

Gwiwenzemen

WINTER 2018 | No. 1

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

As we enter into the winter season, we are focusing on the Northern direction of the Medicine Wheel: Sweet Grass, Fire and Elders.



NOTTAWASEPPI HURON BAND OF THE POTAWATOMI

A FEDERALLY RECOGNIZED TRIBAL GOVERNMENT

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

Fire Keeper

Submitted by Tribal Member Kevin Harris Sr.

*Nishnabe'noswen Mkede maingan Mskeke Ndodem mine meawe Huron Bodéwadmi Nottawaseppi Anishnabek!
Nin Bodwe'nene.*

Translation: My Indian name is Black Wolf Turtle and wolf clan of the Nottawaseppi Huron Band of the Potawatomi's original people! I am a Fire Keeper, also known as Kevin Harris Sr.

Our teachings have taught us that the Potawatomi Nation has a duty to maintain the Sacred Fire and we still currently uphold the concept and beliefs of the Three Fires Nation (Ojibwe, Odawa and Bodéwadmi). When we build a Sacred Fire, we gather our four Sacred Medicines for use during the building of the Fire to send our prayers to the heavens. One of the four Sacred Medicines is Sema (Native Tobacco). We hold the Sema in our left hand because it's the side our hearts live, and we talk to God (Mamogosemen), the Creator of all things. We offer the small pinch of Sema as a token with our prayers. It is said that when we perform this act, the Creator will hear us as Anishnabé. We are still here.

The Tobacco is placed into the Fire as an offering with our prayers. In our culture, we believe the Mamogoseman gave the Anishnabé Tobacco to use when praying and giving thanks. With practice and repetition of Tobacco offerings, teachings will come to us from the Creator to teach our people how to live in harmony with all things. We use the Fire to offer prayers as it was instructed by the Creator, and by doing so, we are honoring our ancestors and feeding the spirit as we believe our spirit lives on in the spirit world.

Anishnabék have always used Fire for ceremonies and some say it is the light to the spirit world. However, a Sacred Fire cannot simply be lit, the sacred process must be followed. As Anishnabé, we believe that all things have a spirit and a purpose and we always give thanks when we use them. With a birch fungal called a Ski Tagan, we first pray or meditate about the task at hand and then place our Sema on the spot where the Fire will be lit as an offering. All aspects of what it takes to bodwe (build the Fire) show thanks and appreciation through prayer. After the Fire is given its offering, it is then struck using a metal and flint striker just as it was done by our Ancestors during traditional ceremonies.

As we light the Sacred Fire, we are opening a spiritual door for our Ancestors so that they can come and visit during the time of the Fire. The days and times that a Sacred Fire is lit vary based on the type of ceremony or event. Some Sacred Fires can last up to four days, but a Feast Fire may only remain lit for one day if that is all that is needed. It is important to remember that as part of lighting the Sacred Fire you must use the Anishnabé language and remain clean and sober by Mno Bmadzewen (living in in a good way.)

(Skwadanse) Eshkode: Sacred Fire | Shkwedenesi: Fire Spirit | Bodewadmi: Potawatomi | Bodwe: He who makes or builds a fire | Bodwewnene: Firekeeper



Elder Spotlight

Submitted by Health Educator Shelby Gibson

Rebecca Kladder's journey to wellness began two years ago. She was on medication for high blood pressure, high cholesterol and was told she was pre-diabetic. She knew she had to make a change before these potentially life threatening medical conditions took over her life. Kladder started attending a boot camp exercise class and fell in love with it. She was gaining more energy throughout the day and eventually was taken off all prescribed medications.

Kladder currently attends boot camp five days a week. She states that even though she has her rest days, she still strives to achieve at least 10,000 to 15,000 steps every day. Kladder uses her Fitbit to help track how much activity and daily steps she is reaching. During boot camp workouts, she wears a heart monitor which helps track her heart rate. This allows Kladder to be a better judge of the intensities during her workouts. Throughout her two year wellness journey she has lost 40 pounds and is now close to her goal weight. She finds motivation from a friend who also attends boot camp and they keep each other accountable.

Exercise wasn't the only change Kladder made two years ago. She made some equally important changes in her nutrition as well. She now prepares her food for the week on Sundays, which consists of planning, cooking and portioning her meals. She stresses that one shouldn't completely deprive themselves, however. It is okay to indulge every now and then, but know that getting too far off track makes it a lot more difficult to continue those healthy eating habits. Kladder said that she would like to see more Elders stay active and live a healthier lifestyle. Doing so makes a tremendous impact on their life and she wants others to get to experience the bliss of feeling healthy. She looks forward to the wellness classes in the Grand Haven Community Center Monday nights and is happy to see the exercise classes continue in 2018.

If you see Kladder, be sure to congratulate her on the steps she has taken for a healthier future.



Tribal Elder Rebecca Kladder at Fort Mackinac during the Elders Grand Get-A-Way.

New Year, New You

Submitted by Health Educator Shelby Gibson

Did you know that of the people who set New Year's resolutions, 80% fail by the second week of February? Many New Year's resolutions include things such as exercising, healthy eating, time management, financial goals and reducing stress. All of which should be a part of an individual's everyday lifestyle, not just something to strive for once a year.

Change can be very difficult. It has been found that changing or developing a new habit can take more than two months. This is part of the reason why New Year's resolutions fail, many don't give them enough time or set standards that are unachievable.

To help with your journey, the NHBP Health and Human Services Department has a new service that can aid in making your New Year's resolution last a lifetime. This program is called Wellness Coaching. Wellness Coaches will assist individuals in achieving their highest level of health and well-being, particularly when change is hard. When starting to think about a New Year's resolution, think about reaching out to have a Wellness Coach help you along the way!

Coaching appointments can be done in person or by phone. For more information on Wellness Coaching please contact Health Educator Shelby Gibson at 269.729.4422

Learning from Our Elders

Submitted by Prevention Worker Love Kiracofe

During 2017, NHBP teens met to rebuild a youth leadership group within the Tribe. The teens came together to update bylaws, learn to run meetings and prepare to speak before Tribal Council. It was tough work, but with the help of trusted Community members they achieved magnitudes. One of their many goals included sharing teachings from their Elders. On the day of their presentation for Tribal Council, the teens gathered at the Pine Creek Government Center. A grandmother of one of the teens was present for support and as the teen leaned in for a hug, people around could see the tension ease and the teen's confidence soar. Having someone who loves and believes in you is a beautiful gift from the Creator.

Dr. Martin Brokenleg, co-author of the book, *Reclaiming Youth at Risk: Our Hope for the Future* names four elements as key to self-worth and resilience, and the ability to believe in yourself even during tough times.

Belonging: Receiving care and attention from others helps us feel like a part of the community

Mastery: Observing and listening to others to gain skills and confidence in our own ability

Independence: Making choices, solving problems and learning from mistakes

Generosity: Giving back and sharing with others

Grandparents and Elders have an important role in building strong families. Sharing stories about their own life helps others understand history and believe that they can be successful, too. A relationship with a grandparent or Elder helps to build a sense of identity and belonging. These same interactions can also have a positive impact on an Elder's health and well-being. No matter what age, having strong relationships with others can help people cope with their health issues, push through tough times and feel good about themselves.



3 Tribal Council Sergeant-at-Arms Homer A. Mandoka welcomes his granddaughter, Maizie Irwin, with his daughter, Tribal Member Haley Irwin, at the 2017 Baby Celebration.



Body in Motion

Submitted by Community Health Outreach Manager Emily VanderKlok

Cold winter weather can be a challenge for people living with arthritis, resulting in increased aches, pains and stiffness. Below are five tips to easing the effects of cold weather on joints and maintaining activity.

Wear extra layers. Pay special attention to covering fingers and toes when venturing outside. Warm socks, boots and mittens can go a long way in keeping extremities mobile. Wearing leggings or long johns can also help to keep affected knee joints warm.

Use a heated mattress pad. Using a heated mattress pad can help in decreasing morning joint stiffness. Heating pads often have timers and temperature controls that can be adjusted to specific comfort levels.

Maintain a standard exercise routine. Resist the temptation to hibernate during winter months and stay moving. If the weather is not conducive to outdoor activity, find an indoor fitness center to utilize.

Take extra precautions. When venturing outdoors, stick to areas that are not slippery, covered with ice or full of deep snow. Equipment may be purchased, such as YakTraks or Walking Poles to increase stability on various terrain.

Take the plunge. Swimming or doing aerobics in a heated pool is a great, low-impact choice for people with arthritis. When feeling stiff, soaking in a warm tub can help to ease pain and improve joint range of motion.

NHBP has indoor fitness centers at the Grand Rapids and Pine Creek Health Facilities. Health educators are available to assist in developing individualized exercise plans. Please call 269.729.4422 for more information.

Fatherhood and Motherhood is Sacred

Submitted by Community Health Nurse Dawn Cordero-Reyes

Fatherhood is Sacred and Motherhood is Sacred are innovative programs that were designed by The Native American Fatherhood and Families Association to strengthen families through responsible parenting and family relationships. The 12 week program teaches parents to connect with their heritage as they become actively involved in the lives of their families. Each week, participants learn how to lay the foundation for family, overcome barriers to being teachable, as well as how to identify barriers in their own life and those of the family in general. The approach used in the class is based on a culturally-rich model that inspires and motivates fathers and mothers to devote their best efforts in teaching and raising children to be successful for the rest of their lives.

During the 12 weeks, parents learn how they must take the lead in making the necessary changes to head in a new direction. This is done by using proven principles for bringing about a positive change in their families and that real, lasting change comes from within. These programs inspire and ignite motivation using common sense techniques, bringing about real change. The programs also assist with recognizing opportunities, identifying resources and helping to develop problem-solving skills, which are crucial in today's society.

Join the Motherhood is Sacred program on Thursdays starting January 11 from 6 to 8 p.m. at the Grand Rapids Health Facility. Contact Prevention Worker Love Kiracofe to register at 269.704.8430



Tribal Member Drew Phillips dances with his daughter, Nova Phillips, at the 2017 annual NHBP Pow Wow.

Save the Date!  

Winter Meltdown

Register for this six week challenge to melt off the winter blues and extra holiday pounds. Registration will be held February 5 through February 9 at the Grand Rapids and Pine Creek Health Facilities. The challenge will run from February 12 to March 23. For more information, contact Health Educator Shelby Gibson at 269.729.4422

Motherhood is Sacred

Motherhood is Sacred will be held on Thursdays from 6 to 8 p.m. January 11 through March 29 in the Grand Rapids Health Facility Conference Room. To register contact Prevention Worker Love Kiracofe at 269.704.8430

Girls on the Run Sign Ups

Grand Rapids will once again be a site for the Kent County Girls on the Run in 2018. The season will begin at the end of February. Sign-ups start on December 1. For more information, contact Health Educator Brianne Parrish at 616.514.3652 or register online at www.gotrkmc.org

Heart Health Gala

The Heart Health Gala, known in the past as the Red Tie or Red Dress Event, will be held February 3 from 10 a.m. to 2 p.m. at the FireKeepers Casino Hotel Ballroom. This year's theme will be: Overcoming Your Risk Factors. To register contact Health Educator Brianne Parrish at 616.514.3652 or visit the Member website.

Freedom From Smoking

Classes will be held Mondays from 6 to 8 p.m. January 8 through February 5 at the Grand Haven Community Center. This group tobacco cessation program includes five sessions and features a step-by-step plan for quitting commercial tobacco. Each will find the support and guidance needed to get through the quitting journey. To register contact Health Educator Shelby Gibson at 269.729.4422

Diabetes Personal Action Toward Health (PATH)

Diabetes PATH will be offered at the Pine Creek Community Center starting Wednesdays, January 3 through February 7 from 1 to 3 p.m. This class is aimed to help diabetic patients live a healthy life. For more information, please contact Health Educator Shelby Gibson at 269.729.4422

**Health and Human Services 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.

Safety in the Home

Submitted by Health Educator Shelby Gibson

Injuries due to falls are one of the most common household hazards. There are many factors that can lead to a fall, including wet floors, trip hazards, moving too quickly or slipping in the shower. All of these hazards can be prevented with a little time and attention in the home.

Here are some suggestions on how to make a home more protected from falls:

- Install grab bars and handrails where needed, such as the bathroom
- Purchase nonslip rugs
- Clean up spills
- Take some time and move carefully
- Improve lighting in stairwells and entry ways

Falls aren't the only household hazard to be aware of. House fires are also common, especially in the winter months due to dryness and heat in the home. A house fire can range in severity from mild smoke damage to total loss of the home and even death. Candles or unattended appliances such as irons and space heaters can be a cause of an accidental fire in a home.

Take extra precaution in protecting homes from a house fire by following a few precautions:

- Install and check the function of fire alarms
- Monitor or eliminate candles
- Unplug appliances and inspect electrical cords and outlets
- Purchase a fire extinguisher for each area of the house



HEALTH QUIZ

- 1 In which hand should you hold Sema (Tobacco)? _____
- 2 Rebecca Kladder strives to get _____ to _____ steps daily.
- 3 How many weeks does the Fatherhood and Motherhood is Sacred program run?

- 4 Injuries due to _____ are one of the most common household hazards.
- 5 What is the registration deadline for the Heart Health Gala? _____

Take the Health Quiz and enter to win a \$20 gift card! Summer winner: Michael Capitano

Name _____

Address _____

City _____ State _____ Zip Code _____

Please submit quiz answers by **January 26** to be entered into a drawing for a \$20 gift card.

Health Educator Brianne Parrish, address: 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

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