

COMMUNITY HEALTH EDUCATION

NEWSLETTER - MAY, 2019



Physical Activity Referral Program Sees Early Success



Exercise Physiologist Josh Firack leads John Goetz through a functional strength routine.

Sault Tribe member John Goetz's success story

When John Goetz was diagnosed with diabetes, he knew he needed to make serious lifestyle changes for his health. John needed to lose weight, but his hip and shoulder pain made exercising for weight-loss difficult. He decided to start small. He began by walking regularly, then he cleaned up his diet, and eventually, he enrolled in Sault Tribe Community Health Education's new Physical Activity Referral Program (PA Program).

Now, about fourteen months after starting his new health and fitness journey, John has better control over his diabetes and he's lost more than 50 pounds. With assistance from the PA Program, he now exercises regularly – he lifts, rows, and even does yoga – he says he's more relaxed and that his numbers – A1C and blood pressure – are improving. John is one of many in the PA Program experiencing similar results.

In the PA Program John started lifting weights again, which burned more calories than walking alone and helped him lose more weight. He also joined the program's weekly

yoga and functional strength class, which he says is "so relaxing." Overall, John says he's benefitted greatly from participating. "The most significant change is my overall state of physical and mental fitness. With my weight-loss and clean eating, my diabetes is better controlled, and with my yoga exercise, I don't have pain in my hips and shoulders so I can do more strenuous workouts," John said in a testimonial interview where he agreed to share his story with Community Health Education. "Now I can exercise the way that I want to exercise without having to worry."

Physical Activity Referral Program Overview and Updates

The six-month PA Program is specially designed for patients with serious medical conditions like diabetes, hypertension, and/or obesity, etc. - those who need to be physically active, but may not have the physical ability or the knowledge to safely and effectively get moving on their own. The program follows the American College of Sports Medicine's Exercise Is Medicine guideline. Community Health Education's trained and certified Exercise Physiologists use these criteria to develop individualized exercise prescriptions for each patient in order to improve their overall fitness level.

"There is no one-size-fits-all physical activity prescription for every patient," says Heather Hemming, the Sault Tribe Health Education Supervisor who oversees the PA Program. "At the initial fitness assessment, we determine the patient's best route for fitness improvement - whether they need specialized attention in 1-on-1 sessions or if they would benefit more by being placed in a



Community Health Education's Physical Activity Referral Program staff from left: Samantha Radecki, Mike Goetz, Charlee Brissette, Josh Firack and Heather Hemming.

Physical Activity Referral Program continued:

group class. Not every patient receives 1-on-1 sessions, but all are placed into the sessions most appropriate for their abilities and physical activity needs."

The Physical Activity Referral Program beta test period started in late 2018. Since that time, the Exercise Physiologists have worked with more than 60 patients referred by Sault Tribe medical providers. The PA Program is currently being offered in Sault Ste. Marie. However, all Sault Tribe patients who are in need and who fit the program's eligibility criteria may be referred if they are willing to travel to the Sault. After beta testing concludes and with future funding, Community Health Education hopes to expand the PA Program to other Sault Tribe health center sites.

"At Sault Tribe Community Health, we seek to provide the highest quality of care for every patient and the PA Program adds great value to the services we already offer (i.e. nicotine dependence, nursing, nutrition)," explains Heather Hemming. If you would like to learn more about the program, talk to your Sault Tribe medical provider or call 906-632-5210 to speak to Heather directly.

Birch Bark Harvesting & Medallion Making Workshops: May 17-19

Sault Tribe Health Educator Charlee Brissette was just four years old when she first worked with wiigwas, or birch. It was her grandma, who has now passed on, who taught her to make porcupine quill designs in birch bark boxes. This is a memory she deeply cherishes.

Now, years later, with Sault Tribe Community Health Education, Charlee is working to share the Anishinaabe traditions of working with wiigwas with others in the Sault Tribe Community. Later this month, Community Health Education will host a birch bark harvesting excursion on May 17th and two birch bark medallion making workshops, one on May 18th in Sault Ste. Marie and another on May 19th in St. Ignace.

The harvest and the workshops will be led by Ojibwe craftsman Biskakone Greg Johnson, from Lac du Flambeau. Greg will first show tribal members how to properly harvest birch bark, which Anishinaabe people have been doing for thousands of years. After harvesting, Greg will teach participants about the various ways to use birch bark - one being to create medallions. Medallions are popular jewelry statement pieces worn for professional engagements, ceremonies, powwows, and even as day-to-day attire.

In addition to crafts and jewelry, wiigwas is used in baskets, for note taking and in wigwaams. The bark has been used by Anishinaabe people for a myriad of things for generations. If you would like to join in, work with Wiigwas, and make a stunning medallion, call Community Health at 906-632-5210.



Shkode: Fit for Life, Youth Summer Wellness Program Starts June 17th



Shkode: Fit For Life Running & Wellness Program

What:

FREE 7 week running & wellness program open to youth ages 12-18. Will include run/walks, traditional games such as lacrosse & warrior games, with trips to local 5K's. Will also include partnership with LSSU Recreation & Sault Tribe Dietitians.



When:

Begins June 17, 2018
Monday - Thursday 4p-7p
Saturday 5K's: To be Determined

Where:

Activities will take place at Big Bear Arena, unless otherwise indicated.

Shkode: Fit for Life is a health and wellness summer program for tribal youth, ages 12 through 18. The 7-week program offers physical education and activities that promote fitness for life, active participation, and healthy lifestyle development. Each week, a Seven Grandfathers teaching will be woven into the activities. This year's program will start June 17th.

Youth Wellness Coaches will facilitate weekly lesson plans promoting cognitive, physical and social skills. The program includes weekly work-out sessions, typically four days per week on Monday through Thursday, and an occasional 5K race on a Saturday. Our Sault Tribe Registered Dietitians will offer nutritious snack ideas and we'll utilize the LSSU Regional Outdoor Center's equipment rentals including mountain bikes, fat tire bikes, paddle boards, kayaks, and/or fishing rods, etc.

We are currently recruiting up to 20 youth to participate. To learn more, or to sign up your child, please call Community Health.

Health Educators to Present to National Indian Health Board

Community Health Education staff Lisa Myers, Heather Hemming and Charlee Brissette will travel to New Mexico this month to present at the National Indian Health Board's Tribal Health Summit. In their interactive workshop presentation, Mino Bimaadiziwin: Living the Good Life by Reconnecting Wellness to Tradition, they will share first year successes of the Tribal Practices for Wellness in Indian Country grant, the definition and ways of Mino Bimaadiziwin and how the Sault Tribe exemplifies this. Charlee and Heather will also engage participants in Niimidaa, a powwow dance fitness class.



The Sault Tribe's Tribal Practices for Wellness in Indian Country grant project, funded by the CDC, has provided us the opportunity to demonstrate that the implementation of tribal practices and cultural traditions can positively impact physical, mental, emotional, and spiritual health and well-being. This is the first year federal funds have been appropriated for Tribes to connect traditional and tribal practices to health promotion and disease prevention.

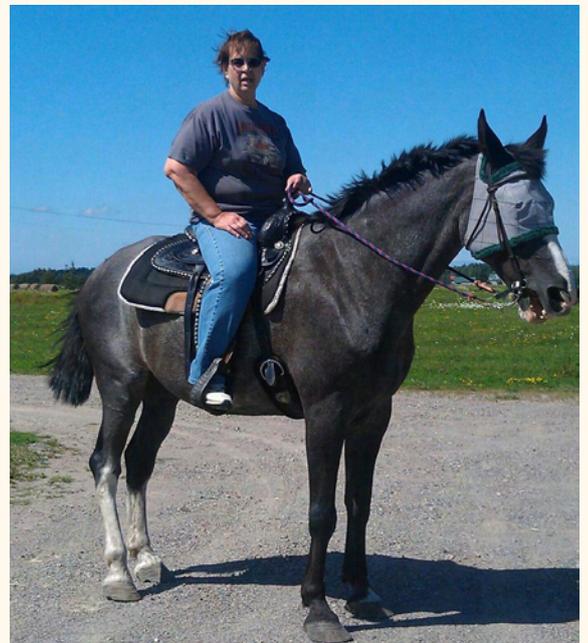
This is a tremendous opportunity for Community Health Education to share with others and showcase the work we have done and will continue in order to better the health and wellness of our people and communities.

CHE Spotlight: Fran Leavitt

Fran Leavitt is one of the first people you'll see when you walk into Sault Tribe Community Health in the Sault. You'll find her assisting patients, conversing with her beloved tribal elders, and always giving a warm welcome, smile, or sharing an inside joke as you enter the office space. Fran is a gem and as one of our program clerks, she is a cherished member of the Sault Tribe Community Health team.

Fran grew up in St. Ignace, attended the Ursuline Academy Catholic School through 8th grade and then graduated from LaSalle High School. She then married a "Coastie" and went on a wild ride across the country. Fran has lived in North Carolina, Alaska, Alabama, and Florida, in addition to Michigan of course. After her second stay in Alabama, Fran and her husband parted ways and she moved back to Michigan for a better life. She's been here ever since. She's remarried, lives in the U.P., and cares for many animals.

"I now live in the bustling metropolis called Pickford with my husband Cal and we have a 12-year-old cat named Buck-We-Na, a 2-year-old Chocolate Lab we named Chocolate Chip, we call him "Chip" for short. We have 2 quarter horses named



Fran and Smoke - the "gentle giant."

Annie and Betsy, two mini horses named Frick and Frack, a goat named Goldie, three sheep named Boaz, Ruth and Rebecca. We also have 30 Isa Brown hens," Fran explained. "There are too many of them to name."

Fran is proud of her heritage as member of the Sault Tribe. She started working for the tribe in 2002. In 2008, she started working for Community Health. She says her favorite part of her job is interacting with the tribal elders. She loves making them feel special and truly loves her job. "If it were not for the tribal members, I would not have this great career," she says. "I heard it said once that, 'If you have a job you love, you will never work a day in your life.' I don't work very many days in my position. I also have been told that a job is something you go to to survive and a career is something you go to to enjoy life. I have a wonderful career!"

Fran has two children, Carrie and Glennie, and one wonderful son-in-law, Jeff, who she easily claims as "my boy." She has a 25-year-old grandson and a 14-year-old granddaughter. When she was 57, Cal gifted her a Tennessee Walker, whose name was Smoke (pictured above), for Mother's Day and she started horseback riding. "I rode that wonderful creature until he died one Sunday four years later," Fran explained. "When asked to go to my "happy place", I close my eyes and ride him once again."

If you'd like to get to know Fran a little more, stop by Sault Tribe Community Health. Make sure to say hi and you'll be met with a smile and maybe even a joke.

Anishinaabemowin wellness phrase:
Gikendan gidizhitwaawin - Know Your Traditions

HEALTH EDUCATION TEAM

Lisa Myers, MS

Health and Wellness Manager
lmyers@saulttribe.net
(906) 632-5210 EXT. 45255

Heather Hemming, BS, ACSM EP-C

Health Education Supervisor
hhemming@saulttribe.net
(906) 632-5210 EXT. 41372

Charlee Brissette, MS, ACSM EP-C, NASM CES

Community Health Educator
cbrissette@saulttribe.net
(906) 632-5210 EXT. 45241

Josie Fegan, BS

Community Health Educator
jfegan@saulttribe.net
(906) 632-5210

Josh Firack, BS, ACSM EP-C

Community Health Educator
jfirack1@saulttribe.net
(906) 632-5210 EXT. 54991

Mike Goetz, BS, ACSM EP-C

Diabetes Fitness Trainer
mgoetz@saulttribe.net
(906) 635-4994

Samantha Radecki, MPH, TTS, RYT-200

Community Health Educator
sradecki@saulttribe.net
(906) 6643-8689 EXT. 34532

Mary-Ellen Hemming, BS, TTS, ACSM-CPT

Community Health Educator
mhemming@saulttribe.net
(906) 632-5210 EXT. 41373

David Wesoloski, BS, TTS, CHES

Community Health Educator
dwesoloski@saulttribe.net
(906) 341-8469 EXT. 29573



UPCOMING EVENTS

Sports Gear Donation Drive
Kinross - April 1st through May 15th

Women's Gathering
Manistique - May 7th

Sports Gear Giveaway Event
Kinross - May 15th

Birch Bark Harvesting
Sault Ste. Marie - May 17th

Birch Bark Medallion Making Workshops
Sault Ste. Marie - May 18th
St. Ignace - May 19th

Schkode: Fit for Life
Sault Ste. Marie - Starts June 17th

