

WOMEN'S WELLNESS

Nurturing the Body & Mind of Native American Women | Volume 1 | Issue 2

Inside this Issue

- Project Overview.....1
- Screening Guidelines..... 2
- Traditional Teaching.....3
- Cancer Prevention.....3
- Recipe.....4
- Radiation Exposure.....5
- Events.....6

The general purpose of this newsletter is to bring awareness to the health of Native American Women in our communities.

Funded by the Michigan Department of Health & Human Services: Breast & Cervical Cancer Prevention Program.



Healthy Native People

A Gathering

TRAVERSE CITY, Mich. – The 2017 Healthy Native People Gathering was held at the Great Wolf Lodge in Traverse City, Michigan on April 27 & 28, 2017. The event was a collaborative event to bring together tribal health agency leaders, managers, and staff who are working on public health accreditation or performance improvement activities with the Michigan Department of Health and Human Services-Office of Performance Improvement and Management, Michigan Public Health Institute, and Inter-Tribal Council of Michigan to discuss priorities identified by tribes.

“The Healthy Native People event was important because it

Current Screening Guidelines

Breast

- Women ages 45- 54 should receive a mammogram every year.
- Ages 55 and over should receive a mammogram every 2 years.
- These recommendations are for women that are not at higher risk for breast cancer.

Cervical

- All women should begin cervical cancer screening at age 21. Women aged 21-29 should have a pap test every 3 years.
- HPV testing should begin at age 30 combined with a pap test every 5 years.

*Recommendations from the American Cancer Society 2016.

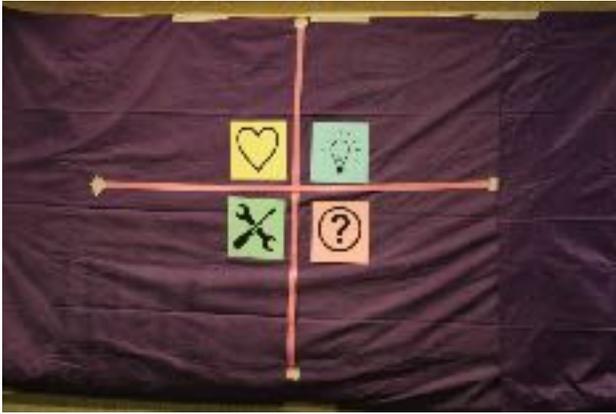
provided awareness to our Native communities for traditional healing and wellness.” said Maddy Gallegos, Public Health Specialist at Inter-Tribal Council of Michigan, Inc. Gallegos continues “The Quality Improvement sessions led by MPHI were important to help efficiency for our tribal public health cancer screening and wellness processes.”

Keynote Speakers included Dr. Darryl Tonemah who focused on how trauma is experienced and ways to release it. The other keynote speaker was Laurie DeDecker with focus on energy healing to bring balance to the mind, body, and spirit.

Other community learning sessions included a tobacco teaching, tobacco seed planting workshop with cultural emphasis; shawl making along with women’s health teaching; and opioid dependence discussion.



MPHI led a quality improvement community of learning in-person meeting. It was an opportunity to connect with and hear from other QI teams across multiple grants and, with support from ITC of MI and MPHI, work together to build a culture of quality across the different tribes. The focus of this meeting was to learn new tools and skills that can be used in future QI projects and PDSA cycles; share storyboards on recently completed QI projects; and offer grant updates and discussion. For this meeting,



representatives from the State Colon Cancer, OMH Colon Cancer, REACH, and UP Breast Health projects were in attendance. MPHI also led a Tribal Public Health Accreditation and Quality Improvement Collaborative. Many Michigan tribal health agency leaders and staff are interested in public health accreditation, performance management, and quality improvement. In response, MDHHS-OPIM has dedicated funds to support gatherings of the Tribal Public Health Accreditation and Quality

Improvement Collaborative. The goals of the collaborative are to create opportunities for peer-to-peer learning; help MDHHS understand how to best support tribal public health; and strengthen relationships and foster dialogue throughout the state.

The Southern Direction

As the wheel moves in its clockwise direction, the sun is reaching its peak represented at the bottom of the wheel. This is the time where things get physical and one takes action. It is summer time, when the air is warm and the plants grow quickly. This is a place of youthfulness and endurance which is necessary, because it is also the time for gaining knowledge and meeting challenges.



In this direction, a person learns like an adolescent child trying to strike out on their own, yet still needing guidance. One's true measure of learning and growth comes from the mountains we climb or the challenges we overcome. If a person does not feel they are succeeding at first, they should remember that the movement around the wheel may slow down or even stop for a time but when they are ready, it is always in a forward direction of the place that is set.

Alcohol Use & Cancer:

Summer is a great chance to enjoy the outdoors and nice weather with our family and friends. Let's make sure to stay safe and responsible! Most people know that heavy drinking can be contributed to many health problems, but did you know that drinking alcohol can also raise your risk of getting cancer?

Cancers Linked to Alcohol Use:

- Breast
- Colon & Rectal
- Mouth & Throat
- Esophagus
- Liver

Alcohol & Breast Cancer

Even a few drinks a week is linked with an increased risk of breast cancer in women. This risk may be particularly high in women who do not get enough folate (a B vitamin) in their diet or through supplements. Alcohol can raise estrogen levels in the body, which may explain some of the increased risk. Alcohol can also act as an irritant to internal organs, thus linking it with cancer. Cutting back on alcohol may be an important way for many women to lower their risk of breast cancer.

Try a cool, refreshing, nonalcoholic drink!

Mint Lemonade

- 6 lemons
- 1/4 c. sugar or sweetener
- 6 cups of cold water
- 20-30 mint leaves



- Ice

Instructions:

1. Put sugar along with 1/2 cup of water in a small pot and cook on low until the sugar dissolves (about a minute). Let cool.
2. Juice the lemons and discard the seeds. Add the lemon juice to a pitcher and add 4 cups of water.
3. Add sugar syrup to the pitcher and mix well.
4. Add more water and plenty of ice cubes.
5. Put 6-10 mint leaves into each cup and muddle for a few seconds using a pestle or hands. Add a little lemonade and muddle a few more seconds.
6. Finish this lemonade recipe by filling each glass 3/4 full and adding a few ice cubes.

ENJOY!

Mammograms and Radiation

Mammograms do not prevent cancer, but they can save lives by detecting breast cancer as early as possible. This does not mean they always do, but finding breast cancers early with mammograms has also decreased the amount of breast tissue removed, many treatment options, and a greater chance of beating the cancer.

Many women also wonder about the risk involved with mammograms, especially the exposure of radiation. Today, mammograms only involved a tiny amount of radiation. It is actually less than a standard chest X-ray. Mammograms are relatively safe, if you outweigh the benefits and risk.

Expert Quote:

“Mammography plays a critical part in diagnosing breast cancer. In the past, we’d often find that women had breast cancer when she came in with a lump. Today, the cancer radiologists find on mammography are usually detected early, before they can be felt by the patients, and have much lower levels of lymph node involvement.”

- Susan Greenstein Orel, M.D.

Community Events

July 28th, 2017 Baraga County Relay for Life *Baraga Highschool Track*

Learn more (<https://relayforlife.com>)

July 29th-30th, 2017 Annual Powwow Nike Memorial Wellness Center, *Mt Pleasant, Michigan*

August 14-16, 2017 2017 CDC National Conference, Visualizing the Future through Prevention, Innovation, and Communication, *Crowne Plaza Atlanta Perimeter at Ravina, 4355 Ashford-Dunwoody Road, Atlanta, Georgia.*

The conference theme represents the opportunity for translating research into practice to improve public health. A wide variety of state, local, territorial, federal, academic, national, community based cancer prevention and control programs will be represented, creating an excellent opportunity for you to meet partners from around the country.

Learn more (https://www.cdc.gov/cancer/conference/?s_cid=govD_CancerNewFebruary2_04)

August 15-17, 2017 2017 National Conference on Health Communication, Marketing, and Media, *Atlanta, Georgia.*

Learn more (<https://www.cdc.gov/nchcmm/>).

September 21-24, 2017 Spirit of EAGLES National Conference “ Changing patterns of Cancer in Native Communities” *Niagra Falls, NY*

Learn more (www.nativeamericanprograms.net)

September 22-28, 2017 10th AACR Conference on The Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Unserved. Sheraton Atlanta Hotel, Atlanta, GA.

The AACR Cancer Health Disparities conferences advance the understanding and ultimately help to eliminate the disparities in cancer that represent a major public health

problem in our country. By Promoting the exchange of novel ideas and information between a wide range of professionals from academia, industry, government, and the community.



Summer 2017 Quarterly Community



Disease Management/Diabetes Programs

Nutrition Consultation
Meet with Dr. Dale Schmeisser, RD to discuss your nutrition concerns.

When By appointment:
July 6, 7
August 3, 4, 16, 18, 29, 30
September 7, 8, 21, 22

Where KBIC Health System
2nd floor

To make an appointment, 353-4521.

Diabetic Foot Care Clinic
Foot care includes nail trimming and diabetic foot exam. Appointment required.

Now on Wednesdays.

When July 12 & 26
August 2 & 23
September 13 & 27

Where KBIC Health System
2nd floor

To make an appointment, 353-4521.

Diabetes Talking Circle
Support & education meeting open to those with and who care for someone with diabetes. Provides knowledge and tools to make healthy choices.

When 11 a.m. - 1 p.m.
July 19
August 16
September 20

Where KBIC Health System
2nd floor conference room

For more information or to register, please call 353-4521.

Maternal, Infant, Child Health Programs

Healthy Start - Family Spirit
These programs are designed to assist pregnant women, and children up to five (5) years old in being healthy & preparing for school.

When By Appointment

Where KBIC Health System
2nd floor

For more information or to make an appointment, please call 353-4546.

W.I.C. Days
A supplemental food and nutrition program for low-income pregnant, breastfeeding, and postpartum women and children under age five.

When By Appointment

Where KBIC Health System
2nd floor

For more information or to make an appointment, call 353-4527.

Child Birth Class
Learn about prenatal & infant care, labor & delivery, and much more.
Earn a \$25 gift card for course completion.

When 1-3 p.m.
September 14

Where KBIC Health System
2nd floor

Registration is required.
For more information or to register, please call 353-4527.

Parent Circle
Support & education group for parents and young children. Family interaction activities at each session. Snack provided.

When & Where 5 p.m.
July - Strawberries
Date & Location TBA

August 14 - Garden Stepping Stones
Niiwin Akeaa Center, Baraga

Sept. 11 - Apple Cider Making
Location TBA

To register or for more information, please call 353-4521.

Health Center Week

August 8 - 12

Join us for something different every day this week.

There will be taste testing, freebies, information, and giveaways. All ending with our patient-client appreciation day.

Look for flyers with more information and a schedule of events.

We'll see you there!

Breastfeeding Support Group
Monthly gathering for current, future, and past breastfeeding mothers and their support system.

When & Where
July 5 & September 6 1-3 p.m.
KBIC Health System, 2nd floor

August 2 5-7 p.m.
Niiwin Akeaa Center, Baraga

For more information or to register, please call 353-4521.

Car Seat Clinic
Car seat check and/or install bay a certified technician. Seats may be purchased through KARS program. Appointment required.

When July 13
August 10
September 14

Where KBIC Health System

To make an appointment, 353-4546.

Movies in the Park
A different family friendly movie each month. Bring your own chairs and/or blanket to sit on.
All children must be accompanied by an adult. This is a drug and alcohol free event.

When July 28
August 25

Where L'Anse Waterfront Park

For more information, 353-4521.



Follow the path to Good Health



By Attending the:

10th Annual LTBB Health Fair

Everyone Welcome!!!

- Raffles, Games, and Light Lunch Provided!
- Visit our Vendor Exhibits and participate in our activities to be eligible for a grand prize.
- “Beat the Provider” to be eligible for a prize!
- Event is held outdoors—dress appropriately.



Visit us on Friday before enjoying Pow Wow weekend.



You do not need to be present for prizes. We will call you.



1250 Lears Rd, Petoskey—For information please contact Cathy Bradley—231-242-1610



BRIMLEY/BAY MILLS
JULY 27-OCT 5
FARMER'S
MARKET THURSDAY'S 4-7PM



BAY MILLS RESORT AND CASINO PARKING LOT
11386 WEST LAKESHORE DRIVE
BRIMLEY MI 49715

WE ACCEPT WIC PROJECT FRESH, SNAP/BRIDGE
CARDS, AND DOUBLE UP FOOD BUCKS



Brimley Bay Mills Farmers Market



For vendor information contact Connie Watson, cwatson@baymills.org
 906.248.8363 or brimleybaymillsmkt@baymills.org

Wiisinidaa Mnomijim
“Let’s Eat Good Food”

fresh garden produce,
 maple syrup, honey,
 pet hay, bread and
 baked goods, teas,
 Native American
 artwork, paintings,
 eggs, handcrafted
 jewelry, jams and
 jellies, herb and
 perennial plants,
 herbal vinegars, fresh
 cut flowers, fresh
 whitefish, smoked
 fish dips, dried
 vegetable flakes, and
 many more fresh,
 local in season, good
 food



Bay Mills Health Center
 Waishkey Bay Farm

www.baymillshealthcenter.com

Market Masters: Angie
 Johnston, Wilmer Noganosh,
 Cloud Sparks, Connie Watson, &
 Monica Young
 906.248.8363
 906.248.8399

