

COMMUNITY HEALTH EDUCATION



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Tea Blending Workshop

Sault Tribe Health Education had the pleasure of hosting a tea-blending workshop led by expert herbalist Lori Gambardella on Friday, August 23rd. During the workshop, participants learned about a variety of herbs, the significance of incorporating them into daily life, and the remarkable therapeutic potential of plant-based medicines. One participant said, "I feel like I am home. This is so comforting, and I feel like this is what I should be doing." Another participant said, "I feel informed and more confident in harvesting." The Health Education Team will continue to host workshops around harvesting and using medicinal herbs in the future. Updates about future events can be found on the Sault Tribe Facebook page or the Win Awenen Nisitotung, the official newspaper of the Sault Ste. Marie Tribe of Chippewa Indians.



Upcoming Apple Cider Press Workshop

Please join Sault Tribe Health Education and Bay Mills Community College for an Apple Cider Press Workshop on September 21, 2024, from 10 a.m. to 12:30 p.m. During the workshop, you will learn all about apples, traditional cider pressing techniques on an apple press, and go home with your own fresh pressed cider! The workshop will be held at the Sault Tribe Health Center located at 2864 Ashmun Street in Sault Ste. Marie, Michigan 49783. Space is limited – so please call 906-632-5210 for more information or to register today. We look forward to seeing you there!



Health Fair Reminder

We can't wait to see you at the health fairs! If you have any questions, please call Community Health at (906) 632-5210.

- 9/23/24 - Kinross Rec Center, 10 a.m. - 2 p.m.
- 9/25/24 - Big Bear Arena, 10 a.m. - 2 p.m.
- 10/2/24 - St. Ignace Little Bear, 10 a.m. - 2 p.m.
- 10/3/24 - Detour Municipal Building, 10 a.m. - 2 p.m.
- 10/4/24 - Hessel Health Center, 10 a.m. - 2 p.m.
- 10/1/24 - Munising Tribal Health Center, 10 a.m. - 2 p.m.
- 10/4/24 - Escanaba Community Center, 10 a.m. - 2 p.m.
- 10/11/24 - Manistique Tribal Community Center, 10 a.m. - 2 p.m.
- TBD - Marquette Tribal Health Center (Drive Through)

And please remember to wear short-sleeve clothing. Thank you!

»»» The Garden Corner



- Bring house plants back indoors before night temperatures drop below 55°F.
- Restock bird feeders and put out fresh water daily to help birds migrating south.
- Remove weeds. Clear away as many as possible now so you have fewer to deal with next spring.
- Plant spring-blooming bulbs and winter-hardy veggies. Tulips, daffodils, and many other spring-blooming bulbs are best planted in late September or October, along with kale, Swiss chard, carrots, onions, spinach, asparagus, and garlic.
- Dispose of diseased or pest-ridden plants. Remove any leaves, stems, and whole plants with diseases or bugs to reduce problems the following year.
- Late summer or early autumn is the best time to divide and transplant spring-blooming perennials.
- Don't send your fall leaves away! Instead, chop them up and use them as compost ingredients. Pulverized leaves can be left to nourish the lawn. After several hard freezes, when plants have gone completely dormant, you can also use 3-6 inches of shredded leaves as mulch over tender perennials to keep them that way over winter. Remove the mulch in spring.

»»» Prep YOU for Hunting Season

Are you ready for hunting season? I'm not referring to your hunting gear, tags, property, blinds, or weapons—I'm referring to YOU! Many hunters spend multiple hours prepping their fields, blinds, tree stands, and other materials needed for a successful hunting season, but what they don't think about is preparing their bodies.

Getting in shape for hunting season can help you prepare for things like wearing heavy clothing, carrying supplies to your stand, dragging an animal out of the woods, and even loading the animal into your vehicle. It is important to prepare your supplies, your environment, and yourself alike for the hunting season. Each year, there are reports about hunters experiencing heart attacks, strokes, or other health-related complications such as muscle strains, orthopedic injuries (most commonly back-related), fatigue, dehydration, and overexertion while in the woods.

Hunters should make sure they are properly educated about their surroundings and remember these tips:

- Schedule a yearly physical with your doctor. A check-up will help ensure there are no underlying medical conditions that could affect

your season and provide medical clearance for activity.

-Begin a walking regimen. You can begin walking daily, or every other day for 10 to 15 minutes. Next, gradually increase your walking time to 30 to 45 minutes at a steady walking pace. Cardiovascular fitness is important for hunters because it helps strengthen your heart, and many hunting-related activities, such as walking to your stand with heavy clothing and supplies, can add stress to your heart.

-Increase muscular strength and endurance by completing 2-3 total body workouts each week. Muscular strength and endurance are essential to hunting, as it helps you carry your hunting supplies and hopefully drag your prize animal out of the woods while ensuring health independence in the woods.

Prepping for hunting season is important - be sure your pre-season prep includes YOU! Take care of yourself before hunting season by visiting your primary care physician, working on your cardiovascular health, and building your strength and endurance. All of these components can help you have a successful hunting season. Be safe and good luck if you are hunting this year!



Kids Take Over the Kitchen Day

September 13th is National Kids Take Over the Kitchen Day, and what better way to celebrate than to plan a meal prepared by your kids! This day is the perfect opportunity for parents to spend quality time with their children, teaching essential life skills, all while having fun and being creative. As always, be sure to practice good kitchen safety with your kids, keeping them away from hot stoves and sharp knives until they are old enough to safely use those items. Try these delicious and fun zucchini pizza boats this month; the recipe is below.

Zucchini Pizza Boats

Ingredients:

- 4 medium zucchinis
 - 1 cup pizza sauce
 - 1.5 cups shredded mozzarella cheese
 - 1 tsp Italian seasoning
 - 1/4 tsp salt
 - 2 tbsp parmesan cheese
 - Pizza toppings of choice
- Preheat oven to 375 degrees. Lightly coat a rimmed baking sheet with nonstick spray or line with parchment paper.
- Halve each zucchini lengthwise. With a small spoon, gently scrape out the center of the zucchini, leaving a border of about 1/3 inch on all sides. Arrange the zucchini boats on the baking sheet. Sprinkle the insides of the zucchini with salt.
- Spoon the pizza sauce into each boat. You may need a little more or less, depending upon the size of your zucchini.
- Sprinkle the mozzarella over the top, then sprinkle with Italian seasoning. Scatter on your desired toppings. Lastly, sprinkle with Parmesan.
- Bake for 15 to 20 minutes, until the cheese is hot and bubbly and the zucchini is tender. If desired, switch the oven to broil and cook the zucchini for 2 to 3 additional minutes, until the cheese is lightly browned. Remove from the oven and serve immediately.

Get Kids Involved in Cooking!

Toddlers (1-3 years)

- Rinse fruit and veggies in the sink
- Tear salad greens
- Fill measuring spoons/cups and add to a bowl
- Stir ingredients together
- Cut soft foods with a plastic knife or cookie cutter
- Sprinkle toppings or seasonings

Preschoolers (3-5 years)

- Knead and roll out dough
- Crack eggs
- Juice lemons and limes
- Whisk
- Spread butter and jam
- Mash vegetables
- Peel hard-boiled eggs

6-9 Years

- Cut fruit and veggies with supervision
- Use a can opener
- Form patties
- Grate cheese
- Cook with assistance at the stove
- Read recipes
- Assemble sandwiches and wraps

10 Years and Older

- Frost a cake
- Roll and shape pie crust
- Prepare simple recipes
- Use the oven and other kitchen gadgets like blenders and mixers with assistance

**This is a general guide for age-appropriate activities to get your child involved in the kitchen. Please use your own best judgement when deciding if your child is ready for a task.

If you have any leftovers, these zucchini pizza boats can be refrigerated up to 4 days. To get your kids involved, depending on their age, have them scoop out the zucchini, shred cheese, prepare toppings, and assemble the boats. See the handy chart for more details on age-appropriate kitchen activities for kids.

Kitchen Safety Rules



Wash First
If sampling, remember to wash the spoon before it goes back in the food.



2 Hours
Don't leave out perishable foods for more than 2 hours.



Counter Safety
Keep hot liquids and food away from counter and table edges where young children can reach.



Prevent Bacteria
Fully cook recipes with eggs, meat and poultry and thoroughly wash fresh produce.



Wash Often
Wash your hands a lot, and remind kids to do the same.

Healthy Aging Month

September is recognized as Healthy Aging Month—a time to celebrate life and empower adults about the positivity of growing older. As we age, we become aware that our physical and mental health, as well as dietary and social needs, change over time. However, that doesn't mean we've lost control. We can take charge of our well-being by taking steps to age with a healthy body and a healthy mind. Now is the perfect opportunity for adults of any age to adopt healthier habits for healthy aging.

- **Get Moving**
 - It is important to consult your doctor before exercising. Start slow, know your limitations, and modify activities if needed.
 - Adults should aim for at least 150 minutes of moderate-intensity physical activity each week.
 - Beginning physical activity can be as easy as walking for ten to fifteen minutes for three to four days per week and increasing as you go.
 - Maintaining regular physical activity can help maintain a healthy weight, lower blood pressure, blood cholesterol, and blood sugar levels.
- **Maintain a Healthy Diet**
 - Overeating can lead to obesity and increase the risk of diabetes and heart disease. Prioritize eating proper portion sizes.
 - The National Institute of Diabetes and Digestive and Kidney Diseases advises to "eat from the rainbow" of foods that are rich in nutrients.
 - Noteworthy, fresh fruits and vegetables should make up half of your plate.
 - Avoid excess processed foods.
 - Stay hydrated—adults should drink between 10-16 cups of water per day, depending on gender, living environment, and activity level.
- **Prioritize sleep**
 - Keeping a regular sleep schedule, creating a bedtime routine, and limiting caffeine late in the day all help you get a good night's sleep.
- **Stay Social**
 - According to the National Institute on Aging, participating in hobbies and pursuing social interests, such as volunteering or taking a class, may lower your risk for developing health conditions such as dementia.
- **Balance your body and mind.**
 - Keep your mind active by reading or doing puzzles, and your body active through stretches and yoga.
 - Be good to yourself.
 - Each stage of aging brings new experiences and challenges, and while this may cause anxiety, it is important to treat yourself with kindness, love, and grace and to surround yourself with people and activities you love.
 - Talk about the highs and lows of aging with your support system.
- **Be proactive**
 - Receive regular checkups, physicals, and medical tests when needed, as many diseases can be prevented when caught early.
 - Schedule appointments with the dentist and optometrist, too.
 - Take vitamins, supplements, and medications as prescribed.



And remember, it's never too late to start a new hobby, make new friends, or even try a new vegetable. And it's never too late (or early!) to strive toward living a healthy lifestyle.

"An early-morning walk is a blessing for the whole day."

-Henry David Thoreau

Community Hikes

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The Sault Tribe's Medical Fitness program had a busy summer, guiding hikes around the eastern Upper Peninsula with Sault Tribe members. There were seven hikes scheduled, from the beginning of June to the end of August, ranging anywhere from one- to two- miles. Each trail offered a different experience, whether it be smooth pathways to more difficult terrain. In addition to reading a story on a nearby story walk route, learning Ojibwe language, and identifying native medicinal plants, participants could also take part in a fitness loop. Though the summer hikes are over, keep an eye out for Health Education's snowshoe hikes this winter!

Elder Care Group Exercise Class

My name is Eric Stallmann, and I am the Diabetes Fitness Trainer for the Sault Tribe's Community Health Medical Fitness Program. In late June, I organized a group exercise program at the elder care center in Sault Ste. Marie, Michigan. Collaborating with Health Education Supervisor, Tina Robinson, we designed the class to enhance musculoskeletal strength in Sault Tribe members over the age of 60. In addition to strength training, the class incorporated a wide range of motion exercises, flexibility work, and even dancing (yes, there was music to help with rhythm)! The final exercise session was on August 28, 2024.

It was an absolute honor to offer these services to the Elders. Each session ended with a round of applause from all participants, celebrating their appreciation and the hard work they put forth. An ongoing remark from various elders during the summer group classes was, "I really enjoyed today's class." The Sault Tribe Medical Fitness Program looks forward to future exercise classes with the community.



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Apples



Upcoming Events

Sept.23-Oct. 4th: Health Fairs
Sept. 21st: Apple Cider Workshop

National Days

Sept. 6th: Read a Book Day
Sept. 13th: Positive Thinking Day
Sept. 21: Cleanup Day



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