

# Gwiwenzemen

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

SUMMER 2018 | No. 3



As we enter in to the Summer Season, we are focusing on the Southern direction of the Medicine Wheel: Cedar, Wind and Teenagers.



NOTTAWASEPPI HURON BAND OF THE POTAWATOMI

A FEDERALLY RECOGNIZED TRIBAL GOVERNMENT

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

## Cover Photo:

Tribals Members enjoying the Family Retreat at Indiana Beach.

# Staying Connected with Your Teen

Submitted by Prevention Worker Love Kiracofe

In recent years, we have been learning more about how Adverse Childhood Experiences (ACEs) affect health and wellness. An ACE is a negative experience or experiences that happen to someone before the age of 18. Some examples of ACEs are parent divorce, seeing or hearing adults fight, living with household members with a mental illness or addiction problems, or having a household member in jail. ACEs are very common and about 70 percent of people report that they have experienced at least

one ACE in their life. ACEs increase the risk of developing multiple health problems including diabetes, heart disease and depression throughout one's lifetime. The most effective treatment for ACEs is having a positive connection with another human being. By feeling supported by friends and family, participating in community traditions and feeling a sense of belonging, one can decrease their risk of experiencing the possible negative outcomes of ACEs.

The teenage years can be some of the toughest times to have positive connections with your child. Usually, teens are in the process of working to become independent adults and it might seem like they don't want or need connection with parents. However, research shows that caregivers and family members continue to have a strong influence over teenagers' life choices. Here are some strategies for keeping a strong connection with your teen:

## Stay Moving:

Try talking in the car, on a walk or while working on a chore together. This can give your teen space and freedom to listen without the pressure of a serious, face-to-face talk.

## Connect through Screen Time:

Watch videos, listen to music and talk about the values you notice in these different avenues.

## Self-Care:

Spend time with other parents and friends and pay special attention to your own gifts and hobbies. Try to remember that we all have ACEs. Be sure to do things to help yourself feel that sense of belonging.



1 Tribal Members Nickole Keith, Chris Wilson, Jordyn Morseau and Tribal Vice-Chairperson Dorie Rios volunteer together.

# We R Native:

Submitted by Health Educator **Brianne Parrish**

The Health and Human Services Department is rolling out a new program for teen health this year. In past years, NHBP implemented Making Proud Choices as the teen health program offered to the Native youth. However, after hearing feedback about the desires from parents and community members regarding teen education, the Tribal PREP grant awardees from the Inter-Tribal Council decided on a new curriculum to better serve the needs of Tribal Members called We R Native.

We R Native is a teen education program created by and for Native youth. The program is designed for youth 13 to 18 years of age. It encompasses very important and serious health topics that affect today's teens including suicide prevention, bullying, media messages, sexual health, relationship boundaries, drugs, alcohol, community involvement and much more. We R Native runs on five principle values:

1. We are Native
2. I am strong in mind and spirit
3. I control my body
4. We are not alone
5. We can change our world

Each and every one of these values have helped shape We R Native curriculum into the educational and thought-provoking program that it is. Youth are challenged to not only learn more about general health and wellbeing, but they are met with the opportunity to learn more about themselves within each lesson of We R Native. There are many activities where teens are able to reflect on the lessons and decide what the topics mean to them, how they apply them to their life and where they stand as an individual and within the community.



L-R: Little River Band of Ottawa Indians Tribal Member Michael Medawis Jr., Tribal Member Ciarra Parney, Behavioral Health Clinician Kallie Howell, Health Educator Brianne Parrish and Tribal Member Aanzhenii Dandridge at the Grand Rapids We R Native class.

Over the course of 10 sessions, teens will learn about how to navigate better in today's world in order to better their health-mentally, physically and spiritually. At the end of the class, the youth will test their knowledge and the tools they gained throughout the lessons by applying it to a community service project. This project is selected by the teens after assessing a need within the community.

If you would like to learn more about We R Native, please visit [www.wernative.org](http://www.wernative.org). If you would like to have your child put on a waiting list for the next class offered at NHBP, please contact Health Educator Brianne Parrish at 616.514.3652 or [brianne.parrish@nhbp.org](mailto:brianne.parrish@nhbp.org).

# Sand, Surf and Safety!

Submitted by  
Tribal Early Childhood Specialist Kailey Cline

The summer months are full of fun and it's easy to adopt practices that will keep your family happy, healthy and safe.

## Water Zone:

Nothing cools down your body faster than a dip in the pool or a run through the sprinkler. Enjoying an activity with your family outdoors is a great way to get moving and spend time together.

- Always supervise children when playing in water. Whether it's a pool, sprinkler, splash pad or water balloons, never leave a child alone.
- Talk to your kids about awareness so they always know to watch their surroundings, know where their guardians are and to ask an adult if they are unsure about the depth or safety of a body of water.
- Most communities offer swimming classes for children, with some starting as young as four months old. Check out your local YMCA, Goldfish Swim School, public school or community center for the latest class offerings.

## Sun Fun:

The sun provides our bodies with Vitamin D, a key nutrient that keeps you healthy. However, we must take protective measures to ensure that we don't get too much sun. Sunscreen prevents the skin from direct sunlight, which can cause cancer.

- Wearing sunscreen is important year-round, but especially in the summer months when the sun is strongest. The chances of sun burning are highest from 10 a.m. to 2 p.m., so avoid being outside at that time or cover up.
- Sunscreen should be at least SPF 30 and offer broad-spectrum protection, which will be stated on the bottle. Buying water-resistant sunscreen helps keep you protected in the pool, but be sure to reapply when you get out of the water. Always follow the bottle's recommendations and when in doubt, reapply.
- Cover up! Wear a hat with a brim, light linen, cotton clothing and sunglasses.
- Don't forget about your lips! Purchase lip balm with SPF in the formula to protect the lips.
- Avoid overheating and stay hydrated. Drink water with no added colors or flavors, stay in the shade and watch for signs of dehydration in children and yourself, such as dark infrequent urine and feeling faint or nauseous.



Sunscreen on a beach.

## Bugs, Bees and Bears, Oh My!

The summer months in Michigan bring out the bugs and animals that you may not encounter in the winter.

- Apply bug spray if you are going to be outside near a wooded or grassy area. Check your body for ticks afterwards.
- Avoid walking through flowery areas barefoot since these places are hotspots for bees.
- If you are not sure if your child has a bee allergy, get them tested at their pediatrician and carry your cell phone with you when you are outdoors in case of an emergency. If your child is already diagnosed, make sure to carry their Epi-pen and follow the instruction of your doctor.
- If you live in a rural area or are going on a summer vacation, you may need to worry about bears, raccoons or other wildlife. Remember, these animals live in the wild and you are in their territory. If you encounter a wild animal, it is best to keep your distance. Do not handle them and if at all possible take a different route. They are probably scared of you so leave them in peace.

# Where We Are Now: Community Health Improvement Planning

Submitted by Community Health Outreach Manager Emily VanderKlok

Developing a Community Health Improvement Plan is an important process that utilizes the health data of a community along with the input and priorities of community members to create a plan for long-term health improvement. NHBP conducted a Community Health Needs Assessment in March 2016 which resulted in key information about the health needs of the NHBP Community. Valuable input on the identified health priorities was gathered during an input session the following November.

The Health and Human Services Department is currently utilizing the expertise of the Michigan State University (MSU) Extension and the Michigan Public Health Institute to actualize community input by developing a tangible five-year Community Health Improvement Plan set to begin January 2019. The identified areas of focus include diabetes, heart disease, body mass index, nutrition, substance use, and community and family cohesion. On May 24, NHBP received recognition at the National Tribal Public Health Summit for

these efforts and for making substantial gains in public health improvement.

If you would like further information or have additional input on the identified health priorities, please contact Community Health Outreach Manager Emily VanderKlok at 616.249.0159 or [emily.vanderklok@nhbp.org](mailto:emily.vanderklok@nhbp.org). We look forward to continuing this health improvement plan and improving wellness for the next Seven Generations!



Community Health Outreach Manager Emily VanderKlok accepts award on behalf of NHBP HHSD at the 2018 Public Health Summit Meeting.

# Save the Dates

## Michigan Indian Family Olympics

Come participate and cheer on your Tribe as they compete in the 2018 Michigan Indian Family Olympics! The event will be held July 20 at Central Michigan University's Bennett Track and Field in Mount Pleasant, Michigan. Registration begins at 7:30 a.m. and the events kick off at 9 a.m.

## Zoo Playdate

Join NHBP's Maternal Child Program for the July play date at the zoo! The Pine Creek area will be visiting Binder Park Zoo and the Grand Rapids area will be visiting Boulder Ridge Wild Animal Park. Both play dates will be Friday, July 27, from 10 a.m. to 2 p.m. To register, please contact Tribal Early Childhood Specialist Kailey Cline at 616.514.3635 or [kailey.cline@nhbp.org](mailto:kailey.cline@nhbp.org).

## Back to School

Don't forget to register for Back to School by July 27! This event is open to NHBP Tribal Member students in preschool through higher education. Register online at [members.nhbpi.org/back-to-school](http://members.nhbpi.org/back-to-school)

## Canning Class

Want to learn how to can and preserve your food? Take this one-time class August 23 hosted by MSU Extension at the Pine Creek Community Center from 5:30 to 8:30 p.m. The class is free to attend. To register, please contact Health Educator Shelby Gibson at 269.704.8345 or [shelby.gibson@nhbp.org](mailto:shelby.gibson@nhbp.org).

## Wellbriety

Please join this support group for Natives in the recovery journey. The class follows the White Bison's Red Road to Wellbriety book and workbook. Classes will be held at the Grand Rapids Health Facility from 6 to 8 p.m. on Wednesdays, beginning September 5. To sign up or for more information, please contact Behavioral Health Case Manager Jonathan Rinehart at 616.514.3646 or [jrinehart@nhbp.org](mailto:jrinehart@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](http://www.nhbpi.com) and click on Health.**

# New Employees

The NHBP Health and Human Services Department has grown a lot in the last couple of months. As a result, you might see some new faces when you come to either the Pine Creek or Grand Rapids Health Facilities. Meet some of our new employees and feel free to say hello next time you are in for an appointment.

## Grand Rapids:

Medical Transporter Brittany Rinehart

Community Health Representative Cameryn Ryan

Tribal Early Childhood Specialist Kailey Cline

Behavioral Health Clinician Kallie Howell

## Pine Creek:

Medical Secretary Christa Lindsay

Behavioral Health Case Manager David Beatty



## HEALTH QUIZ

- 1 When is the Canning Class being offered? \_\_\_\_\_
- 2 What Vitamin does sunlight provide for us? \_\_\_\_\_
- 3 About \_\_\_\_\_ percent of people reported having experienced at least one ACE in their childhood.
- 4 What plan is set to begin in January 2019?
- 5 What teen health program is being implemented this year?

**Take the Health Quiz and enter to win a \$20 gift card! Winter winner: Donna Johnson**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Please submit quiz answers by **August 3** 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](mailto: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](http://www.nhbpi.com) and click on Health.

## CONTACT US

### **Pine Creek Health Facility**

269.729.4422 Toll Free: 1.888.729.4422

### **Grand Rapids Health Facility**

616.249.0159 Toll Free: 1.888.662.2808