

Gwiwenzemen

{we will do good, we intend to do right}

SPRING 2018 | No. 2



As we enter in to the Spring Season, we are focusing on the Eastern direction of the Medicine Wheel: Tobacco, Earth and Infant.



NOTTAWASEPPI HURON BAND OF THE POTAWATOMI

A FEDERALLY RECOGNIZED TRIBAL GOVERNMENT

QUARTERLY HEALTH and WELLNESS MAGAZINE from the NOTTAWASEPPI HURON BAND of the POTAWATOMI

Children are Our Future: Let's Help them See Clearly

Submitted by Nurse Practitioner Jolane Conklin

We only have one set of eyes, so it's important to protect them. Here are 10 tips to help maintain healthy vision:

1. Eat Right

A well balanced diet goes a long way when it comes to vision. Load up on different types of fruits and veggies, especially leafy greens like spinach, kale and collard greens. Fish like salmon, tuna and halibut have also been shown to help eyesight.

2. Get Moving

Children who exercise often have a healthier body weight than children who don't exercise. Being overweight or obese can put children and adults at a higher risk for diabetes and other conditions that can lead to vision problems.

3. Check for Vision Changes

Ask the child if they are experiencing any changes in their eyesight. Are things blurry? Is it hard to read things close up or far away? Pay close attention to whether your child is squinting at home or having a hard time making out objects.

4. Make Sure They Wear Their Glasses

Glasses are made to help people see better and ease the strain on your eyes. Not wearing them can worsen vision. It's important to make sure glasses are clean and free of smudges. Use a lens cleaner or microfiber cloth to clean the lens. Be sure to not use everyday rags or clothing as these can actually damage and scratch the lenses.

5. Keep the Germs Away

Always wash hands before touching an area close to the eyes, especially when putting in or taking out contact lenses. Exposing the eyes to bacteria can cause inflammation and even infection.

6. Gear Up

Wear the right protection to keep your eyes safe. Whether it's playing sports, doing yardwork or working with chemicals, always wear protective eyewear. Many eye injuries can be prevented with better safety habits, such as wearing protective eyewear.

7. Sunglasses

The sun's rays can be harmful to your eyes, but sunglasses will greatly reduce the risk. Choose sunglasses that block 99 to 100 percent of long wave ultraviolet (UVA) and short wave ultraviolet (UVB) radiation from the sun. Please remember to never look directly at the sun.

8. Give Your Eyes A Break

Staring at any specific thing for too long such as a computer screen, phone or tablet can tire your eyes. Give the eyes an opportunity to rest with the 20-20-20 rule, which states that every 20 minutes, look about 20 feet away for 20 seconds.

9. Say No to Smoking

Smoking is as bad for the eyes as it is for the rest of the body. This includes secondhand smoke as well. Smoking can put individuals that smoke and children exposed to smoking at risk for some pretty serious eye issues, which can lead to blindness.

10. Know Your Family Health History

Does anyone in the family have issues with their eyes? Many eye problems are hereditary, so be on the lookout for signs and symptoms in your children.

Infant Hygiene

Submitted by Community Health Nurse Dawn Cordero-Reyes

We all know that hygiene is important, but how often do we stop to think about the hygiene of infants? While maintaining personal hygiene is key, here are a few ways to keep babies clean and happy:

1. Regular Bathing

Infants should be bathed about three times a week or more if they are dirty. Bathing too often can irritate and dry out the skin. Lukewarm water and a mild soap will help prevent the skin from drying out as hot water will cause dryness and in some cases lead to burns. Be sure to test the water on the inside of your arm before bathing your baby.

2. Keep Nails Trimmed and Clean

Keeping nails clean and short will prevent the baby from scratching themselves as well as others. It also reduces the likelihood of harboring germs. If a baby is adverse to nail trimming, try trimming them during naptime.

3. Clean Eyes Gently

Clean the baby's eyes gently with a warm, damp cloth. When wiping the eyes, always clean from the inner corner to the outer corner. Use a different area of the cloth with each swipe, as germs from the face can be transmitted to the eyes.

4. Ears and Nose

While the nose should be free from mucus and debris, never insert cotton swabs into the nostrils. Instead, use a warm, damp washcloth to gently clean around this area. The same holds true for the ears. Be sure to also clean the area behind the ears.

5. Oral Care

A baby's mouth is very important to keep clean. Be careful not to let your baby fall asleep while feeding, as milk can pool in their mouths and promote bacteria. Wipe your baby's gums after feeding with a warm washcloth or gauze to help prevent this issue. Adults have many germs in their saliva that can be dangerous to babies, so avoid kissing the infant on the mouth or putting their spoon or pacifier in your mouth to clean it.

6. Sanitize Toys

Cleaning and sanitizing toys is an absolute must because a baby's first means of exploring is to put things in their mouth, presenting an issue with germs and viruses. It is impossible to remove all germs, but it is important to sanitize toys once every week – more frequently if there is heavy traffic such as pets or other children. For hard plastic and battery-free toys, the upper rack in the dishwasher is quick and efficient. Make natural disinfectant at home by combining 1 cup of distilled white vinegar with 1 cup of water. Additionally, add a few drops of essential oil to the mixture to leave a pleasant smell.

7. Wash Your Hands

Last but not least, be sure to frequently wash the hands of everyone in the home. To prevent the spread of bacteria, wash hands with an antibacterial soap before preparing food, after using the restroom and after changing a diaper. Don't forget to also wash your baby's hands, especially after diaper changes.



Tribal Member Nicole Lyddy and her daughter enjoy their time at the 2017 Baby Celebration.

For the Love of Our Community: NHBP Works Toward Healing

Submitted by Communications Associate Leia Fuller

The Health and Human Services Department (HHSD) and the Behavioral Health Team have continued to show progress in improving curricula and trainings for employees. They have held numerous trainings for employees, Tribal Members and guests related to historical trauma and healing related to the issue.

"This training is needed to help bring our old ways back to our people," said Tribal Member Danielle Pfeifer, who became a Certified Trauma Practitioner. "As Native Americans, we have dealt with and experienced a lot of trauma in our history. We need to slow down and empathize as much as we can regarding the losses and sufferings that we endured. My hope and dream is that these trainings help other Native Americans come back to their original ways of life. Bringing our lost ways back to our Community in hopes it helps the next generation."

Anishnabé Hunter Genia, who is also a Licensed Master Social Worker, came to do Community Training Sessions with NHBP in 2016 and 2017 to explore and increase understanding of the true history of the Anishnabék, how it continues to impact Native Americans individually, as a group and how Tribal Members can heal by making positive changes. When the HHSD received a Mental Health Block Grant from the state of Michigan, they used those resources to develop a comprehensive trauma informed practice training program. Since then, a number of NHBP employees have continued further trauma trainings and completed certifications as Certified Trauma Practitioners.

"The HHSD has been working on establishing a trauma informed system of care at NHBP," Behavioral Health Manager Nichol Bremer said. "This is meant to impact patients of the Health and Human Services Department, employees of NHBP and the entire NHBP community."

Over 28 employees have been working on these certifications

"I FEEL THAT IT WAS IMPORTANT TO LEARN ABOUT TRAUMA INFORMED CARE SO THAT I WOULD BE ABLE TO BE SUPPORTIVE OF THE COMMUNITY I SERVE, MY FAMILY, AND EVEN TO UNDERSTAND HOW TO DEAL WITH MY OWN TRAUMAS. THE FACT THAT SO MANY SERVICE PROVIDERS FROM NHBP ATTENDED AND WERE CERTIFIED IN THIS TRAINING SHOWS THAT NHBP IS COMMITTED TO HELPING OUR MEMBERSHIP. I BELIEVE IT WILL HELP OUR TRIBAL MEMBERS FEEL MORE SUPPORTED AND COMFORTABLE WHEN UTILIZING SERVICES."

-TRIBAL MEMBER AND CERTIFIED TRAUMA PRACTITIONER CAMIE GASTANEDA

"THIS TRAINING IS NEEDED TO HELP BRING OUR OLD WAYS BACK TO OUR PEOPLE. AS NATIVE AMERICANS, WE HAVE DEALT WITH AND EXPERIENCED A LOT OF TRAUMA IN OUR HISTORY. WE NEED TO SLOW DOWN AND EMPATHIZE AS MUCH AS WE CAN REGARDING THE LOSSES AND SUFFERINGS THAT WE ENDURED. MY HOPE AND DREAM IS THAT THESE TRAININGS HELP OTHER NATIVE AMERICANS COME BACK TO THEIR ORIGINAL WAYS OF LIFE. BRINGING OUR LOST WAYS BACK TO OUR COMMUNITY IN HOPES IT HELPS THE NEXT GENERATION."

-TRIBAL MEMBER AND CERTIFIED TRAUMA PRACTITIONER DANIELLE PFIEFER

since late fall of 2017, and 17 of those employees are officially Certified Trauma Practitioners. A total of 16 went on to complete an additional certification as Trainers. This will allow NHBP to extend this training to other local agencies and departments, with an end goal of educating others to allow for us to understand and effectively respond to community trauma recovery.

"NHBP will be hosting trainings in Grand Rapids and Pine Creek and will be including community members, local schools, parents and staff," Bremer said. "In this way, we can continue to conduct our own trauma focused trainings annually into the upcoming years. This is all part of an even more comprehensive plan to bring increased knowledge, understanding and response to trauma in our community."

With the increase in tension amongst many in the world, NHBP looks to be a light to the tunnel. NHBP recognizes the pain from the past, but is focused on how to heal for the future.

"I feel that it was important to learn about trauma informed care so that I would be able to be supportive of the community I serve, my family, and even to understand how to deal with my own traumas," said Tribal Member Camie Castaneda, who became a Certified Trauma Practitioner. "The fact that so many service providers from NHBP attended and were certified in this training shows that NHBP is committed to helping our Membership. I believe it will help our Tribal Members feel more supported and comfortable when utilizing services."

The HHSD knows that in order for NHBP to move forward, those around it must be educated and keep moving forward. The next step will be NHBP providing the trainings to community members, area schools, NHBP staff and Tribal Members. For more information regarding the upcoming trainings please contact Bremer at nbremer@nhbp.org or 616.514.3651.

Plant a Mini Herb Garden for Your Porch or Window Sill

Submitted by Dietitian Lysandra Vander Hart

Skip the dried, store-bought herbs and pick them straight from your own miniature and portable garden. Indoor herb gardens are great for providing fresh herbs year-round. Imagine snipping fresh sprigs of rosemary for the family's favorite chicken dishes and harvesting mint leaves or flavor teas right from the kitchen window.

What types of herbs should you grow?

Rosemary, parsley, chives, mint, basil, thyme, oregano, cilantro and sage.

One easy way to get started is to transplant select herbs such as basil, rosemary or parsley from plants at the Farmer's Market or grocery store. Begin by adding several scoops of a high-quality potting soil into a planter box or pot. Terra cotta pots are preferred for herbs because they are porous allowing the absorption of excess moisture with a built in drain. Herbs do not survive well in excessive amounts of water. Consider the type of soil depending on what type of herbs are chosen. For example, Mediterranean herbs like rosemary, sage and oregano will flourish in sandier soils.

Fill a pot $\frac{3}{4}$ full with soil and dig a hole in the center. Place the entire plant, including the roots, inside the hole and fill with soil around the plant. Next, find a sunny window, sunroom or greenhouse for it to live. Most herbs need at least six hours of direct sun every day. If the location only allows herbs to get light from one side, turn them once in a while so that all sides get the light they need for even growth.

Water the herb plants until there is flow from the drainage hole. Proceed by draining the saucer so that the soil does not continue to soak up the water. Allow the top inch of soil to dry between watering. Check the herbs often in the heat of summer, as they may need to be watered more often than usual. Herbs kept outdoors will be thirstier, so if the plants are moved outdoors for the summer, check on them daily.

Tomato plants can also be easily grown indoors. Roma, plum and cherry tomatoes are the best choices for indoor growth. Begin by choosing a larger pot. Then place the soil and a tomato plant from the flower store or greenhouse in the pot. These plants require 12 to 16 hours of sunlight per day and optimal air temperatures should range from 65 to 85 degrees F. Check soil daily to keep it moist and turn plants as needed to ensure proper sun exposure.

There are many benefits to planting your tomatoes indoors, such as:

- **Taste:** Fresh, vine-ripened tomatoes taste much better than store-ripened tomatoes.
- **Health:** Fresh tomatoes grown indoors can be preservative-free.
- **Fun:** Growing tomatoes indoors can satisfy your green thumb during the cold winter months.
- **Prep for spring:** Indoor tomato plants provide the opportunity to take cuttings in late winter to give your spring tomato patch an early jump-start.



❖ Save the Date! ❖

Baby Celebration

Help NHBP in welcoming the newest NHBP Community members. This event includes crafts, teachings and fun as we celebrate our new blessings. Registration is open to the families of NHBP Tribal Members and their new babies. Contact Community Health Nurse Robin Twiest at 269.729.4422 or robin.twiest@nhbp.org to register.

Matter of Balance

Come attend Matter of Balance, a class designed to give you the tools to prevent falls and injuries through education, strength training and strategic preventive measures. Classes will be on Wednesdays from 1 to 3 p.m. starting April 4. Contact Health Educator Shelby Gibson at 269.729.4422 or shelby.gibson@nhbp.org for more information.

Tribe to Tribe Walking Challenge

Join the NHBP team for the Tribe to Tribe Walking Challenge and compete against other Michigan Tribes for eight weeks. Registration is from May 14 to 18, and the challenge will be held from May 21 to July 13. Contact Health Educator Shelby Gibson at 269.729.4422 or shelby.gibson@nhbp.org for more information.

Light Up the Rez 5K and Turtle Trot

Kick off summer and sign up for the Light up the Rez 5K and 1 Mile Turtle Trot! This event is open to the public and proceeds will be donated to a local charity selected by the participants. Admission is as low as \$20 if you register early, and NHBP Elders and youth are free. Contact Health Educator Shelby Gibson for more information at 269.729.4422 or shelby.gibson@nhbp.org, or register online at <http://lightuptherez5k1mileturtletrot.itsyourrace.com>

Couch to 5K

This nine week program from April 2 to May 30 will get beginner runners or those who have been on a break from running ready to complete a 5K. This program is just in time for the "Light Up the Rez" Reservation Run on June 8. Completers of this Couch to 5K Program will receive a discount when signing up for the Reservation Run. There will be no running group May 28. Meet at the Pine Creek Community Center Mondays and Thursdays at 5:15 p.m. For more information or to sign up, please contact Health Educator Shelby Gibson at 269.729.4422 or shelby.gibson@nhbp.org

Health and Human Services Department Programs and Services

Programs

- Health Education Programs, Classes and Competitions
- Exercise Classes
- Tobacco Cessation Programs
- Lunch and Learn
- Nutrition and Weight Loss
- Chronic Disease Self-Management
- Healthy Start Visits
- Fitness Centers
- Contract Health Services
- Elder Gift Card Program (for hospitalized Elders)
- Child Care Development Fund (assistance for eligible families and child care providers)

Health Services

- Comprehensive Primary Care
- Wellness Exams and Physicals
- Medical Management of Acute and Chronic Conditions
- Routine Screenings and Diagnostic Procedures
- Referral to Specialty Care
- Comprehensive Dental Services
- Diabetes Education and Case Management
- Medication Review
- Asthma Management and Treatment
- Point of Care Testing

Behavioral Health and Social Services

- Individual Counseling for all ages
- Family and Couples Counseling
- Alcohol and Substance Abuse Outpatient Treatment
- Talking Circles and Recovery Support Groups
- Substance Case Management
- Traditional Healing
- Access to Recovery
- Auricular Acupuncture

For more information on program and service offerings, please visit www.nhbpi.com and click on Health.

Let's All Walk the Walk

Submitted by Health Educator Brianne Parrish

Did you know that the simple act of walking has been named "the closest thing we have to a wonder drug?" Centers for Disease Control and Prevention Director Dr. Thomas Frieden has awarded walking this title due to the evidence supporting it. The simple act of walking can reduce the risk of health conditions more than most remedies that are readily available to you. And the best part – it's free.

Evidence has shown that walking for 2.5 hours a week, or 20 minutes a day can actually cut your risk of heart disease down by 30 percent. On top of that, walking has also been shown to reduce the risk of diabetes and cancer, lower blood pressure and cholesterol, and improve mental function and stability. Walking is so effective that it has been estimated to save Americans \$100 billion a year in health care costs.

If you aren't currently walking 20 minutes a day, start by incorporating small bits of activity into the day. Park farther away from the store, opt for going on a walk during your work break, take the stairs when the option is available, walk in place during your favorite TV show, or walk or ride a bike to your destination rather than driving.

WHETHER YOU WALK FOR AN HOUR OR JUST 10 MINUTES, LACE UP YOUR SHOES AND GET TO IT!

Join the NHBP team for the Tribe to Tribe Walking Challenge and compete against other Michigan Tribes for eight weeks. Registration is open from May 14 to 18 and the challenge will be from May 21 to July 13. This challenge is open to NHBP Tribal Members, spouses, descendants and employees, however, anyone is eligible to attend the walking groups. Feel free to drop in to any of the scheduled walking groups to increase your steps. Want to kick it up a notch? Join the Couch to 5K program meeting at Pine Creek!

Grand Haven:

Grand Haven Community Center, Mondays from May 7 to July 16, 5 to 6 p.m.
There will not be a walking group May 14, May 28 or July 2. June 23 walking group will take place at Rosy Mound Park.

Grand Rapids:

Grand Rapids Health Facility, Mondays from May 14 to July 16, Noon to 1 p.m.
There will not be a walking group May 28, June 18 or July 2.

Pine Creek:

Pine Creek Community Center, Wednesdays from May 16 to July 18, 11 a.m. to noon.
There will not be a walking group July 4.

Contact Health Educator Shelby Gibson at 269.729.4422 or shelby.gibson@nhbp.org for more information.



HEALTH QUIZ

- 1 How many employees at NHBP are currently Certified Trauma Practitioners? _____
- 2 The 20-20-20 Rule means that every 20 _____, you should look 20 _____ away for about 20 _____.
- 3 Roma, plum and cherry tomatoes require how much sunlight? _____
- 4 What activity has been named "the closest thing to a wonder drug?" _____
- 5 (True or False) It is safe to use cotton swabs to clean out a baby's ears and nose. _____

Take the Health Quiz and enter to win a \$20 gift card! Winter winner: Richard Palone

Name _____

Address _____

City _____ State _____ Zip Code _____

Please submit quiz answers by **May 7** to be entered into a drawing for a \$20 gift card.

Health Educator Brianne Parrish: 311 State Street, Grand Rapids, Michigan 49503

Email: brianne.parrish@nhbp.org



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OUR MISSION

To serve the Tribal Community by providing and coordinating access to quality culturally based health and social services to promote overall wellbeing for the next Seven Generations.

For a detailed list of program and service offerings, please visit www.nhbpi.com and click on Health.

CONTACT US

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