

COMMUNITY HEALTH EDUCATION

NEWSLETTER - FEBRUARY, 2019



Building Healthier Communities One Coalition at A Time

Across the 7-county service area, Sault Tribe Community Health Education leads community health coalitions to help everyone in our U.P. communities be active, eat healthy, and live commercial-tobacco free.

These coalitions often include professionals from health departments, school systems, other tribal nations, recreation departments, hospital systems, and others. Most of these coalitions were created by Community Health Education, fueled by funding from the Partnerships to Improve Community Health (PICH) grant. Though the PICH grant no longer funds coalition programs, our Sault Tribe health educators are still active coalition leaders.

In this feature story, each health educator shares some coalition successes and highlights. If you would like to learn more call Sault Tribe Community Health at 906-632-5210.

ALGER COUNTY WELLNESS COALITION

Promoting Healthy Food Access & Winter Activity

On the west-end of our service area, David Wesoloski works closely with the Alger County Wellness Coalition, which has been most active and successful in sustaining two of its programs - M-Packs and the Market Walk. The M-Pack program aims to provide nutritious and easy-to-prepare foods for students who may experience food insecurity over the weekend. The Market Walk program encourages community members to be more active during the

winter months by exchanging laps walked around the Sault Tribe Health Center walking track in Munising for tokens to be used at the Munising Farmers' and Artisans' Market in the spring, summer and fall months.

Both programs increase fruit and vegetable consumption and in the past two years of the Market Walk, more than 1,400 miles have been tracked. Each program is now in its third year of operation. They are sustained by adult and youth volunteers, community donations, fundraisers and grants.

"The (Sault Tribe's) PICH grant has allowed many of our organizations to come together, collaborate on programs, and I think without that we wouldn't have gotten nearly as much done." - Vicki Ballas, MSU-Extension Program Instructor of Alger County



Mino Bimaadiziwin ~ To Live A Good Life

SAULT TRIBE WELLNESS COLLABORATIVE

Bringing Youth and Elders Together

Back on the east end, Charlee Brissette is part of the Sault Tribe Wellness Collaborative. This collaborative was established in the fall of 2018 with the aim to increase collaboration among tribal entities (i.e. Community Health, Chi Mukwa (Big Bear) Community Recreation Center, etc.) already working toward similar community wellness goals. This December, the collaborative hosted its first youth and elders holiday social. They plan to host two more socials this year, as well as a week-long employee fitness challenge.



TRIBAL FOOD SOVEREIGNTY COLLABORATIVE

Building Sustainable Community Food Systems

Charlee is also part of the Tribal Food Sovereignty Collaborative - a group whose mission is to connect, promote, and build community food systems through education, youth engagement, cultural traditions and modern sustainability.

Past successes include the Seasons of the U.P. program series which teaches participants how to harvest and utilize local edible plants and mushrooms. Upcoming events include Munising's 3rd Annual Harvest Fest and JKL Bahweting's Boat-to-School week.



SAULT BUILDING A HEALTHIER COMMUNITY COALITION (SAULT BHCC)

Improving Bike Safety

The Sault BHCC is facilitated by Mary-Ellen Hemming. They have been very successful in improving bike safety throughout Sault Ste. Marie by supporting the local Bike Friendly Soo group and donating to the Eastern Upper Peninsula bike route guides. Additionally, the coalition continues to maintain and promote local trails with the Island Trail Committee. Together, they've improved parts of the Lynn Trail and trails at Voyageur Island Park. The coalition also supports the Soo Ultimate Paddle Day in Sault Ste. Marie.

For 2019, the Sault BHCC plans to expand media promotion for upcoming events, including their Slow Rides summer biking events. The Slow Rides are community group bicycle rides that travel from Bird's Eye Outfitters in downtown Sault Ste. Marie to Rotary Park and then back to Bird's Eye. Stay tuned for more information on these events!

KINROSS BUILDING A HEALTHIER COMMUNITY COALITION (KINROSS BHCC)

Making Sports Gear Accessible to Kids

This spring the Kinross BHCC is collecting gently used sports equipment - ranging from hockey gear to dance shoes - to give to local youth. They will start collecting donations on April 1st and host their first Gear Giveaway event on May 15th. The Kinross BHCC hopes these gear drives and giveaways will occur in the spring and fall of each year to make playing sports more accessible for all youth. Samantha Radecki facilitates the Kinross BHCC.

MACKINAC COUNTY WELLNESS COALITION (MCWC)

Tackling E-Cigarette Use Among Youth

Samantha also facilitates the MCWC. One of their 2019 priorities is to address e-cigarette use among youth in St. Ignace Area Schools. This January, coalition members started working with the school administrators to create educational workshops, to provide educational flyers to send home to parents and to provide anti-e-cigarette signage for the bathrooms and halls.

Wellness Collaborative Event: Snowshoe Moon Walk Feb. 19

The Sault Tribe Wellness Collaborative is hosting a Snowshoe Moon Walk on Tuesday, February 19th, from 4-6:30 p.m. at the Big Bear Nature Trail. Bring your family and friends - Community Health will provide flashlights, snowshoes and warm after-hike hot cocoa, soup shots (roasted squash/apple and tomato basil soups), and bread. The trail is 1.05 miles and takes about 24 minutes to hike at a moderate pace. Please note that participants will only be walking the east portion of the trail.

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



Anishinaabemowin welless phrase:

Zhawenim – To Show Loving Kindness/Blessing

With Valentine's Day quickly approaching, love tends to fill the air and lift our spirits. To fully celebrate this day of love while embracing Anishinaabe teachings, Health Educator Charlee Brissette shares how to bring the 7 Grandfathers teaching of Zaagi'idwin (love) to your sweethearts (courtesy of the What Was Never Told Training Series). Make sure to tell them, Gizaagi'in - I love you!



In Zaagi'idiwin, to know love is to know great peace. It is to feel strong affection for another, forming out of kinship or personal ties, and is a practice of giving absolute kindness, or *Zhawenim*, for all things. These attachments can be based upon devotion, admiration, tenderness, unselfish loyalty, and/or benevolent concern for another's well-being. At its essence, *Zaagi'idiwin* means to love yourself and to live in peace with the creator – to be in total harmony with all creation.



Unit 2 Youth Winter Games Feb. 22 & 23

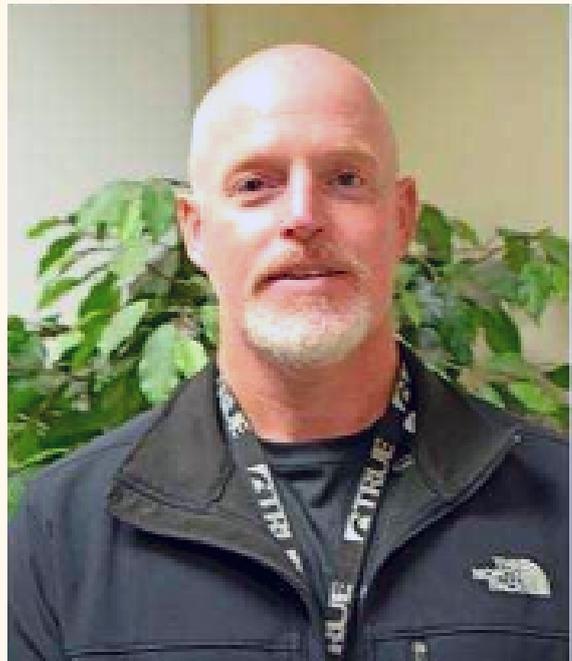
Later this month, youth from Hessel, Detour, Pickford, Newberry and Manistique will come together for a fun-filled weekend of traditional winter games. They will meet at the Hessel Community Center for a sleepover, healthy snacks, Anishinaabemowin teachings, and to learn the traditional game of Gooniginebik or, SnowSnake, taught by Charlee Brissette. The youth will also team up to create shelters outside and practice striking fires with flint and steel.

Josh Firack: Community Health Exercise Specialist

Josh Firack is one of Community Health's leading exercise physiologists. He primarily works in Community Health Education's new Physical Activity Referral Program and will spearhead the youth fitness program, Shkode: Fit for Life, this summer. Though new to Community Health - Josh came onto the team in September of 2018 - he's been with the Sault Tribe for more than three years as the Big Bear's fitness center manager.

Josh has a Bachelor of Science in Health and Fitness Management from Northern Michigan University. He is a certified exercise physiologist with the American College of Sports Medicine and he is a licensed massage therapist. Josh says he is most passionate about the balance and fall prevention aspect of the Physical Activity Referral Program. "I am so happy that we moved forward and got a Biodex Balance System, which will make all of our balance testing and training so much more streamlined and smooth. So many patients need help working on their balance issues and we are at the forefront in the Eastern Upper Peninsula."

Josh is originally from Pickford and he is happy calling the U.P. his home again after being away for 17 years. When not working with Community Health, training clients, or practicing massage, Josh is usually getting in his own weightlifting workouts, trekking into the woods to hunt or spending quality time with his loved ones. He has a 16-year-old daughter and a white pitbull mix named Apollo. Fun fact - Josh enjoys hand forging knives. He built his own forge and hood and uses his great grandfather's anvil. He says, "nothing relieves stress quite like pounding on a glowing piece of steel with a hammer." His goal is to someday forge a sword.



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UPCOMING EVENTS



Snow Shoe Moon Walk
Sault Ste. Marie - Feb. 19

Unit 2 Yea Winter Games
Hessel - Feb. 22 & 23

Digital Story Telling Workshop
Sault Ste Marie - March 14 & 15

Inter-Generational Story Telling Circle
Sault Ste. Marie - March 15 (tent.)

Kick Butts Day
Manistique - March 15
Sault Ste. Marie - March 20th

