

COMMUNITY HEALTH EDUCATION

NEWSLETTER - DECEMBER, 2018



Keep Asemaa Sacred & Save It for Tradition

Asemaa, or tobacco, is the first of the four sacred medicines given to our people by the Creator. It was given to the people to be used as a way to communicate with the spirit world. The other medicines are sage, sweetgrass and cedar. All can be used to smudge - to purify an area and for ceremony.

According to one story from Anishinaabe Elders, it is said that people of the earth were not living their lives in a respectful manner and so the Creator was going to do away with them. Migizii, the Eagle, interceded on their behalf and now goes out each day to ensure that the people are offering their asemaa every day and living in a good way. Mino Bimaadiziwin!

Today, many people have lost touch with the traditional uses of asemaa. Commercial tobacco use has become a serious health issue for most tribal nations, Sault Tribe included. Widespread commercial tobacco use is a leading cause of many preventable diseases, disabilities, and deaths in the United States.

According to the Centers for Disease Control and Prevention, commercial tobacco smoke contains 7,000 chemicals, hundreds that are toxic, and about 70 that can cause cancer. Prolonged exposure of these chemicals damage DNA and inflame cells, which can lead to cancer, stroke, and heart disease. Exposure to tobacco smoke increases your heart rate and blood pressure, and children can experience more frequent ear and respiratory infections and trigger asthma attacks. Smoke that clings to walls, ceilings, carpets, curtains, furniture, and clothing can harm other adults, children, infants, and even pets. Smoking can cause problems for a woman trying to become pregnant or who is already pregnant and for her baby before and after birth.



Asemaa cont.

Community Health Education offers the Nicotine Dependence Program (NDP) to assist members in quitting commercial tobacco use. In the NDP, members have the opportunity to meet one-on-one with a Tobacco Treatment Specialist, who has been specifically trained in the area of nicotine addiction, to collaborate and develop an individualized treatment plan.

If you or someone you love is interested in the program, contact Community Health Education at 906-632-5210. Asemaa - keep it sacred and save it for tradition.

Elder/Youth Holiday Social Dec. 12

This month, celebrate and socialize this holiday season with elders, youth and Sault Tribe Community Health Education! The Elder/Youth Holiday Social event will happen on Wednesday, Dec. 12 from 4 - 6 p.m. in the Hospitality Room at Big Bear Arena.

Join in for many fun-filled activities including card games, cribbage, traditional crafting and Christmas caroling and enjoy a traditional feast prepared by Community Health's registered dietitians and health educators and served by tribal youth!

The social is sponsored by the Tribal Practices and Wellness in Indian Country grant, the Special Diabetes Program for Indians grant and the Chi Mukwa Community Recreation Center. To register, please call Sault Tribe Community Health at (906) 632-5210.

Anishinaabemowin wellness phrase:

Mino Bimaadiziwin

-Living In A Good Way

Make Your Own Snowsnake on Dec. 8

Gooniginebik, or snow snake, is a game that has been played by indigenous peoples across Turtle Island (North America) for hundreds of years. It is a game played in the winter, where snow is formed into a track and sticks are transformed into 'snakes'. Players 'throw' their snow snake down a track, and the player whose

snake makes it the farthest wins. The name comes from the way the sticks slither through the snow, imitating the movement of the ginebik, a snake.

Snow snakes range from one foot to six feet, can be made out of branches found in the woods or, more modernly, out of planks of wood, and can be painted or burned into designs favored by the owner. Tracks range in size, but should be long enough to ensure snakes have enough track to slide on. Some skilled players have been known to throw snakes as far as one mile!

Tribes throughout the Midwest - Haudenosaunee, Odawa, Sioux, Potawatomi and other Ojibwe tribes - have started competing against one another. This winter, Sault Tribe Community Health Education is joining the movement to bring this traditional game back to Bawating (Sault Ste. Marie).

Community Health Education hopes to build a Snowsnake following among competitors in the Sault Tribe community. If interested, please contact Sault Tribe Community Health to sign up for this workshop and to learn more about upcoming matches among various community groups this winter!

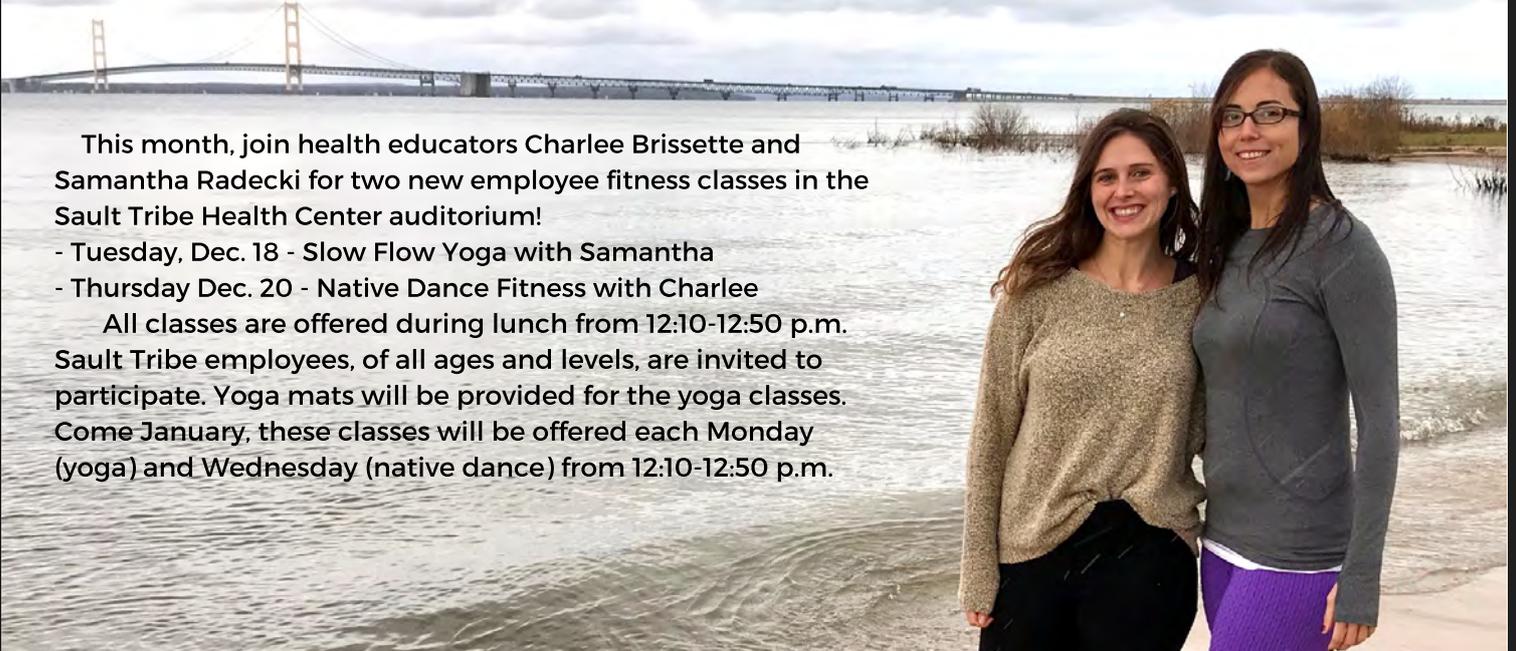


NEW Employee Fitness Classes at STHC

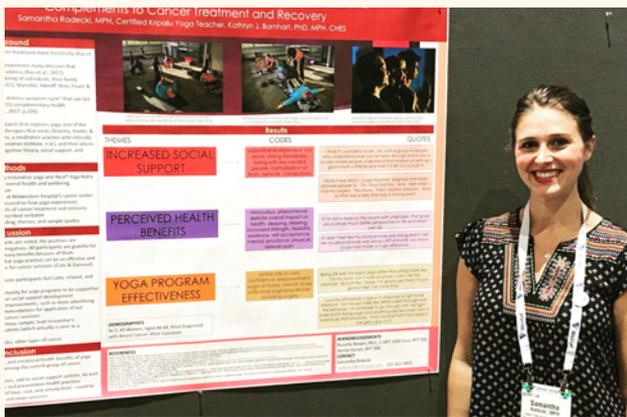
This month, join health educators Charlee Brissette and Samantha Radecki for two new employee fitness classes in the Sault Tribe Health Center auditorium!

- Tuesday, Dec. 18 - Slow Flow Yoga with Samantha
- Thursday Dec. 20 - Native Dance Fitness with Charlee

All classes are offered during lunch from 12:10-12:50 p.m. Sault Tribe employees, of all ages and levels, are invited to participate. Yoga mats will be provided for the yoga classes. Come January, these classes will be offered each Monday (yoga) and Wednesday (native dance) from 12:10-12:50 p.m.



Meet Samantha Radecki: New Health Educator



Samantha Radecki is one of the newest members of Sault Tribe Community Health Education. She is from St. Ignace, loves the U.P. wilderness and fresh water, is fascinated by the practice and study of yoga, and is passionate about public health promotion and communication.

Sam holds a Master of Public Health, Concentration in Health Promotion, from Grand Valley State University and a B.A. in Journalism from Michigan State University. She will soon be certified as a Tobacco Treatment Specialist, is a certified Kripalu Yoga Teacher, a 200-hour Registered Yoga Teacher through Yoga Alliance, and is currently in training to become an advanced 500-hour yoga teacher.

Though new to the Sault Tribe, Sam has been active in leading Community Health Education's communication efforts - including monthly newsletters and tribal newspaper articles and a new health messaging campaign consisting of TV commercials, billboards and signage at ice arenas. She also works in the Nicotine Dependence Program, will teach yoga classes for our new Physical Activity Referral Program and work site wellness initiatives, and is part of the Mackinac County Wellness Coalition. Sam recently traveled to San Diego, CA, to present her qualitative research on yoga and iRest Yoga Nidra as complements to cancer treatment and recovery at the American Public Health Association's Annual Meeting (pictured above).

Sam says the best part of her new job is working with and for such wonderful people. "I really enjoy collaborating with my team members and our community partners. I'm just one piece of a dedicated department - committed to improving health and well-being throughout the Sault Tribe community. I'm very happy to be part of this work." To learn more about Sam and to connect with her directly, email sradecki@saulttribe.net.

In the Media: TV Commercials & Billboards

If you are a Big Ten Basketball or Detroit Lions fan and you catch the games on TV - you'll likely see some new commercials from Sault Tribe Community Health Education!

These commercials are part of a new advertising campaign with 9&10 News and TV6 & FOX UP. They are supported by the Good Health and Wellness in Indian Country grant from the Centers for Disease Control and Prevention and provide health education messages on the grant's three focus areas: nutrition, physical activity and commercial tobacco use prevention. The campaign also includes billboards and on Dec. 10th, the first board will be posted in Sault Ste. Marie - promoting movement as medicine.

In the tobacco commercial, Health Education promotes the Nicotine Dependence Program, shifts their message away from "tobacco-free" and toward "keep it sacred and save it for tradition," and promotes traditional tobacco use with footage of smudging and giving tobacco to the Earth.

In the physical activity and nutrition commercials, you'll see footage from workshops where indigenous foods are harvested, processed and prepared and shots of kayaking, running a 5-K, and other ways to be active outdoors. In each commercial, "Mino Bimadiziwin - Living the Good Life" is woven throughout. That's because "Mino Bimadiziwin" underlies everything Community Health Education does in promoting health and helping prevent chronic disease.

For more information email Samantha Radecki at sradecki@saulttribe.net or call 906-632-5210.



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UPCOMING EVENTS

Make Your Own Snowflake Workshop

Sault Ste. Marie - Dec. 8th

Elder/Youth Holiday Social

Sault Ste. Marie - Dec. 12th

Employee Fitness Classes

Sault Ste. Marie - 18 & 20
Mondays & Wednesdays in 2019

