

# Gwiwenzemen

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

SUMMER 2017 | No. 3

As we enter the summer season, we are focusing on the southern direction of the Medicine Wheel: Bravery, Respect, Wind, Teenagers and Cedar.



NOTTAWASEPPI HURON BAND OF THE POTAWATOMI

A FEDERALLY RECOGNIZED TRIBAL GOVERNMENT

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

## Building Teenage Resiliency

Submitted by Prevention Worker Love Kiracofe

Photo provided by Emilee Guzak

Project LAUNCH and NHBP Tribal Members joined forces to build the new Born Learning Trail, which is located along the Recreation Fields on the Pine Creek Indian Reservation. Signs and symbols throughout the trail offer ideas for fun activities that promote healthy development and school readiness for young children. The Born Learning Trail is one way parents can help young children learn skills to be resilient—the ability to bounce back from tough times.

What about our teenagers? How do we help them learn and use healthy coping skills to get through tough times? The Adverse Childhood Experiences Study (ACES) shows that stressful childhood experiences like exposure to domestic violence, parental substance abuse and emotional abuse can have long-term effects on our physical and mental well-being. We cannot always control stressors, but we can add positive experiences that help build successful, independent adults. Here are some examples of ways you can build resiliency throughout your life:

- **Positive Relationships:** These are close connections with even one person who really cares. Create a space in your home to honor your own mentors by placing pictures and objects that remind you of a loved one and talk about the people who care about you.
- **Self-Regulation:** The ability to name and share one’s feelings in healthy ways. Listen to music together and try to figure out the emotion behind the lyrics. Listen to your teen’s favorite song and share some of your own favorites.
- **Vision:** Knowing what one wants for themselves and taking steps to make it happen. Notice an area where your teen has some skill and ask for a lesson (art, science, sports, etc.). Help your teen think about how to teach you a new skill.

To learn more about the ACES study and resiliency, please visit the following website:

<https://acestoohigh.com/got-your-ace-score>



Tribal Members enjoy the youth Christmas party at Dave and Busters.

# NHBP TEEN HEALTH

## How do you say, "I love you?"

**Nde banen** (I love you) (said to a child)

Relationships = Resiliency

70% of youth report having at least 1 adult they can talk to.

But...only 1 out of 3 youth report that their parents regularly say "I love you" and that they want good things for them.

### Physical Check Up

*in the past year*  
82.4% physical  
70.6% dental check up  
61.8% vision check up



### Where they go

*for treatment*  
29.4% NHBP Clinic  
38.2% ER or Urgent Care  
14.7% Non Tribal Clinic  
17.6% Never go anywhere

### Gaming

67.7% report 2 or more hours of gaming per day



### E-Cigs

11.8% have tried cigarettes  
23.5% have tried e-cigs or vaping



### Fast Food

82.4% consume fast food weekly.



### Strength/Cardio

29.4% report zero strength training  
41.2% report 60 min. of cardio at least 5 days per week



### Fruit

32.4% Consume fruit daily



### Alcohol

38.2% have used



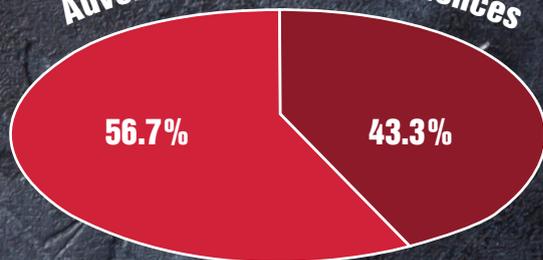
## Talk the Talk

Over 1 in 4 youth ages 12 to 18 report being sexually active but only 5.9% have been tested for HIV. 65% of NHBP parents have discussed expectations for sexual behavior with their teen. Do you talk the talk?

## Adverse Childhood Experiences

Negative experiences before the age of 18 such as physical abuse, neglect of the child, substance abuse or incarceration of a parent have been shown to increase risk of diseases in adulthood: Heart disease, diabetes, obesity, cancer and decreased lifespan to name a few. To learn more about ACES study and resiliency you can visit the following website: <https://acestoohigh.com/got-your-ace-score>

### Adverse Childhood Experiences



■ Less than 3 ■ 3 or more



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## Pow Wow Wellness

Submitted by Health Educator Brianne Kraai  
Photo by Jaky Replogle

Pow Wow season is well underway and as the early summer months are passing, the heat and humidity keeps climbing. It's important to keep this in mind while preparing for your next Pow Wow trip in order to take care of yourself and others. This is especially important for people Dancing, Drumming, volunteering and cooking, as well as for children and Elders. Here are some simple, yet effective, tips to stay happy and healthy this summer:

- **Drink Plenty of Water:** Pop, snow cones, coffee and other caffeinated or sugary beverages **do not count as water.** Water is the most important part of staying hydrated and sugary, caffeinated drinks tend to add to the dehydration one may already be experiencing while running around the Pow Wow grounds. Try to get at least eight glasses of water a day to stay hydrated.
- **Dress in Light Layers:** We all know that Michigan weather can be unpredictable. One minute it is a blistering 85 degrees, the next it is raining and 60 degrees. Be prepared for all weather conditions by wearing light clothing and packing a light jacket, just in case. Having long layers also helps prevent excessive sun exposure.
- **Sunscreen:** No matter the weather, sun exposure has a negative effect on one's skin, if left unprotected. During the summer months it is extra important to give one's self some

added protection. It's recommended to use a sunscreen with a Sun Protection Factor (SPF) of 30 or more, while out and about. However, applying sunscreen once for the day is not enough. Be sure to reapply sunscreen every two hours. Also be sure to let the sunscreen completely dry before stepping back out into the sun as the shiny coat left after application can actually attract more sunlight.

- **Cool Down:** It is important to take breaks and cool off after being active in warm weather. After 30 to 60 minutes of activity, be sure to slow down, seek shade, drink some water or find a fan to help cool off.
- **Don't Skip Meals:** It is very easy to forget about breakfast, lunch or dinner when having fun or staying busy at Pow Wow. This can cause a person's blood sugar to dip too low, and with the mixture of heat and high activity levels, that can be dangerous. Be sure to eat consistent healthy meals to keep the body energized.

Always take care of yourself and be aware of those around you. Elders and children are more susceptible to the adverse effects of heat and sun exposure, be sure to keep an eye on them. As always, if you or someone else is displaying symptoms such as blurred vision, pain or tightness in the arms, shoulders, jaw or chest, slurred speech or shallow breathing call 911 and get help.



NHPB Tribal Elder Doug Taylor at the annual NHPB Pow Wow.

## Girls on the Run, So Much Fun!

Submitted by Health Educators Brianne Kraai and Shelby Gibson  
Photo by Brittany VanSnepton

This year, NHBP hosted and facilitated the renowned program, Girls on the Run. Girls on the Run is a 10 week program in which third through fifth grade girls train for a 5K. But, it is not all about running. During the 10 weeks, the girls went through a curriculum of lessons and activities designed to help them step outside of their comfort zone, grow as a team and build self-esteem. Some of the many lessons include gratitude, communication, building on strengths and empathy. For each lesson, the girls performed activities that built on their skills and were able to take the teachings home to apply in real life. At the end of the program, the teams participated in a Girls on the Run Celebration 5K to commemorate their accomplishments over the 10 week program.

NHBP has greatly enjoyed being a Girls on the Run site for both Kent and Calhoun counties and looks forward to continuing the program in years to come.

### Here are what some NHBP youth had to say about Girls on the Run:

- “Girls on the Run helped me learn how to run faster and get to know a lot of new people I had never met.” – Aanzhenii Dandrigde
- “I learned a lot about leadership and kindness from Girls on the Run. Plus I got to run and bond with people.” – Taraje Pfeiffer
- “I have liked all the lessons. They were all fun and challenging.” – Lilly Pratt
- “My favorite part was the practice 5K because we got to run with our friends and help them out.” – Chloe Hurst



Tribal Members Lilly Pratt and Kiyah Collins cool down after practice.

## Preparing for the New School Year

Submitted by Health Educator Shelby Gibson

As summer vacation nears an end, it's time to start preparing for a new school year! Below are a few tips to make sure you and your children are ready:

- Make sure your child knows his or her schedule, as well as what time school starts and ends each day.
- Visit the school to see new classrooms and meet new teachers.
- Start purchasing any school supplies that your child may need for the school year.
- Schedule your child's yearly checkup appointment with their doctor so they are up-to-date on any required vaccinations.
- Look into after-school activities such as sports or recreational clubs that your child could participate in to meet new students, develop new skills and contribute to the community.
- Have your child start getting in a routine of going to bed early and getting up early. Practice this for at least a week before school starts.
- If your child will be bringing school lunches, then plan to include fruit and vegetables!

# Save the Date!

## Strengthening Families Through Tradition

Join us for this cultural, family focused event on August 12 from 9 a.m. to 6 p.m. at the Pine Creek Indian Reservation. For more information contact Robin Tweist at [robin.tweist@nhbp.org](mailto:robin.tweist@nhbp.org) or 269.729.4422.

## Diabetes Prevention Program

Stop diabetes before it starts! Join us for a new program beginning September 20 at the Grand Rapids Health Facility. For more information and to register please contact Emily VanderKlok at 616.249.0159 or [ehenning@nhbp.org](mailto:ehenning@nhbp.org).

## Matter of Balance

The Grand Rapids Health Facility will be hosting a Matter of Balance Class starting Sept. 5 on Tuesdays from 1 to 3 p.m. This class is aimed to help people build strength and knowledge to help them prevent falls and injuries from their falls. If you would like more information, please contact Health Educator Shelby Gibson at 269.704.8345 or [shelby.gibson@nhbp.org](mailto:shelby.gibson@nhbp.org).

## Fitness Classes

- Grand Rapids: Zumba will be starting back up in September! Classes will be held on Wednesdays from 5:15 to 6 p.m. starting on Sept. 6 through Oct. 25. Contact Health Educator Brienne Kraai for more information at 616.514.3652 or [brienne.kraai@nhbp.org](mailto:brienne.kraai@nhbp.org).
- Pine Creek Indian Reservation: Kickboxing is coming back! Starting on Sept. 7, classes will be held on Thursdays from 5:15 to 6 p.m. through Oct. 26. Please contact Health Educator Shelby Gibson for more information at 269.704.8345 or [shelby.gibson@nhbp.org](mailto:shelby.gibson@nhbp.org).

## September Playdate

NHBP will be going to the Wild Rice Outing for the Healthy Start Playdate!

## October Playdate

Join us for this fun Healthy Start Playdate to the farm! The playdate will be on October 7 from 1 to 3:30 p.m. at Gull Meadow Farms. If you'd like to register for September or October Healthy Start Playdates please contact Robin Twiest at [robin.twiest@nhbp.org](mailto:robin.twiest@nhbp.org) or 269.729.4422, or Dawn Cordero-Reyes at [dawn.cordero@nhbp.org](mailto:dawn.cordero@nhbp.org) or 616.249.0159.

## 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.nhbp.com](http://www.nhbp.com) and click on Health.

## Cedarwood Essential Oil

Submitted by Dietitian Lysandra Vander Hart

Being one of the four Sacred Medicines, Cedar is used in a variety of ways. It is often used to Smudge, for bathing and even brewed in tea as a way to purify a person or place, alleviate upset stomach, combat influenza or replenish vitamin deficiencies. It's no wonder that Cedar trees symbolize a source of protection, wisdom and abundance. Although Cedar is used in the leaf form in many traditional Native American practices, Cedarwood essential oil has become increasingly popular due to the warm, woody aroma that creates a comforting, uplifting experience while providing medicinal benefits and clearing out toxins.

Cedarwood essential oil is extracted through the process of steam distillation, resin tapping and cold pressing from pieces of the Cedar tree. The essential oil contains health promoting botanicals that can be accessed via aromatic diffusion, topical application and dietary consumption. Essential oils are potent gifts from nature that can often be more powerful than expected. It is very important to be cautious when using the oil neat (without a dilution), on children with sensitive skin or those with a disease or medical condition who are taking a prescription medication. It is important to consult with a healthcare provider for potential interactions between medications and essential oils.

Highlights of Cedarwood Essential Oil:

- Cough Relief: It removes phlegm from the respiratory tract and lungs and relieves headaches when one to two drops are rubbed onto the chest, nose or upper lip.
- Relieves Spasmodic Conditions: It reduces seizures, asthma and restless leg syndrome by calming the respiratory system, muscles, intestines, heart and nerves when inhaled.
- Antiseptic: When it's mixed with coconut oil on wounds, acne, scars or infections, it defends the body against toxins and fights off bacteria by relieving the white blood cells.
- Hair Loss or Dry Scalp: It stimulates hair follicles and increases circulation to the scalp. Best used with thyme, rosemary and lavender mixed in coconut oil or a shampoo bottle.
- Reduces Arthritis: Once inhaled, the oil minimizes joint stiffness. Also, when taking a bath with 5 to 10 drops of the oil, it lessens the debilitating pain symptoms of joint stiffness.

Please Note: Although some essential oils can be added to food or ingested orally in minimal amounts, it is not safe to consume Cedarwood essential oil internally. Women who are pregnant should not use Cedarwood essential oil. If it is used in high concentrations, Cedarwood essential oil can cause skin irritations.

### Benefits of Cedarwood Essential Oils:

- |                       |                           |                           |                |
|-----------------------|---------------------------|---------------------------|----------------|
| •Improved focus       | •Anti-inflammatory agents | •Reduces skin irritations | •Repels bugs   |
| •Promotes hair growth | •Improves toothaches      | •Relieves spasms          | •Treats acne   |
|                       | •Strengthens gums         | •Treats fungal infections | •Reduces cough |

## HEALTH QUIZ

- 1 How often does one need to reapply sunscreen? \_\_\_\_\_
- 2 Cedarwood is extracted through the process of \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ from pieces of the Cedar tree.
- 3 What is the name of the trail recently installed on the Pine Creek Indian Reservation?  
\_\_\_\_\_
- 4 Girls on the Run is a program for girls in \_\_\_\_\_ to fifth grades.
- 5 What is the Potawatomi Word for "I Love You?" \_\_\_\_\_

**Take the Health Quiz and enter to win a \$20 gift card! Spring winner: Richard Walker**

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Please submit quiz answers by **August 11** 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](http://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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