

COMMUNITY HEALTH EDUCATION

NEWSLETTER - NOVEMBER, 2018



CHE Celebrates Native Heritage Month

Since 1990, November has been nationally recognized as Native American Heritage Month. At Sault Tribe Community Health Education (CHE) we have already been honoring our Anishinaabe roots with Manoomin (wild rice) processing workshops and our final drum making class. Throughout the month, we will continue the celebration with Rock your Mocs week and other local events. For more information on how to participate, call Sault Tribe Community Health at 906-632-5210.

ROCK YOUR MOCS NOV. 12-18

What started out as a one day event to wear moccasins and celebrate the fashionable and functional footwear, Rock Your Mocs is now a national, full week extravaganza. Sault Tribe CHE is participating and encourages all tribal and community members to join in and use the hashtag #RockYourMocs on social media!



COMMUNITY PROCESSES AND PREPARES 'THE GOOD BERRY' AT MANOOMIN WORKSHOPS

Manoomin, or wild rice, is a healthy food, indigenous to the region, that was once a staple in the Anishinaabe diet. In early November, Sault Tribe community members and JKL Bahweting students learned how to harvest, parch, winnow and cook Manoomin at two workshops.

To facilitate these workshops, Roger Labine (pictured above) traveled to Sault Ste. Marie from Lac Vieux Desert. Roger taught about Manoomin restoration efforts in the U.P., about harvesting "the good berry" and how to process it, and about the importance of giving the gift of Manoomin back to the community.

To host these workshops, Community Health Education collaborated with Sault Tribe Cultural and Natural Resources departments and MSU Extension's Federally Recognized Tribes Extension Program.

LOCAL NATIVE HERITAGE MONTH EVENTS

- November 7, 12 p.m., Cultural Sensitivity Panel Discussion at LSSU Native American Center
- November 8, 10 a.m., Line 5 Rally to Protect the Great Lakes in St. Ignace
- November 10, 1 p.m., 15th Annual Anishinaabe Veterans Powwow in Kinross
- November 15, 6 p.m., 350th Tribal Talks: Storytelling held at Bayliss Public Library
- November 17, 10 a.m., Anishinaabemowin Day

Make A Quit Plan with the Great American Smokeout

Quitting is hard. It takes commitment, requires a lot of support and starts with a plan. Though challenging, quitting smoking can be one of the most important steps one can take to improve their overall health and well-being.

This process doesn't happen overnight, but it does start with one day; The day a smoker commits to living a smoke-free life. This year, let that day be Nov. 15th and be part of a larger movement - the American Cancer Society's Great American Smokeout event.



Sault Tribe Community Health (CH) is encouraging all tribal and community members who smoke to join in and commit, or recommit, to kicking commercial tobacco addictions for good. Look for educational tables displayed at all health center sites or call Sault Tribe Community Health to enroll in the Nicotine Dependence Program (NDP).

The NDP is designed to help people quit by working collaboratively with a trained Tobacco Treatment Specialist to create an individualized quit plan. Participants are often able to manage withdrawal symptoms with more ease thanks to access to evidence-based medications and treatment specialists help patients overcome obstacles, cope with triggers and provide follow-up support to ensure patients are on track for success. If you or someone you know wants to quit, contact your local Sault Tribe Health Center to talk with your healthcare provider to get started on your journey.

Rattle Making Workshops Offered to Tribal Members

Making rattles is an Ojibwe tradition that has been passed down from generation to generation. In October, tribal member Bud Biron imparted this knowledge on community members at a Community Health Education led rattle making workshop.

The workshop took place on October 20th and 21st. At which, a group of multi-generational tribal members made 13 rattles. On the first day they sewed the rawhide rattle and filled it with sand to keep its round shape. On the second day participants emptied the sand and replaced it with pebbles. They then yoked the rattle handle and rawhide together to finish the rattle.

Sault Tribe Community Health Education is working hard to bring more cultural Anishinaabe activities to the community. For more information, call Community Health at 906-632-5210.

Fall Celebration A Success

On Oct. 19th, Community Health Education hosted a fall celebration at Monacle Lake in Brimley. Though the evening was wet and rainy, the weather did not dampen the gathering. Health educators and community members enjoyed the fall colors, ate a pot-luck meal of warm, home-cooked foods, and talked around the campfire - sharing stories and ideas. Community Health Education plans to host another fall celebration in September of next year.

Anishinaabemowin

wellness phrase:

Manaaji'idiwin - They respect each other



CHE Spotlight: Charlee Brissette

“Niimiida Migizii Kwe ndizhnikaaz; Mukwa ndoodem, Bawating miinwa Osogowin Point ndoonjiba; My name is Dancing Eagle Woman, my English name is Charlee Brissette. I am bear clan. I am from Sault Ste. Marie and Hessel area.”



Meet Charlee Brissette – a community health educator who works with the Tribal Practices for Wellness in Indian Country grant. She is a Sault Tribe member, is Ojibwe and Odawa, and is an adventurous woman who hikes and skydives, beads and makes jewelry, and enjoys a good snuggle with her pups Stormageddon and Luigi.

Charlee holds a M.S. in Health Behavior and Health Education, with a portfolio in Native American and Indigenous Studies, from the University of Texas at Austin. She has also earned her B.S. in Management of Health and Fitness, from Northern Michigan University, is an ACSM Certified Exercise Physiologist,

a NASM Corrective Exercise Specialist, a Tobacco Treatment Specialist and a Level 1 Kayak Instructor.

Charlee is most passionate about programs associated with seasonal practices, like Community Health Education's water offerings. She says that, “as an Anishinaabe Kwe, it is our role to protect the water, so it's very important to me to maintain that connection. With our seasonal practices we're really trying to bring more people to participate in traditional activities that take place during all four seasons.”

Charlee also guides Community Health Education's intergenerational learning opportunities and offers indigenous forms of physical activity through native dance classes. She works in CHE's emerging Physical Activity Referral program and is also a tobacco treatment specialist within the Nicotine Dependence Program. She guides the Mackinac County Wellness Coalition and currently works from St. Ignace two days per week, but she will soon work from the Sault Ste. Marie Health Center full time. It's a move that will allow her to give more time and energy to her work in tribal practices.

Charlee says the best part of her job is helping people to realize that Anishinaabe culture is health 'prevention' against illness and disease. “Our culture promotes a holistic well-being (and) if an individual can find balance in each of the four directions ... that person can reach a point of optimal well-being.” If she helps just one person attain this level of health and happiness through cultural practices, then Charlee feels like she's done her job well. Charlee's advice to anyone wanting to learn more about the culture: speak Anishinaabemowin every, single day.

Sault Tribe Celebrates Indigenous Pink Day; Spreads Breast Cancer Awareness

Sault Tribe Community Health was out in full force promoting Indigenous Pink Day on Oct. 18th. With help from a grant from the American Indian Cancer Foundation, CH filled the atrium of the Sault Ste. Marie health center with a mission to inform native women about breast cancer – the second leading type of cancer in indigenous women.

CH staff womanned tables bursting with educational materials, hands on models and several giveaways to show support for those we have lost, those who are fighting and those who have survived breast cancer. The table was well received by those coming into the health center, many of whom chose to share personal stories about their histories with breast cancer – tales of battle and tales of survival – all very pleased CH was present for Indigenous Pink Day and bringing more awareness to breast cancer. Breast cancer can often be successfully treated in its early stages, and many survivors stressed the importance of doing regular self-breast exams and having an open conversation about breast cancer with their doctors.



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UPCOMING EVENTS



Rock Your Mocs

Nov. 12th - 17th

Great American Smokeout

Nov. 15th

Nov. Native Heritage Month Events

See List on pg. 1

Make Your Own Snowflake Workshop

Sault Ste. Marie - Dec. 8th

Senior Youth Social

Sault Ste. Marie - Dec. 12th

