

Gwiwenzemen

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

SPRING 2017 | No. 2



NOTTAWASEPPI HURON BAND OF THE POTAWATOMI

A FEDERALLY RECOGNIZED TRIBAL GOVERNMENT

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

What is Infant Mental Health?

Submitted by Behavioral Health Clinician
Cassie J. Cleary, LMSW, IMH-E (I), CTP

Infant Mental Health focuses on the developing mental, physical and emotional health of infants three and under, as well as families expecting infants. This focus exists because research has found that investing in infants' mental health has profound public health impacts on issues ranging from heart disease to domestic violence. According to the Michigan Association for Infant Mental Health, infant mental health is "the developing capacity from birth to three 'to experience, regulate and express emotions; to form close relationships; and to explore the environment and learn'—all in the context of family, community and cultural expectations for young children" (mi-aimh.org).

Simply put:

When parents and caregivers are...

- Responsive
- Protective
- Stable

Children three and under become:

- Confident
- Resilient
- Able to manage their emotions

Infant mental health tends to focus on attachment, because the attachment between the baby and caregivers shapes how they will view themselves, others and the world. Even small changes in parenting can help strengthen attachment. The NHBP Behavioral Health Clinician Cassie Cleary can provide individual and family counseling to pregnant women and their families as well as to families with infants up to three years old. Plans can be personalized to work on issues affecting you or your baby, including your own mental health. This can be done in conjunction with the maternal child nurse who provides home visits and in-home assessments through the Maternal Child Health Program. If you are interested in these services or have any questions, contact Level I Infant Mental Health Family Associate Cassie Cleary for more information at 616.249.0159 or ccleary@nhbp.org.

Fatherhood is Sacred

Submitted by Behavioral Case Manager Jonathan Rinehart
Photo by Jaky Replogle

Fatherhood is Sacred is a curriculum through the Native American Fatherhood and Families Association (NAFFA), which created and designed this program for fathers and mothers using a Native American approach. The goal of the program is to strengthen families and to promote responsible parenting. NAFFA teaches parents to connect with their heritage as they become actively involved in the lives of their families. This is a 12 week program focused on recognizing that fathers are a great untapped resource who can foster the leadership role and help keep our families together. You can find more information on this program at www.nativeamericanfathers.org.

The NHBP Health and Human Services Department is seeking Tribal Member fathers to participate in the Fatherhood is Sacred program. Meals and incentives will be provided for participants who complete the program. If you are interested in learning more about this opportunity, please contact Behavioral Case Manager Jonathan Rinehart at 616.514.3646 or jrinehart@nhbp.org.

The Method of Fatherhood is Sacred is:

- **UPLIFTING:** Spirit, attitude, self-image, self-worth, helping everyone feel welcome, wanted, needed and special.
- **ENCOURAGING:** Strengthening hope, bringing new hope and inspiring a desire for change, confidence and trust in self and others.
- **ASSISTING:** Recognizing opportunities, identifying resources, improving life skills and problem solving abilities.
- **TEACHING:** Principles, responsibilities toward family, fatherhood, motherhood, marriage and self-control.



NHBP Tribal Member Levi Crampton sits with his son, Mno-odé Crampton.

“The family is at the heart of Native American cultures. There is no work more important than fatherhood and motherhood.”

- Native American Fatherhood and Families Association

Learning Through Free Play

Submitted by Community Health Nurse Robin Twiest

Play is our brain's favorite way of learning.

The American Academy of Pediatrics reports children are spending less time in "free play" than ever before. Free play is undirected or unstructured play. This play allows children time in their day to be creative and self-directed in how they play. Play is so important for children's growth, development and learning. Ideally, play would involve adults but not be controlled by adults.

This Type of Play is Critical Because it Helps the Child to:

- Develop creativity and imagination
- Master skills and solve problems
- Gain cooperation skills when playing in a group
- Conquer fears and reduce stress
- Develop physical strength and dexterity

Parents are given messages through society and media that children need the latest and greatest technology to excel. Technology and screen activities often increase stress and cause behavior patterns that lead to a sedentary lifestyle. Normal functions of the brain are stimulated by movement, exploration and physical activity. Slow bodies are in essence slow minds!

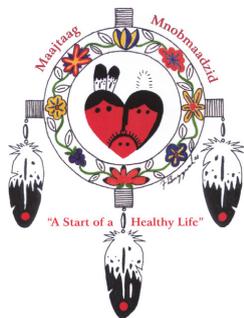
Technology and Screen Time Tips:

- Monitor screen time (TV, video games, computer, tablets, etc.)
 - o Under two years old: All screen time is discouraged
 - o Two to five year olds: Screen time should be limited and co-viewing with a parent is encouraged
 - o Five years and up: Screen time should be limited to two hours or less per day; develop a personalized media plan for older children

Ideas for Childhood Play:

- Turn on some music and dance
- Build a fort or blanket teepee in the house
- Go on a nature walk
- Play in the mud
- Play pretend
- Act silly together
- Go rain-puddle stomping
- Create a mini indoor garden
- Get messy with paint and Play-doh
- Collect a box of dress-up clothes
- Make a creative obstacle course

Get creative with the power of play and watch your child bloom!



Maajtaag Mnobmaadzid is now offered to all NHBP clinic patients!

Join us for monthly Healthy Start Play Dates in both Grand Rapids and Pine Creek location. Experience developmentally appropriate play activities and build camaraderie with the community.

For more information contact the Community Health Nurse:

Southern NHBP Health Department

Robin Twiest, BSN, RN

Covering: Calhoun, Kalamazoo, Branch Counties

269.729.4422

Northern NHBP Health Department

Dawn Cordero - Reyes, BSN, RN

Covering: Kent, Ottawa, Allegan, Barry Counties

616.249.0159

Cleaning Up Mother Earth

Submitted by Registered Dietitian Lysandra Vander Hart
Photo by Jaky Replogle

With Earth Day right around the corner, staggering statistics are causing concern and ambition for initiatives around the world to preserve resources and keep families safe and healthy. Many of these concerns impact not only the environment, but also create toxicities in the human body. Did you know that 1,500 plastic water bottles are consumed each second in America? The Container Recycling Institute reports that 86 percent of these toxic bottles are not being recycled but thrown in dumps where they will spend centuries seeping Bisphenol A (BPA), Bisphenol S (BPS), phthalates and other toxins into the groundwater used for drinking and household use.

Approximately 32 percent of plastic packaging eventually finds its way into streams, rivers and oceans. This contributes to the massive floating garbage mountains such as the Pacific Ocean Patch, comprising an area twice the size of Texas. This floating trash kills thousands of birds and fish that mistake it for food. In total, 50 million bottles are being thrown away each day. If you laid those bottles out, it would stretch from San Francisco to New York City and back again. Incineration is not the solution either, as used bottles produce toxic chlorine gas and ash that contains heavy metals causing pollution. Indoor air pollution is just as much a concern, ranking one of the top five most environmental health problems in America. Knowing that waste and chemical contaminants are hurting the earth gives us reason for change, but what is the harm for the health of mankind? Over 80,000 new chemicals have been created in the last 50 years. Only about 200 have been



NHBP Tribal Member Heather Butcher and her family give back to Mother Earth.

tested for their impact on human health. The chemicals that accumulate in the human body over a lifetime are known as “body burden.” Chemicals sneak in through everything from laundry soaps to body wash, pollution, chemical waste, pesticides and plastic toxins.

The impact of toxins on children has been studied for the past 30 years, causing researchers to come to the conclusion that the little things matter. It has been discovered that extremely low levels of toxins can impact brain development. Meaning, toxins in the mother’s blood can decrease IQ by at least five points each, in her children.

It is time to change. By making small conscious choices to reduce plastic and waste overall, together we can create a brighter future for the next seven generations and Mother Earth. Here is how you can reduce exposure to toxic chemicals, waste byproducts, help save the environment and create a safer haven for your family.

1. Avoid using chemical-laden air fresheners and toxic cleaning products.
2. Choose whole foods that are not packaged and check labels for toxic ingredients and pesticides.
3. Regularly dust floors and surfaces with water and reusable cloths or rags.
4. Look out for PVC plastic (number three in the recycling arrow), also known as vinyl.
5. Skip vinyl lunch boxes and shower curtains, choose natural materials such as cotton, wood or stainless steel.
6. Instead of buying plastic or vinyl toys, opt for wood or cloth toys.
7. Choose baby bottles, teething rings and toys that do not contain BPA and phthalates.
8. Avoid these ingredients on labels:
 - Triclosan, Triclocarban, Microban™ or Biofresh™
 - Synthetic musk and fragrance
 - Formaldehyde and releasing chemicals: DMDM Hydantoin, Quaternium 15 or Bronopol
 - Parabens: Which may appear as “ ___paraben” on the label
 - Hydroquinone and Nitrosamines
9. Pay Attention to the earth:
 - Pick up trash in your neighborhood
 - Start composting
 - Plant a garden, flowers or a tree
 - Visit your local park or zoo with friends and family

Spring Cleaning

Submitted by Dentist Dr. Megan Kemink

The NHBP Dental Clinic welcomes people of all ages. We recommend that a child go to the dentist by the age of six months or immediately after the first tooth erupts. Baby teeth typically begin growing in around six months of age. If you believe your child is teething, run a clean finger over their gums and feel for any swelling or hardness of a tooth. Your child may start biting on hard objects, drooling, refusing food and become irritable while teething, so consider using a teething ring that can be chilled or feeding your child soft, cool foods.

Once the teeth have erupted, use a soft bristled toothbrush to clean their teeth and try children's toothpaste once the child can spit on command. When the teeth touch together, they should be flossed. Flossers are great for children. Baby teeth are very important, because they are holding the space for the adult teeth. If a baby tooth is lost due to decay, their adult teeth can shift into the empty space, causing many problems that can affect speech and function. Decay can start as soon as their first tooth appears, especially when baby teeth are in contact with sugary foods or liquids over a long period of time. At bedtime, avoid sugary drinks like fruit juice and milk (even breast milk), and give water to avoid "baby bottle rot."

Finally, parents should try to keep their mouth healthy too, because they unknowingly share the bad bacteria in their mouth with their children when sharing spoons, pacifiers and cups. To schedule your dentist appointment today, call the Northern Office at 616.249.0159 or the Southern Office at 269.729.4422.



TKENAGEN - CRADLEBOARD



NHBP Tribal Member Tasia Dougherty with her son, Kyrie Trevino.
Photo by Kathy Mackety

Cradleboard:

A wooden frame worn on the back, used by North American Indian women for carrying an infant.

Save the Date!

Walking Groups

Join us as we walk towards a healthier future while competing with surrounding Michigan Tribes to see who can be the most active! Registration opens May 8. Program starts Monday, May 15 through the week of Michigan Indian Family Olympics of July 21. Walking groups will be canceled on Monday May 29 and the week of July 3. Contact Shelby Gibson for more information at 269.729.4422.

- o Northern: Tuesdays from noon to 12:30 p.m.
- o Southern: Wednesdays from 11 to 11:30 a.m.
- o Grand Haven: Mondays starting May 15 from 5:30 to 6:30 p.m. We will alternate meeting at Rosey Mounds Park and Chinook Pier. May 15 we will meet at Rosey Mounds.

May Healthy Start Play Date

Join the Maternal Child Group Play Date as we watch Inside Out! This Disney Pixar film is not just a children's movie, it's great for informing children more about mental health and emotions.

- o Northern: May 19 from 6 to 8 p.m. Please contact Dawn Cordero-Reyes to register at 616.249.0159.
- o Southern: May 26 from 6 to 8 p.m. Please contact Robin Twiest to register at 269.729.4422.

Diabetes PATH

This diabetes self-management program helps those dealing with chronic conditions achieve greater control of their health. Classes begin on June 6 at the Grand Rapids location and will be every Tuesday from 12:30 to 3 p.m. Lunch will be provided. Call Lysandra Vander Hart to register at 616.249.0159.

Light Up the Rez 5K and Turtle Trot

Join us at the Pine Creek Indian Reservation June 16 for the 5K and Turtle Trot event! Turtle Trot starts at 8 p.m. and the Glow 5K starts at 9 p.m. Registration will be \$15 for the Turtle Trot and \$25 for the 5K. All proceeds will benefit local charities. You can register online at: <http://lightuptherez5k1mileturtletrot.itsyourrace.com/register>. If you have any questions, contact Shelby Gibson at 269.729.4422.

June Healthy Start Playdate

Join the Maternal Child Group Play Date for some kids' yoga! Kids' yoga is designed to introduce children to yoga through a series of animal poses. This is great for introducing children to a new form of physical activity to stay healthy and active.

- o Northern: June 16 from 10 to 11:30 a.m. Please contact Dawn Cordero-Reyes to register at 616.249.0159.
- o Southern: June 9 from 10 to 11:30 a.m. Please contact Robin Tweist to register at 269.729.4422.

Michigan Indian Family Olympics (MIFO) Training

The program is to help the youth stay active and prepare for the games at the Michigan Indian Family Olympics!

- o Northern: June 19 and 26, and July 10 and 17 from 2 to 4 p.m. Contact Brianne Kraai for more information at 616.249.0159.
- o Southern: June 19 and 30, and July 10, 14 and 17 from 2 to 4 p.m. Contact Shelby Gibson for more information at 269.729.4422.

Health Department Programs and Services

Programs

- Emergency Preparedness and Safety
- CPR/First Aid/AED
- Health Education Programs, Classes and Competitions
- Exercise Classes
- Lunch and Learn
- Nutrition and Weight Loss
- Parenting Classes
- Chronic Disease Self-Management
- Healthy Start Visits
- Access to Recovery
- Fitness Centers
- Contract Health Services
- Traditional Healing

Health Services

- Comprehensive Primary Care for all ages
- 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
- Home Visiting
- Asthma Management/Treatment
- Point of Care Testing
- Podiatry Services

Behavioral Health and Social Services

- Individual Counseling for all ages
- Family and Couples Counseling
- Alcohol/Substance Abuse Treatment
- Talking Circles
- Case Management
- Elder Gift Card Program (for hospitalized Elders)
- Child Care Development Fund (assistance for eligible families and child care providers)

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

Health Benefits of Gardening

Submitted by Health Educator Shelby Gibson

Did you know that gardening has many health benefits? Gardens can produce an abundant amount of fresh fruits and vegetables which should be consumed as part of a healthy diet. In addition to improving nutrition, there are other health benefits from gardening you may not be aware of.

The Centers for Disease Control and Prevention (CDC) considers gardening to be a moderate-intensity level activity. Doing a moderate-intensity level activity for two and a half hours each week can reduce the risk for multiple health disparities such as obesity, high blood pressure, Type 2 Diabetes, osteoporosis, heart disease, stroke, depression, colon cancer and premature death. Let gardening help you reach your activity hours each week, while also growing some amazing produce for your kitchen!

Gardening has been found to be an effective stress reliever. Relieving stress can help decrease unwanted symptoms caused by stress such as irritability, headaches, stomach aches and even heart attacks. There is an experiment that was conducted and published in the Journal of Health Psychology that compared gardening and reading as resources for stress-relieving. The experiment showed that more stress was

relieved among the participants that gardened, as compared to those who read.

Another surprising benefit is that gardening helps improve and maintain dexterity (skill and ease in using the hands and fingers) and strength in our hands. Gardening will also give you the chance to get outside and soak in the sunshine. We can all use an extra dose of vitamin D to help fight off colds and flus.

Starting your own garden is not as difficult as it may seem! You want to locate an area of your property that gets sufficient sunlight and some protection from harsh weather, to start planting or place a raised bed. Raised beds are ideal for beginners because they are very manageable. You can build your own with some two by four planks, tires or something from the store. Fill the area with some nutrient rich soil and fill it with low maintenance fruits and vegetables like peppers, tomatoes, spinach, strawberries, rhubarb or raspberries.

So this spring, enjoy a little time in the garden... just for the health of it.

HEALTH QUIZ

- 1 By what age does an infant need to see the dentist? _____
- 2 NAFFA stands for the Native American _____ and Families Association.
- 3 Who is the Level One Infant Mental Health Associate for NHBP? _____
- 4 Skill and ease of using the hands and fingers is also known as _____.
- 5 _____ bottles are being thrown away each day by the US.

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

Name _____

Address _____

City _____ State _____ Zip Code _____

Please submit quiz answers by **May 5, 2017** to be entered into a drawing for a \$20 gift card:

Health Educator Brianne Kraai, 1474 Mno-Bmadzewen Way, Fulton, MI 49052 **email:** brianne.kraai@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

Southern Clinic and Services

Pine Creek Clinic: 269.729.4422 Toll Free: 1.888.729.4422

Contract Health: 269.704.8349

Northern Clinic and Services

Grand Rapids Clinic: 616.249.0159 Toll Free: 1.888.662.2808

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