

Maine Intertribal Health Newsletter

Maliseet Health Center Completion in Sight



The Houlton Band of Maliseets began construction on their new health center in November 2010, and progress can now be seen on a daily basis. This building will house all health department staff, as well as a new clinic.

Tribal Liaisons Join Maliseet Elders For Lunch And Learn

Tribal Public Health Liaisons joined the Maliseet Elders on May 3rd for lunch and to provide “Heart Health” education. The elders participated in a discussion regarding risk factors for heart disease, and then enjoyed a game of “Heart Health Bingo”.



From left to right: Anthony Flewelling, Phyllis Deveau, Ken Hanning, Linda Randall, Doug Flewelling, Millie Hanning

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Maliseet Health Center



Reddy Award

The HBMI Youth Program recently received the “Reddy Award” from Martha Bell, Let’s Go! Regional Program Associate. The Maliseet’s Youth Program incorporates Let’s Go! with their health, fitness, and activities.

- The youth had the opportunity to hike Mt. Katahdin, engage in various activities such as swimming, water tubing, roller skating, golfing, bowling, kayaking, horseback riding, to name a few.
- They engaged in “Adventures in Cooking” with the staff nutritionist where the youth prepared, cooked, and ate nutritious meals and took healthy menus home to their parents to try.
- Through education on nutrition, the students (after 6 weeks) stopped asking for chips and sugary drinks and were happy with the healthy snack options and water.
- 5210 was incorporated into their program day. They start with 15-30 minutes of physical activity followed by a healthy snack, home work time, cultural education, and then more physical activity.

The youth program continues to incorporate healthy choices in their after school and summer programs.

The Maliseet Domestic Violence & Sexual Assault Program would like to invite you to participate in a support group for women survivors of sexual abuse. This group is **FREE & CONFIDENTIAL** and available to all women who have experienced sexual violence.

Please contact Katie Bell for more information about this group @ 207.532.3000



Clinic Manager



Rebecca O. Phillips, CPA, MS is the new Clinic Manager for the Houlton Band of Maliseet Indians. Rebecca comes to us with a background in healthcare. She has worked as Finance Director for a local FQHC previously and was Business Office Manager at The Warren Center in Bangor. Rebecca is a Certified Public Accountant with a Masters Degree in Business with an Health Care Concentration. Rebecca lives in Patten with her husband Ken and has two sons and one grandson. Her goal for the clinic is to bring some services to the clinic that is not currently available.

The Newest Graduates of Maliseet Head Start

Family and community members listened as children from the Maliseet Head-start drummed and sang during their graduation ceremony held on May 26th.



Left to Right clockwise; Nalani Alvarado, Brennen MacDonald, Hunter Russell, Alexander Connors, Blake Kervin, Raistlin Gogan, Gage Totten, Jasmin Trecartin, Skylar Flewelling, Skylar Larson, Lilie Henderson.

Let's Go! 5-2-1-0

Let's Go! is a youth obesity prevention program that promotes healthy lifestyle choices for children and their families. Using the 5-2-1-0 mnemonic, Let's Go! sends clear and consistent healthy lifestyle messaging (5-2-1-0 stands for: five or more fruits and vegetables, two hours or less of recreational screen time, one hour or more of physical activity, and zero sugary drinks). Children love the 5-2-1-0 message because it's easy to remember.

Let's Go! is being implemented in school, child care, healthcare, communities, after school programs, and worksites. By simply linking the 5-2-1-0 message in various settings, children receive a consistent message and are more likely to engage in 5-2-1-0 behaviors.

Aroostook is one of two counties with the highest rates of obesity in the state. In efforts to combat these statistics, you can help support a healthy lifestyle for the children that you have an impact on by encouraging 5-2-1-0 behaviors. Have a bowl of fruits and vegetables readily available, turn the screens off and get involved, and offer water or low fat milk instead of sugar sweetened beverages. Most importantly, role model 5-2-1-0 behaviors!

For more information, visit www.lets-go.org or contact Martha Bell at mjbell@emh.org or 207.951.2174.



Obesity in the United States

Approximately 17% (12.5 million) of children and adolescents ages 2-19 years of age are obese. This is alarming as the rate has **tripled** since 1980 whereas obesity is now considered an epidemic.

National Data on who's at a higher risk:

- 1 of 3 children are obese or overweight before their 5th birthday
- American Indian Children from ages 2 – 4 have the highest rate of obesity (20.7%) with the second being Hispanic children. (17.9 %) compared to Caucasian Children (14 %)





Please keep your children safe!

Summer is upon us, and we urge

you to never leave your child unattended in a vehicle. According to the KidsandCars.org website "A child's body temperature climbs three to five times faster than an adult's, especially in a hot car. In less than 30 minutes, the temperature inside a car can increase 35 degrees. An infant can die in as little as 15 minutes even on a mild 75-degree day".

Diabetes Corner

Tips to Manage Diabetes in the Summer Heat

-  Monitor your blood glucose more often; as it is common for people with diabetes to experience low blood glucose levels in summer
-  Hot weather can affect your glucose meter and test strips. It is important to keep these supplies out of direct sun light and out of hot vehicles.

Swimming Safety:

Drowning is the sixth leading cause of unintentional injury death for people of all ages, and the second leading cause of death for children ages 1 to 14 years old.

"Tragic water accidents happen quickly":

- Learn to swim
- Never Swim Alone
- Look for, Read and Obey All Beach Safety Signs and Symbols
- Supervise children closely, even when lifeguards are present
- Alcohol and swimming do not mix
- Don't dive into unfamiliar waters
- If caught in a rip current, swim out of the current in a direction following the shoreline. When out of the current, swim at an angle--away from the current--towards shore
- If you are in trouble, call & wave for help



Indian Township



Health Center

2nd Annual Organic Garden Initiative

In support of our continued efforts to promote Diabetes Prevention, the Indian Township Health Center hosted their 2nd Annual Organic Garden Initiative on Friday, June 10, 2011.

Mark McBrine, owner of Vine & Branch Farm in Bangor, facilitated a demonstration and education session at the Indian Township Health Center. The event offered a great opportunity for educating families about the health benefits of adding fresh vegetables to their diets. Last year, 25 families participated and this year 35 new families signed up to participate. Each family received a raised bed, soil, compost, seedlings and seeds to start their own family garden courtesy of Indian Township Health Center.



Indian Township Health Center

The Indian Township Fitness Center would like to inform the community we are offering exercise programs. Our goal is to provide services for all age groups. We strive towards releasing stress and to help lower the rate of diabetes, hypertension, heart disease, and obesity. The Indian Township Fitness Center staff has worked really hard to develop an exercise program for the youth and their families and look forward to helping our community live a healthy lifestyle.

Zumba is the most popular workout with our community. We provide Zumba five days a week, gearing all fitness levels. Below are people in our community and their comments on how they feel about Zumba and Exercising.

“Zumba helped me with my diet program, I lost weight quicker”

Karen Sabattis

“Zumba makes me feel awesome”

Betty Francis

“Zumba has helped me get my energy back, lose weight and inches. It’s awesome”

Myra Sabattus

“ZUMBA GOLD helps maintain my balance and lost weight”

Eleanor Stevens

“Exercising helps me with anxiety”

Betty Francis

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Fitness Center Hours

Monday-Friday
7:30 – 10:30 am
&
3:00 – 7:00 pm

Family Fitness Night

Friday
6:00 pm – 7:00 pm

Fitness Center Zumba Schedule



Ditch The workout

Join the Party!

Instructor: George Neptune
Monday, Wednesday, Friday
7:00 – 8:00 pm @ Fitness Center

Instructor: Tene' Downing
Tuesday, Thursday
4:30 – 5:30 pm @ Indian Township School Gym

Zumba Circuit with Mariah Neptune
Monday, Wednesday, Thursday
4:30 – 5:30 pm @ Fitness Center

Zumba Gold with George & Mariah
Tuesday, Thursday
7:00 pm



Pleasant Point



Health Center Pleasant Point Passamaquoddy Reservation Bike Helmet Safety

An important chain of events was set in motion when the Youth and Recreation Director Joe McLaughlin came to the health center with 20 kids to ask about bike helmets. He was met by Leon Sockbeson and was told that the health center didn't carry any bike helmets. Leon called Ralph Dana, Police Chief and ask about a bike helmet safety program and told Ralph his IHS Injury Prevention program could sponsor such a project.

Ralph asked Patrolman Shawn Hastings to follow up and the



rest as they say is history. The police department took the lead on securing 140 bike helmets from Johnson's True Value in Calais. 20 helmets went to the Youth and Recreation department, 30 helmets to the Passamaquoddy Daycare & Headstart and the remaining 90 helmets were distributed to grades kindergarten through 5th grade at the Passamaquoddy Breatrice Rafferty School.

On Tuesday, May 3rd Principal Michael Chadwick hosted a one day event on Public Safety which included not only bike helmet safety but also worked in the Passamaquoddy Fire department and the Passamaquoddy Ambulance Service (EMS). The police department personnel included Ralph Dana, Frannie LaCoute, Pos Bassett, Peter Harris and Shawn Hasting (coordinator was absent due to illness). The fire department personnel included Roland Newell

and Tim Tiess. The ambulance service personnel included Tony LaCoute and Phil Farrell. The public safety event promoted community and personal safety and included a "hands on" tour/inspection of

all the public safety vehicles which was a big hit.

The kids were very excited with new helmets, demonstrations and the vehicle tours. They did ask a lot of questions and not always on topic which the respective departments handled graciously. The kids were fitted, educated and told if they were caught wearing their helmets, there would be an ice cream reward handed out.



Taking Steps to Become Smoke Free



"Congratulations" goes to Pleasant Point Housing Authority for taking steps towards for smoke free housing. There are now 12 new smoke free units at Pleasant Point, and as new renters move into existing units, they will also become smoke free as well. There are many advantages of living in a smoke free environment including:

- ⊗ **No one is being exposed to second hand smoke**
- ⊗ **Eliminates the risk of a house fire related to smoking**

Micmacs



The Micmac Service Unit Recently Incorporated The Let's Go! 5-2-1-0.



This is a national youth obesity/overweight prevention program that promotes that promotes healthy lifestyle choices for children and their families.

Employees from Micmac service unit attended the "Let's Go!" community meeting at the Crow's Nest, in Presque Isle.



Left to right; Sandra Pictou, Special Project Coordinator; Shea Armstrong, Fitness Coordinator; Georgie Smart, Field Health Technician

National Patient Care Movement

The Micmac Service Unit has joined the **National Improving Patient Care (IPC)** movement in coordination with the Institute for Healthcare Improvement and Indian Health Services; We have established a Service Unit Improvement Team which some members have attended two IPC Learning sessions held in Tucson AZ, and Denver, CO. This Team is responsible to review our current health care delivery and suggest improvement with testing changes. The vision of IPC is to create a Medical Home Model for our Micmac Health Care Delivery System

You may have noticed some changes that have already occurred as a result of our first Learning Session training which began in February of this year. So far, we have changed our method of scheduling our patients to include daily access for acute care services. Another aspect of

creating a Medical Home for our community is to include community members on our Improvement Team to give ideas or comments on how we can better service our community. We are asking for anyone interested in coming to our Improvement meetings and learning more about this opportunity to please contact Cheryl Corbin at MSU #764-7219.

We hope the future changes will improve how we address and care for the Health of our Community to include the Family Relationship and Community to have healthy lifestyles and environment.



The Improvement Team

Sponsor: John Ouellette, CEO, Improvement Team: Robert Lemoine APRN-FNP-BC: Team Lead, Theresa Cochran Business Office/Medical Records, Lezlie Willette Billing/Coder, Angel Gilberti Medical Records, Marie Danielle Leblanc RN, BSN- Community Health Nurse, Georgie Smart FHT/Dental Assistant, Arlene Wright LPN, Care Manager, Lynn Malliet, CAC, Clinic reception, Perry Ciszewski IT Specialist



Help Prevent Heart Disease

Live a Healthy Lifestyle

- Eat a healthy diet
- Don't smoke
- Exercise regularly
- Limit alcohol use
- Maintain a healthy weight



Penobscot Nation Health Center



Students' Virtual Trek To Katahdin

Penobscot Nation Health Department recently partnered with Indian Island School and hosted a physical activity program called, "The Virtual Trek to Katahdin," whereby students were encouraged to complete a 100 mile virtual journey from Indian Island to Mount Katahdin.

Mount Katahdin, the center of many Tribal legends, has been a spiritual center for the Wabanaki people. During the past twenty years, many tribal members have re-connected with the cultural significance of

Katahdin by participating in a 100 mile physical journey from Penobscot Nation to Katahdin. The trek, often called the "Katahdin 100," is a test of physical and spiritual endurance as participants complete the 100 mile journey, either on teams or individually, by walking, running, canoeing, or biking.

The physical activity program, The Virtual Trek to Katahdin, was modeled after the Katahdin 100 and was created as a fun way to encourage kids and teens to meet the goal of achieving 60 minutes of physical activity per day. For each 30 minutes of physical activity that was completed by the student, the student advanced one mile along the journey to Katahdin. The goal was to reach Katahdin by accruing and logging 3,000 minutes of physical activity over the course of the program. As shown on the map below, there were multiple stops along the way. Once participants reached these stops, they received a small incentive prize to help keep them motivated and to reward them for their effort. One hundred and nine students and teachers participated in this program, and 20 reached Katahdin.



Youth Learn Dangers Of Commercial Tobacco Use.

51 students from the Indian Island School participated in the World No Tobacco Day on May 31st. This awareness event was relating to the commercial use of tobacco and how it is different from the traditional use of tobacco.



Tim Lentz Retires

Penobscot Nation Health Department wishes former FNP, Tim Lentz a happy retirement. Tim has worked for the department, providing medical treatment to the community, for 19 years. He states that he has felt privileged working for the community for this long, and he is now looking forward to slowing down and pursuing personal interests. Tim's last and final health tip for the community is "Keep moving."



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c/o Houlton Band of Maliseet Indians
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Editors



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Tribal Public Health Liaisons

Waponahki Assessment 2010 Survey Update:

All of the Health Directors would like to thank the tribal community members of all four tribes for completing surveys. A total of 1137 surveys were completed making the Waponahki Assessment the largest tribal community assessment East of the Mississippi. Data from the survey will be available by the end of August 2011.

Woliwoni!

News by e-mail

Send your name, e-mail address and tribal affiliation to:
jireland@maliseets.com
cwebber@maliseets.com

Check us out online:

www.maine.gov/dhhs/boh/olph/tribal/contact.shtml

Acknowledgements:

MAINE TRIBAL HEALTH DIRECTORS
MAINE DEPARTMENT OF HEALTH AND HUMAN SERVICES
MAINE CENTER OF DISEASE CONTROL

