Four vendors with various types of produce came to the market. On 06/30/18 the grand opening took place. The Community Health Department provided farmer's market totes, information cards and a cooking demonstration for shoppers. Nine vendors were present at the market. The farmers market will be open every Monday from 11AM to 3PM at the Sault Tribe Health Center.

Anishinaabemowin wellness words:

NMINO'AYAA:

"I AM WELL/GOOD"

IN THE KNOW: MARY-ELLEN HEMMING

By: Ashley Vogel

As one of the Sault Ste. Marie site's four health educators, her small stature and quiet nature may make Community Health's resident redhead, who has been with us for two years and eight months, easy to overlook but there's no mistaking the impact she's had on the department. In her first year here, Mary-ellen was not content to work on one but took on responsibilities in two grants; the Partnerships to Improve Community Health (PICH) Grant and the Good Health and Wellness in Indian Country (GHWIC) Grant. Within the PICH Grant Mary-ellen had the pleasure of working with ten different schools in the seven county service area helping to implement an increase access to healthier foods and beverages as well as implementing opportunities to increase physical activity. She was also at the time joining forces with various Coalitions working on Voyager Island Park. One of two islands, the other being Heron Island, in the St. Mary's River. Voyager Island Park, due to her endeavors and that of her cohorts, is now a place that one could paddle to and hike a mile trail. Mary-ellen rounded out her other project that year in conjunction with the GHWIC grant and Youth Education Activities (YEA) assisting tribal members with incorporating more physical activity into their life, developing the Tribal Youth Fitness Group. In which she instilled healthier living and aspired to combat bullying. Nearly three years later she's helped expand this program into the seven county service area.

Her second year with Community Health and closing out the PICH grant, found her working with an expanded 13 schools, some schools who had previously been in the program came back with new ideas for expansion, others were new to the goals previous set but all were enthusiastic to create better health and wellness opportunities through these grants.

Mary-ellen has spent the last six months working towards becoming a Tobacco Treatment Specialist working alongside those in the Nicotine Dependence program, she completed testing and training at the Mayo Clinic in March and is currently working on the hours required to become certified. When asked what the Nicotine Dependence Program (NDP) brings to the Community Health department she had this to say:

"The program is very important for the department as it provides a resource that many other areas do not offer. The NDP offers tobacco cessation counseling support as well as allows for each patient to make autonomous decisions regarding their cessation action plan..."

While she didn't find that training to become a Tobacco Treatment Specialist to be particularly difficult, and with as many letters as Mary-ellen has following her name I could see that, she found that unlocking the key to successfully quitting tobacco is more like a puzzle in which one has to consider; health history, past attempts to quit, current medications, and past cessation medications they may have tried to find the right combination to help each particular patient.

I asked Mary-ellen what she wanted people to know about her dual position as Health Educator and a Tobacco Treatment Specialist she had this to say:

"I would want everyone to know that we work in several different areas as far as increasing access to healthy food and beverage, increasing opportunities for physical activity and increasing tobacco-free environments... there are several projects occurring at once with many partnerships between Health Education and both tribal and non-tribal departments. If there is anything I can do to help another staff member or patient, I will do as much as I can to assist or lend options for resources."

Thinking she'd like to be a Marine Biologist in her youth Mary-ellen didn't know that this would be the career she'd end up in but the middle child to an older brother and a younger sister, whom she bravely shares an office with every day, always knew that she wanted to help people. She is a smart cookie who can wow you by naming the capitol of every state and speaking of sweets she says there's no better way to treat herself than to some chocolate and a nap. It's the little things right? She is quick to admit that she relatively quiet until you get to know her but this little hobbit would love to go on an adventure to New Zealand because it "...Seems quaint and peaceful with far less dangerous creatures as they do not have snakes, a few poisonous spiders, not killer jellyfish etc unlike Australia." I think we can all agree that Australia is the scariest natural place on earth. In closing I asked her if she had anyone who inspires her. With barely a hesitation she had this to say: "My mother, she has a heart of gold and the inner strength of an army."

Like to get in touch with Mary-ellen for more information on her projects or to inquire about the Nicotine Dependence Program? You can find her at the Community Health Offices at the Sault Ste. Marie Tribal Health Center or can contact her at 906-632-5210.



SWEET GRASS GATHERING

By: Charlee Brissette

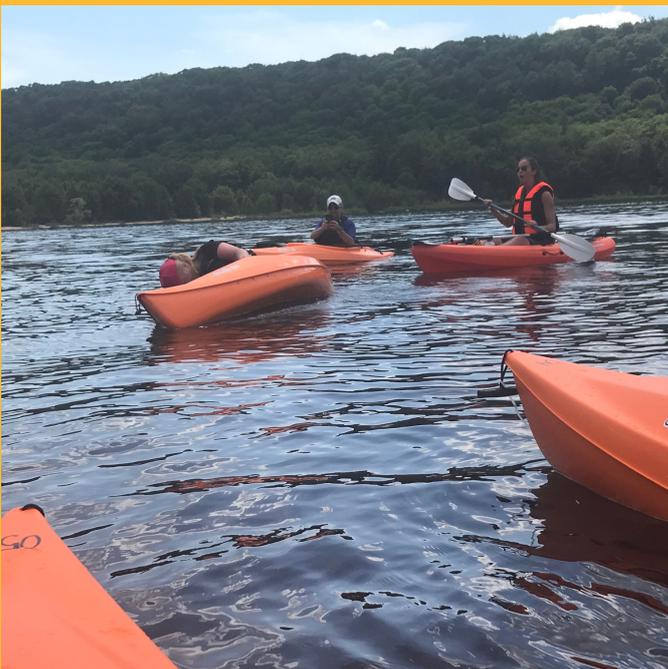
On July 18th, Health Educators Charlee and Jenn took members of the community out to identify, harvest and transplant wiingash (sweetgrass). We received many teachings from Amy McCoy and Bud Biron about the language, the importance of never taking more than you need and sustainability of our sacred medicines.



KAYAK INSTRUCTOR TRAINING

By: Jennifer Eyler

On July 14th and 15th John McDonald from Play Harder Adventures came to instruct a Level 1 Kayak Instructor course. Six of the seven participants are now certified kayak instructors.



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UPCOMING EVENTS

Canning and Preserving

Cedarville - August 16
Manistique - August 9
Newberry - August 20
Wetmore - August 21

Spiralizing Workshop

Escanaba - August 9
Manistique - August 16

Farmer's Market

August 6
August 13
August 20
August 27

One-Pot, Spices and Back to School Cooking Class

- August 16